

50 WAYS TO BE SELFISH AND SAVE YOURSELF.

Environment Awareness Initiative

**LOVE YOURSELF.
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Global warming is happening now

The planet's temperature is rising. The trend is clear and unmistakable. Every one of the past 37 years has been warmer than the 20th century average. The 12 warmest years on record have occurred since 1998. Globally, the average surface temperature has increased more than one degree Fahrenheit since the late 1800s, the maximum increase occurred over just the past three decades.

We are the cause

We are overloading our atmosphere with carbon dioxide, which traps heat and steadily drives up the planet's temperature. Where does all this carbon come from? The fossil fuels we burn for energy ... coal, natural gas, and oil ... plus the loss of forests due to deforestation, especially in the tropics.

The scientific evidence is clear

Within the scientific community, there is no debate. An overwhelming majority of climate scientists agree that global warming is happening and that human activity is its primary cause. This broad consensus and the extensive scientific evidence that supports it, is often downplayed or distorted by a small but vocal minority of special interests that have a vested interest in delaying action on climate change.

We have a choice

We can act now to reduce our carbon emissions, slow the pace of global warming, and pass on a safer, healthier world to our children. Or we can choose to do nothing, continue pumping massive amounts of carbon into an already overloaded atmosphere, and suffer the increasingly costly consequences.

We must take steps at once to reduce our global warming emissions. Let's do it today. Before it's too late. Here are some ways to start now.

1. Reuse plastic products

Steer clear of things like disposable plastic cups, plastic bags, and any item you don't need. It never breaks down, and damages aquatic life. Look into ways that plastic can be recycled in your area.

2. Plant trees in your balcony or terrace

They absorb carbon dioxide. If you can't plant one, try potted plants. Trees located near your home can also help keep your home cooler in summer.

3. Unplug idle electronic appliances

Leaving devices plugged in, such as laptop chargers

or toasters can consume a lot of energy. Even when an appliance is turned off, it may still use power. Try unplugging whenever possible.

4. Choose matchsticks over lighters

Most lighters are made of plastic and filled with butane fuel, both petroleum products. Since most lighters are considered disposable, over 1.5 billion end up in landfills each year. Matchsticks cost less and are biodegradable.

5. Pay bills online

If all households paid their bills online and received electronic statements instead of paper, we'd save trees, reduce CO₂ and other greenhouse gases.

6. Don't use pesticides, herbicides, or chemicals

Pesticides entering a waterbody can cause oxygen levels to drop, killing aquatic life and posing risks to other species. Consuming such water leads to health problems.

7. Use traps instead of poison

Instead of rat poisons and insect killers use traps to kill them. Using poison to kill pests creates a ripple effect on other animals that come in contact with the dead pest. It spreads the poison and poses a threat to health.

8. Use rechargeable batteries

Batteries contain heavy metals like mercury and cadmium, which are a major source of contamination in dump sites. They break apart and are released into the soil or are incinerated and the deadly heavy metals are released into the air. Use batteries that are rechargeable. That will save you 10 or 20 times the original cost by not having to buy batteries over and over again.

9. Avoid products with lots of packaging

Look for items that have minimum packaging. They'll probably cost less anyway. This includes individually wrapped candy. Select fresh products from the display bins instead of pre-packaged ones. The more the packaging, the higher the price, and more importantly, the more garbage lands up in our landfills.

10. Buy products that are recycled

The products you buy, make sure it says 'recycled'. By purchasing these products you are helping to conserve natural resources and protecting our earth.

Always look for 'made from recycled waste or post-consumer waste.'

11. Shop for durable, long-lasting products

For example, use a metal razor instead of disposables, or a metal roasting pan instead of a disposable one. Use items that can be repaired and are produced to last a long time. It will save you a lot of money.

12. Avoid domestic cleaners

Avoid using domestic cleaners, as they lead to larger chemical wastes. Try easier alternatives like baking soda, a little bit of water and scouring pads.

13. Sell old newspapers

They may be used for making packaging materials. Also, you make a little bit of extra money.

14. Use cloth serviettes instead of paper napkins

Using paper means cutting down trees. Avoid it as far as possible.

15. Replace light bulbs with CFL or LED

CFL or LED last longer than conventional light bulbs, and they use only one quarter of the energy. They help reduce electricity bills too.

16. Switch off anything that uses electricity

If you're not using it, turn it off. This goes for lights, televisions, computers, printers, and so on. This will save your electricity bill as well as reduce wastage.

17. Reduce usage of AC

Air conditioners use a great deal of electricity. Try and use natural ventilation or a fan to keep cool.

If you do use your AC, set it to a slightly lower temperature than it is outside. Setting your AC just 2 degrees higher in summer could save about 2,000 pounds of carbon dioxide each year.

18. Wash with cold water

Do not use warm water for washing clothes. Detergents are efficient enough to get your clothes clean at low temperatures. Heating up water requires energy.

