

# Ten Things You Can Do to Protect the Earth



**NRDC**

THE EARTH'S BEST DEFENSE

Natural Resources  
Defense Council  
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There are hundreds of simple steps that you can take today to help curb the most serious threats to our planet's health. By using less energy and wasting less water, we can all contribute to the solution. Here are some easy things you can do at home, at work, and in the car that won't change your lifestyle, but will make a big difference in keeping our world healthy and sustainable!

1

**Quenching your thirst?** Recycle those cans and bottles instead of just throwing them away. One recycled aluminum can saves enough energy to run a 25-watt compact fluorescent for nearly 16 hours (or a 100-watt incandescent light bulb for nearly four hours)!

**Finished with dinner?** Instead of scrubbing the dishes with a sponge under water, put everything in the dishwasher and run the rinse-and-hold cycle until you're ready to wash a full load. You can save up to 6,500 gallons of water per year this way—not to mention save money on your water bill!

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**Got a spare seat?** Carpool to the game and other places. If every car carried just one more passenger on its daily commute, 32 million gallons of gasoline (and the pollution produced by it) would be saved each day.

4

**Stopping for gas?** Check your tire pressure. If every American kept their tires properly inflated, we could save 2.8 billion gallons of gasoline a year and help curb global warming pollution.

**Cell phone charging?** Unplug chargers for cell phones, cameras, and other hand-held products when they aren't charging.

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**Finished surfing the net?** Shut off your home laptop or desktop computer, monitor, and printer when you aren't using them. You can save up to \$100 a year in energy costs by shutting off devices you aren't going to be using anyway.

**Mustard on your shirt?** Spot-clean stains on clothing to avoid rewashing. Washing machines are the second largest water hogs in American homes. And when possible, run your cycles with cold or warm water—avoid hot water cycles because they use huge amounts of energy and skyrocket your energy bills!

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**Time for a tune-up?** Get regular tune-ups for your car's engine, change the oil, and, once again, keep your tires inflated properly. Proper maintenance can increase your car's fuel efficiency by 10 percent and reduce emissions.

**Stopping for a snack along the road?** Take only one napkin when you order food or beverages, and refuse a bag unless you really need one. If every household replaced just one pack of regular napkins with 100 percent recycled napkins, we could save 1 million trees!

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**Want to make a bigger difference?** Visit [nrdc.org](http://nrdc.org) where you will find all the tools, tips, and information you need to make good decisions about how you can help protect your health, your home, and the planet!