

Green Seattle Guide

*101 Actions for
a Healthy Urban Environment*

*in your **Home**
in your **Yard**
when you **Shop**
on the **Move**
in your **Community***



In partnership with Edens Lost and Found

Brought to you by:

*City of Seattle Office of Sustainability and Environment
Seattle Public Utilities • Seattle City Light
Seattle Parks and Recreation • Seattle Department of Neighborhoods
Puget Sound Clean Air Agency • Puget Sound Action Team*



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Introduction

Welcome to the “Green Seattle Guide,” a guide to community action to protect and restore our urban ecosystems on which our quality-of-life — and that of our children and grandchildren — depends.

What are Seattle’s urban ecosystems? They are the basis for life in our city — the water we drink, the air we breathe, our climate, the nature that surrounds creeks, rivers, Puget Sound and its inhabitants — they all sustain us. Yet every day, hundreds of thousands of us make choices that put stress on this beautiful legacy we have inherited. Choices we make at home and in our gardens can help or hurt. How we get from “point A” to “point B,” what we buy, or who we buy it from can all affect the health of our local environment.

Each of us can choose to be part of the problem — or part of the solution. This guide will help you and your family and neighbors make the best choices, do the right things and become part of a solution specifically crafted for Seattle.

This guide will not try to make you go back to nature or shed life’s comforts for an unachievable ideal. Instead, you can leaf through it and find 101 things you can do to help protect, restore and care for Seattle’s urban environment. If just half of us took just half of these actions, the impacts would be exceptional. Please join us in making the choice for a safer, cleaner, vibrant and more livable city!

Let’s get going. Look through this easy guide and pick a dozen actions to weave into your life right now. Once they become routine, pick a dozen more. Use this guide. Share it with family, friends and neighbors. The more you and others use this guide, the healthier Seattle will be, for us and for future generations.

Urban Ecosystems

We're All Connected

Historically, the “environmental movement” has focused on forests, reefs, rivers and other ecosystems that can and have existed separately from human beings. But why not consider cities?

If an ecosystem is considered a unit — a biological community and its physical environment, then an urban ecosystem is, simply put, people in a city. But urban ecosystems aren't simple. While humans are the dominant species that control the physical structure of the urban ecosystem, they are not the only species. And urban ecosystems aren't all natural. They are dominated by human-built environments with buildings and roads and water and power supply systems, built mostly on pavement and other hard surfaces that don't absorb rainfall. Cities were built to meet human needs, often by controlling nature and sheltering humans from the natural world. Even our parks, open spaces, lakes, streams and other somewhat “natural” features in cities often have been changed significantly from their natural states. They have been landscaped, repopulated with non-native species, dredged, graded and reconfigured. Urban ecosystems support commerce, culture, education, industry and science. They also generate wealth, waste and consumption of resources. The effects on the environment are profound, both in urban areas and in surrounding ecosystems.

Urban ecosystems bring beauty to the city, but their importance goes well beyond aesthetics. They also protect public health and deliver “ecosystem services” that would otherwise need to be provided by expensive human-engineered systems. For example, according to a 1999 study by American Forests, Seattle's urban forest — our street trees as well as our forested parks, greenbelts and natural areas — provides \$42 million worth of absorbed air pollution and filtered storm water per year!

The world, and the ecosystems it supports, is more fragile than we once thought. But we as individuals can take positive steps to preserve our urban ecosystems. Personal choices, however small, can influence your family, your neighbor, your book club, your co-workers and your government representatives. These choices can even influence the decisions of large corporations.

This guide will explore those relationships and how individual actions can make a difference.

About the 101 Eco-Actions

Positive Steps to Preserve Our Urban Ecosystem

We've presented a list of personal choices — “101 Eco-Actions” — that can have a positive impact on Seattle's urban ecosystem. These actions have been carefully selected for their potential positive impacts on our urban ecosystem. They all apply to Seattle and are tied to significant local resources that provide information, education and support.

Eco-actions described in this section are not necessarily listed in order of importance, but are assigned a benefit of between three and five stars. Since all of the eco-actions listed here are considered important, each merits at least three stars.

Additional resources, including websites and publications, are listed with each eco-action to provide more information. There is a wealth of information available from government and non-governmental organization sources on this subject matter.

Eco-actions are also classified in terms of their relationship to Seattle's urban ecosystem. Each eco-action is tied to appropriate ecosystem benefits to water supply, water quality, energy supply, air quality and climate protection, waste and toxics reduction and/or land, habitat and wildlife protection.

Key:



*Water
Supply*



*Water
Quality*



*Energy
Supply*



*Air Quality
& Climate
Protection*



*Waste &
Toxics
Reduction*



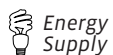
*Land, Habitat
& Wildlife
Protection*

The 101 Eco-Actions Quick Reference Chart

In Your Home

Eco-Action	Rating	Ecosystem Benefits					
1 Set your thermostat to 65–68 degrees during the day, and 55 at night	☆☆☆☆☆						
2 Insulate your home	☆☆☆☆☆						
3 Join Seattle City Light's Green Power program	☆☆☆☆☆						
4 Consider 'green' remodeling	☆☆☆☆☆						
5 Install a clean-burning natural gas or propane fireplace or stove instead of wood	☆☆☆☆☆						
6 Replace old toilets with 1.6 gallon low flow toilets	☆☆☆☆☆						
7 Properly dispose of hazardous waste	☆☆☆☆☆						
8 When replacing major appliances, buy the most efficient ones you can find	☆☆☆☆☆						
9 Air-dry your clothes on a clothes line or drying rack when weather allows	☆☆☆☆☆						
10 Consider installing solar-electric or solar hot water systems	☆☆☆☆☆						
11 Fix leaking faucets and toilets	☆☆☆☆☆						
12 Tune up your home heating system	☆☆☆☆☆						
13 Install high efficiency showerheads and faucet aerators	☆☆☆☆☆						
14 Follow the city's new recycling guidelines	☆☆☆☆☆						
15 Sign up for micro-can garbage service	☆☆☆☆☆						
16 Burn only clean-burning wood products	☆☆☆☆☆						
17 Consider moving to a condominium	☆☆☆☆☆						






















Eco-Action	Rating	Ecosystem Benefits					
18 Replace or remove aging and inefficient refrigerators and freezers	☆☆☆☆						
19 Compost food waste	☆☆☆☆						
20 Wear warm clothes in the winter instead of turning up the heat	☆☆☆☆						
21 Wash full loads of dishes and clothes	☆☆☆						
22 Turn off lights when not needed	☆☆☆						
23 Install compact fluorescent light bulbs	☆☆☆						
24 Collect water while waiting for the hot water to reach your faucet and use it to water plants	☆☆☆						
25 If you use a wood stove, make sure it is EPA certified	☆☆☆						
26 If you have a newer dishwasher, don't rinse dishes before loading	☆☆☆						
27 If you burn firewood, make sure it has dried or seasoned for at least six months	☆☆☆						
28 Take shorter showers	☆☆☆						
29 Use on-line tools for a custom analysis of your resource use	☆☆☆						
30 Turn off the water when brushing your teeth, washing dishes or shaving	☆☆☆						
31 Turn your water heater down to 120 degrees	☆☆☆						
32 Wrap your water heater in an insulating jacket	☆☆☆						
33 Use curtains to help control home temperature	☆☆☆						
34 Make sure sleep functions are enabled on computers	☆☆☆						



The 101 Eco-Actions Quick Reference Chart
























In Your Yard

Eco-Action	Rating	Ecosystem Benefits					
35 Use electric or manual mowers and yard equipment instead of gasoline models	☆☆☆☆☆						
36 Don't pour anything down storm drains	☆☆☆☆☆						
37 Plant and properly maintain trees on your property or planting strip	☆☆☆☆☆						
38 Reduce your use of pesticides	☆☆☆☆☆						
39 Don't use moss killer or other herbicides on lawn or roof	☆☆☆☆☆						
40 Use open-grid paving systems for driveways or parking spaces	☆☆☆☆☆						
41 Consider a 'green roof'	☆☆☆☆☆						
42 Reduce or replace lawn with drought-tolerant plants	☆☆☆☆☆						
43 Mow high and leave grass clippings	☆☆☆☆☆						
44 Be a salmon-friendly gardener	☆☆☆☆						
45 Plant native trees in your yard and planting strips	☆☆☆☆						
46 Compost yard waste	☆☆☆☆						
47 Use organic fertilizers	☆☆☆☆						
48 Water plants separately from your lawn	☆☆☆						
49 Use the right plant for the right place	☆☆☆						
50 Place trees and shrubs in clusters	☆☆☆						
51 Remove ivy and other invasive species	☆☆☆						

Eco-Action	Rating	Ecosystem Benefits				
52 Don't plant invasive plants	☆☆☆					
53 Limb trees, don't top or remove them, to improve views	☆☆☆					
54 Use rain barrels or cisterns to capture rainwater for landscape use	☆☆☆					
55 Plant to match the sun, shade and soil in your yard	☆☆☆					
56 Let your lawn go brown in summer	☆☆☆					
57 Water lawns no more than 1" per week in summer	☆☆☆					
58 Add a rain sensor to your irrigation system	☆☆☆					
59 Water before 9 AM and after 7 PM to minimize evaporation	☆☆☆					
60 Use soaker hoses or drip irrigation in garden beds	☆☆☆					
61 Water to establish your trees and shrubs	☆☆☆					
62 Use compost to enrich your soil	☆☆☆					
63 Layer mulch on the soil surface around your plants	☆☆☆					

The 101 Eco-Actions Quick Reference Chart

When You Shop





















Eco-Action	Rating	Ecosystem Benefits					
64 Reduce your junk mail	☆☆☆☆☆						
65 Ask for environmentally-preferable materials	☆☆☆☆☆						
66 Sell, give away or donate reusable items	☆☆☆☆☆						
67 Buy used when appropriate	☆☆☆☆☆						
68 Recycle unwanted computers and electronic equipment	☆☆☆☆☆						
69 Buy products that use less packaging	☆☆☆☆						
70 Use naturally rot-resistant wood or plastic lumber instead of treated wood	☆☆☆☆						
71 Rent or borrow tools you're likely to use infrequently	☆☆☆☆						
72 Take your own shopping bags to the store	☆☆☆☆						
73 Buy rechargeable batteries	☆☆☆☆						
74 Buy products with recycled content	☆☆☆☆						
75 Give experiences instead of stuff	☆☆☆☆						
76 Use salvaged materials when possible	☆☆☆☆						
77 Buy Forest Stewardship Council- certified wood	☆☆☆						
78 Return unwanted aquarium plants and fish to pet stores	☆☆☆						

On the Move

Eco-Action	Rating	Ecosystem Benefits					
79 When it's time to replace your car, buy a fuel-efficient, low-polluting vehicle	☆☆☆☆☆						
80 Reduce your vehicle use as much as possible	☆☆☆☆☆						
81 Repair leaks, properly inflate your tires and keep your car maintained	☆☆☆☆☆						
82 When boating, always use pump out stations	☆☆☆☆☆						
83 Turn your engine off rather than idling	☆☆☆☆☆						
84 Look for biodiesel or the new ultra-low sulfur diesel fuel available in summer 2006	☆☆☆☆						
85 Shop locally, explore your neighborhood and get fit	☆☆☆☆						
86 Bike more, drive less	☆☆☆☆						
87 Wash your car at commercial car washes that recycle water	☆☆☆☆						
88 Get rid of one car	☆☆☆☆						
89 Carpool if you can	☆☆☆						
90 Don't top off your gas tank	☆☆☆						

The 101 Eco-Actions Quick Reference Chart

In Your Community

Eco-Action	Rating	Ecosystem Benefits				
91 Volunteer to work on urban forest or urban creek restoration projects	☆☆☆☆☆					
92 Volunteer for creek restoration projects	☆☆☆☆☆					
93 Consider a natural edge rather than a bulkhead for dealing with erosion	☆☆☆☆☆					
94 Pick up your pet waste and put it in the garbage	☆☆☆☆					
95 Join an 'Adopt-a-Park' group	☆☆☆					
96 Adopt-a-Street	☆☆☆					
97 Sign your kids up for environmental stewardship programs	☆☆☆					
98 Help teens join Steps Toward Environmental Partnerships and other programs just for teens	☆☆☆					
99 Keep your cats indoors	☆☆☆					
100 Certify your back yard as a bird sanctuary	☆☆☆					
101 Support community gardens or 'P-Patches'	☆☆☆					



101 Eco-Actions

In Your Home



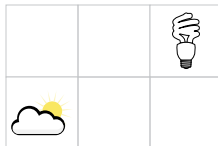
Your home is your own small piece of the urban ecosystem. People consume most of the planet’s resources available to them here — water, air, food and energy, and resources like wood and petroleum that are manufactured into paper and plastic. They also produce large quantities of waste and hazardous materials such as household chemicals. Every home has a significant impact on the environment. Every person can diminish that impact while making the home more environmentally friendly.

There are hundreds of eco-actions you can take around your home to preserve and protect the urban ecosystem. Some are as simple as turning off the faucet when you brush your teeth. If you feel more ambitious, you can start with a “green” redesign of your home. Green building incorporates building features that save resources (and money), provide a healthier environment for you and your family, protect the planet and often provide added value to your home in the form of comfort, durability and increased resale value.

