

The Amazing Book of 170 Green Living Tips

This is allegedly the most comprehensive list of green tips available on the net. It was compiled from the posts at the Green Home Design blog and by adding even more tips from the limitless public knowledge base.

Are you ready to do something good for the planet? If so, you will have to change the way you think and form a new level of perception. You'll see that living green can be fun!

The tips are sorted by the category and numbered so that you can refer to them easier. Please share this free e-book with your family and friends.



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Green Tips for the House

1. Weatherproof your doors and windows to prevent draught and heat loss.

2. Consider insulating your walls and attic. Use only eco-friendly insulation materials like cork, sheeps wool or recycled newspaper.

3. Install double-glazed windows if your house is not built in an overly wet place.



4. Install solar panels and/or wind generator on the roof. In some regions (depends on solar activity and wind speed) a household can produce enough energy to be independent from the energy supplier.

5. Also consider solar water heaters on the roof. It usually pays back within 5 years and lets you save several hundred pounds per year on heating bills.

6. Check if feed-in tariffs are available in your country. There are 60 countries around the world that have introduced feed-in tariffs. It means that you install solar panels on your roof and get paid for the green energy the house generates. Check with your local council for more information.

7. Raise your air-con thermostat in the summer by just one degree and save 2% on your electricity bill

8. Lower your heating temperature by one degree in the winter and save 5% on your heating bill.

9. Don't use a cooker or a grill to heat the room. It is inefficient and dangerous.

10. Don't set your boiler temperature too high. 60 degrees Celsius is sufficient.

11. Learn how to operate your thermostat or if it's not too flexible, change to a newer model.

13. Install the boiler as centrally as possible in your house so that you avoid long underfloor pipes. The shorter the pipes the quicker the hot water will reach its destination.

14. Insulate the hot water pipes properly.

15. During the night lower the temperature in your bedroom by 2 degrees. It is much healthier for your lungs to sleep in a cool (not too cold, though) place. 16 - 17 degrees Celsius is the best for good night sleep.

16. If shelled corn is readily available in your region, switch to a corn stove. It is a great way of greener and cheaper heating.

17. If the supply of corn is limited, buy a multifuel stove. You will be able to use shelled corn, wood pellets and self-made pellets in a multifuel stove.

- 18.** Wait until you have a full load of laundry before operating a washing machine. You will stop wasting water and electricity.
- 19.** Wait until you have a full load of dishes before operating a dishwasher.
- 20.** Wash your laundry at lower temperatures. Using the modern washing powders or liquids you can get good result by keeping the temperature to 30 or 40 degrees.
- 21.** Use only bio-degradable washing powers and liquids.
- 22.** Try to use concentrated washing liquids. Those involve less packaging and are better for the environment.
- 23.** If your laundry is not very dirty, use an economy programme on your washing machine.
- 24.** Never use a tumble dryer. It consumes too much energy and produces poor results. It can even damage certain types of fabric or make them hard to iron. Dry your clothes on a line or on the radiators.
- 25.** Dry your clothes outside when weather permits. It will help save energy on dehumidifiers.
- 26.** Don't overdo with your laundry. If you keep good personal hygiene you don't really need to change the bed linen and towels more often than once a fortnight.
- 27.** Buy only appliances with an A+ energy rating. You don't need to change your washing machine model every year just to please the advertisers. Replace your appliances only when necessary and replace them with A+ machines.
- 28.** Vacuum the back of your fridge and the intake of your dehumidifier frequently. Thus you'll make those appliances work more efficiently.
- 29.** Turn off the light when you leave a room.
- 30.** Introduce movement sensors on the staircases if necessary. They are dangerous when dark. On the other hand many people have developed a habit of leaving staircase lighting on permanently, which is very bad for the environment.
- 31.** Collect rainwater in barrels and use to water the garden, flush toilets, wash cars.
- 32.** Better yet install a professional grey water recycling system and make sure it can also take rainwater in.
- 33.** Use a broom and a shovel to clean your patio and driveway. In this way you actually remove the dirt instead of just rinsing it into the lawn like you do when you use a hose.
- 34.** Avoid using lifts and elevators and reduce your carbon footprint. Lifts are consuming a lot of electrical energy because they are run by powerful electrical engines. It is not necessary to use an elevator to travel a couple of storeys. Walking up and down the stairs is healthy and helps to train muscles and keep you fit.

