



Go Green Galloway

Energy Saving Tip:

Everyone likes to have a little extra cash each month after paying the bills. An easy way to save money and to reduce your carbon footprint is to move your thermostat up just 2 degrees in the summer (and down 2 degrees in the winter). Using an automatic thermostat will keep you from forgetting to turn it up or down appropriately.

You can save about 2,000 pounds of carbon dioxide a year with this simple adjustment.

This tip is courtesy of the Task Force for a Sustainable Galloway.

For more information, call the Galloway Township Department of Community Education at 652-9265 or email mlynch@gtnj.org

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Green tip of the week:

Attracting Birds to your Yard

Spring is just a few short weeks away, which means some birds will be making their way back to your yard. Make your property inviting for birds by creating places for them to nest, feed and drink. Here are some tips to accomplish this:

-Birdhouses: Build or buy a birdhouse and install it out of reach of cats, squirrels, and other predators.

For more detailed information about birdhouses and specific birdhouse building instructions go to:

<http://www.massaudubon.org/learn/nature-wildlife/birds/birdhouses>

-Feeders: Bird feeders are available at most hardware stores, but you can also make some at home.

Feeders can be made out of plastic bottles or milk cartons and hung from safe places such as tree branches or hooks attached to your porch or garden gazebo. Black oil sunflower seeds are a favorite for local birds.

- Grow flowers: Flowers, especially native ones, are attractive to birds such as goldfinches, house finches, and hummingbirds. Finches love seeds from the purple coneflower, black eyed Susan, and aster. Hummingbirds find nectar in the blooms from native plants such as trumpet vine, bee balm, and cardinal flower.

-Grow native plants, shrubs and trees: Many native plants are a host to many types of caterpillars, which are essential to the diet of birds.

-Bird baths: A shallow dish or gently sloped bowl placed on the ground can be used as a bird bath. Plastic or terra cotta plant dishes or inverted metal trash lid work as well. Put bird baths out in the open, near a bush or brush pile which will make the birds feel more secure.

Go Green Galloway Outreach Correspondent

Daina Walters

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Green tip of the week:

Feeling stuck inside this winter?

Indoor air pollution is caused by the lack of ventilation and can lead to more frequent colds, respiratory problems, and other ailments. Here are some tips to keep you family healthy:

- Keep your house clean. Dust mites, pollen, animal dander and other pollutants can be taken care of with regular cleaning. Install indoor air purifiers to keep the air clean. Also, use fans vented to the outdoors in kitchens, laundry rooms, and bath rooms.
- Prevent moisture build-up. Water condensation on walls, window sills, and other building materials can breed bacteria and mold and can be dangerous to your family's health. Keep humidity levels below 50% in these areas.
- Clean humidifiers regularly and refill with fresh water daily. Humidifiers can become breeding grounds for bacteria and mold.
- Minimize pollutants in basements. Operate a dehumidifier in the basement if needed to keep relative humidity levels between 30-50%.
- Make sure household cleaners are environmentally safe. Never mix chemical products and follow instructions for use and keep rooms well ventilated.

Go Green Galloway Outreach Correspondent

Daina Walters

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Green tip of the week:

The colder weather and approaching holidays usually makes us think about lighting a fire in our fireplace. Unfortunately doing this can be inefficient and expensive. A fireplace can actually send most of your heat in your house straight up the chimney and out of your house. Here are a few tips that can limit the loss of heat while still enjoying an evening by the fire.

-You can reduce heat loss by opening dampers in the bottom of the firebox (if provided) or opening the nearest window slightly. Also close doors leading into the room.

-Keep your fireplace clean. Hire a chimney sweep to inspect and clean your chimney each year. Also, keep soot and ashes to a minimum to improve efficiency.

-Install tempered glass doors and a heat-air exchange system that blows warmed air back into the room.

-Keep your fireplace damper closed when you aren't using it.

-Consider a gas fireplace if you are planning to install a new one. They provide enjoyment but can be 70% more efficient than regular wood burning fireplaces.