#1 It Pays To Be Cool



Set your thermostat to 65-68 degrees during the day. Set it to 55 degrees (or off) when you’re sleeping or when out of the house



Your heating system can account for half your total home energy costs. For every one degree you reduce your thermostat setting, you can save two to three percent on your heating bill.

Consider using programmable thermostats that have earned the ENERGY STAR rating. High quality vapor diaphragm and electronic thermostats save energy in electric heat systems while improving home comfort.

Resources

City of Seattle Residential Conservation Programs & Services

<http://www.seattle.gov/light/Conserve/Resident/HomeHeating/>

Home Energy Magazine Online

<http://www.homeenergy.org/>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



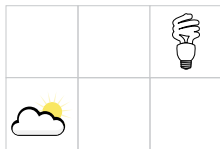
101 Eco-Actions In Your Home

#2

Baby, It's Cold Outside



Make sure your home is well insulated, caulked and weather-stripped



The cracks in the average house, when added up, are equivalent to a three-foot by three-foot hole in the wall! By sealing up your home's windows, doors and ducts, you'll stay warmer in winter and cooler in summer — and save money on utility bills.

Seattle City Light recommends at least R-38 insulation in the attic and R-19 to R-30 in the crawlspace. Wall insulation can be blown into walls to fill the cavity. Insulation contractors can test your home's air-tightness with special "blower doors" and air-seal problem areas as needed.

Resources

City of Seattle HomeWise Loan and Grant Program

<http://www.cityofseattle.net/housing/06-HomeWise/HomeRepair&.htm>

(206) 684-0244

U.S. EPA Home Improvement Tips

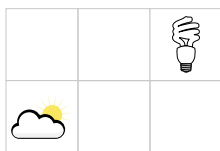
http://www.energystar.gov/index.cfm?c=home_improvement.hm_improvement_index

#3

Feel The Power



Sign up for Seattle City Light's Green Power program



Seattle Green Power helps promote renewable energy in your community. Seattle City Light customers can participate by making voluntary payments with their regular bills to develop new sources of energy including wind, solar, waste-to-energy projects and to green-up their energy use. Join more than 5,000 City Light customers already supporting Green Power.

Resources

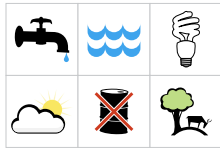
Seattle City Light's Green Power Program

<http://www.seattle.gov/light/green/greenpower>

#4 Green Inside And Out



Consider 'green' remodeling



When remodeling, install efficient fixtures, toilets and windows, increase insulation levels, and upgrade your heating and cooling equipment. Consider recycled content for products like insulation, carpets, gypsum board and plastic lumber. Improve ventilation for a healthier home environment, and look for less toxic options for paints, glues and pressed wood products.

King County, Snohomish County, the City of Seattle and the Master Builders Association of King and Snohomish Counties support residential green building via the Built Green™ program.

Resources

City of Seattle Sustainable Building Resources

<http://www.cityofseattle.net/sustainablebuilding/>

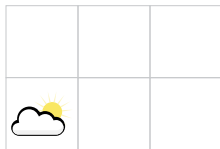
Built Green™

<http://www.builtgreen.net/>

#5 Healthy Hearth



If you are upgrading, remodeling or building new, install a clean-burning natural gas or propane fireplace or stove instead of wood



Switching from wood to natural gas or propane fuel is good for the air and your health. Natural gas and propane are more convenient and often cost less. There's no more wood to haul, ashes to clean out, or spiders or bees hiding in your fuel. Ready to turn in for the evening? Turn it off and breathe easy — no need to wait to close the damper or have a smoldering fire polluting the neighborhood.

Resources

Puget Sound Clean Air Agency Indoor Burning Page

<http://www.pscleanair.org/burning/indoor/index.shtml#make>

Hearth, Patio & Barbecue Association

<http://www.hpba.org/communications/facts.shtml>

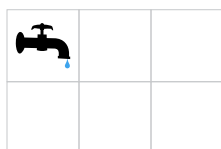


101 Eco-Actions In Your Home

#6 Savings With Every Flush



Replace old toilets with a 1.6 gallon low flow toilet



Toilets can be one of the biggest water wasters in your home. That's why Washington state law now requires water-efficient toilets when you replace or install a new toilet.

But why wait until your old one wears out? New toilet technology offers big savings. You can cut your water consumption by nearly 50 percent with toilets that use only 1.6 gallons per flush, compared to older models at three gallons per flush. Consult a plumber for quality installation and dispose of your old unit responsibly. Porcelain toilets can be recycled at Seattle's South Recycling and Disposal Station.

Resources

FlushStar List of Water-Efficient Toilets

<http://www.savingwater.org/docs/FlushStar.pdf>

#7 Hazardous When Used



Reduce purchase and use of toxic products. Properly dispose of hazardous waste



Improper use, storage or disposal of hazardous products threatens human health and the environment. They include antifreeze, rechargeable batteries, drain openers, hobby chemicals, mercury thermostats and thermometers, toxic cleaners, oil-based paint and paint thinners, pesticides, wood preservatives, adhesives, fluorescent light tubes and propane tanks.

Seattle Public Utilities accepts hazardous waste at two facilities in north and south Seattle. The King County Wastemobile and private sector partners offer many options for the proper disposal of hazardous waste outside Seattle.

Resources

Seattle Public Utilities — Acceptable & Unacceptable Hazardous Items

http://www.seattle.gov/util/Services/Garbage/Hazardous_Waste_Disposal/ACCEPTABLE_200312051016334.asp

Take It Back Network - For electronics

<http://www.metrokc.gov/dnrp/swd/electronics/recyclers.asp>

Local Hazardous Waste Management Program in King County

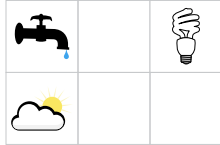
<http://www.govlink.org/hazwaste/>

#8

Major Savings With Major Appliances



When replacing major appliances, buy the most efficient models



You can save hundreds of dollars a year in water and energy costs by switching to more efficient models of appliances like refrigerators, freezers, dishwashers, clothes washers, dryers and water heaters. For example, an ENERGY STAR washing machine can reduce water use by up to 40 percent and cut energy use by up to 60 percent.

Compare EnergyGuide labels on products to find out how much energy and money they will consume over time. You may be eligible for utility rebates on energy-efficient appliances as well.

Resources

Seattle City Light Energy Conservation Helpline

(206) 684-3800

ENERGY STAR®

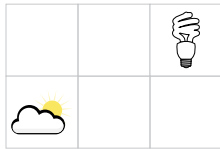
<http://www.energystar.gov>

#9

Energy Savings Are On The Line



Air-dry your clothes with a clothesline or drying rack when weather allows



A clothes dryer is typically one of the top energy consumers in the home, accounting for an average five percent of all domestic electricity use and costing about \$85 a year to operate.

In addition, all that heat and spinning can wreak havoc on your clothes. Drying clothes on a clothesline uses no energy, is gentle on clothes and it's free! For small loads, try a small indoor drying rack.

Resources

Seattle City Light Energy Savings Tips

http://www.seattle.gov/light/conserve/tips/cv6tip_04.htm



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



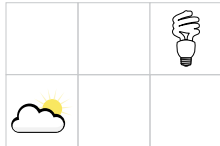
101 Eco-Actions In Your Home

#10

Here Comes The Sun



Consider installing solar-electric or solar hot water systems



Solar hot water systems collect up to 70 percent of the solar energy that reach them, and can be economical over their lives, compared to other water heating systems. Solar electric (PV) systems actually generate electricity. So if you produce more than you consume, you could actually spin your electric meter backwards! Besides producing clean, renewable power, you also avoid rising energy costs in the future and have backup power potential.

Resources

U.S. Department of Energy

http://www.eere.energy.gov/RE/solar_hotwater.html

American Solar Energy Society

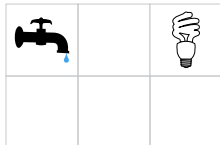
<http://www.ases.org>

#11

Small Fix, Big Savings



Fix leaking faucets and toilets



Slow drips of water can add up quickly. On average eight percent of all home water use is wasted through leaks. A toilet that “keeps running” after you flush, or a faucet that drips after it is turned off, can waste thousands of gallons of water a year. And if hot water is leaking, energy is wasted as well! Fix leaks as soon as you find them — even a small, silent leak can easily cost \$50 per year in water and sewer costs.

Most toilet or faucet leaks are relatively easy to identify — and to fix. A leaking toilet loses water from the tank to the bowl without being flushed, so check for that first. A leaking faucet is frequently the result of a bad rubber washer, typically located under the handle.

Resources

Saving Water Partnership guide to finding and fixing leaks

<http://www.savingwater.org/docs/leaks.pdf>

Conserving water inside the home

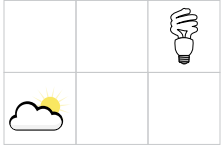
<http://www.savingwater.org/inside.htm>

#12

Tune It Or Lose It



Make sure your home heating system is tuned up and running properly, and that air filters are replaced regularly



If your furnace hasn't been tuned up in a long time, 30-50 percent of the fuel could be wasted before it even gets past your furnace! That energy wasted contributes to unnecessary greenhouse gas emissions and higher household energy bills.

Make sure your heating system is operating efficiently. As a general rule, gas-heating units should be serviced every two years and oil furnaces each year.

Resources

Seattle City Light Home Heating Tip

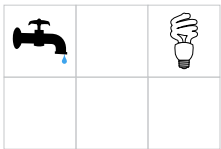
http://www.seattle.gov/light/Conserve/tips/cv6tip_27.htm

#13

Lather Up With Less



Install high efficiency showerheads and faucet aerators and fix the ones that leak



The bathroom is the room in the house where we use — and waste — the most water. Installing efficient fixtures and finding and fixing leaks in the shower and bath are great ways to reduce water use year-round.

Install a showerhead flowing at two and a half gallons per minute (gpm) or less. For bathroom faucets, look for aerators (nozzles) flowing at one gpm. A faucet aerator can cut normal faucet flow of three to five gallons of water per minute in half by mixing air with the water as it leaves the tap. Using less hot water saves energy, too — helping cut down on energy and water bills.

Resources

Saving Water Partnership Guide to Finding and Fixing Leaks

<http://www.savingwater.org/docs/leaks.pdf>

Saving Water Partnership — Conserving Water in the Bathroom

http://www.savingwater.org/inside_bathroom.htm



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection

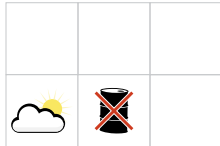


101 Eco-Actions In Your Home

#14 **Recycle. It's The Law**



Follow the city's new recycle guidelines



Effective January 1, 2005, the City of Seattle prohibited recyclables in residential, commercial and self-haul garbage. Paper, cardboard, glass bottles and jars, plastics, aluminum and tin cans and yard debris should be recycled.

In 2005, garbage haulers will tag containers with significant amounts of recyclables as part of an educational effort. Enforcement, including refusal to pick up garbage containing recyclables, will begin in 2006.

Resources

Seattle Public Utilities — Ban on Recyclables in Garbage

http://www.seattle.gov/util/About_SPU/Recycling_System/History_&_Overview/Ban_on_Recyclables_in_Garbage/index.asp

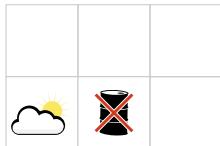
City of Seattle — Recyclable Items

http://www.seattle.gov/util/Services/Garbage/Special_&_Unacceptable_Items/COS_003965.asp

#15 **Good Things Go In Small Cans**



Sign up for micro-can garbage service



Many Seattle residents have garbage cans that are larger than absolutely necessary. Examine your garbage needs and select the smallest practical garbage can. Smaller cans will help you remember to recycle and can save money.

Remember you can always self-haul to city transfer stations when you generate extra garbage. Also, compost your food scraps and consider using a home trash compactor to reduce volume.

Resources

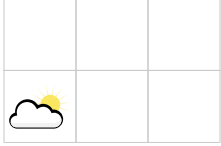
Seattle Public Utilities — Garbage Can Rates

http://www.seattle.gov/util/Services/Garbage/Rates/GARBAGECA_200312020756336.asp

#16 Don't Get Burned



Burn only clean-burning wood products such as manufactured logs or pellets



Manufactured fire logs made for open-hearth fireplaces, such as Duraflame logs, produce up to 70 percent less air pollution than wood. These logs reduce creosote buildup and are virtually bug-proof and easy to light.

Logs made of wax and sawdust should not be used in wood stoves or fireplace inserts. 100 percent compressed sawdust logs work best in wood stoves or fireplace inserts.

Resources

Hearth, Patio & Barbecue Association Wood Alternatives Page

<http://hpba.org/consumer/2/Fuels/Alternatives/index.shtml>

Puget Sound Clean Air Agency Indoor Burning Page

<http://www.pscleanair.org/burning/indoor/index.shtml#make>

#17 Multi-family Magic



Consider moving to a condominium (condo)



Condo living, or any multifamily living arrangement, makes a huge individual contribution to preserving Seattle's urban ecosystem.

Condo living saves energy, cuts down on pollution and toxic waste entering the air and water, and saves habitat for urban wildlife. Condo dwellers have easy access to public transportation, employment sites, retail and entertainment, requiring much less reliance on personal automobile travel. Most condos can include custom interior design, but don't require the general maintenance and yard care inherent in residential home ownership.