- 35.** Ask your energy supplier to perform a free home energy audit. Most likely he will start laughing but there's nothing wrong with trying.
- 36.** Consider reading Electronic books to save trees. Sustainable energy directly from the source is the clean choice for a green future. Check Solar Powered Portable Readers. Carbon neutral, tree-free reading is here. By combining portable readers with solar chargers, you can learn about forests-without contributing to deforestation.
- 37.** Unsolicited junk mail is bad. However, you can make it a little bit better by opening it and cutting the letters and envelopes in neat pieces and using them for making notes.
- 38.** Don't use post-its and other ready-made note-paper bits. Reuse paper for notes and use the bluetac or plasticine if you really need to stick the notes on surfaces. Use a fridge magnet to attach notes to metal surfaces.
- 39.** If building a new house or substantially rebuilding the old one, use green methods and eco-friendly materials. Although some of them might be more expensive than similar conventional materials, you'll make a great deal of difference for your health.
- 40.** Clean or replace the air filter on the air con.
- 41.** Use recycled glass tiles, VOC-free paints and reused wood when doing up your interior.
- 42.** If you have some extra time, volunteer to make your neighbourhood cleaner. See if you can get your neighbours to join you for a local clean-up.
- 43.** Share these tips with you family and friends.

Healthy Tips for you and Your Family

44. Consider giving up eating red meats (pork, beef, lamb). Red meats are bad for your health and they don't completely assimilate leaving too many toxins in your body. Besides, switching from red meat you're helping the environment. The less cattle we got roaming the earth the better. Large cattle account for huge amounts of methane emissions due to... ehm... farting. No, I am being serious. If farmers switch to growing vegetables and rearing chicken, we will all benefit. It's easy as 123 - vegetables and plants reduce the pollution (they're breathing CO₂); animals increase the pollution.

45. Use unrefined sunflower oil and extra virgin olive oil for both cooking and salad. You can tell one by nice thick residue down the bottom of the bottle. If there's no residue it has been refined using a method involving chemicals. Residue in oil is natural and it is a good thing!



46. Avoid using hot-pressed olive oil (use only extra-virgin and check that it has the country of origin on the label) and roasted oils such as roasted sesame oil. You can tell one by a brownish colour. Those might have cancerogens inside.

47. Eat more fruit and vegetables. Especially locally grown. Those are good for you. Really good!

48. Stop eating at junk food restaurants. A human being wasn't made for consuming so much salt and grease. Fish and chips, hamburgers, kebabs - it is all damaging your health and shortening your potential life expectancy. Giving junk food to children is nothing short of a crime!

49. Stick to the food that your ancestors ate. If you're a European, for example, spicy takeaways will not do you any good. Your body just isn't adapted to eating such food. There's nothing wrong with keeping your own national food heritage alive and passing it on to your children. If you're from Asia, you will find that the European food is too heavy and greasy. Again, stick to what you've used to.

50. Cut out on fizzy drinks. They are too sugary so they will make you feel even more thirsty. Besides they are damaging to your teeth. The gas that makes the bubbles is taking calcium out of your teeth. The drinks that have phosphoric acid or even the citric acid added will also damage the enamel of your teeth. Drink still water and natural juices.

51. Give up smoking and limit your alcohol consumption. I know I sound like your granny but I really mean it. If you smoke one pack of cigs a day and you stop now, you will have saved around £1500 in just one year. Which is better: good health and extra £1500 in your pocket year after year or lung cancer and always short of money?

Green Tips for the Kitchen

52. Use ambient heat to warm up products. Prefab cutlets need 50 minutes cooking from frozen and only 35 from chilled. The saving is obvious. Either remove your cutlets from the freezer and place them in the refrigerator 12 hours before cooking or place them within a room temperature 2 hours before cooking. Want to heat up your milk? Pour it into the milk-pan and leave on the table for one hour before the heating. You will save 10 - 20% of energy.

