



Space For Sustainability

Home Edition

We are all currently at home 100% of the time, making it the perfect time to reconsider how our at-home habits are impacting the environment.

In honor of Earth Day's 50th Anniversary, here's our list of the top ten ways to make your home more sustainable.

1. Spare a Watt. Save a Lot.

An average household dedicates about **5–10% of its energy budget to lighting.**

energy.gov

Tips:

1. **Turn off lights** when you leave the room.
2. **Use natural light** when possible.
3. Switch to more **energy-efficient lightbulbs.**



2. The Phantom Menace

Approximately **75% of the electricity** used in most American homes is used while the product is **turned off.**

electricchoice.com

Definition: Phantom Power aka Standby Power aka Vampire Power - this is the energy used by appliances when they are turned off but still plugged in to a power outlet.



Common culprits include - TVs, video game consoles, desktop computers, & plugged in laptops.

Tips:

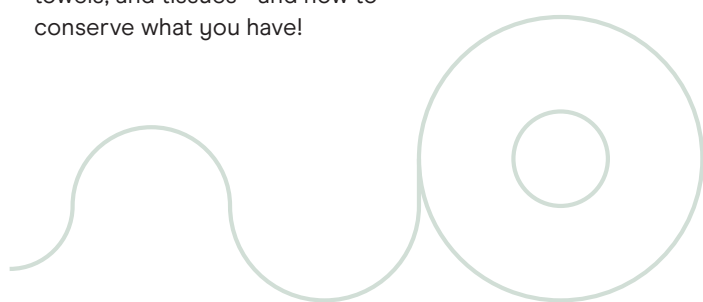
1. Use a **smart power strip** - or one with a switch. Turning off the strip will truly turn off power to the appliances plugged in.
2. When you don't have a power strip, **unplug your products** - especially those not in frequent use.
3. Consider **Energy Star products** - they have lower standby power than non-Energy Star products.

3. Wipe Out Waste

If each US household used **one less 70-sheet roll of paper towels, 554,000 trees could be saved** every year.

wideopeneats.com

Nationwide stockout causing you to panic? Rethink your usage of toilet paper, paper towels, and tissues - and how to conserve what you have!



Tips:

1. Use **washable dish towels** rather than paper towels.
2. Simply **reduce usage** - using less sheets, etc.
3. If you must - use rolls made from **recycled materials** or produced in other **eco-friendly** ways. Bonus - as most name-brands are out of stock, check out one of these other brands - they have more availability.

Brands:

[WhoGivesACrap](#), [SeventhGeneration](#), [NaturalValue](#)

Eco-Friendly Paper Towels:

[7 Best Recycled Paper Towels](#)

Eco-Friendly Toilet Paper:

[3 Best Eco-Friendly Toilet Paper](#)

Eco-Friendly Tissue:

[10 Best Eco-Friendly Tissue](#)

4. Reduce

The average person generates over **4 pounds of trash every day** and about **1.5 tons of solid waste per year.**

dosomething.org

The best way to help is to reduce your consumption of items that lead to creating more trash.

Tips:

1. Try and purchase items that have **less packaging, or no packaging.**
2. **Compost when possible** - by weight, 75–80% of household trash is organic matter that can be composted and turned into soil.
3. Consider **borrowing, renting, or sharing** items that aren't frequently being used.



5. Reuse

Single-use plastic accounts for 50% of all plastic thrown away.

tentree.com

Before replacing, reuse an item as much as possible, and consider purchasing **reusable items** over disposable items.

Tips:

1. Do some **research** - there's almost always a more **eco-friendly option** to the product that you are purchasing.
2. **Donate** as much as you can - furniture, clothing, etc. - rather than throwing it away to give items a **second life!**



7. It's Not Easy Being Green

Plants **remove toxins from air** – up to 87% of volatile organic compounds (VOCs) every 24 hours, according to NASA research.

bioadvanced.com

Having indoor plants can boost - mental health, concentration, immune system, air quality, and more. They also help reduce cooling costs and minimize air pollution.

