



VIRTUAL EARTH DAY 50TH ANNIVERSARY

PRESENTED BY VIRGINIA BEACH PARKS & RECREATION

EVERYDAY SUSTAINABILITY PRACTICES

Simple everyday tips for sustaining an eco-friendly lifestyle

VBgov.com/earthday

- Join a local park, river or beach clean-up. Consider Parks & Rec's [Adopt-a-Programs](#) to sponsor a park, trail or waterway and the [Surfrider Foundation](#) for beach cleanups.
- Use environmentally-friendly, non-toxic cleaning products.
- Replace inefficient incandescent light bulbs with efficient CFLs or LEDs. Reduce your carbon footprint by 450 pounds a year.
- Carpool, ride your bike, use public transportation or drive an electric or hybrid car. Reduce your carbon footprint by one pound for every mile you do not drive.
- Keep your tires properly inflated to get better gas mileage and reduce your carbon footprint by 20 pounds for each gallon of gas saved.
- Teleconference instead of traveling. If you fly five times per year, those trips are likely to account for 75% of your personal carbon footprint.
- Avoid using disposable plastics, especially single-use plastics like bottles, bags and straws -- use reusable water bottles, grocery bags, and silverware instead.
- [Recycle paper, plastic and glass](#). Reduce your garbage by 10% and your carbon footprint by 1,200 pounds a year. Visit our [Recycle Zone](#) for local services and additional resources.
- Use cloth towels instead of paper ones.
- Change your paper bills to online billing to save trees and the fuel it takes to deliver your bills by truck.
- Read documents online instead of printing them.
- When you need to use paper, make sure it's 100% post-consumer recycled paper.
- Set your office printer to print two-sided.

- Collect used printer, fax, and copier cartridges to recycle.
- Pack your lunch in a reusable bag.
- Buy local food to reduce the distance from farm to fork. Buy straight from the farm, frequent your local farmers' market, or join a local food co-op.
- Grow your own garden, or join a farm-share group.
- Compost kitchen scraps for use in your garden — turning waste into fertilizer.
- Take a shorter shower and use a water-saving shower head.
- Fix leaky faucets and shower-heads.
- Run your dishwasher only when it's full to save water and energy.
- Conserve water outdoors by watering your lawn in the early morning or late at night. Use drought-resistant plants in dry areas.
- Wash your clothes only when necessary, use cold water and line dry.
- Pull out invasive plants in your yard or garden and replace them with native ones.
- Turn off and unplug electronics you're not using including your computer, every night to conserve energy.
- Turn off lights when you leave a room.
- Take the stairs instead of the elevator to save energy (and get exercise!).
- Move your heater thermostat down two degrees in winter and up two degrees in the summer to reduce your carbon footprint by 2,000 pounds.
- Lower the temperature on your water heater.
- Contact your utility company and find out about renewable energy options.
- Use energy-efficient appliances and electronics.
- Recycle batteries from small appliances and your electronics. Use rechargeable batteries instead. Visit our [Recycle Zone](#) for proper disposal and recycling services.