

## Go Green-Light



Like many organizations, InvesTex supports environmentally responsible efforts known as “Go Green”. Being eco-friendly is really easier than you think. You don’t have to install solar panels on your house or make your own bio-fuel. Just “Go Green-Light”. Yes, we all should aim for great strides in helping mother earth stay clean but with so many suggestions available, and so little time, too many of us end up doing nothing at all. Here are a few easy changes you can make today to save the earth tomorrow.

### **DISHES AND LAUNDRY**

Make sure your dishwasher is full before you run it. The same goes for your washer and dryer. Don’t waste water prewashing your dishes; your machine should get them clean on its own.

### **STOCK YOUR FRIDGE**

Full refrigerators take less energy to keep cool. If you don’t have enough food inside, use bottles filled with water. Just be sure to leave room for air circulation.

### **DON’T PREHEAT**

Your cookbook might say to preheat your oven before baking, but there’s really no need, except when making pastries or bread. Simply turn on your oven when you’re ready to put your dish in. When it’s time to check it, make sure to look through the oven window rather than opening the door and letting heat escape.

### **LOWER THE TEMPERATURE**

Set your hot water heater’s thermostat to 120F (130F if your dishwasher requires it). Many hot water heaters are shipped from the factory with the temperature set at 140F, which not only wastes energy but actually shortens the appliance’s life.

### **SOAK THE LAUNDRY**

Put in a load of laundry in the morning and let it soak-using cold water rather than warm or hot- while at work. When you get home at night, put it on the “light” cycle and finish. This will save energy and water while still getting your clothes clean since they’ve been soaking all day.

### **PACK A WASTE-FREE LUNCH**

Start using reusable containers and thermoses in school lunches instead of plastic bags, juice boxes and prepackaged snacks. And bring your own utensils to the office rather than using plastic knives and forks.

### **GREEN YOUR CAR WASH**

Add an automatic shut-off nozzle to your hose when you wash your car and you’ll save up to 100 gallons per car. Another option? Commercial car washes use 35 to 85 gallons less per vehicle-and many recycle the water.

### **PAPER-USE BOTH SIDES**

Every year, American businesses throw away 21 million tons of paper, or about 175 pounds per employee. Set your office printers so they default to double-sided printing (you may be able to do this at home also). This will cut down on your paper usage as well as the clutter on your desk. Don’t forget to have your kids draw on both sides, too!

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### **DON'T DUMP YOUR ELECTRONICS**

About 40% of the lead found in landfills today comes from discarded electronics. "Donate your old electronics and computers to schools, day-care centers or the National Cristina Foundation at [cristina.org](http://cristina.org), which redirects them to groups for the disabled or underprivileged," says Alicia Rockmore, CEO of Buttoned Up and a mother of one. Dell, Apple and HP also take back old products. Visit their sites for details.

### **ONLINE BANKING**

Save time, paper, stamps, and money when you sign up for InvesTex Credit Union's Online Banking and pay your bills online. Also, opt out of receiving monthly paper statements and sign up for electronic statements. If all Americans viewed their transactions and paid their bills online, it would reduce solid wastes in landfills by more than 800,000 tons each year, according to Javelin Strategy & Research, which provides research on financial services topics.

Real change isn't going to come from a few people doing big things, but from many people doing what they can to lead a more earth-friendly life. Small things like using online services to pay bills or visiting InvesTex's website for details on all products and services can have a big impact. Just do what you can. Go Green-Light.

Visit us at [www.InvesTexCU.org](http://www.InvesTexCU.org)

