

Greening your New Year's Resolutions, Real Life Changing Habits

Going green is a perfect new year's resolution. Unlike losing weight and quitting some old habits going green takes no hassle or will power. It just takes a few simple alternatives to everyday life. And eco friendly alternatives in the office or home will save you money and help the planet.

In your home there are many ways to go green and save money. Here are a few examples:

1. Unplug electronics which include televisions, phone chargers, radios, and appliances. These can all be plugged into a power strip so when you leave a room you can flip the switch to turn everything off. For computers an [eco energy button](#) is a great way to conserve energy by the simple push of a button. Your computer will go into "eco-mode" which is almost the same as if your computer was shut down. Plus, it allows you to track your energy and money savings.
2. Change your light bulbs. Using compact fluorescent bulbs are easy money savers. You will consume 75% less energy and save about \$83 over the life of the bulb. Getting better, look into LED lights.
3. Today a lot of companies have "eco-friendly" or "green" selections of apparel. Look for [recycled clothing](#) and [100% organic clothing](#).
4. Support local farmers. Not only are you preventing pollution by getting your food locally but you are also promoting [USA made products](#).
5. Lastly, look for the right labels. Products with the Energy Star Label or BPA Free symbol and USA Made symbols promote products that are energy efficient, proven safe and are good for our economy.



Companies will save money and create new "greener" habits in the new year by:

1. Going [paperless](#). This alternative may seem scary to a lot of businesses but going paperless would cut back on paper costs and promote eco friendly habits. Those who are not ready for that seemingly drastic step can use smaller fonts, print only on at least 30% post-consumer recycled paper, and use both sides of paper when printing.
2. Turning off electronics and lights. Just like in the home, computers and lights should be switched off when leaving the office. The New Year could mean companies saving a lot on energy and electric bills.
3. Use refurbished furniture. If you need new office furniture see if you can find something gently used. It prevents the wasting of natural resources and fuel. Also look for sustainably manufactured products.
4. Create a section of your break room that provides green information. It's educational and lets employees know your company is serious about helping the planet. Highlight all environmental stewardship your organization exemplifies.
5. Lastly, encourage e-mails or paperless forms of communication. It's a fast and simple form of communication and can be saved just the same as if it was printed out in hard copy form.

Going green in your everyday life will save you money, make your home and office more efficient and help to save the planet. That sounds like a good new year's resolution.



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<http://www.sustainlane.com/reviews/10-ways-your-business-can-go-green/V73731389XXWORHAP7BI4882MBRN>

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