Resources

Global Footprint Network

<http://www.ecofoot.net/>

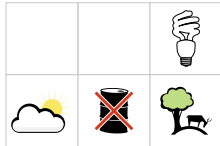


101 Eco-Actions In Your Home

#18 Old, Cold And Wasteful



Replace or remove aging and inefficient refrigerators and freezers



Older refrigerators and freezers can be huge energy hogs — today’s models use less than half the energy of those sold in the 1970s and 1980s. In fact, replacing your old refrigerator alone could result in enough energy savings to pay for the new one!

Look for the ENERGY STAR label on new refrigerators and freezers. Be sure to recycle your old model properly to safely remove ozone-depleting materials.

Resources

ENERGY STAR Qualified Refrigerators & Freezers

http://www.energystar.gov/index.cfm?c=refrig.pr_refrigerators

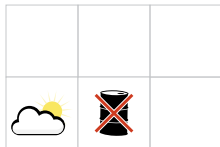
Recycling Appliances in King County

<http://www.metrokc.gov/dnrp/swd/wdidw/category.asp?CatID=20>

#19 Don't Waste Your Waste



Compost food waste



Composting food scraps reduces waste, saves on your garbage bill, helps grow a healthy, sustainable garden with less water, fertilizer and pesticides, and minimizes environmental impacts. More than 30 percent of Seattle’s garbage is food scraps and food-soiled paper! Yard waste collection subscribers can now recycle vegetative waste (orange peels, egg shells, coffee grounds, fruits, vegetables, etc.) in yard waste carts provided by the City of Seattle.

Food scraps should be buried in gardens or composted in “green cone” food digesters. Worm bins are another option for composting food scraps. Remember that meat, fish, poultry, dairy products and pet wastes should not be composted in any system at home.

Resources

New Yard Waste Services

http://www.seattle.gov/util/Services/Yard/Yard_Waste_Collection/index.asp

Saving Water Partnership — Conserve Outside

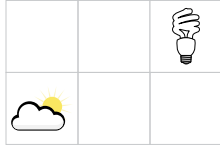
http://www.savingwater.org/outside_soil.htm

#20

Get Cozy With Clothes



Turn down the heat and wear warm clothes instead



In the end, your home’s heating system isn’t designed to heat your house, it’s supposed to heat you! Keeping your heat on extra warm so you can walk around in light clothing is an expensive habit. Instead, start by keeping in more of your own body heat with warm shirts, sweaters and socks. Then turn down the heat and enjoy the energy savings while still staying toasty warm!

Resources

Seattle City Light Conservation

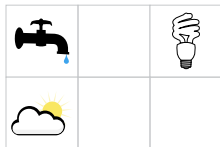
<http://www.seattle.gov/light/conserve/>

#21

Get It Fully Loaded



Wash full loads of dishes and clothes, using cold water for clothes whenever possible



Dishwashers, clothes washers and dryers are among the most energy-consuming items in your home. Most of the energy used to power clothes washers goes to heat the water, so cooler water settings can provide savings on heating bills.

For dishwashers, use the standard or light wash settings and no-heat drying settings. Wash full loads in your clothes washer to save energy and water.

Resources

Seattle City Light — Major Appliances

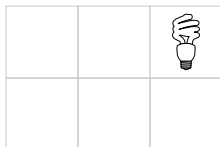
http://www.seattle.gov/light/conserve/resident/appliances/cv5_appA.htm

#22

Wasted Energy? Make It A Turn Off



Make sure lights are turned off when they are not needed



It’s a myth that turning lights on and off wastes energy — turning lights off when you leave a room saves energy and saves you money. Consider motion sensors, timers or photocells that turn lights off automatically when they are not needed. Dimmer switches can also save energy, installed on lights that only need to be extra bright on occasion.

Resources

Seattle City Light — Energy Savings Tip of the Day

http://www.seattle.gov/light/conserve/tips/cv6tip_06.htm



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



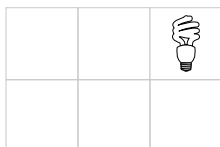
101 Eco-Actions In Your Home

#23

Change Is Good. Change A Light



Install compact fluorescent light bulbs (CFLs) in your home's most frequently used light fixtures



The typical family spends more to light their home than they do to run their refrigerator year-round! Energy-efficient lighting uses up to 75 percent less energy than incandescent lights and lasts up to ten times longer.

CFLs are especially beneficial when used for exterior lighting, as exterior lights are usually left on all night (12 hours/day). Compact fluorescent lamps use 1/3 to 1/4 of the energy of incandescent lamps, saving energy while keeping your home and neighborhood safe.

Look for the ENERGY STAR when purchasing energy-efficient lighting, and check with your local utility. Many offer rebates and discounts on CFLs throughout the year.

Resources

Seattle City Light Residential Lighting

http://www.seattle.gov/light/conserves/resident/cv5_lw1.htm

ENERGY STAR Change a Light, Change the World Campaign

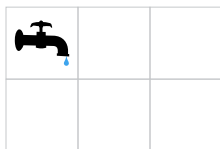
http://www.energystar.gov/index.cfm?c=lighting.pr_lighting

#24

Get It Before It's Hot



Collect all water wasted while waiting for hot water to reach your faucet or showerhead and use it to water your plants



Forty percent of all water used indoors is used in the bathroom. Much of it goes down the drain while you wait for it to warm up. This water is clean and perfect for watering houseplants and outdoor planters — you'll save time filling up watering cans and save a lot of water that would otherwise go down the drain.

Resources

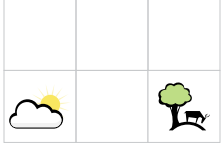
Conserving Water in the Bathroom

http://www.savingwater.org/inside_bathroom.htm

#25 *Certify Your Stove*



If you use a wood stove or fireplace, replace it with an EPA-certified one



Uncertified stoves release twice as much air pollution as certified stoves. One old, uncertified stove can release as much fine-particle pollution as more than 1,000 natural gas furnaces for the same heat output.

Since 1992, only wood stoves and fireplace inserts that are EPA-certified can be sold and installed in Washington State.

Resources

Puget Sound Clean Air Agency Indoor Burning Page

<http://www.pscleanair.org/burning/indoor/index.shtml#facts>

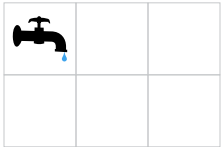
Hearth, Patio & Barbecue Association

<http://www.hpba.org/communications/facts.shtml>

#26 *Leave 'Em Dirty*



If you have a newer dishwasher, don't rinse dishes before loading



Most newer dishwashers don't require pre-rinsing — check your machine's ability to completely clean dishes without extra effort (and water!) on your part.

When you buy a new dishwasher, look for ENERGY STAR qualified models — you'll save energy and water. If possible, avoid washing dishes by hand; automatic dishwashers typically use less water than hand-washing.

Resources

Saving Water Partnership — Saving Water in the Kitchen

http://www.savingwater.org/inside_kitchen.htm

Find an ENERGY STAR qualified dishwasher

http://www.energystar.gov/index.cfm?c=dishwash.pr_dishwashers



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



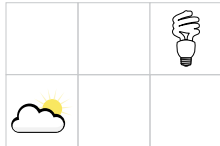
101 Eco-Actions In Your Home

#27

Well-seasoned Is Best



If you burn firewood, make sure it has dried, or seasoned, for at least six months



Wood can seem dry and still contain plenty of water, up to 50 percent. Moisture in wood makes the fire give off more smoke while dry wood can give off 44 percent more heat. To best use firewood, split it, stack it loosely in layers in alternating directions, store it at least six inches off the ground and cover it. Store it for at least six months or better yet, one year to reach 20 percent moisture content. And remember to pay attention to our air quality before lighting a fire. Sign up at www.pscleanair.org to receive an e-mail notification in the event of a burn ban or phone 1-800-595-4341.

Resources

Burn Smart, Burn Clean

<http://www.burningclean.com>

Washington State Department of Ecology — Cleaner Wood Burning

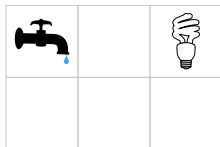
<http://www.ecy.wa.gov/pubs/g1bro22.pdf>

#28

Lean, Mean — And Clean



Take shorter showers



Shortening your shower by a minute or two can help save up to 1,800 gallons per person each year!

Try to shorten your shower time by one minute — this easy step can help save hundreds of gallons of water each year, and reduce the energy needed to heat that water. To really make a difference in water use, aim for a five-minute shower.

Resources

Seattle Public Utilities — Tips to Use Less Water Around the Home

http://www.seattle.gov/util/Services/Water/Reduce_Water_Use/TIPSTOUS_200311261438023.asp

Saving Water Partnership — Conserving Water in the Bathroom

http://www.savingwater.org/inside_bathroom.htm

#29

Become An Instant Expert



Use on-line tools for a custom analysis of your resource use



Whether you live in a house, condominium or apartment, the Home Resource Profile will give you customized information about your utility bills. The on-line application takes data directly from your water and electric account and creates a comprehensive picture of your home's resource consumption, along with specific strategies for saving money. You also get to see your billing history and compare your use to other Seattle households. The Home Resource Profile also uses your responses to a brief survey to suggest strategies for managing garbage, recyclables, water and food waste and more.

Resources

Seattle City Light Energy Conservation

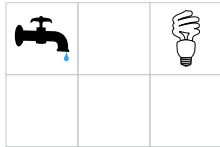
<http://www.seattle.gov/conserve/homeprofile/>

#30

Don't Watch Your Savings Go Down The Drain



Turn off the water when brushing your teeth, washing dishes or shaving



It may not seem like much, but the water that runs down the drain can add up. After wetting your toothbrush or lathering up, shut off the water until it's time to rinse. You'll reduce water use and, if the water is warm, save energy too.

Resources

Seattle Public Utilities — Tips to Use Less Water Around the Home

http://www.seattle.gov/util/Services/Water/Reduce_Water_Use/TIPSTOUS_200311261438023.asp

Saving Water Partnership — Conserving Water in the Bathroom

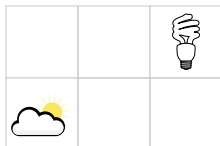
http://www.savingwater.org/inside_bathroom.htm

#31

Turn Down The Tank



Turn your water heater down to 120 degrees



You can save money and avoid scalding injuries by adjusting the temperature setting on your water heater to 120°F (130° if you have a dishwasher without an internal heater). There are often two thermostats that should be set to the same temperature on electric models, one at the bottom and one about halfway up. Be sure to turn off the power to tank while making any adjustments.

Resources

Seattle City Light Energy Savings Tips

http://www.seattle.gov/light/conserve/tips/cv6tip_25.htm



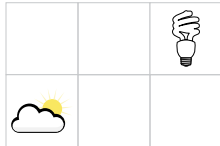
101 Eco-Actions In Your Home

#32

Wrap It Up



Wrap your water heater in an insulating jacket



Put your hand on your water heater. If it feels warm, install an insulating blanket (they're available at hardware stores) around it. The colder its location, the greater the heat loss. You can save energy and reduce greenhouse emissions up to 1,000 lbs/year. On gas water heaters, be sure to keep the insulation away from the drain at the bottom and the flue at the top, and make sure airflow to the burner at the bottom is not obstructed.

Resources

Seattle City Light Conservation

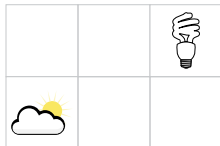
<http://www.seattle.gov/light/conserve/>

#33

Curtain Call



Use curtains to help control home temperature



Drapes, window shades and blinds can be effective in keeping your home more comfortable and environmentally sound. A drape can reduce heat lost through a window by one-third. An insulated drape can reduce it by half.

Use your drapes actively. Open them on sunny winter days to allow warm sun in; close them on winter nights to retain heat; close them on hot summer days to keep the sun out. Consider adding an insulating lining to your draperies.

Resources

Seattle City Light Conservation

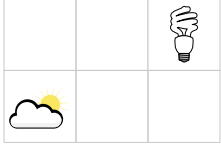
<http://www.seattle.gov/light/conserve/>

#34

Let Your Computer Snooze



Make sure sleep functions are enabled on your computer



Many computers with power management systems in place are not operating as efficiently as they could because the systems are not turned on. Enabling these options can save 60-80 percent of the energy that would simply have been wasted.

Also be aware that screen savers are not the same as sleep mode and do not save energy. And while enabling power management options is a good start, turning computers and other equipment off when not in use is even better.

Resources

Rocky Mountain Institute

<http://www.rmi.org/sitepages/pid194.php>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



101 Eco-Actions

In Your Yard

Yards and gardens are extensions of our homes. Children play in yards and pets may spend much of their time outdoors. In taking care of our yards, we sometimes use water inefficiently. Often we use pesticides or fertilizers that can be harmful to humans and to the environment. We also can produce unnecessary yard wastes in the process.

Taking a natural approach to yard care can save time and money, protect your family’s health and protect the environment. The City of Seattle recommends five steps to a natural yard:

1. Build healthy soil.
2. Plant right for your site.
3. Practice smart watering.
4. Think twice before using pesticides.
5. Practice natural lawn care.

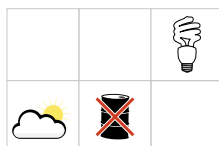
For Natural Yard Care information, visit <http://www.savingwater.org/outside.htm>

#35

Take A Pass On The Gas



Use electric or manual mowers and yard equipment (such as leaf blowers or rakes, trimmers and edgers) instead of gasoline powered models



Most gas-powered mowers and other types of yard equipment don’t carry the same pollution control devices found in new automobiles.