53. Never defrost your food under a running tap. Check the previous tip.

54. Fill your kettle with as much water as you actually need. Pour in some water to cover the element and then measure the water in using a mug.

55. Better still, buy a stainless steel kettle with a hidden element (not the one with a visible spiral). It will require very little water to cover its heating element thus you won't be boiling too much unnecessary water.

56. Choose cast-iron cookware or pans with heavy steel bottoms. Those will keep the heat better and you will be able to turn the flame a little down and still cook with the same results.

57. Match your cookware with the size of the cooking ring. Too small a pan on a too big a ring will consume extra energy.

58. Always put a lid on your pan and reduce the heat. It will save energy.

59. A gas cooker will consume relatively less energy but if you have an open-plan layout or poor ventilation, go for an electric cooker because gas cookers produce direct emissions.

60. Unless cooking from frozen or baking from home-made dough, you don't need to pre-heat the oven.

61. Learn to operate your cooker. Adjust the heat in order to maintain steady and moderate cooking/boiling. Violent boiling will consume unnecessary energy and make the food less tasty.

62. Think twice before buying a kitchen extractor. You can ventilate your house by opening the windows. If you decide to install an extractor, switch it off one it has finished doing its job.

63. Wash your fruit and veg under running water but in a way that you catch the water in a bowl. You can use it to water plants or add it to your grey water recycling system.



- 64.** If washing dishes by hand run the tap only when you need water. Washing by hand is easier done in a double-sink. Pre-rinse the dishes in one part of the sink, take one by one, clean them using a sponge and washing-up liquid and put them in the second part of the sink. Then open the tap and quickly rinse the foam.
- 65.** Soak very dirty dishes before you wash them. Put a plug in and fill your sink with soapy water. After a half an hour soaking it will be much easier to wash them and will consume less water.
- 66.** Use latex gloves when washing dishes or using cleaning liquids. They all damage the skin more or less.
- 67.** Use recycled paper towels or limit the amount of paper towels you use. At least occasionally use reusable cloths for cleaning and dusting.
- 68.** Avoid pans with teflon, molybdenum or synthetic coating. Making such cookware involves extra energy, coating particles can end up in your kidneys and it can also potentially give toxic emissions. There's nothing wrong with a simple stainless steel pan. How did your grandma cope? She didn't have a teflon pan.
- 69.** Steam your vegetables instead of cooking. You'll keep more of the goodies inside, reduce the consumption of water and energy. If you still decide to boil the vegetables don't discard the stock. Use it to make a soup!
- 70.** Use the so-called stack-up cookware (two or more pans on top of each other). By powering just one cooking ring you'll cook two or more meals.
- 71.** Forget about the grill. Use an electric toaster to make toasts or even give up the habit of toasting. Burnt food may contain cancerogens.
- 72.** Load your fridge/freezer as quickly as possible to avoid heat-exchange with the room.
- 73.** Don't place hot and warm items in a fridge. Let the food cool down to the room temperature before placing it in the fridge.
- 74.** Don't position your fridge in direct sunlight or near a cooker. It will significantly reduce its efficiency.
- 75.** Check if your fridge doors have gaps. Put a sheet of paper on one edge and shut the door. If you can remove the paper, the door is not sealed properly.

Eco-Tips for your Livingroom

76. Replace the traditional light bulbs with energy saving light bulbs in your living room and around your whole house. An 11W energy saving light bulb will output a similar amount of light as a 60W traditional bulb. Each energy saving light bulb can save you up to £7 per year and it will last for 8 years.



77. Don't leave your TV and home entertainment systems on standby. There's no necessity to do that. Switch it off using its main switch and then switch off at the wall socket. An appliance left on stand-by will continue consuming 80% of their normal operation energy. So, saying that stand-by saves energy is quite irrelevant. Switching off is what saves energy. There are types of equipment that must not be switched off, though. Home security system and the thermostat should always be left on. Also consult your appliance's owner manual for more info.

