

10 Things You Can Do To Save the Environment and Protect Your Health



And Save Money at the Same Time

Why Save the Environment?

- Aside from it being the right thing to do, there are innumerable benefits to you, your family and subsequent generations.
- This is not a question of global warming but of saving our environment and protecting your health and future generations to come.

Why Save the Environment?

- There are numerous studies linking pollution and environmental toxins to diseases from diabetes to infertility from asthma to cardiovascular disease and of course cancer.
- There are also studies suggesting that the damage we do to ourselves, will damage generations to come.

Why Save the Environment?

- What I will show you today is that saving the environment is not only good ecologically but it makes good financial sense.
- Being an environmentalist at home and at work can save you thousands of dollars a year.

10 Things You Can Do Today!

- 1. Swap out all of your incandescent bulbs for the new generation fluorescent ones.**
 - These bulbs known as CFL's can save you \$30 - \$77 over the life of the bulb versus incandescents.
 - If every American home replaced just one light bulb with a CFL, we would save enough energy to light more than 2.5 million homes for a year, it would be the same as removing 800,000 cars from the roads and the financial savings would be in the billions annually.

10 Things You Can Do Today!

2. Inflate your car tires.

- You can save 7 cents per gallon of gas used which represents a 3.3% improvement.
- If you get 20 miles to the gallon and drive 12,000 miles per year you will save \$42 dollars a year.
- This represents a savings of 19.8 gallons of gas.
- If 50 million people did that we would use 990,000,000 fewer gallons of gas.
- This represents importing 5,076,923 fewer barrels of oil every year.

10 Things You Can Do Today!

3. Turn down your water heater and modify your homes temperature.

- By dropping your water heater temperature to 130 degrees Fahrenheit and modifying your house temperature by 3 degrees (winter down, summer up) you will lower your emissions of carbon dioxide by 1,100 pounds annually.
- If 10% of the households in America did this we would lower greenhouse gas output by 11,602,800,000 pounds per year.

10 Things You Can Do Today!

3. Turn down your water heater and modify your homes temperature.

- By getting away from a too comfortable temperature your body will naturally burn more calories.
- You would burn approximately 30 additional calories a day.
- That would represent a weight loss of 3.1 pounds a year.

10 Things You Can Do Today!

4. Buy a front-load washing machine.

- A front-loader will use 25 fewer gallons of water per load than a top-loader.
- Since the average family does 7.5 loads a week their annual water savings would be 9,750 gallons.
- If 10% of the households in America did that we would use 102,843,000,000 gallons less a year.
- Your clothes will also last longer.
- Your clothes will also come out dryer which means less time in the dryer which means less energy used.

10 Things You Can Do Today!

5. Use the cold-cold setting in your washing machine.

- You will save \$145 a year.
- To put in perspective how wasteful hot water is, washing your clothes in hot instead of cold uses more electricity than leaving the refrigerator door open 24 hours a day.
- Your clothes will also last longer saving more money.
- If 10% of the households did this we would save 15,231,312,000 kWh/yr or 6,092,525 fewer tons of coal burned every year.
- Less energy used, means less fuel burned, thereby improving air quality.

10 Things You Can Do Today!

6. **Say no to Teflon™ coated cookware.**

- It raises cholesterol levels, especially LDL.
- If you use high heat, you will release perofluorocarbons into your food.
- DuPont has already agreed to pay up to \$340 million in a civil settlement for Teflon pollution and is the subject of an EPA investigation into its cover-up of studies of the chemical's health effects.

10 Things You Can Do Today!

7. Plant a tree.

- If every American family were to plant one tree we would remove one billion pounds of greenhouse gases every year.
- We are losing 32 million acres of trees worldwide each year.
- The planet cannot stand that loss for much longer.
- Trees help recycle CO₂ which improves air quality which in turn will help your health.

10 Things You Can Do Today!

8. **Be a weight watcher.**

- The heavier the item you purchase, the greater the impact on the environment.
- When buying a refrigerator, buy the most energy efficient one possible as it is the most energy demanding appliance.
- In order, the appliances having the greatest impact are, refrigerators, lighting, televisions then a big drop to electric dryers, stand-alone freezers and the range/oven.
- Again, less energy used, less pollution, better health for everyone.

10 Things You Can Do Today!

9. Carefully select your seafood.

- According to a recent article in Science magazine, the world's supply of fish will be depleted by 2048.
- Go to www.seafoodwatch.org or to the Monterey Bay Aquarium website for more information on what fish are good and which ones are bad to buy.
- Fish consumption can be either good or bad for your health depending on the choices you make.

10 Things You Can Do Today!

10. **Don't Buy Bottled Water**

- Bottled water could be one of the great ecological wastes of the past century.
- Not only is tap water likely to be safer and cheaper, it is environmentally 1 million % better.

10 Things You Can Do Today!

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- Let's take the example of Fiji Water.
- It is transported 8,700 kilometers from Fiji to San Francisco. Imagine the fuel used to transport the water and the bottles (it is bottled in Fiji).
- The bottles themselves use petrochemicals to manufacture and the plastic used is imported from China over 7,000 kilometers away using more fuel.

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10. **Don't Buy Bottled Water**

- A bottle that holds 1 liter requires 25 liters of water in its manufacturing process (this includes power plant cooling water).
- Every bottle takes 1,000 years to biodegrade.

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10. **Don't Buy Bottled Water**

- More than 40% of the bottled water brands out there simply purchase U.S. municipal reserve water (your tap water) and filter it before bottling it. Then they resell it to you for an average of \$5/gallon.
- Buy a water filter. You'll save lots of money.

10 Things You Can Do Today!

10. **Don't Buy Bottled Water**

- Here is one thing that should especially outrage every Rotarian.
- Companies like Coke (Dasani), and Pepsi (Aquafina) have discovered that buying up the drinkable water from some third-world country, bottling their water source and shipping it to you to sell to the U.S., is less expensive than paying for water from the municipal reserve. And they're buying up the **ONLY** drinkable water sources in some countries.

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10. **Don't Buy Bottled Water**

- So every bottle you drink is not just at the expense of the environment, but also at the expense of another person somewhere else, who doesn't have any other water. And you do.
- Rotary is spending millions trying to improve the availability of safe drinkable water to billions of people worldwide and companies like Coke and Pepsi are taking that water and making a profit out of it.
- Something is very wrong with that picture.

10 Things You Can Do Today!

- **To wrap things up:**
- If 10% of all Americans did ½ of these 10 recommendations, we would lower our dependency on foreign oil by 20-30%, if we all did it, we would no longer need any foreign oil.
- You can be an environmentalist and protect the health of generations to come and save money doing it.

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- For more information on the topics discussed go to
 - www.MarkSchauss.com
 - www.ewg.org
 - www.ehponline.org