Electric mowers and yard tools are now available from a number of manufacturers and retailers. Not only do they prevent air pollution, they are quieter than their gas-powered counterparts. For smaller yards and gardens, manual reel mowers, clippers and edgers are environmentally safe and offer the health benefits of exercise.

Resources

Seattle Public Utilities — Mulching Lawn Mower Guide

http://www.seattle.gov/util/Services/Yard/Natural_Lawn_&_Garden_Care/Natural_Lawn_Care/MULCHINGL_200311261655016.asp

#36

Oil And Water Don't Mix



Don't pour anything down storm drains



Everything from motor oil, antifreeze, car cleaning products, fertilizers, pesticides and herbicides can enter storm drains and contaminate local streams, lakes and other waterways. Runoff into storm drains can harm or kill fish and other wildlife. Properly dispose of liquids in your yard, home and vehicle. This simple act will have a direct, positive impact on the health of our area waterways and fish and wildlife.

Resources

Seattle Public Utilities — Keep Water Safe and Clean

http://www.seattle.gov/util/Services/Drainage_&_Sewer/Keep_Water_Safe_&_Clean/

Puget Sound Online — Top Ten Things to Reduce Stormwater Runoff Problems

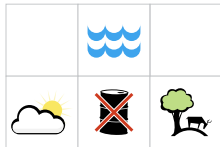
http://www.psat.wa.gov/Programs/stormwater/stormwater_10things.htm

#37

Treat Your Trees Like Family



Plant and properly maintain trees on your property or planting strip



All the runoff from your house and lawn can enter storm drains and end up in local waters. Often this runoff is polluted with pesticides, herbicides and other chemicals that harm fish and wildlife. Trees and shrubs capture and hold lots of rain before it reaches the ground.

Planting trees and shrubs on your property creates a buffer, slowing runoff and capturing particles and pollutants before they can enter the water supply. Tree root systems also help stabilize soil, preventing erosion and providing critical habitat for birds and other wildlife.

The City of Seattle's Neighborhood Matching Fund program provides money to Seattle neighborhood groups and organizations for a range of neighborhood-initiated improvements, including projects that help 'green' Seattle. Contact the Department of Neighborhoods or Parks and Recreation if you are considering a neighborhood tree planting project.

Resources

City of Seattle — Tree Maintenance Program

<http://www.cityofseattle.net/parks/horticulture/treemaintenance.htm>

City of Seattle — Neighborhood Matching Fund

<http://www.seattle.gov/neighborhoods/nmf/>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



101 Eco-Actions In Your Yard

#38

Give Your Yard A Natural High



Reduce your use of pesticides



Scientists have found 23 different pesticides in our local streams, many at levels that can damage salmon and other wildlife. Pesticides and weed killers create serious problems when they enter lakes, wetlands or streams. Some chemicals kill not just pests, but desirable insects, animals and plants. Overuse of these chemicals can damage plant and soil health. What's more, studies find increased health risks among families that use lawn and garden pesticides, especially among pets and children.

Resources

Less Toxic Pest and Weed Control

http://www.savingwater.org/outside_pesticide.htm

LHWMP — Avoiding Pesticides in Your Yard

<http://www.govlink.org/hazwaste/house/yard/problems/index.html>

#39

Moss Killer Kills More Than The Moss



Don't use moss killer or other herbicides on your lawn or roof



Moss prevention products can damage soil and lawn health and pollute local waterways. Studies also suggest that using these products can harm human health. Moss killers and herbicides can enter water that runs off our roofs and yards and into storm drains that go directly into the nearest stream, lake or Puget Sound.

Moss infests shady, compacted or stressed turf. Leave it alone, or spot treat it with less toxic moss control products. Better yet, fight moss with healthier turf by thatching, aerating and top dressing with compost.

Resources

LHWMP — Avoiding Chemicals in Your Yard

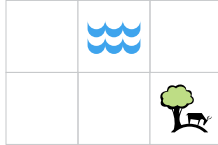
<http://www.govlink.org/hazwaste/house/yard/lawn/chemicals.html>

#40

Paving Doesn't Pay



Use Grasscrete, reinforced turf or other open-grid paving systems for driveways or parking spaces



Porous paving schemes reduce or eliminate runoff due to impervious, or watertight, surfaces. Designing driveways, walkways and patios to minimize or eliminate impervious surfaces allows stormwater runoff to infiltrate into the ground, decreasing the amount of runoff leaving the site by up to 90 percent. This, in turn, minimizes the impact on creeks, lakes and Puget Sound. Homeowners can also use gravel, crushed stone and open or porous paving blocks for walkways and other light traffic areas.

Resources

Seattle Office of Housing — Permeable Paving

<http://www.cityofseattle.net/housing/SeaGreen/#Permeable>

Master Builders Association — Built Green Features, Water Quality

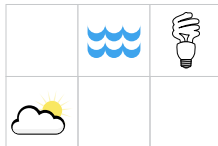
<http://www.builtgreen.net/features.html>

#41

Better Than Shingles



Consider a 'green roof'



A green roof is, essentially, a roof garden. Green roofs retain and collect rainfall, reducing runoff that can enter storm drains and enter local waterways. Up to 50 percent of rainfall is retained — the other half is slowed down so it enters the storm water system gradually.

Green roofs can also help insulate buildings, reduce energy costs and reduce roof maintenance costs. Research the feasibility of a green roof for your house, garden, carport or porch and consider one for new construction on your property.

Resources

Green Roof Resource Page

<http://www.greenroofs.com>

Northwest EcoBuilding Guild — Green Roof Project

<http://www.hadj.net/green-roofs/index.html>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



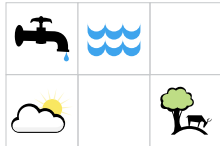
101 Eco-Actions In Your Yard

#42

Hassle-free Lawn



Reduce or replace lawn with a drought-tolerant garden



Lawns can be a fun place to hang out, but they require a lot of care — watering, mowing, feeding, etc. In fact, lawn and garden watering account for more than 40 percent of our summer water use. That’s when water rates are highest, supplies are lowest, and when salmon, wildlife and people need it most.

Consider making your lawn smaller — or replacing it altogether — with plants that will thrive naturally. Removing turf is an especially good idea on slopes and shady areas. Lawns will always struggle in these problem spots where other plants are better suited. By making this change, you’ll create a beautiful outdoor area for your family to enjoy and you’ll save time, money and frustration associated with lawn upkeep.

Resources

Natural Lawn Care

http://www.savingwater.org/outside_lawn.htm

#43

Mow It High And Let It Lie



Mow high and leave grass clippings on the lawn



For a healthier lawn, mow your lawn higher (one to two inches high), mow regularly and leave the clippings. Grasscycling, or mulch mowing, leaves the grass clippings on the lawn and gives the lawn at least 25 percent of its fertilizer needs, resulting in a healthier lawn.

Don’t worry about thatch. Grasscycling doesn’t cause thatch buildup. Mowers designed especially for mulching chop grass clippings very fine, blowing them back into the grass for easier decomposition. Check the resources below to discover the causes of thatch.

Resources

Natural Lawn Care

http://www.savingwater.org/outside_lawn.htm

King County Solid Waste Division — Natural Lawn Care

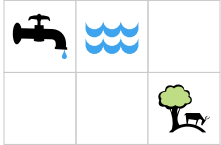
<http://www.metrokc.gov/dnrp/swd/naturalyardcare/lawncare.asp>

#44

Welcome Back Salmon



Be a salmon-friendly gardener



Salmon-friendly gardens work with natural processes to grow healthy plants using minimal irrigation, fertilizer and pesticides. In addition to keeping the water clean and protecting habitat, salmon-friendly gardens can save you time and money.

Take a look at your garden and see what you can do to welcome salmon home. Our landscaping practices are an important part of the changes around Puget Sound that threaten salmon with extinction. The ways we garden can make a real difference in whether our salmon neighbors have a healthy place to come home to.

Resources

Salmon Friendly Gardening

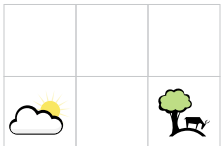
http://www.seattle.gov/util/Services/Yard/Natural_Lawn_&_Garden_Care/Salmon_Friendly_Gardening/index.asp

#45

Go Native!



Plant native trees in your yard and planting strips



Seattle has a rich history and diversity of tree species. While much of the original forest was logged off in the mid-19th century, it has slowly been replaced with newly introduced species and Seattle's parks are home to about 1.5 million trees.

Native tree species are especially well suited to our climate and environment, and do well sheltering native fauna. Re-introducing these species whenever possible will ensure their survival and an ongoing heritage of Northwest trees in Seattle.

Resources

City Arborist

<http://www.seattle.gov/transportation/arborist.htm>

Seattle Parks and Recreation

<http://www.cityofseattle.net/parks/Environment/treepolicy.htm>

Washington Native Plant Society

<http://www.wnps.org/>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



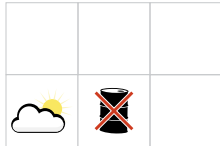
101 Eco-Actions In Your Yard

#46

Yard Waste — Nature's Fertilizer



Compost yard waste or take advantage of yard debris pick up



Most yard waste, including leaves, grass clippings, stalks and sticks, can be composted in simple bins without pest or odor problems — but only if food scraps are not added.

Piles are the simplest composting method, requiring no special tools or bins. Holding bins neatly contain composting materials. Many types are available in stores and mail-order catalogs. The City of Seattle and other local communities offer residents holding bins at discounted prices.

Resources

Seattle Public Utilities

<http://www.seattle.gov/util/Services/Yard/Composting/index.asp>

King County Solid Waste Division — How to Choose a Compost Bin

<http://www.metrokc.gov/dnrp/swd/naturalyardcare/documents/Binguide.pdf>

#47

Go Organic!



Use organic fertilizers and refrain from using chemical fertilizers



Many people spend lots of time, effort and chemicals trying to achieve the perfect, deep green lawn. The truth is lawns in the Pacific Northwest that are a deep green are likely over-fertilized and more susceptible to disease.

Using “natural organic” or slow-release fertilizers will provide nutrients in small amounts over an extended period and won't wash excess chemicals into local streams. Quick release fertilizers contain high levels of nitrogen and are highly soluble — meaning they wash right into storm drains and into waterways.

Resources

Natural Lawn Care

http://www.savingwater.org/outside_lawn.htm

Washington Toxics Coalition

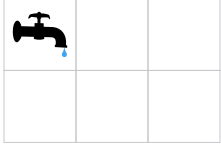
<http://www.watoxics.org>

#48

Plants Need Special Attention



Water your plants separately from your lawn



Lawns often require more water to stay healthy than many other plants in your garden. Be careful to water plants and lawns separately to avoid wasting extra water on plants that don't need it.

Another great idea is to group plants with similar water needs together so they all get the right amount of water every time.

Resources

Smart Watering Guide

http://www.savingwater.org/outside_watering.htm

Natural Yard Care Guide

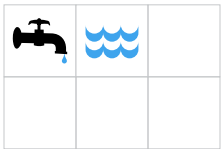
http://www.seattle.gov/util/stellent/groups/public/@spu/@rmb/@csd/@rescons/documents/spu_informative/naturalya_2003112617020011.pdf

#49

Choose The Right Plants



Use the right plant for the right place



Maintaining a beautiful yard is hard work — and many of us struggle more than necessary because we're choosing the wrong plants for the conditions at our site.

Drought-tolerant plants grow well with water primarily provided by nature and plants native to the Northwest have naturally adapted to the local climate and pests. Drought-tolerant plants perform best where soil is dry in the summer. Drought-resistant and native varieties grow best in the right conditions. Plant moisture-loving varieties where soil stays wet.

Resources

Choosing Garden Plants

http://www.savingwater.org/outside_garden.htm

Natural Yard Care Guide

http://www.seattle.gov/util/stellent/groups/public/@spu/@rmb/@csd/@rescons/documents/spu_informative/naturalya_2003112617020011.pdf



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection

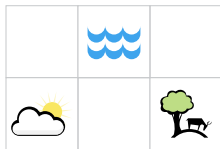


101 Eco-Actions In Your Yard

#50 **Flora Loves Company**



Place trees and shrubs in clusters



When landscaping your yard, plant tall trees and low bushes strategically in natural arrangements. Instead of planting trees and shrubs formally in lines or neat rows, group your plantings to form hollows and secret spaces for birds, squirrels and urban wildlife. These areas form shady spots for wild creatures, keep the soil cool and promote water retention.

Resources

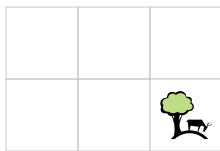
Seattle Department of Transportation — Tree Planting Procedures

<http://www.ci.seattle.wa.us/transportation/treplanting.htm>

#51 **Repel All Invaders**



Remove ivy and other invasive species on your property to protect your trees and even those on neighboring property



Invasive plant species can and should be removed whenever possible. Invasive English ivy is particularly prevalent in the Northwest. It creates “Ivy Deserts,” or areas so dominated by ivy that no other vegetation survives. Ivy can also strangle trees around their base and reduce the flow of nutrients up and down the tree.

EarthCorps sponsors restoration work parties for the removal of ivy and other invasive plant species in our forests and parks.

