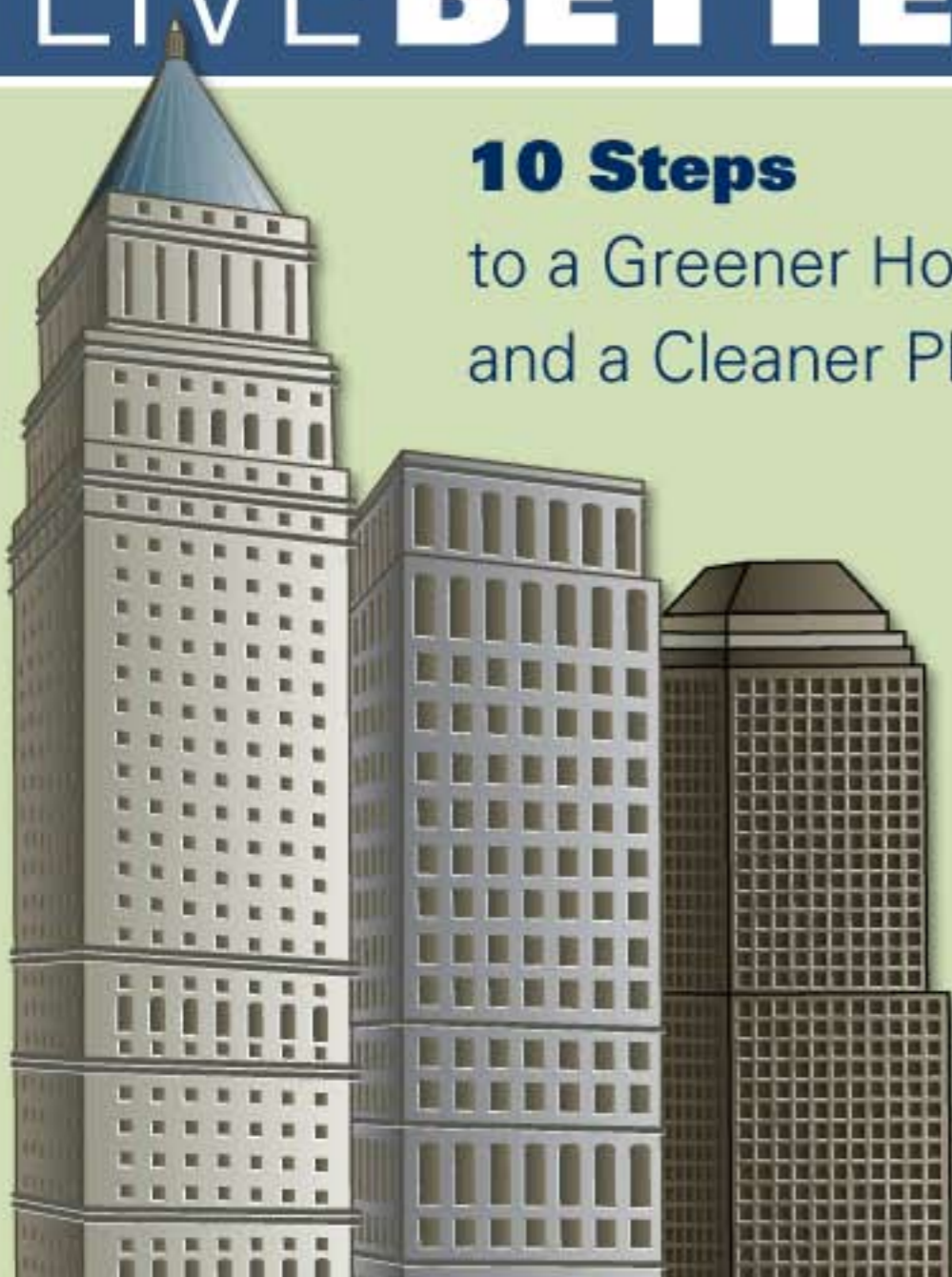


LIVE BETTER:

10 Steps to a Greener Home and a Cleaner Planet



Natural
Resources
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Council

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Natural Resources Defense Council

40 West 20th Street, New York, NY 10011
Phone: 212.727.2700 • Fax: 212.727.1773



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New Yorkers are waking up to the urban sustainability movement by going green. Here are five practical tips for how you can achieve a greener life—whether you live in a fifth-floor walk up or a Central Park West penthouse.

Why stop at greening your home? Here are five more practical—and powerful—things you can do to really help the cause.

✓ **USE NON-TOXIC CLEANERS**

The average household has around 10 gallons of potentially hazardous petrochemicals—many commonly found in household cleaners. Replace these toxic products with eco-friendly cleaning alternatives.

✓ **EAT ORGANIC FOODS**

Unlike conventional fruits and vegetables, organic foods are grown without herbicides and other harmful materials that can remain on or in the food itself. Not only is it better for you and the planet, you're supporting local farmers who sell at greenmarkets.

✓ **UPGRADE TO A HYBRID**

The city's air would be fouled each year with more than millions of pounds of soot and particulate matter—both contributors to lung damage and asthma attacks. Help keep the air clean and trade in your gas guzzlers for a hybrid.

✓ **RECYCLE PAPER (OR REDUCE YOUR USE)**

If all New Yorkers recycled only the Sunday newspaper every week, almost 750,000 trees would be saved within a year. Even politely refusing napkins you don't need when ordering takeout can make a dent and save a tree.

✓ **GET EVEN MORE GREEN LIVING TIPS!**

Sign up for a free online subscription to 'This Green Life' to receive even more tips on how to green your life and protect your family at www.nrdc.org/thisgreenlife.

✓ **SUPPORT GREEN GROUPS**

By contributing to environmental groups engaged in changing the laws and policies, you can protect you and your family—and your neighbor and their neighbor. Of course, we're partial to donations for NRDC.

✓ **SIGN UP FOR NRDC'S ACTION ALERTS**

Go to www.nrdc.org/actionfund! You'll find all the tools, tips and information you need to make your voice heard on important legislation that affects the environment.

✓ **CALL OR WRITE YOUR ELECTED OFFICIALS**

NRDC and other environmental advocacy groups rely on people with influence—people like you—who can make calls or write personal handwritten letters to our leaders. If you are interested in learning more about this powerful form of activism, contact Julie Truax at 212.727.4436 or jtruax@nrdc.org.

✓ **RAISE THE PROFILE OF OUR ISSUES**

Everyone knows someone, so tap your friends and colleagues to bring media attention and exposure to critical environmental issues. Many of you are on first name basis with influential editors, reporters, producers, and other media contacts. Put them in touch with NRDC scientists and lawyers.

✓ **LIVE GREEN**

Do everything you can to reduce your environmental footprint on the planet. Read *The Big Green Apple: Your Guide to Eco-Friendly Living in New York City*. A copy of the book is in your gift bag.