Places to purchase online from the safety of your home:

1. [The Sill](#)
2. [Urbanstems](#)
3. [Bloomscape](#)

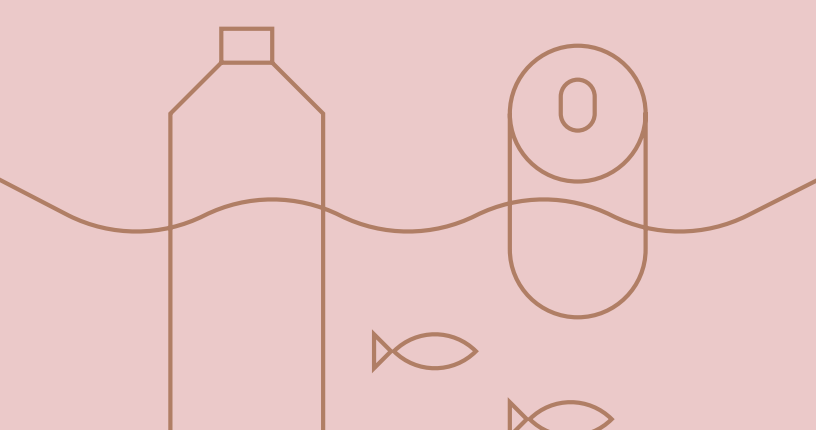
8. Dispose of Disposables

32% of the 78 million tons of plastic packaging produced annually **ends up in the ocean** - that's equivalent to pouring **one garbage truck of plastic into the ocean per minute.**

earthday.org

Tips:

1. Start by **saying NO to extra plastics** from delivery spots - no utensils, extra condiments, napkins, etc.
2. **Convert your disposables to reusables** - bags, straws, cups, cutlery, sandwich bags, saran wrap, makeup removers, etc.



9. Put a Stop to the Drop

On average, **10 gallons per day** is lost to **leaks** in a home.

nationalgeographic.com

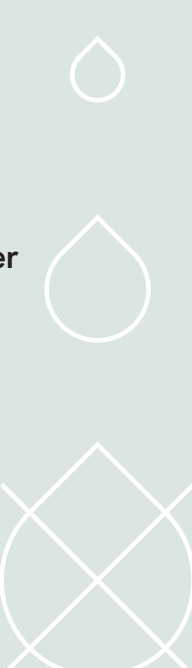
You use about **5 gallons of water** if you leave the **water running while brushing your teeth.**

An automatic dishwasher uses less water than hand-washing dishes does.

think2onow.com

Tips:

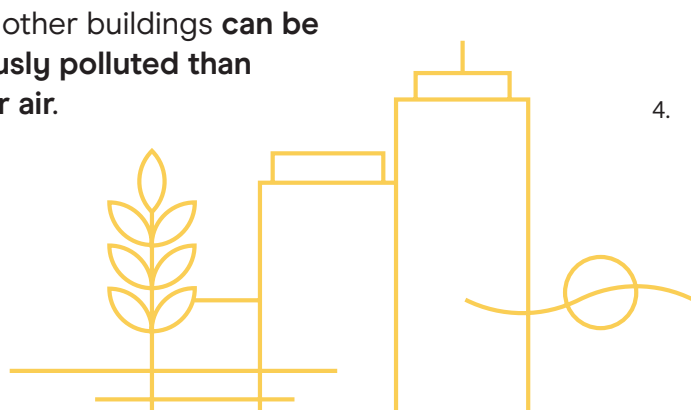
1. **Turn off the water** while sudsing up your hands, brushing your teeth, or scrubbing a dish.
2. Ensure your **washing machine and dishwashers are full** when you run a load - and always **adjust to the proper load size.**
3. **Save the water that's running** while you wait for your shower to run hot - and use that to water plants or for cleaning.
4. **Fix any leaky faucets!**



10. Clean House. Filtered Air. Can't Lose.

Many new studies show that **air within homes** and other buildings **can be more seriously polluted than the outdoor air.**

cpsc.gov



Tips:

1. **Open the windows** and let the fresh air in when possible.
2. **Change your filters** to ensure your machines [AC units, vacuums, dryers, vents, etc.] are operating most effectively and efficiently.
3. **Clean your home regularly** to reduce the chances of dust and other irritants from staying in your home.
4. **Avoid synthetic fragrances** [in laundry products, air fresheners, potpourri, cleaning sprays, dryer sheets etc.] - they emit dozens of different chemicals into the air.