



# Go Green with The Arc

The Health and Wellth program of The Arc of the Mid Ohio Valley is going green and we want you to help!

What is going green?      Going green means you are ready to help start saving the environment.

How can I help?            There are many ways you can help, below is a list of simple yet powerful ways to help the environment.

## Action Steps

1. Choose a reusable bag-bring your own bag to the store and fill it up!
2. Change a lightbulb-change one bulb in your house to a GE Energy Smart lightbulb, they use 70-75 percent less energy and last up to 10 times longer than incandescent bulbs!
3. Recycle your newspapers-One four foot high stack of newspapers is equivalent of one 40 foot tree!
4. Wash with cold water-Washing clothes in cold water and taking shorter showers helps cut costs and saves energy!
5. Clean dryer lint filter every time-this will save you money and cut back on energy!
6. Reduce your use of paper napkins-if we all gave up one napkin a day, we could save a billion pounds of paper waste this year!
7. Leave receipts in the machine-if we all left our receipts in the machine it would save a roll of paper more than 2 billion feet long, receipts are one of the biggest sources of litter on the planet!
8. Recycle aluminum foil-simply store the used foil and reuse it again on another dish!
9. Use a waterbottle-using a premium reusable bottle greatly helps reduce unnecessary environmental waste caused by plastic water bottles!
10. Recycle as much as possible-you can recycle glass, aluminum cans, tin pans, foil, cardboard (non-soiled), and mixed paper!

**Together we can make a difference!**