78. Use as much natural light as possible. Open the blinds instead of switching on the light.

79. During the colder season roll down the blinds and draw the curtains in the evening. It will prevent heat leaking through the windows.

Water saving Tips for the Bathroom

80. Change to low-flow fixtures. Low-flow taps and shower heads can save 20% of water without even changing your habits. Low-flow fixtures mix water with air and although less water is used, the flow has the usual power and the same efficiency.

81. Upgrade toilets to double-flow toilets or other up-to date models.

82. Does the toilet tank leaks water? Add some food colouring and check after a while if the water in the toilet bowl has been coloured.

83. Don't let the water run through the bath as you adjust the temperature. Put the plug in first and then adjust the temperature.

84. Turn off the tap while you're shaving or brushing your teeth. You don't need running water while grooming.

85. Learn where your master shut-off tap is, and show your family how to operate it should there be an emergency leak.



Gardening Tips for the Green Fingers

86. Water your garden early in the morning or late in the evening to avoid evaporation.

87. Keep plants with similar watering requirements together. You will avoid overwatering your garden.

88. Don't use a sprinkler unless you absolutely have to. If using a sprinkler, make sure your lawn is being sprinkled, not the sidewalk.

89. Don't use an automatic sprinkler or you'll end up watering your lawn when it's not really necessary.

90. Compost organic waste and use the compost to enrich the soil. Thus you're also improving waterholding. Richer soil is slower to lose moisture.

91. Don't water your garden after the rain or when the soil is wet enough. Although it seems obvious, many people will still do it.

92. If you've got an uneven terrain in your garden, distribute watering to shorter spans using less water. Otherwise the water will run downhill and the top parts will remain too dry.

93. Consider introducing stone gardens, walkways and patios around your house. These spaces don't require watering (stone gardens require less watering than conventional flowerbeds).

94. Use mulch around plants to retain moisture for longer. Pine-bark mulch is the best.

95. If you have some extra time try to grow your own vegetables. You'll get more nutrients and reduce your foodmiles by buying less stuff from the shops.

96. Don't use chemical fertilizers and insecticides in your garden. Explore organic methods of gardening.

97. Check for leaks in your pool. Turn off the automatic refilling device and see if the water level falls.

98. If you absolutely have to have a fountain in your garden, choose a cascading fountain. Sprinkler fountains evaporate and spill too much water.

99. Better still buy a fountain powered by a solar cell. You can also retrofit solar cells to older fountains so that they stop using electricity from the grid.

100. Equip your pool and fountain with a water recirculation system.

101. When replacing water in fish-tanks don't discard it. Use it to water your plants - it is rich in nutrients.

102. Fit movement sensors to the outside lights so that they light up only when necessary



Green Motoring and Transport Tips

103. Do you really need a brand-new car? The process of manufacturing a new car releases 15,000kgs of CO₂. If you drive a used / 2nd hand diesel you help the environment. Please note that the used car you drive should be in a good stated you should look after it in order to maintain low emissions.



104. If you're not travelling further than a mile today, leave your car in the garage. Walking is good for your health (unless your doctor has told you not to walk much).

105. Plan your journey well ahead. Getting lost means driving extra distance and consuming extra fuel.

106. Don't leave your car on if you're stalled for more than 15 seconds. We're burning billions of litres every year worldwide, without moving - just by leaving the engine on while we're waiting to pick somebody up. turn the engine off when you know you won't be driving for a while.

107. Consider using less of your car. Vehicles are the second most CO₂-polluting sector after the powerplants. For example, in the USA, cars release 1.2 billion tons of CO₂ annually. Walk more, drive less.

108. Monitor the fuel consumption. Write down the amount of fl you fill in and compare it with the mileage you do. If you notice something unusual, your car needs maintenance.

109. Check the tyre pressure and keep your car in an overall good condition to save on fuel.

110. Check if your town has a car wash station that uses recycled water. These are novelty at the moment but more and more are popping up all around the world.