Resources

EarthCorps — Environmental Restoration

<http://www.earthcorps.org/restoration.php>

IvyOUT

<http://www.ivyout.org/>

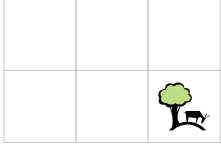
Ivy Removal Project

http://www.noivyleague.com/Pages/control_methods.html

#52 *Keep Outsiders Out*



Don't plant invasive plants



Invasive non-native plants are a major threat to the urban ecosystem. Invasive plants compete with native plants by crowding them for space, covering and shading native plants, and causing physical and chemical alterations to the soil.

When planting, seek out native plants. They are suitable for our climate and soils, and co-exist peacefully in our urban ecosystem.

Resources

King County — Native Plant Resources

<http://splash.metrokc.gov/wlr/pi/npresrcs.htm>

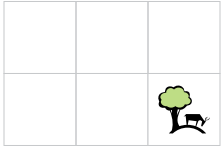
Washington Native Plant Society — Invasive Species

http://www.wnps.org/invasive_species.htm

#53 *Go Out On A Limb*



Limb trees, don't top or remove them, to improve views



Seattle Parks and Recreation's Tree Maintenance Program maintains the health and safety of trees throughout the City's park system.

Tree crews follow standards set by the International Society of Arboriculture. These standards suggest the proper method to prune trees. Limbing is healthier for trees, while topping can weaken the tree, exposing it to pests and making it susceptible to wind damage.

Resources

Seattle Parks and Recreation — Horticulture Tree Maintenance Program

<http://www.cityofseattle.net/parks/horticulture/treemaintenance.htm>
(206) 684-4113

International Society of Arboriculture — Why Topping Hurts Trees

<http://www.treesaregood.com/treecare/topping.asp>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection

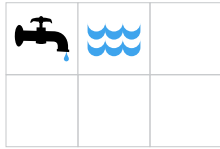


101 Eco-Actions In Your Yard

#54 **Better By The Barrel**



Use rain barrels or cisterns to capture rainwater for landscape use



Rain barrels are a perfect fit with the salmon-friendly Northwest style of Natural Yard Care. The obvious benefit of rain barrels is water conservation. Barrels full of “free” rainwater can be used for watering lawns and gardens. The less obvious benefit is water quality. Rain barrels prevent limited quantities of water from running off roofs and across driveways, picking up pollutants and entering stormwater drains.

Resources

Seattle Public Utilities — Rain Barrels

http://www.seattle.gov/util/Services/Yard/Natural_Lawn_&_Garden_Care/Rain_Barrels/index.asp

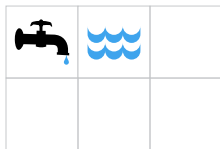
Saving Water Partnership — Using Rain Barrels in Northwest Gardens

<http://www.savingwater.org/docs/rainbarrels.pdf>

#55 **Plant Right For Your Site**



Plant to match the sun, shade and soil in your yard



Picking the right plants for your site will save you time and water and set the stage for success.

Take a look at your yard — chances are you’ll find varying degrees of slope, shade and soil. Most plants thrive in certain conditions — lawns and vegetables require several hours of sunlight and well-drained soil, while other plants do well in shady or soggy areas and require less maintenance.

Resources

Natural Lawn Care

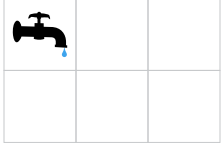
http://www.savingwater.org/outside_lawn.htm

#56

What Can Brown Do For You?



Let your lawn go brown during the summer. It will come back



Lawns require so much time, effort and care — not to mention water! To improve its health, consider letting your lawn go brown and dormant in the summer.

Each rainless month, water it deeply but slowly (so it penetrates). This will help dormant lawns so they recover better in the fall. Avoid heavy traffic on dormant lawns, or regularly water high-use areas to prevent damage. When rain returns in the fall, over-seed thin areas to thicken the lawn and help crowd out weeds.

Resources

Natural Lawn Care Guide

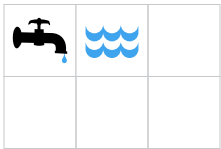
http://www.savingwater.org/outside_lawn.htm

#57

Give ‘Em An Inch



If you use sprinklers, water lawns no more than one inch per week during July and August



Anything more than this is over watering. Most lawns need only one inch of water each week to stay green during our Northwest summers, and only half that much in September.

Use a short, straight-sided container (such as tuna or cat food can) to measure the water depth your yard receives.

Resources

Smart Watering Guide

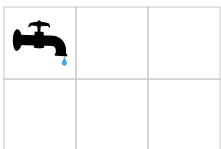
http://www.savingwater.org/outside_watering.htm

#58

Rain Sensors Make Sense



If you have an automatic sprinkler system, add a rain sensor to use 20 percent less water



Automatic systems can actually waste a lot of water unless you properly set and maintain them. Adding a rain sensor to your system is one of the easiest ways to save water — after all, why water plants when Mother Nature steps in to do it for us?

Resources

Irrigation and Sprinkler System Tips

http://www.savingwater.org/outside_sprinklers_tips.htm



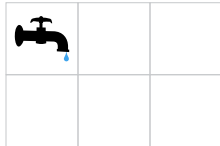
101 Eco-Actions In Your Yard

#59

Beat The Heat



Water early in the morning or after 7 p.m. to minimize evaporation



Watering plants and lawns in the middle of the day is inefficient — most of the time, more than half the water evaporates. This keeps water from reaching plants' roots, where they need it most, and requires additional watering to make sure plants get the moisture they need. Water your yard in the cooler morning and evening hours — you'll save time and water, and ensure that water is properly absorbed into the soil.

Resources

Using Drip Irrigation

<http://www.savingwater.org/docs/dripfactsheet.pdf>

Saving Water With Soaker Hoses

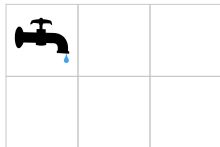
<http://www.savingwater.org/docs/soakerhose.pdf>

#60

The Best Bet To Get It Wet



Use soaker hoses or drip irrigation in garden beds



By applying water directly to the soil, drip irrigation and soaker hoses provide water right where plants need it. Soaker hoses 'sweat' water along their entire length and drip systems apply water right where it's needed. A well designed drip irrigation system loses practically no water to runoff, deep percolation or evaporation. These methods also conserve water by not spraying pavement, mulch, weeds and unplanted areas.

Resources

Smart Watering

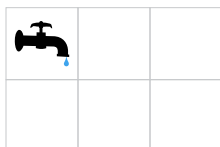
http://www.savingwater.org/outside_watering.htm

#61

Don't Give Them Too Much Of A Good Thing



Water to establish your trees and shrubs and then only if it's been extremely dry for more than a few weeks



Most plants do best if the soil is allowed to partially dry out between watering schedules. Trees and shrubs usually don't need any watering in the Pacific Northwest once their roots are fully established, usually after two to five years.

#62

An Enriching Experience



Use compost to enrich your soil



Did you know that by simply improving your soil, you can beautify your garden, cut your water bill, improve water quality in our streams and even reduce your work?

Cultivating healthy soil is as easy as adding compost and other organic amendments to your soil before planting. In fact, this is the single most important thing you can do for your garden. Make your own compost with yard waste, using a compost bin or pile or buy ready-made compost at your favorite hardware or lawn and garden store. Every spring and fall, check www.metrokc.gov for information about Northwest Natural Yard Days, a region-wide promotion to offer residents steep discounts on compost and other natural yard care products.

Resources

How to Make Your Own Compost

http://www.savingwater.org/outside_soil.htm

Natural Yard Care Booklet

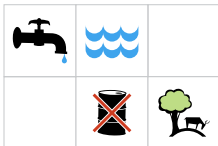
http://www.seattle.gov/util/stellent/groups/public/@spu/@rmb/@csd/@rescons/documents/spu_informative/naturalya_2003112617020011.pdf

#63

Layer It On



Layer mulch on the soil surface around your plants



“Mulch” is any material placed on your soil’s surface — it is usually comprised of organic material such as compost, leaves and grass clippings, bark or wood shavings. Mulch reduces evaporation, limits weed growth, keeps soil temperature stable and reduces soil runoff that can harm streams and fish.

Applying mulch around your plants in early fall will help prevent soil erosion, smother weeds and retain warmth. In early summer, mulches can conserve moisture, feed plants and prevent weed seeds from sprouting.

Resources

Growing Healthy Soil

http://www.savingwater.org/outside_soil.htm

How Much Compost Do I Need?

http://www.savingwater.org/outside_compostcalc.htm

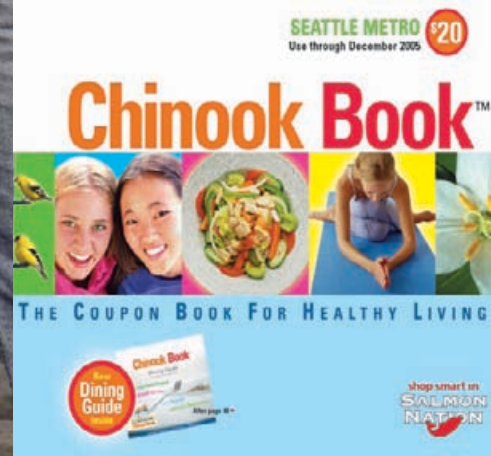
Natural Yard Care Booklet

http://www.seattle.gov/util/stellent/groups/public/@spu/@rmb/@csd/@rescons/documents/spu_informative/naturalya_2003112617020011.pdf



101 Eco-Actions

When You Shop



Buying green means purchasing products or services that will reduce environmental impacts or that are produced with minimal environmental impacts. It means focusing on reduced packaging, waste disposal, resource use, transportation, durability and many other issues.

The most important element of “green purchasing” is taking steps to avoid pollution and waste. Sometimes buying green means buying less. Sometimes it means choosing a less toxic cleaning product or non-toxic paint. Look for products made with energy efficient equipment and processes, recycled materials and non-toxic materials. Look for products that have a long useful life and that can be easily recycled or reused.

From design to disposal, product choices affect the environment, but there are no perfect production processes. Habitat is always destroyed when land is cleared for a farm, even an organic farm. Resources are always used in the manufacturing process. The key is to minimize environmental effects while maximizing benefits.

Staying current on environmental purchasing factors will allow you to make a personal impact. Check out the Chinook Book, which contains more than 250 coupons for environmentally responsible purchasing.

Chinook Book — Smart shopping for the environment, community and you
<http://www.chinookbook.net/>

#64 *Please, Mr. Postman*



Reduce your junk mail



Unwanted junk mail is a major source of paper waste. Junk mail creates four million tons of preventable waste each year. You can do more than just recycle your “junk” mail. Take steps to reduce the waste at the source. Stop registering your name unless absolutely necessary. Junk mail companies get your information anytime you sign up for a sweepstakes or fill out product warranty cards.

Register for the Direct Marketing Association’s Mail Preference Service (MPS). MPS is available to companies for the sole purpose of removing your name and residential address from their mailing lists.

Resources

Direct Marketing Association — Getting Off Mailing Lists

<http://www.dmaconsumers.org/cgi/offmailinglist>

Consumer Research Institute — Stop the Junk Mail Kit

<http://www.stopjunk.com/>

#65 *Don't Be Afraid To Ask*



Ask merchants to carry environmentally preferable products



Many government agencies and responsible business now implement programs for environmentally preferable purchasing. But just because you’re an individual consumer doesn’t mean you can’t expect the same types of environmentally friendly products to be available from your local merchant.

The EPA calls this type of purchasing program “EPP”, signifying Environment + Price + Performance considerations when making a purchase. EPP products or services have a lesser or reduced effect on human health and the environment when compared with competing products or services that serve the same purpose.

Resources

U.S. EPA — Environmentally Preferable Purchasing

<http://www.epa.gov/opptintr/epp/about/about.htm>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection

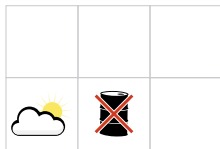


101 Eco-Actions When You Shop

#66 2 Good 2 Toss



Sell, give away or donate reusable items



You can reduce waste by donating reusable items to charity, giving them to friends or relatives or selling them online or through the newspaper.

Exchanges in Washington that serve primarily businesses include IMEX (Industrial Materials Exchange) and RBME (Reusable Building Materials Exchange). Now there is an exchange catering to the residential audience, 2good2toss, which provides a convenient way to exchange small or large quantities of used or surplus building materials and large household items.

Resources

Washington State Department of Ecology - 2good2toss

<http://www.2good2toss.com/>

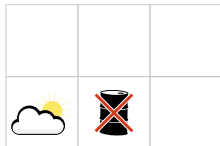
Washington State Department of Ecology — Reusable Building Materials Exchange

<http://www.rbme.com>

#67 One Person's Trash Is Another's Treasure



Buy used when appropriate



You can buy virtually anything used: automobiles, jewelry, clothing — even someone's old hobby collection. Thrift stores, like Goodwill and St. Vincent de Paul, are a good place to start when searching for used treasures.

Garage sales are also a lucrative and fun way to find used goods. King County provides free listings for garage sales on their Online Exchange, and a list of household materials for sale.