19. Air dry clothes

You save 700 pounds of CO₂ when you air dry your clothes for 6 months in a year. Avoiding washing machine can help you save on your electricity bills.

20. Do not leave appliances on standby

Use the ON/OFF function on the machine. A TV set kept on standby uses 40% of the energy.

21. Use cloth bags for shopping

Cloth bags are reusable. That way you can avoid buying plastic bags, which are non-recyclable.

22. Turn off your computer everyday

Turning off computers at night curbs energy wastage and saves electricity bills.

23. Keep windows and doors open for air circulation/ventilation

Use natural resources to stay fit and save energy.

24. Avoid using lights during day

Natural daylight is way brighter than artificial lights. Make the most of it and save on your electricity bill.

25. Set your refrigerator temperature right

Set it at a level that will maintain freshness without sacrificing energy. This also reduces electricity consumption.

26. Use a microwave whenever you can instead of a conventional stove

It cooks food efficiently, saves gas/fuel and your time.

27. Utilise your washing machine to capacity

Run your washing machine only when it is completely full. You will save water as well as electricity.

28. Don't use electronic exercise machines

Instead of expensive electrically driven exercise equipment, use a bicycle or walk.

29. Clean your fridge

Refrigerators use a tremendous amount of energy every year. To cut down on waste, clean the condenser coils every year. Also, do not keep the temperature unnecessarily low. This reduces electricity consumption.

30. Purchase energy efficient electronic appliances

Products with Energy Star labels reduce consumption of electricity, save money and the environment.

31. Cover pots while cooking

Save precious LPG and cook food faster.

32. Use pressure cookers as much as possible

Cooks food faster and conserve LPG.

33. Consume less red meat

Cutting back on red meat could decrease the number of cases of chronic disease and make the carbon footprint nearly 28 million tons smaller per year by decreasing methane emission.

34. Buy fresh foods instead of frozen

Frozen food uses 10 times more energy for being preserved and stored. A recent study by an international campaigning organisation claims that greenhouse gases used in large freezers and fridges by supermarkets are as harmful to the environment as plastic bags.

35. Reduce wastage of food

Wasting food means wasting reserves. Don't waste precious food and help save global resources.

36. Use reusable containers, plates and utensils instead of disposable ones

They reduce cost in the longer run as well as reduce disposal.

37. Use a tea kettle instead of a pan to heat water

Kettles are more efficient than pans for boiling water. Scale electric kettles regularly ... scale buildup results in consuming more energy to boil the same quantity of water.

38. Match the size of your cooking utensil to the burner

The bottom of a pan should completely cover a burner or heating element but not extend more than an inch beyond it. Avoid using a larger cooking area for a small saucepan. If you have dual rings, use the inner ring whenever possible. Save gas.

39. Buy organically grown food

Organic fertilizers are easily biodegradable and do not cause environmental pollution. Organically grown foods are foods that were grown without using chemical fertilizer, pesticides or herbicides. They're better for you and the earth because you're not consuming the chemicals, and the soil and water are devoid of them as well.

40. Stop leakage of water

If your faucets drip, get them fixed, or at least put a container under the drip in the meantime and use the water. If you're brushing your teeth, turn off the faucet between rinses. Save water.

41. Use recycled paper in your home office and printer

By using and discarding less paper, you are conserving resources, reducing deforestation and energy use, preventing pollution, and ultimately reducing your stationery expenditure.

42. Avoid preheating ovens

Modern ovens, particularly those with fans need no preheating. Thus, you save energy.

43. Use silverware and dishes instead of plastic and paper

Not only will you help our earth, you'll save money as well. This is a great way to cut down on extra garbage.

44. Shut off electrical equipment in the evening when you leave work

It saves energy. Reduces power bills.

45. Reuse items like envelopes, folders and paper clips

Reduce unnecessary usage of stationery. Reuse to save resources.

46. Avail public transport

This saves gas and curbs CO₂ emissions. It also reduces your fuel consumption and purchase.

47. Check your car tyre pressure

Proper inflation can improve mileage by more than 3%. This will help you curb fuel wastage and save money.

48. Start a carpool with your colleagues or classmates

Share a ride with someone. Reduce carbon dioxide emission and reduce fuel consumption costs.

49. Turn off car ignition at traffic signals

You can reduce CO₂ emissions by readjusting your driving style. Choose proper gears, do not abuse the gas pedal, use the engine brake instead of the pedal brake when possible and turn off your engine when your vehicle is motionless for more than one minute.

By readjusting your driving style you can save money on both fuel and car maintenance.

50. Ride bicycle to close destinations

Avoiding just 10 miles of driving every week would eliminate about 500 pounds of CO₂ emissions a year. It helps you stay fit as well.

Share your voice and environmental concerns with anyone you know.

MORE INFO?

Mail at **beselfish@siddhagroup.com**

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