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Green tip of the week:

With the days getting shorter and the nights growing longer the usage of lights increases. The best way to save energy is to replace incandescent bulbs and compact fluorescent light (CFL) bulbs with light emitting diode (LED) bulbs. Just replacing one bulb will save 150 pounds of carbon dioxide per year or more, so changing all of your bulbs can make a significant impact on the environment.

LEDs emit almost no heat and use a fraction of the power it takes for an incandescent or CFL bulb. A single LED bulb can last up to 50,000 hours compared to a standard incandescent bulb which lasts approximately 1000 hours, and CFLs last approximately 8,000 hours. Energy efficient lighting will average 75% less electricity use than standard bulbs, so you will also see a savings in your electric bill.

Please note: CFLs contain small amounts of mercury, so they should be handled with care and disposed of properly. The Galloway Township Office of Sustainability, the Atlantic County Utilities Authority, Lowes, and Home Depot will take used/old bulbs.

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Green tip of the week:

The Holiday season is upon us so here are few green tips to enrich your festivities:

-Recycle used ribbons, bows, and wrapping paper. Store them in a convenient place for the next birthday or holiday. Recycle last year's greeting cards into this year's gift tags. Use decorative scissors to cut the front of the card into different shapes.

-Use alternatives to store bought wrapping paper. Fabric, wallpaper, scarves, brown craft paper, and comics work well.

-Support a local tree farm or nursery and buy a live tree. A balled tree will survive inside for about a week with adequate watering. Afterwards it can be transplanted outside. A cut tree is can be recycled after the holidays. Put it in a corner of your yard where it can become a habitat for squirrels, birds, and other wildlife. You can also chop the tree into pieces to be used as firewood.

-Decorate naturally and environmentally friendly. Garlands and wreaths can be made from leftover paper, pinecones collected from your yard, fruit and nuts. Decorate hallways and doors with greeting cards.

-Entertain efficiently. Rather than using one use plates, cups, silverware, and napkins use your regular dishes and flatware that can be used season after season. This can dramatically reduce your waste. You don't even have to worry about handwashing your dishes. Using a dishwasher actually uses less water and soap than handwashing. Also, consider composting most of your food scraps, i.e.; veggie scraps, produce peels, coffee grounds, and tea bags.

-Reuse cookie tins, baskets, and food containers. Refill them next year and give them as gifts.

-Shop online. You will save energy and time by not driving back and forth to stores. You will have more time to spend with family and friends. You will also reduce your overall stress level.



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Green Tip of the Week:

The holidays are here; and many of us are thinking ahead to plan parties.

As you focus more and more on making environmentally conscious decisions, entertaining should not be an exception. There are countless steps that you can take to create a green event.

- The invitations can be emailed, therefore saving both paper and postage. If you do opt to send invitations, look for ones made with post-consumer recycled content or paper imbedded with flower seeds.
- Some of the most beautiful, effective centerpieces are made from plants or flowers (locally grown, if possible).
- Create a fun, relaxing atmosphere with soy or beeswax candles, which won't emit sooty fumes, and are made of renewable and biodegradable materials.
- Food and beverages: strive for locally grown & raised foods and local wines and beers...and remember, aluminum is recycled much more efficiently than plastic bottles.
- Reusable plates and flatware are always the best choice; but sometimes disposables are more practical for large gatherings. Look for bio-degradable plant-based plates, cups and flatware (which can be composted and are biodegradable).
- Consider renting instead of purchasing extra chairs and tables if needed.
- Cleanup? Green cleaning products, of course!

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Green Tip of the Week:

Autumn is here, so it's a good time to do something good for both your wallet and the environment: a "Furnace Fling." Oil furnaces should be tuned up once a year, gas furnaces every two years. You can improve your heating efficiency more by sealing up the joints on heating ductwork. Look for verification on its packaging that the duct tape or mastic you use meets "UL-181" specifications. If your house has warm air ducts running through unheated spaces, have them insulated, or do it yourself: it can save you as much as 30 percent on your heating bills. That alone will eliminate hundreds of pounds of carbon dioxide emissions annually from your house's carbon footprint.

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Also, consider getting an energy audit for your home. Make sure to get a “blower door test” that will measure and locate air leaks, causing heat loss. Fill those gaps and you can save money on your energy bills!

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