Resources

Use It Again Seattle

http://www.seattle.gov/util/Services/Recycling/Reduce,_Reuse_&_Exchange/Reuse_Exchange_Events/index.asp

King County Solid Waste Division — Garage/Yard Sales

<http://www.metrokc.gov/dnrp/swd/exchange/garage.asp>

#68 *Recycle. It Computes*



Recycle unwanted computers and electronic equipment



Electronic equipment contains a number of toxic materials, including lead that can be released into the environment if not handled properly.

Seattle, King County and Snohomish County work together to coordinate the Take it Back Network. The network provides consumers with safe, convenient reuse and recycling options. For a fee, Take it Back Network members accept computers, monitors, printers, TVs, cell phones, PDAs, fax machines and other household electronics. Call ahead to check which materials are accepted.

Resources

Take it Back Network

<http://www.metrokc.gov/dnrp/swd/electronics/>

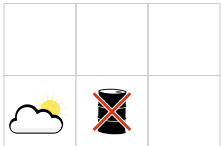
The Northwest Product Stewardship Council

<http://www.productstewardship.net/productsElectronics.html>

#69 *Think Outside The Box*



Buy products that use less packaging



Packaging makes up about 30 percent of municipal solid waste. That's a big waste of natural resources, not to mention the burden it places on landfill facilities. You can reduce the amount of packaging you “buy” to prevent waste and conserve resources by selecting products with less packaging.

Look for “loose” products stored in bins that have no packaging whatsoever. Consider buying food supplies from bulk bins. When appropriate, buy frequently used products in large containers.

Resources

King County Solid Waste Division — Waste Prevention Tips

<http://www.metrokc.gov/dnrp/swd/wasteprevention/tips.asp>

U.S. EPA — Tip 1 - Reduce the Amount of Packaging

<http://www.epa.gov/epaoswer/non-hw/reduce/catbook/tip1.htm>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



101 Eco-Actions When You Shop

#70

Get Rid Of The Dead Wood



Use naturally rot resistant wood or plastic lumber instead of treated wood



Treated wood contains a number of chemicals harmful to the environment. Seattle Public Utilities requires that a Waste Clearance Form accompany large loads of treated wood. It can't normally be recycled as clean wood waste, but must be disposed of for a fee.

A better alternative is naturally rot resistant wood or plastic lumber. Rot resistant wood includes cedar, redwood or cypress. Plastic lumber is becoming increasingly popular and is available at most lumberyards and large hardware stores. New product lines mix plastic resin with wood fiber for a natural look in a variety of tints. Structural codes are different for plastic lumber, so check with your permitting agency.

Resources

Seattle Public Utilities — Wood Recycling and Disposal

http://www.seattle.gov/util/Services/Garbage/Special_&_Unacceptable_Items/WOOD_2003120117004520.asp

American Plastics Council — Plastic Lumber

http://www.plasticsresource.com/s_plasticsresource/sec.asp?TRACKID=&CID=128&DID=230

#71

Well Spent Rent



Rent or borrow tools you're likely to use once or infrequently



Why buy when you can rent or borrow? Infrequently used tools, appliances and party supplies ultimately cost more to buy, take up valuable storage space and require periodic maintenance. Renting or borrowing is a way to share the costs and the environmental burden of this equipment. Rental shops specialize in a number of items. Some rent heavy equipment, tools and party supplies.

The Phinney Neighborhood Association in Seattle offers a Tool Lending Library that has hundreds of tools that PNA members can borrow for a modest weekly tool maintenance fee. Suggest that your community group consider a similar program.

Resources

Phinney Neighborhood Association — Tool Lending Library

<http://www.phinneycenter.org/programs/tool-lending.shtml>

#72

Eliminate Excess Baggage



Take your shopping bags to the store



Shopping bags are a big source of waste. Each year, an estimated 500 billion to one trillion plastic bags are consumed worldwide. That comes out to over one million per minute! Most are used once and then recycled.

Do your part by returning bags to your favorite grocery store for reuse every time you shop or using your own reusable bags. Don't forget other retailers like department stores. Also, reuse bags for other purposes. For instance, plastic shopping bags are ideal for another important eco-action: scooping poop when you're walking your pet.

Resources

PCC Natural Markets — What Kind of Bag Do You Use?

<http://www.pugetcoop.com/sc/0501/sc0501-paperplastic.html>

reusablebags.com

<http://www.reusablebags.com/facts.php>

#73

Get All Charged Up



Buy rechargeable batteries



Batteries contain dangerous substances like lead, arsenic, zinc, cadmium, copper and mercury. Purchasing rechargeable batteries is a good investment in your urban ecosystem. Rechargeable batteries are recyclable through the Rechargeable Battery Recycling Corporation (RBRC). RBRC recycles batteries that are commonly found in cordless power tools, cellular and cordless phones, laptop computers, camcorders, digital cameras and remote control toys.

There are plenty of convenient locations for recycling, provided on the website below.

Resources

Rechargeable Battery Recycling Corporation

<http://www.rbrc.com/index.html>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection

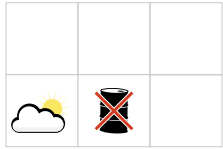


101 Eco-Actions When You Shop

#74 Close The Recycling Loop



Buy products with recycled content



Recycling is an effective environmental strategy only when markets exist to reuse and remanufacture recycled materials. “Closing the recycling loop” means buying recycled content products. Most recycled products perform just as well as those created with virgin materials.

Check labels to determine if products are recycled content, not just recyclable. Look on the product’s packaging for information about recycled content. Paper should be “post-consumer,” or it may simply contain paper mill waste that is recycled right there at the mill, such as roll ends.

Resources

Sustainable USA Network — Tips for Buying Recycled Content Products

<http://www.sustainableusa.org/getinvolved/whattodo/buyingrecycled.cfm>

#75 Waste Free Is The Way To Be



Give experiences instead of stuff



The Waste Free Holidays program, supported by King County, the City of Seattle and City of Tacoma, rewards the public for reducing waste, while supporting local businesses.

As part of this popular program, participating businesses and organizations normally offer discounts of 15 to 50 percent between Thanksgiving and December 31 on a variety of local experiences.

Resources

Seattle Public Utilities — News Release

http://www.seattle.gov/util/About_SPU/News/News_Releases/COS_004029.asp

King County Solid Waste Division — Waste Free Holidays

<http://www.metrokc.gov/dnrp/swd/wastefreeholidays/>

#76

Better The Second Time Around



Use salvaged materials when possible



Construction demolition materials comprise a large percentage of Seattle’s solid waste. Salvaging used materials for reuse is a good way to reduce waste. A number of Seattle businesses offer salvaged building materials that may include cabinets, doors, fencing, floor coverings, hardware and fixtures, paint, plumbing and pipe, roofing, siding and windows.

Resources

King County Reuse and Recycling Database — Reusable Building Materials

<http://www.metrokc.gov/dnrp/swd/wdidw/material.asp>

Earthwise

<http://www.earthwise-salvage.com/>

RE Store

http://www.re-sources.org/restore/re_seattle.htm

Second Use Building Materials

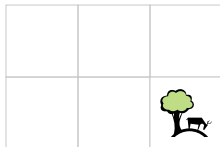
<http://www.seconduse.com>

#77

Would You, Could You Buy Certified Wood



Buy Forest Stewardship Council (FSC) certified wood



Whenever possible, purchase wood that has been certified by the FSC. Buying and selling FSC certified forest products supports environmentally responsible, socially beneficial and economically viable management of the world’s forests. The FSC label enables consumers to choose forest products with confidence that they are not contributing to the destruction of the world’s forests.

Resources

Forest Stewardship Council

<http://www.fsc.org/en/>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection

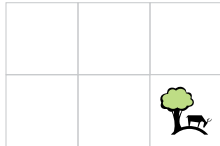


101 Eco-Actions When You Shop

#78 **Returning Nemo**



Return unwanted aquarium plants and fish to pet stores — please don't release them!



When it gets to be too much trouble to keep up your fish tank, consider giving away the fish and tossing the rest. But don't toss it anywhere near local lakes or streams. Aquarium plants can choke out native plants and create stagnant conditions that are bad for fish and good for mosquitoes.

Aquarium fish or animals dumped into natural waters can bring disease and parasites into the ecosystem. These non-native aquarium animals can prey on or compete with native species. Trade unwanted aquarium fish or plants with friends or dispose of them in the trash.

Resources

Washington State Department of Ecology — News Release

<http://www.ecy.wa.gov/news/2003news/2003-153.html>

Washington Department of Fish and Wildlife — Aquatic Nuisance Species

<http://wdfw.wa.gov/fish/ans/ans3.htm>



101 Eco-Actions

On the Move

We are a nation of cars. Especially in the west, transportation by automobile has become the mode of choice. It's more than just transportation; it's a cultural phenomenon.

The environmental cost of cars is substantial. While today's vehicles are 80 to 99 percent cleaner per mile than those built in the 1960s, the number of vehicle miles traveled nationwide has increased by 159 percent. Most of the increases are in urban areas, where ozone smog and contaminants have the greatest impacts on health. In the last 30 years, vehicle miles traveled on urban roads has tripled from 570 million to 1.73 billion.

Automobiles cause more than just air pollution. More than half of Seattle's greenhouse gas emissions come from transportation sources, primarily the cars and trucks we drive. There is no longer any doubt that climate disruption is a reality and that human activities, including driving, are responsible for increasing concentrations of global warming pollution. Roads and parking lots built for cars also form impermeable surfaces that prevent natural filtration and purification of stormwater. Oil, gas, anti-freeze and other automotive fluids are washed into storm drains, eventually fouling our water supplies and wetlands and destroying habitat for salmon, birds and other creatures.

What can we do? Don't we all need our cars? Some of us may not, but most of us can at least significantly reduce our need to drive, either by sharing rides, using public transportation, considering alternative modes like walking or bicycling, or simply doing a better job of trip planning.

Seattle has proven that its citizens can make do with less driving, based on results from the "One Less Car Challenge." Over the course of the City-sponsored program, 100 families have given up a car and learned to cope, saving money, making friends and learning new transportation "survival" skills in the process.



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



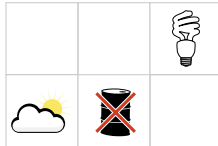
101 Eco-Actions On the Move

#79

Increase Your Mileage



When it's time to replace your car, buy a high miles-per-gallon, low-polluting vehicle (such as a hybrid or other gas-efficient vehicle)



Low emissions and good fuel economy are both important for the economy. New hybrid vehicles, powered by a combination of gas engines and electric motors, offer exciting new standards for high mileage and clean operation.

EPA provides a Green Vehicle Guide to help you choose the cleanest and most fuel-efficient vehicle that meets your needs. The guide offers three pieces of information about a vehicle's environmental performance: the Air Pollution Score, the Greenhouse Gas Score and Fuel Economy estimates.

Resources

U.S. EPA — Green Vehicles

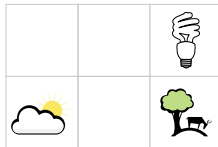
<http://www.epa.gov/greenvehicles/>

#80

Don't Drive Yourself So Hard



Reduce your vehicle use as much as possible, both for work and home life



Driving less is always a good idea. Cars and trucks produce more than 700,000 pounds of smog-forming pollutants on a summer day in the Puget Sound region. Since cars have such a major impact on our environment, the best thing you can do is use it less.

Though 40 percent of us commute to downtown on transit, many people in the Puget Sound area commute to work alone; only 15 percent of us carpool and 8 percent take the bus. Consider biking, carpooling or using public transportation to get to and from work. We know that 80 percent of all automobile trips are for personal purposes rather than traveling to and from work. Seattle residents are urged to "trip link" or combine errands to reduce the time they are on the road, save on fuel and reduce vehicle emissions. Challenge yourself to reduce your car use for non-work trips by trying the bus, biking, walking, trip consolidation and carpooling instead.

Resources

City of Seattle — Way To Go, Seattle

<http://www.seattle.gov/waytogo/>

Flexcar

<http://www.flexcar.com>

King County — Metro Online

<http://transit.metrokc.gov/>

#81

Plug It, Pump It, Check It



Keep your car maintained to prevent leaks and properly inflate the tires. You can minimize emissions and get the best fuel economy



Rainwater can pick up a toxic mix of pollutants as it flows across the land. To help keep runoff clean, check your vehicle regularly for fluid leaks and have them repaired immediately. If oil gets on your car’s engine, have it degreased at a commercial facility designed to handle waste products.

Proper inflation of your tires is extremely important to your car’s performance. An under-inflated tire results in sluggish handling, reduced tire tread life and may result in catastrophic tire failure. It also causes decreased fuel economy and higher levels of air pollution. A little air in your tires can go a long way to providing cleaner air for your lungs.

Follow your car manufacturer’s recommended maintenance schedule to minimize emissions and get the best possible fuel economy. Poorly maintained or malfunctioning vehicles can release as much as 10 times the emissions of a well-maintained one. Pay attention to dashboard warning lights and have the car checked if they appear.

Resources

Puget Sound Clean Air Agency – Air-Friendly Choices

<http://www.pscleanair.org/whatcan/airchoice.shtml>

National Safety Council – What You Can Do About Car Emissions

http://nsc.org/ehc/mobile/mse_fs.htm

Fuel Economy Guide

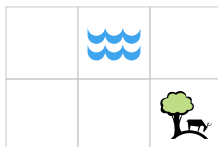
<http://www.fueleconomy.gov/>

#82

Oil And Water Don’t Mix



When boating, use pump out stations, avoid spills when fueling and use a wet scrub brush without soap to clean the boat while it’s in the water



Clean water benefits all of us — people AND fish and wildlife. When boating, always use pump-out stations to empty your holding tank. Pump out facilities are fast, clean, easy to use and inexpensive.

