

Go Green at Home and Work



Join efforts to make Teaneck go green by signing on to our email list <http://groups.google.com/group/teaneckgreen>. You can apply to serve on a working group to help draft a sustainability plan for the town, participate in future events and show our elected officials that you support efforts to make Teaneck a sustainable community.

WHY GO GREEN?

These tips will save you money, even hundreds of dollars, while helping make our air and water cleaner and reducing emissions that contribute to global warming.

SURE AT HOME, BUT WHAT ABOUT MY BUSINESS?

Everything in this fact sheet applies equally at work, whether you are a employee or business owner, in an office, factory or retail store. Taking the initiative will save your company lots of money in the long run, making your business more competitive.

ON THE ROAD

Hybrids, and soon electrics, make cars less polluting. But the best way to go green is to leave the car at home whenever you can. Bike, walk, car pool and use public transit. One bus takes about 50 cars off the road; three people sharing a ride reduces the number of cars by 2/3. And of course, biking and walking is good for you—support efforts in Teaneck to make biking and walking safer.

Keep Cool This Summer...and Warm This Winter

If you don't already have one, install a programmable thermostat. Why heat or cool your home to the maximum setting when no one is there?

When you are at home, keep the thermostat as close to 75°F or higher in the summer and 67°F or lower in the winter as you can. A single degree difference can save you money. We already dress a little lighter or heavier depending on the season, so you can save big bucks without giving up comfort.

Adjust the temperature higher or lower using your programmable thermostat to reduce output when it is not needed (e.g., when no one is home during the day, or in the evening



when everyone is sleeping).

Check the temperature on your hot water heater – 120 degrees is the maximum it should be, but you may find that lower works just as well, especially if you have a large tank (temperatures below 120 may add time to dishwashing cycles, but you will still save energy)

Time for a Tune Up?

Tune Up Your Heating and Cooling (HVAC)

System Have a checkup for your HVAC system every 2 years to make sure it is running efficiently.

Be sure to clean the filter monthly during times of peak usage; a dirty filter can significantly reduce the efficiency of your HVAC.

And if it is time to replace your central a/c and heating system, consider geothermal exchange or air-source dual-compressor cold climate heat pumps. Combined with solar power, they can reduce or nearly eliminate heating and cooling bills!



Save Water and Save Energy at the Same Time

Bathroom

Install low-flow showerheads. With less water to heat, you'll save water and energy.

Laundry Room

Wash clothes in cold water whenever possible. As much as 85 percent of the energy used to

machine-wash clothes goes to heating the water.

Kitchen

Install water filters – you will save on bottled water and eliminate the waste from all that plastic. Bring a reusable water bottle, preferably aluminum

rather than plastic, with you when traveling or at work.

For more ideas, visit the EPA's Watersense page www.epa.gov/watersense/

BUILD A BETTER BULB

CFLs are currently the best option for homeowners and many businesses. But LEDs are coming. Already, LED replacement bulbs lights are available for recessed flood lamps and 2x2 and 2x4 fluorescent fixtures. They are expensive, but pay for themselves in energy savings and longevity (they can last many years longer than fluorescents and have no disposal problems). Few homeowners can take advantage yet though. Even if your business is not ready for LEDs, if you are using older standard T12 fluorescent bulbs, try upgrading to T8s. They have about a 5 year payback through energy savings.

SWITCH TO GREEN POWER

This will admittedly not save you money, but it will help increase the amount of power generated by wind and low-impact hydro, leading to cleaner air and water for all of us. Green Power is an optional utility service for customers who want to help expand the production and distribution of renewable energy technologies. Customers choose to pay a premium on their electricity bill to cover the extra cost of purchasing clean, sustainable energy. More info at: www.eere.energy.gov/greenpower/markets/index.shtml.

Saving Energy—It Computes

One way to save big is your computer. Like most electronics, it draws power even when off. Buy a "smart" power strip that senses when appliances are off and cuts "phantom" or "vampire" energy use. Use it with computers, printers and other peripherals and other electronics. Smartstrips are available online.

For other appliances, the best thing to do is unplug

them when they are not it use. They use more power than you think—even when off.

Whether or not you use Smartstrips, turn off your computer when you are not using it and power down the power strip it and its accessories are plugged into. Also, make sure it is set to automatically go into sleep mode (Mac) or stand by (Windows) after about 10

minutes of non-use.

If you are buying a new computer, make sure it is EnergyStar and EPEAT rated.

**How Many Teaneck'ers Does it Take to Change a Lightbulb?**

Replace those incandescents with compact fluorescents, which screw into ordinary incandescent light-bulb sockets but use far less electricity. Changing the 5 of the most frequently used bulbs can save \$100 per year!

Important: Although greener than incandescent, CFLs (like all fluorescent bulbs) contain mercury which

can be harmful if the bulb breaks or is disposed of in the trash. CFLs must be recycled through collection stations. Home Depot and Ikea currently have CFL drop-off stations.

Which is better, LEDs or CFLs? See sidebar.

No matter what bulb you have, turn off lights when you leave a room for more than a few minutes (15 minutes for CFLs). You

can even replace switches with motion-sensing switches to turn off lights when the room is empty. And if it's a bright day, open the curtain and use natural light.

**Here Comes the Sun**

Solar thermal panels are used to heat water for domestic hot water, home heating and swimming pools: they're cost-effective even in cloudy areas, are the most efficient solar power available and pay for themselves quickly.

This is also the year to install photovoltaic panels

to produce electricity – with federal and state incentives and rebates, they can pay for themselves in five years – and the electric savings may even exceed loan payments. NJ is the #1 state for solar power. Many installers will even provide the financing. Businesses and even not-for-profits can take

advantage through power purchase agreements to get solar at no cost.

Just search the web for "solar power NJ" to find many great options.

