

Make Every Day Earth Day

Pledge 5

Pledge 5 is a call to action to make 5 small changes in your everyday life to make a change to help limit our impact on the environment. There are many ways you can help and it's easier than you think! Simply scroll through this list and choose 5 changes or commitments you can make for the better. Then make a pledge to practice those 5 changes in your everyday life. If you're already doing some of the things choose 5 new things to do. Small actions add up in a big way – One person, one family, one community, one workforce, one State can work together to help our environment.

*Check off
your choices*



Save Energy

- Use less electricity: here are some bright ideas**
 - Replace incandescent bulbs with energy efficient bulbs
 - Utilize natural sunlight as often as possible
 - Buy energy efficient appliances
 - Run dishwasher and washing machines with full loads only
 - Turn off lights when you leave a room
 - Use the smaller burners on the stove for smaller pans
 - Throw your TV out the window (optional)
- Use less energy for heating water**
 - Insulate your water heater
 - Use water-saving shower and faucet heads
 - Avoid baths—they require much more hot water than showers
 - Turn your water heater down to 120°F
 - Use cold water in your washing machine
- Heat and cool your home/office/school wisely and efficiently**
 - In the winter, keep your thermostat at 65-68°F and put on a sweater (a timer on your thermostat can save you 10-15% of fuel costs.)
 - Caulk and weatherstrip doors and windows, or consider more efficient replacement storm doors and windows
 - Insulate your walls and attic. Install an attic fan to vent off hot air in the summer
 - Keep the filters on your air conditioners clean
 - Ceiling fans can keep rooms cooler in the summer and warmer in the winter



Save Gas

- Simply use the car less**
 - Make a commitment to not drive your car one day a week
 - Whenever possible, replace driving with biking or walking
 - Make the effort to use public transportation more often. Visit the Rhode Island Public Transit Authority at www.ripta.com
- Car pool**
 - Match up work, school, or teammates who live near each other
 - Ask your employer to provide incentives, like free parking to encourage car pooling
- Keep your car well maintained**
 - Tune-ups, properly inflated tires, changing oil and oil filters, proper wheel alignment, and properly adjusted brakes, help improve fuel efficiency and auto safety
- Make your next car a more fuel efficient one**
 - Go to www.fueleconomy.gov for the latest information on fuel-efficient vehicles
 - Buy a hybrid or electric vehicle
 - Keep encouraging car manufacturers to offer other types of alternative fuel and electric vehicles, especially SUV's and light-duty trucks.
- Get Fresh! Buy Local**
 - Food sold in this country travels an average of 1,200 miles, often by truck. Buy local groceries and help reduce gas or diesel emissions.
 - Shop at local Farmers' Markets and farm stands or pick-your-own at local farms
 - Join Community Supported Agriculture
 - Choose restaurants and markets that buy produce from local farms
 - Visit DEM's Division of Agriculture website to learn more: www.dem.ri.gov

Reduce Waste

- Reduce, Reuse, Recycle**
 - Find out about recycling efforts in your community
 - Reuse things that still have life in them
 - Use both sides of paper
 - Recycle through garage sales, donations and giving things away to friends and family
 - Start a recycling program in your school/business/ church
 - Maintain and repair durable products
 - Stop unwanted junk mail. Visit www.dmachoice.org
 - Compost your yard waste and fruit and vegetable waste
 - Purchase recycled products
 - Visit the Rhode Island Resource Recovery website to learn more: www.rirc.org

Respect Nature

- Educate yourself and your family about the wonders of nature**
 - Visit Rhode Island State Parks and natural history museums
 - Subscribe to nature magazines, like Ranger Rick or National Geographic
 - Join a conservation organization that leads guided walks, hikes and camping programs
 - Play the Rhode Island Great Outdoors Pursuit each year! Visit www.RIparcs.com for more info
- Enjoy outdoor recreational activities and let the majesty of nature touch you and your loved ones**
 - Take a few minutes a day to enjoy walks through your neighborhood or local parks
 - Join with family and friends and hike through the woods during different seasons of the year
 - Take scenic bike trips. Try one of RI's great bike paths
- Keep your community clean**
 - Clean up after yourself. Keep a litter bag in your car
 - Participate in community clean-ups. Earth Day in RI always includes clean-ups. Check the newspapers, call your town hall or visit www.keepriclean.org for listings
 - Organize a clean-up or an anti-litter campaign



- Protect and plant trees**
 - Shade trees next to your home will keep your house cooler in the summer
 - Maintain your trees and keep them healthy
 - Organize tree plantings at your school, office or church
 - Support organizations dedicated to saving forests and wilderness
- Support efforts to protect endangered species and their habitats**
 - Boycott commercial efforts that endanger species (don't buy exotic birds or products made from ivory)
 - Respect areas set aside for endangered species, such as beaches reserved for rare birds
 - Let your elected officials know that you support legislation to protect endangered species

Conserve Water

- Conserve at home**
 - Install low-flow aerators on faucets
 - Turn off water while brushing teeth or shaving
 - Purchase an inexpensive dam for your toilet tank
 - Run dishwasher and washing machine only when full
- Conserve in the garden**
 - Plant grass that requires less water, such as Tall or Red Fescue. Consider eliminating grass altogether and planting ground cover like pachysandra, or shrubs (they're more efficient at eliminating carbon dioxide, as well)
 - Water your lawn before 10 a.m.
 - Use a broom to sweep, not your hose

Learn More

- Visit www.dem.ri.gov for more information on many topics and links to environmental agencies and organizations



*Congratulations and thank you for your
commitment to a healthier planet!*