Fill your tank carefully when fueling up; avoid spills and wipe up drops immediately with an absorption pad.

Resources

National Clean Boating Campaign

<http://www.uscg.mil/hq/g-m/nmc/clean.htm>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



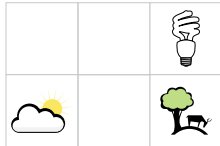
101 Eco-Actions On the Move

#83

Turn It Off



If you are stopped long enough, turn the engine off rather than let it idle needlessly, and don't idle in the driveway to warm up your car



Think of all the places you wait while in your car: picking up kids, at the drive-through, stuck on the wrong side of a passing train. You think it'll only take a half-a-minute and it ends up taking five.

Idling is unnecessary and dramatically affects our Puget Sound air quality — and the health of those around us. In fact, idling produces twice as much pollution as stopping and restarting your warmed-up engine. A single vehicle dropping and picking up kids at one school puts three pounds of pollution into the air per month.

Children's asthma symptoms increase as a result of car exhaust. Excessive idling is also hard on your engine because it isn't working at peak operating temperature. Fuel doesn't undergo complete combustion, leaving spark plugs dirty and contaminating engine oil. Modern engines need no more than 30 seconds of idling on winter days before starting to drive.

So, do the folks behind your tailpipe a favor — shut your engine down when you are sitting in your car for more than a few seconds. You'll save fuel and help clear the air.

Resources

Puget Sound Clean Air Agency — Anti-Idling Program

<http://www.pscleanair.org/news/cam/2004/summer02.shtml>

WA State Department of Ecology — No Idle Zone: Dare to Care About the Air

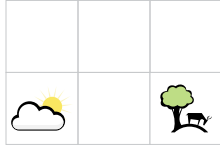
http://www.ecy.wa.gov/programs/air/NO_IDLE/No_IDLE.html

#84

Fill'er Up Clean



If you drive a diesel vehicle, look for biodiesel or the new ultra-low sulfur diesel fuel available in summer 2006



Biodiesel is a safe, natural alternative fuel for diesel engines. Biodiesel comes from renewable farm crops and from recycled oils from restaurants. In pure form, biodiesel can reduce diesel automobile emissions by as much as 78 percent. It also can be mixed with standard petrodiesel, and functions in existing infrastructures for diesel fleets. Biodiesel is a viable option for better air quality in the Northwest in the next few years.

And beginning in 2006, ultra-low sulfur diesel fuel will become widely available, reducing sulfur content dramatically.

You could also consider other alternatively fueled vehicles that run on methanol, ethanol, compress natural gas, or electricity, all of which reduce emissions.

Resources

Puget Sound Clean Cities Coalition — Biodiesel, a Clean Alternative

<http://pugetsoundcleancities.org/Biodiesel1.htm>

Northwest Biodiesel Network

<http://www.nwbiodiesel.org/default.aspx/NorthwestBiodiesel.NorthwestBiodieselNetwork>

Seattle Biodiesel

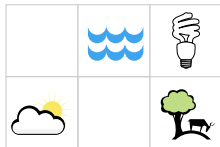
<http://www.seattlebiodiesel.com/index.html>

#85

Walk To Shop And Get Fit



Shop local, explore your neighborhood and get fit!



Walk to the bookstore. Ride a bicycle to a movie or your workout. Get off the bus 3 stops early and walk the rest of the way. The great thing about self-propelled transportation is that it's so healthy. You work your heart and muscles, and cut down on traffic congestion — all at the same time. Walking consumes 75 calories per mile. By walking instead of driving to the store, you can justify an extra chocolate truffle or two. Patronize businesses within walking distance whenever possible. You'll get to know your community at the same time. The average household in King County makes 12 car trips each day, and nearly half of those are to destinations less than three miles from home. Try walking or biking instead.

Resources

Feet First

<http://feetfirst.info>

Bike maps and tips

<http://www.seattle.gov/html/citizen/bicycle.htm>

Bike to Shop tips for retailers

<http://www.bicyclealliance.org/commute/index.html>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



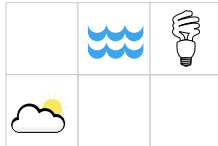
101 Eco-Actions On the Move

#86

Oh What A Feeling, Bicycling!



Bike more, drive less! Save money, time and help improve our region's air quality



Using the bicycle for transportation can be beneficial on many levels. It's healthy for you and the environment, it reduces traffic and parking congestion and allows for more accessible communities. You feel more energized and bicycle commuting costs much less than driving a car. Bicycling can also save you time. If your commute is short it is probably as fast (or faster!) than by car or bus. Check it out — whether you are a new commuter, a seasoned expert, or just contemplating the idea of commuting.

Resources

Bike maps and tips

<http://www.seattle.gov/html/citizen/bicycle.htm>

Cascade Bicycle Club

<http://www.cascade.org/Education/>

Bicycle Alliance of Washington

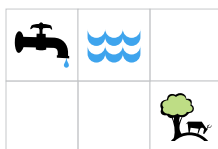
<http://www.bicyclealliance.org/commute>

#87

Bubble Baths Are Bad For Salmon



Wash your car at commercial car washes that recycle water



All soaps, even biodegradable ones, are toxic to fish. When you wash your car at home, cleaning products containing harmful chemicals can run out of your yard into storm drains, heading straight into local waterways.

If you must wash your car at home, be sure to use low phosphate soaps or cleaning/waxing compounds. Wash your car on the lawn (not the street) to take advantage of natural filtering and avoid harmful runoff.

Resources

Puget Sound Action Team — 10 Things You Can Do to Reduce Stormwater Runoff

http://www.psat.wa.gov/Programs/stormwater/stormwater_10things.htm

King County Water and Land Resources Division

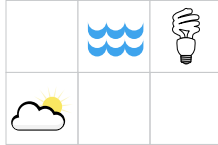
<http://dnr.metrokc.gov/wlr/index.htm>

#88

Less Is More



Get rid of one car — keep the vehicle(s) with the better emission-control equipment and higher gas mileage



More than a hundred Seattle households tried the “One Less Car Challenge” and proved to themselves that they could live without their extra car. Plus, many of these households sold that car and saved thousands of dollars per year. The City of Seattle launched the program to increase the use of busing, walking and biking. Driving less means more exercise and helps to improve our urban air quality.

But what about the times you really need a car or truck? Flexcar, started in Seattle, is the nation’s largest and oldest provider of car-sharing programs. It’s the affordable way to keep the convenience of an extra car or pick-up truck.

Resources

City of Seattle — One Less Car Challenge

<http://www.seattle.gov/waytogo/onelesscar.htm>

Flexcar

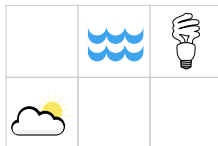
<http://www.flexcar.com/>

#89

Three Is Company



Why don’t we Carpool?



What would you do with three more hours each week? If you organize a carpool for three other kids, that’s how much time you’ll save. Give it a try. It makes getting there more fun. Ask if your church or organization saves some “prime” parking spots for carpoolers. What’s more, leaving your car at home even once or twice a week will help reduce traffic congestion and improve air quality.

Sometimes it is as easy as rotating who drives to events. For other carpool options, check out the resources below.

Resources

Way to Go — do-it-yourself carpool kit

<http://www.seattle.gov/waytogo/carpool.htm>

Rideshare Company — find a carpool partner

<http://www.rideshare.com>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



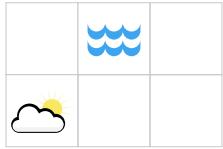
101 Eco-Actions On the Move

#90

Stop At The Click



Resist the temptation to top off your gas tank



When refueling your vehicle, “stop at the click” when you hear the handle on the gas nozzle “click” off. Topping off releases gas fumes into the air that contribute to ozone pollution and cancels the benefit of the pump’s anti-pollution devices.

So remember, stopping just short of a full tank is safer and reduces pollution.

Resources

Puget Sound Clean Air Agency — Smog Watch

<http://www.pscleanair.org/smog/smogwatch.shtml>

It All Adds Up to Cleaner Air

<http://www.italladdsup.gov/drivers/refueling.asp>



101 Eco-Actions

In Your Community

Environmental stewardship may start in your own backyard, but it doesn't have to end there.

Getting involved in your community means doing the little things — everything from picking up trash in your local park to cleaning up after your pets when out on a walk. It also means volunteering for and supporting programs that support habitat restoration, clean streets and shorelines, and community gardens.

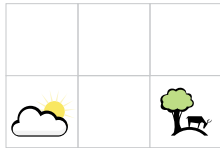
Quality of life in Seattle is more dependent on a robust urban ecosystem than it is on other factors. Look into opportunities to serve your community and save your environment.

#91

Get Active In Your Neck Of The Woods



Volunteer to work on urban forest restoration projects



In 2004, Seattle Mayor Greg Nickels announced a major initiative to save Seattle's urban forests. The Green Seattle Initiative, a partnership with the Cascade Land Conservancy, set a goal of restoring 2,500 acres of public forest by 2024. Trees are vital to urban ecosystems. They reduce air pollution and contaminated stormwater runoff that damage creeks, fish and wildlife.

Seattle residents have numerous opportunities to help. Seattle Parks and Recreation's Urban Forest Restoration Program has plans to restore Seattle's parks with community support. Budding arborists and horticulturists can get their hands dirty as volunteers with the Trails Program.

Resources

Seattle Parks and Recreation — Urban Forest Restoration Program

<http://www.cityofseattle.net/parks/Horticulture/forestrestoration.htm>

Green Seattle Initiative

<http://cascadeland.org/GreenSeattlePartnership.htm>

EarthCorps

<http://www.earthcorps.org>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection



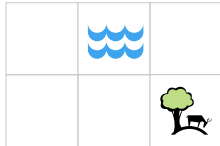
101 Eco-Actions In Your Community

#92

A River Runs Through It



Help protect our urban creeks by volunteering for creek restoration projects



Seattle is a great place for people as well as for fish and other wildlife. Mayor Nickels has launched his Restore Our Waters strategy to protect these incredible assets. The City of Seattle devotes more than \$4 million per year to improve creeks in Seattle. These projects improve habitat for salmon and other aquatic life, improve drainage and create more natural and inviting open spaces for people.

Seattle residents can help by improving habitat on their own property, reducing pollution in our creeks, or planning their own neighborhood restoration project. Involving citizens as creek stewards is important to creek restoration. The City's Creek Steward Program works to enhance our urban creeks through long term volunteer care for public creek-side sites, weekend work parties, training and assorted workshops.

Resources

Office of the Mayor — Mayor Nickels Restore our Waters Strategy

<http://www.cityofseattle.net/mayor/issues/row.htm>

Office of the Mayor — Creek Restoration Overview

<http://www.ci.seattle.wa.us/mayor/issues/CreekRestorationOverview.htm>

Seattle Public Utilities — Be a Creek Steward

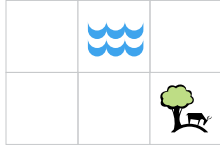
http://www.ci.seattle.wa.us/util/Services/Drainage_&_Sewer/Get_Involved/Be_a_Creek_Steward/index.asp

#93

Shore Up Your Shoreline



If you live on or near a shoreline, help protect and restore the shoreline. Consider a natural edge rather than a bulkhead for dealing with erosion



The City of Seattle is making smart investments to restore habitat along our shorelines, from creating fish-friendly beaches to planting native vegetation for wildlife habitat. The City is improving habitat for Chinook salmon along the shores of Lake Washington, Lake Union and the Ship Canal, the Duwamish Waterway and Puget Sound.

Property owners along Seattle’s waters have unique opportunities to help restore habitat. Many have joined volunteer efforts to restore shoreline areas along our waterways. Residents can contact Seattle Public Utilities for more information about improving shorelines and creeks on their property.

Resources

Office of the Mayor — Mayor Nickels’ Restore our Waters Strategy

<http://www.cityofseattle.net/mayor/issues/row.htm>

Seattle Department of Planning & Development — Shoreline Restoration

<http://www.seattle.gov/dclu/news/20030807a.asp>

Seattle Public Utilities — Aquatic Habitat Restoration Matching Grant

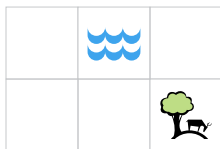
206.615.1441 or Kathy.minsch@seattle.gov

#94

Scoop The Poop



Pick up pet waste and put it in the garbage



Leaving pet waste in yards or on the street is illegal. It’s unsightly and, when it rains, can be washed into the stormwater system, entering local waterways. When you dispose of pet waste, securely bag it in plastic or wrap in a closed, leak-proof bag or container and place it in your own garbage can or public garbage cans. Most pet waste is not acceptable for composting.

Resources

What to do with animal waste in King County

<http://www.metrokc.gov/dnrp/swd/wdidw/material.asp>



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection

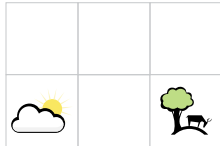


101 Eco-Actions In Your Community

#95 Consider Adoption



Join an 'Adopt-a-Park' or other environmental stewardship group



Coordinators at Seattle Parks and Recreation are constantly working with volunteers here to restore, preserve and enhance our parks. Volunteers can join work parties to maintain trails, remove invasive plants, help out at community centers, or pitch in at the Seattle Aquarium or Woodland Park Zoo.

