

UNITY CHURCH OF OVERLAND PARK

10300 Antioch Road, Overland Park, KS 66212 • 913.649.1750 • www.ucop.org

Celebrating Earth Day April 18, 2010

ICI Intention, Conservation, Imagination

Greening your life

10 First Things You Can Do

1. Inflate your tires to the proper pressure. Check monthly; save mpg.
2. Weatherize your house; caulk and weatherstrip doors and windows.
3. Purchase and use reusable bags (give up plastic).
4. Locate your local recycling facilities; create containers and train yourself and your family to recycle all that's possible. (www.recyclespot.org)
5. Drive less: consolidate trips, carpool, bicycle, walk.
6. Unplug, turn off lights, wash clothes in cold water; buy power strips and turn off printers, computers, cell-phone transformers, TV's with one switch.
7. Buy local foods; save energy used to transport and grow commercial foods, and eat healthier.
8. Replace bulbs in your home with CFLs. Treat used CFLs as you do hazardous household waste.
9. Compost kitchen scraps for your garden, to keep material out of the landfill, to increase soil fertility.
10. Use re-usable dishes, cups, utensils, napkins, towels.
11. Bonus: Contact your local energy company for possible free energy audit for your home.

MORE INFO at:

<http://green.yahoo.com>
www.kcfoodcircle.org/
www.stanslaughter.com
www.greenabilitymagazine.com/
www.MotherEarthNews.com

ICI Intention, Conservation, Imagination

Greening Your Church or Business

First 10 Easiest Things

1. Recycle: set up recycling containers and processes for paper, plastic, glass.
2. Use positive language signage throughout the building for education and training for conservation.
3. Switch to reusable utensils, napkins, tablecloths for community events.
4. Replace all light bulbs with CFLs. Treat used CFLs as you do household hazardous waste.
5. Compost food scraps for gardening, or simply to keep waste out of the landfill.
6. Install a programmable thermostat.
7. Install water restrictors on all faucets.
8. Landscape for conservation and beauty. Switch to mulch-mowing; use native plants, easy herbs for minimal watering, and for attracting (endangered) bees and other beneficial insects; use organic products and processes.
9. Use local food producers for community meals and food needs.
10. Have an energy audit of your facility; contact your utility company or your HVAC contractor. Start implementing the recommendations.

MORE INFO at:

Weather Channel-Forecast Earth:

<http://climate.weather.com/>
www.storyofstuff.com/anotherway.html

Tall Oak Productions-Exuberant seeds for abundant living

www.compost-education.com

816-246-6871