



## It's your Future. Tomorrow is up to you.

Welcome to the Forest Service! As an employee living in government-owned housing, you can assist the Forest Service in being better land stewards by adopting sustainable living habits. Below is a list of ways you can help reduce our energy and water consumption and help keep the Forest Service around for another 100 years!

### LET'S SHED SOME LIGHT ON THE SUBJECT!



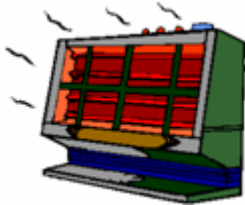
1. Turn off all unnecessary lights when you leave a room. Turn out the lights if the room will be vacant for more than two minutes. Contrary to what you might believe, turning incandescent or fluorescent bulbs on and off will not use more power than if they are left on.
2. Where practical use task lighting instead of overhead lighting. Focus the light where it is needed.

### EVERY DROP COUNTS!



1. Don't run water unnecessarily.
2. Keep a pitcher of water in the refrigerator for cold drinking water instead of running the water at the tap for cold water.
3. When washing dishes by hand, don't let the water run while rinsing. Fill one sink with wash water and the other with rinse water.
4. Keep your shower time to under 5 minutes. This can save up to 1,000 gallons/month.
5. Soak your pots and pans instead of letting the water run while scraping.
6. Turn off the water while you brush your teeth and save 4 gallons a minute.
7. Turn off the water while shaving and save up to 100 gallons/week.

### TIME TO HEAT IT UP!



1. Keep floor registers, radiators, and baseboard heaters clean and ensure they are not blocked by carpets, furniture, or drapes.
2. Set the thermostat at 68°F when occupied and 60°F at night or when unoccupied. If you are going to be gone for a few days turn it down to 55°F. If you have a programmable thermostat, program it with these set points for automatic occupied and unoccupied period.
3. Run kitchen or bathroom exhaust fans only when needed.

4. Lock the windows so they will seal tighter.
5. Close drapes at night and on cloudy days.
6. Close registers and doors to unused rooms.

### **IT'S HOTTER THAN (Well ,you know) IN HERE!**



1. If you are going to cook, use appliances that don't produce much heat such as microwaves, crock pots, toaster ovens, and frying pans. Or enjoy the outdoors and barbeque.
2. Use bath and kitchen vents to exhaust heat and moisture.
3. Turn off unnecessary lights and appliances.
4. Try to use as little hot water as possible. It adds heat and moisture.
5. Close drapes on hot sunny days, especially the east and west drapes.
6. If you have central or window air conditioning, set the thermostat at 78°F. Each degree higher saves approximately 6 percent on air conditioning.
7. Turn off the air conditioner if the building is unoccupied during the day.
8. Don't run the air conditioner all night if it is cooler outside than inside. Open the windows in the evening to capture the cool breezes and close them early in the morning.
9. Turn off the air conditioner if you're leaving the home for more than one hour.

### **SOMETHING'S COOKING!**



1. For soups and stews that require long cooking periods, using a crock-pot will save a substantial amount of energy.
2. Use the smallest pan necessary to do the job. Smaller pans require less energy.
3. Match the pan size to the element size. A 6" pan on an 8" burner will waste over 40% of the heat produced by the burner.
4. Defrost frozen foods in the refrigerator overnight instead of using the microwave.
5. Use the range for high liquid foods over four cups.
6. Use the microwave for single dishes and warming things up. For large quantities or several dishes use the oven or range.
7. Cook double portions when using the oven, and refrigerate or freeze half for another meal.
8. With microwave ovens, keep the inside surface clean to allow more efficient cooking.
9. Cook foods in their serving dishes to save time and reduce the amount of hot water needed for dishwashing.

### **I HAVE NOTHING CLEAN TO WEAR!**



1. Clean the dryer lint filter after every load.

2. Run washers and dryers with full loads, but not overfull. Running a full washer will save 15-23 gallons of water per load.
3. Don't over dry clothes.
4. Plan washing and drying so the dryer can be reloaded while it is still warm.
5. Wash in cold or warm/cold cycles to save energy.
6. Adjust the water level to match the size of load.
7. Always use a cold-water rinse. Rinsing in warm or hot water doesn't get clothes any cleaner.
8. Don't over wash clothes. Use short cycles for lightly soiled clothes.

### **IT'S YOUR TURN TO DO THE DISHES!**



1. Dishwashers use less water than washing the same dishes by hand.
2. Run only full loads. This can save 15 gallons of water per load.
3. Scrape the dishes before placing them in the dishwasher so you can avoid pre-rinse cycles.
4. Don't use the rinse and hold cycle.
5. If the dishwasher doesn't have an automatic air-dry switch, turn off the control knob after the final rinse and open the door to allow the dishes to dry naturally instead of using the dishwasher's drying cycle.
6. In the summer, use the dishwasher early in the morning or late in the evening when it is cooler outside.

### **TAKE CARE OF YOUR WEEDS!**



and buildings.

1. Don't cut the grass too short. The shorter the grass, the more water it takes to keep it green and the more water is evaporated.
2. Do not over water the lawn
3. Water only in the early morning or late evenings, when it is cooler.
4. Position the sprinkler so that it is not watering driveways, sidewalks,

### **WHEN YOU'RE RIDIN' DIRTY!**



1. Wash your car on the lawn, rather than on the driveway, so that your lawn gets watered at the same time!
2. Use biodegradable soap.
3. Use a bucket and sponge for washing and a hose for rinsing.
4. Use a water saving nozzle
5. Don't leave the hose running unattended.

### **DON'T THROW THESE AWAY!**

1. On this Forest, the nearby cities and towns recycle the following products: (Supervisors - circle those that apply to your area/community)
  - Aluminum cans

- Tin Cans
- Clear Glass
- Colored Glass
- Paper
- Office stock paper
- Newspapers
- Magazines (glossy paper)
- Batteries
- Burnt out light bulbs
- Other items: \_\_\_\_\_

Please save the above circled items at your bunkhouse and bring them with you when you come to the District or Supervisor's Office. Forest Service employees will then take these items to the appropriate recycling centers.