111. Consider staycation (spend your holiday locally). You will be amazed at how beautiful your country is and you will have a chance to teach your children about your countries culture and traditions.

112. Consider camping trips. You will save lots of money and have lots of fun.

113. Remove all clutter from your car. You might as well remove the back seat row if you're driving on your own. The lighter your car the less fuel it will consume.

114. Give preference to a diesel engine. It is more efficient, accounts less CO₂ emissions and it is cheaper than petrol (in all countries apart from the UK).

115. Wash your car by hand and don't use a power hose. All you need is a pail and a soft cloth.

116. Learn to drive more smoothly. Plan 50 yards ahead and avoid useless acceleration.

- 117.** Approach the next tip with caution and use it only if you are a very good driver. Also only use it on dry and level surfaces! Never in the winter or during rain. Use freewheeling to reach a changing traffic light. It is when you disconnect the clutch and let the car roll using its inertia. The engine will go on idle and you will consume very little during those freewheeling spans because the car will use its own momentum to move. Remember that it is easy to lose control when freewheeling.
- 118.** Use as high a gear as possible. Driving 50mph in the 3rd gear will consume huge amounts of fuel and put extra strain on the engine.
- 119.** Choose a route that allows you to drive as fast as possible using as few stops as possible. You will be able to use higher gears.
- 120.** If you only do short distances with your car, consider switching to an electric car or convert your old petrol car with a DIY electric car kit.
- 121.** Remove the roof racks and other removable equipment from your car when you don't need them. Roof rack increases wind resistance and contributes to a higher fuel bill.
- 122.** Even if you're an avid motorist, try to use trains and buses occasionally.
- 123.** Avoid using planes and ships for travelling. They are very bad for the environment.

Shopping Tips for Green People

124. Reuse shopping bags. It was estimated that in the USA alone the number of plastic bags used reaches 100 billion units. Most of them are non-biodegradable and end up in the landfills.

125. Use multi-reusable shopping bags such as jute bags or those made from other woven materials.

126. If you drive a car to the shop, don't buy reusable bags and don't use plastic bags. Forget about bags. Make a wooden crate that fits your car's boot (or buy a shopping crate). In this case you don't need any bags whatsoever. Just roll your shopping trolley to your car and shift grocery into the crate.



127. Change your shopping habits. Don't buy something just for shopping's sake. Buy only things that you really like/want/need.

128. Always check the country of origin of a product you buy. Base your shopping decisions on this table. You should limit buying products that are made in countries which strongly rely on coal power for electricity generation... unless you live in the country of producer.

129. Avoid the labels that read "produced in more than one country" or "blend of EU and non-EU product" and similar. Avoid them like a plague. In some cases the producers use this method to mix a bad product with a good one in order to get rid of the bad product and avoid losses.

130. When it comes to food buy only local produce (unless you live so far North that your country cannot grow vegetables). It makes no sense buying imported tomatoes while your farmers are starving and struggling to sell their produce.

131. Support your local businesses and producers. By doing that, you make your local community stronger and pave the future for your children. Otherwise they will have limited employment options when they grow up because all manufacturing businesses will be sold away to the foreign investors.

132. Buy only FSC or PEFC certified paper. To make one ton of paper 18 mature trees will have to be cut down. If the forest is properly managed and it has received a certificate, cutting trees is not a problem because new trees are planted. There are countries that don't want to recognize the certification; and the non-certified paper usually comes from those countries. Our local businessmen are forced to comply with the rules, acquire knowledge and invest money in certification. Be fair to the people who care about the environment and invest their money and time to gain the certificates!

133. If buying books from bookshops check where the book was printed. If it is printed in an exotic country, the publisher is just trying to cut his costs at the expense of the environment. The book is likely to have been printed on a non-certified paper and it has, of course, done many miles. Don't buy a book like that.

134. Buy only FSC or PEFC certified furniture. Check the paper tip for the reasons why.

135. Better still, buy reused / 2nd hand furniture. Think about grey energy (energy that is consumed in a factory to produce the item). New furniture has a relatively high level of grey energy. Reused furniture has none.