Seattle's innovative Adopt-a-Park program involves thousands of citizens and hundreds of community groups in caring for green spaces. Individuals, community organizations, businesses, schools, neighborhoods and youth groups all participate in the program. Through the program, schools use parks as outdoor laboratories, and volunteers clean up beaches, rebuild play areas, plant trees, restore wetlands and creeks, and increase park safety.

Resources

Seattle Parks and Recreation — Volunteering

<http://www.cityofseattle.net/parks/Volunteers/index.htm>

Seattle Parks and Recreation — Adopt-a-Park

<http://www.cityofseattle.net/parks/Volunteers/adoptapark.htm>

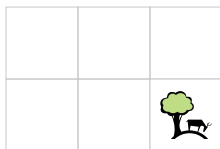
Seattle Public Utilities — Be a Creek Steward

http://www.seattle.gov/util/Services/Drainage_&_Sewer/Get_Involved/Be_a_Creek_Steward/index.asp

#96 Get Streetwise On The Environment



Adopt-a-street



You can make a difference by volunteering to adopt one mile or more of city streets. Your pledge will involve four cleanups a year for two years. Individuals, businesses, churches, clubs, schools and organizations can participate. The City of Seattle will provide organizational help, cleanup supplies, free hauling and disposal of garbage, and street signs that announce sponsoring groups and individuals. Adopt-a-Street opportunities also include graffiti removal, tree planting, painting bus murals, storm drain stenciling and other beautification projects. Children can also volunteer to improve school grounds.

Resources

Seattle Public Utilities — Adopt-a-Street

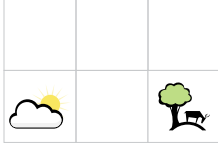
http://www.ci.seattle.wa.us/util/Services/Garbage/Reduce_Garbage_&_Litter/Adopt-A-Street/

#97

Start 'Em Young



Sign your kids up for environmental stewardship programs



The best time to teach your children about environmental stewardship and urban ecosystems is now! They will develop sustainable habits that will last a lifetime. Seattle Parks and Recreation offers a variety of environmental stewardship programs. Individuals and groups of all ages can join one day, overnight and season-long educational programs.

Four environmental learning centers offer outdoor field trips and excursions, school programs, nature exhibits and beach naturalists. Environmental Stewardship programs at more than two dozen community centers offer citizens local opportunities to learn about, and help preserve, the natural resources they see and interact with every day.

Resources

Seattle Parks and Recreation — Environmental Stewardship

<http://www.cityofseattle.net/parks/Environment/learning.htm>
(206) 733-9701

Woodland Park Zoo — Educational Programs

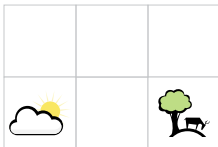
<http://www.zoo.org/educate/main.htm>

#98

'Step' Up To The Challenge



Help teens join Steps Toward Environmental Partnerships and other programs just for teens



Steps Toward Environmental Partnerships (STEP) is an environmental stewardship program designed to provide at-risk and economically disadvantaged teens with environmental training and practical “hands on” work experience in local parks. While this job-readiness program emphasis is on environmental stewardship, participants will also learn basic life skills and acquire important values that can help guide future choices and decisions. The Outdoor Opportunities (O2) Program offers unique programs that expose teens to nature and train them as junior naturalists.

The City also offers teen programs and has specialized teen leaders at community centers throughout the city, providing more thorough, focused services to youth.

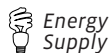
Resources

Steps Toward Environmental Partnerships

<http://www.seattle.gov/parks/Teens/steps.htm>

Seattle Parks Teen Programs

<http://www.seattle.gov/parks/teens/contact.htm>





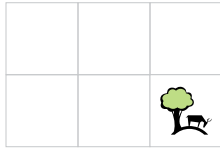
101 Eco-Actions In Your Community

#99

Look What The Cat Dragged In!



Keep your cats indoors



Cats are natural predators. They are a primary threat to birds and wildlife in urban and suburban areas. One easy solution to threatened urban wildlife is to keep cats indoors. Cats can also transmit diseases to wildlife and are susceptible to dangerous diseases in return. Indoor cats also lead long, healthier lives, so everyone wins.

Resources

Seattle Audubon Society — Cats Indoors

<http://www.seattleaudubon.org/conservation.cfm?id=280>

Wildbirds.com

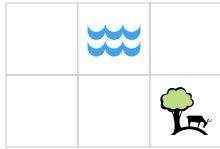
http://www.wildbirds.com/protect_cats.htm

#100

Feather Your Nest



Get your backyard certified as a bird sanctuary



Creating a wildlife sanctuary in your backyard is an important commitment to conserving and protecting our environment. You can offer a backyard habitat for wildlife by providing shelters that attract and protect birds, nesting sites, feeders and plantings that offer seeds, birdbaths, water gardens or natural features with flowing water.

The Washington Department of Fish and Wildlife offers a Backyard Wildlife Sanctuary packet that can help you become a wildlife habitat manager on your own property.

Resources

Washington Department of Fish and Wildlife — Backyard Wildlife Sanctuary

<http://wdfw.wa.gov/wlm/backyard/>

Seattle Audubon Society — Gardening for Life

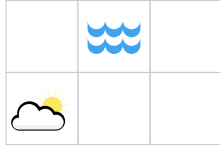
<http://www.seattleaudubon.org/conservation.cfm?id=69>

#101

Cultivate Your Green Thumb



Support Community Gardens or 'P-Patches'



The Seattle Department of Neighborhoods' Community Gardens/P-Patch Program, in conjunction with the P-Patch Trust, provides community garden space in 44 Seattle neighborhoods. More than 1,900 plots serve more than 4,600 urban gardeners on 12 acres of land. Supporting a strong environmental ethic, the P-Patch Program allows organic gardening only.

Special programs serve refugees, low-income, disabled and youth gardeners, while the Lettuce Link project coordinates delivery of tons of fresh donated produce to food banks every year.

Resources

Seattle Department of Neighborhoods — P-Patch Community Gardens

<http://www.seattle.gov/neighborhoods/ppatch/>

(206) 684-0264



Water Supply



Water Quality



Energy Supply



Air Quality & Climate Protection



Waste & Toxics Reduction



Land, Habitat & Wildlife Protection

Getting Your Community Involved

“You must be the change you wish to see in the world” — Gandhi

If you’ve done everything you can in your personal life to protect your urban ecosystem, you might be inspired to influence others to do the same.

Volunteers are vital to Seattle. Citizens serve on dozens of boards that advise the city on land use, urban sustainability, libraries, race and justice, historic preservation, technology, utility rates, building codes, ethics, elections and the arts. Others belong to nonprofit organizations that support job training, housing, food, literacy and the environment.

Partnerships leverage our resources and enrich our community. City agencies and civic organizations team up for neighborhood cleanups. Parks and schools use each other’s facilities free of charge. Corporations give grants and get their employees engaged in their neighborhoods. Nonprofits such as EarthCorps recruit young people, especially kids in ethnically diverse neighborhoods, to work on environmental projects.

Supporting progressive programs at the ballot box is also important. Seattleites love their parks and green spaces so much that they have voted 12 times to tax themselves to acquire and improve them.

Closer to home, neighborhood organizations provide ongoing opportunities for residents to pitch in. Seattle has more than 200 neighborhoods, each with a distinct character. The City of Seattle provides hundreds of opportunities to get informed, get involved and volunteer.

To get informed and involved:

City of Seattle

<http://www.seattle.gov/>

City of Seattle — Office of the Mayor

<http://www.seattle.gov/mayor/>

City of Seattle — Environment

<http://www.seattle.gov/html/CITIZEN/environment.htm>

Office of Sustainability and Environment

<http://www.seattle.gov/environment/>

Seattle Public Utilities

<http://www.seattle.gov/util/services/>

Seattle City Light

<http://www.seattle.gov/light/>

Seattle Parks and Recreation

<http://www.seattle.gov/parks/>

Department of Neighborhoods

<http://www.seattle.gov/html/CITIZEN/housing.htm>

Puget Sound Clean Air Agency

<http://www.pscleanair.org/>

Puget Sound Action Team

<http://www.psat.wa.gov/>

Citizens Service Bureau

<http://www.seattle.gov/CitizenService/>

Call (206) 684-CITY

Seattle Channel — cable television channel 21 or 28

<http://www.seattlechannel.org>

City of Seattle Event Calendar

<http://www2.cityofseattle.net/events/>

City Council Legislation

<http://www.seattle.gov/council/legdb.htm>

City of Seattle Boards and Commissions

<http://www.seattle.gov/mayor/boards.htm>

Volunteer Opportunities

Even with all the opportunities provided by the City of Seattle to get involved, you may want to look for other ways to exercise your activism. Hundreds of non-profit organizations and non-governmental organizations (NGOs) are looking for volunteers and funding to achieve their specific goals.

Getting Your Community Involved

A list of Seattle-area non-profits can be found at: http://www.seattleataglance.com/list_nonprofits.htm.

A more focused list of Seattle area environmental groups is available at <http://www.iloveseattle.org/ils/groups-main/environment.html>.

To volunteer:

City of Seattle Volunteer Opportunities

<http://www.seattle.gov/html/CITIZEN/volunteer.htm>

American Lung Association® of Washington

http://www.alaw.org/support_alaw/volunteer/

Cascade Bicycle Club: promote cycling as a transportation alternative

<http://www.cascade.org/About/Volunteer.cfm>

Climate Solutions: advocate for practical solutions to global warming

<http://www.climatesolutions.org/>

EarthCorps Volunteer

<http://www.earthcorps.org/volunteer.php>

Earth Share of Washington

<http://www.esw.org/help/volunteer.html>

People for Puget Sound Volunteer Today

<http://www.pugetsound.org/index/volunteer>

Seattle Tilth Volunteer Opportunities

<http://www.seattletilth.org/activities/volunteerlist.html>

Transportation Choices Coalition

<http://www.transportationchoices.org/volunteer.asp>

Washington Native Plant Society

http://www.wnps.org/npsp/npsp_volunteer_opps.htm

Washington Toxics Coalition

http://www.watoxics.org/redirect/ACT_VOLUNTEER.aspx?fromMenu=-1&pos=1|4&

Community Resources & Links

City of Seattle

<http://www.seattle.gov>

Seattle City Light

<http://www.seattle.gov/light>

Saving Water Partnership

<http://www.savingwater.org>

Natural Lawn & Garden Hotline

206-633-0224

info@lawnandgardenhotline.org

King County Solid Waste Division

<http://www.metrokc.gov/dnrp/swd>

Local Hazardous Waste Management Program in King County

<http://www.govlink.org/hazwaste>

Seattle-King County Health Department Hazards Line

(206) 296-4692

Washington State Department of Ecology

<http://www.ecy.wa.gov>

Washington Department of Fish and Wildlife

<http://wdfw.wa.gov>

U.S. EPA ENERGY STAR Program

<http://www.energystar.gov>

Puget Sound Clean Air Agency

<http://www.pscleanair.org>

Rechargeable Battery Recycling Corporation

<http://www.rbrc.org>

Center for Invasive Plant Management

<http://www.weedcenter.org>

Seattle Audubon Society

<http://www.seattleaudubon.org>

Industrial Materials Exchange

<http://www.imex.com>

Computer Take Back Campaign

<http://www.computertakeback.com>

Hearth, Patio & Barbecue Association

<http://www.hpba.org/communications/facts.shtml>

Built Green™

<http://www.builtgreen.net>

American Solar Energy Society

<http://www.ases.org>

Solar Washington

<http://solarwashington.org>

Burn Smart, Burn Clean

<http://www.burningclean.com>

Global Footprint Network

<http://www.ecofoot.net>

Puget Sound Online

<http://www.psat.wa.gov>

Green Roof Resource Page

<http://www.greenroofs.com>

Northwest EcoBuilding Guild

<http://www.hadj.net>

Washington Toxics Coalition

<http://www.watoxics.org>

Washington Native Plant Society

<http://www.wnps.org>

EarthCorps

<http://www.earthcorps.org>

IvyOUT

<http://www.ivyout.org>

Second Use Building Materials

<http://www.seconduse.com>

International Society of Arboriculture

<http://www.treesaregood.com>

Forest Stewardship Council

<http://www.fsc.org/en/>

Sustainable USA Network

<http://www.sustainableusa.org>

Northwest Product Stewardship Council

<http://www.productstewardship.net>

Earthwise

<http://www.earthwise-salvage.com>

American Plastics Council

<http://www.plasticsresource.com>

Reusablebags.com

<http://www.reusablebags.com>

Direct Marketing Association

<http://www.dmaconsumers.org>

Consumer Research Institute

<http://www.stopjunk.com>

Flexcar

<http://www.flexcar.com>

National Clean Boating Campaign

<http://www.uscg.mil/hq/g-m/nmc/clean.htm>

Puget Sound Clean Cities Coalition

<http://pugetsoundcleancities.org>

Northwest Biodiesel Network

<http://www.nwbiodiesel.org>

Seattle Biodiesel

<http://www.seattlebiodiesel.com>

Woodland Park Zoo

<http://www.zoo.org>

Wildbirds.com

<http://www.wildbirds.com>