136. Never buy furniture made from MDF and other types of chipboard. These materials emit formaldehydes and other organic compounds that can cause asthma and other health conditions. If you have chipboard furniture at home, get rid of it at the first convenience.

137. Check the packaging before buying a product. Is it recyclable packaging? Look for this symbol. 1, 2 and 3 inside the symbol means that the producer cares about the environment. The 1, 2, 3 are plastics that are widely recycled almost anywhere in the world. Another good packing material is cardboard. It is sometimes marked with a number 21 but you can feel the cardboard as you pick it up.

138. Bottled water is probably one of the biggest legal scams on the planet. Drink boiled or filtered water and save the resources that go into producing all those extra plastic bottles.

139. When travelling or going out take filtered water with you in a bikers/tourist flask. In certain venues a pint-size plastic bottle of water can cost around £2. Water certainly doesn't cost so much. Avoid supporting unfair prices.

140. Having a day out? Pack some self-made sandwiches and fruit and take it with you. Junk food is unhealthy and expensive.

141. Limit the use of disposable plastic plates. Buy starch-based disposable plates (they are biodegradable) or use ceramic reusable ware.

142. Plan your family meals so that you buy the exact amount of food that can be consumed. Brits throw away 8.3 million tons of food every year. That's around £12 billion worth of stuff. Don't be one of them.

143. If you happen to have bought too much and some foodstuff gets thrown away, make sure you wrap it properly and close the lid of your wheelie-bin so that vermin like rats and seagulls cannot reach the food.

144. Buy in bulk but check the expiry date. Buying in bulk saves money and packaging but it makes no sense if you end up throwing food away.

145. Observe the 3 Rs of environmental lifestyle. Those are Reduce-Reuse-Recycle:

146. Reduce. Get the consumerism out of your head and reduce consumption. Don't compromise on your lifestyle though. You can continue enjoying good things in life just remember that shopping is not a sport. It is simply a way to obtain necessary goods.

147. Reuse. You can reuse and adapt things you already have. If you cannot reuse it give it away to somebody who can. Donate your unwanted things to charity or announce it on the Freegle.

148. Recycle. If something is so tatty that it cannot be given away, recycle it. Start sorting your rubbish right now and you'll make a great deal of difference for the environment.

149. How about a rural lifestyle? The current rate of urbanization really puts too much strain on the environment, so if you like to be close to the Nature, don't move to the city.

Computer/Internet Tips for Green Geeks

150. Always switch off your computer at the wall socket. Otherwise depending on the mouse model and other ancillary equipment it will continue consuming energy even when it's been shut down.

151. Turn off the monitor using its own power switch and the wall socket. Don't assume that a black screen means that no energy is being consumed.

152. If you keep your computer on for a long period adjust its energy saving settings so that the hard disks enter the economy mode after 10 minutes of non-activity.

153. There are solar chargers available for phones and mp3 players. Why not try out the freedom of solar energy by starting on a small scale?

154. Set up your screensaver to 3 minutes and use a blank (i.e. black) screensaver. A moving fancy screensaver will consume extra electricity. The purpose of a screensaver is to save electricity while you're away. It is not a status symbol and not a source of entertainment.

155. If you leave the computer for longer than 10 minutes don't rely on the screensaver. Switch off the monitor using its power switch.

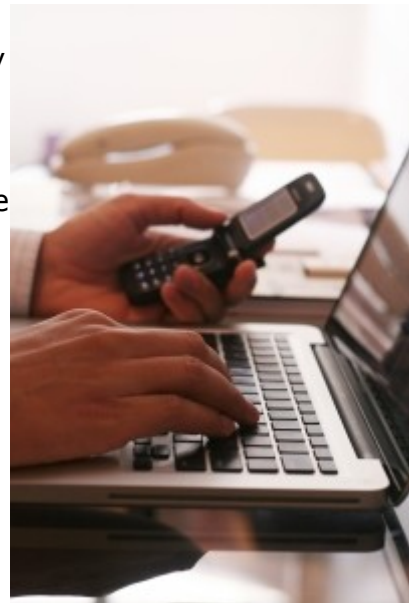
156. Don't print information unless necessary. Make a habit of storing and sorting information into Excel spreadsheets or other data programs. It is much better than useless paper folders and scrapbooks. Besides, electronic data is searchable while heaps of paper are not. Please backup your data frequently to avoid losing important information.

157. Don't send party invitations via snail-mail. Send a fancy html-formatted email. Mail programs like Outlook allow you to add pictures and make the messages beautiful.

158. Avoid frequent business flights when you can simply stage an online video conference. Flights account for 2% (620 million tonnes) of world's CO2 emissions while online video conferences are almost harmless to the environment. Besides, you will save thousands of pounds every time you do an online conference.

159. Before you buy software, check sourceforge.net if a free open-source alternative is not available. Depending on what you're looking for, you can save thousands of pounds. However, please keep in mind that open-source programs sometimes lack some functionality.

160. When you buy software, choose the download option instead of buying CDs. Saves money on postage and electricity in the process. However, make sure you back-up the software you download.



161. If you're a webmaster, consider hosting your website with a green hosting company (eco-friendly hosting). Unfortunately, many webmasters will find that the majority of the green hosts won't have the complete functionality package.

162. Unplug your mobile and mp3 charger after use. Otherwise it may continue consuming energy and generating heat. An unofficial study in the UK says unattended chargers are wasting around \$100,000,000 and 250,000 tonnes of carbon dioxide every year in Britain alone.

163. Consider charging your mobile or mp3 player by plugging it in at the computer (via a USB port). Compared to a stand-alone charger it will save energy. Please note that many older models cannot be charged via a USB.

164. When buying a computer look for the Energy Saving Recommended logo. It will save electricity.

165. Always recycle the batteries. It is easy - many large shops will have a special box where you can drop your batteries.

Myth Busting

In this chapter we will try to overthrow a few tips that have enjoyed a popular circulation around the internet. Following these tips is not a clever thing to do!

166. Use the microwave myth. Some people will suggest you use microwave instead of a cooker. Don't! The best thing you can do for your family is bringing your microwave to the recycling centre and forgetting it ever existed. Microwaved food has very little or no value. The water molecules inside the food get disturbed making it useless. If you need an expert opinion, check scientific studies here:

<http://www.healthychoices.co.uk/microwaves.html>

<http://www.public.iastate.edu/~kramer7/research%20report.pdf>

http://curezone.com/foods/microwave_oven_risk.asp



167. Take a shower don't take a bath myth. Maintaining good personal hygiene is an important part of living green. People who only take showers don't get rid of dead skin cells and toxins as efficiently as those taking an occasional bath. Besides if you shower for more than 5-6 minutes you might as well have taken a bath. The amount of water consumed will be similar.

168. Bathe children together myth. Each person has a right to privacy and dignity! Bath your children separately and don't give them wrong messages.

169. Wash your dishes in a bowl or standing water myth. If you fill in a bowl or sink with water and then attempt to wash dishes in that standing water, your dishes will never be clean. It is a health issue. Please check the Kitchen tips on how to wash dishes properly.

170. Close your taps tightly myth. If you apply too much pressure and close your taps too tight it will actually damage the tap and you will need more frequent maintenance. Turn the tap confidently but don't overscrew it.

171. Use a shovel to examine soil moisture depth **myth**. By doing that frequently you will probably damage some roots. Instead, learn more about the plants you're growing. Gradually your experience will tell you when to water and when not to water. You can also consult a gardening book or a local nursery.

172. Plant trees around your house to provide natural cooling myth. Where there's no sunlight, there's dampness and mould. Try to get as much sunlight to fall on the walls and roof as possible. If the house is designed properly it can sustain ventilation and cooling via windows.

173. Wash your car on the lawn myth. This totally crazy idea has been circulating around the web for ages. They claim you can wash your car and water your lawn simultaneously. What they don't tell you is that the grass doesn't like the oily/soapy/dirty water that it gets this way. You will contaminate the lawn and won't be able to sit there without posing a risk to your health.

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