

NEW JERSEY DEPARTMENT OF ENVIRONMENTAL PROTECTION



Environmental Protection WHAT YOU CAN DO MORE OR LESS



More of some things and less of others makes a big difference!

* * * * * **MORE** * * * * *

Alternative sources of energy
Alternatives to air fresheners
Bicycling
Bulk purchasing
Buying things in recycled packaging
Buying things made from recycled products
Canvas bags
Car-pooling
Car-washing at the carwash
Ceiling fans
Community supported agriculture
Compact cars
Compliance with speed limits
Composting
Cruise control
Donations of used items/electronics
Drought resistant plants
Eat locally grown food
Eco-Driving
Eco-friendly beauty products and clothes
Environmental Education
Efficient toilets
E-greeting cards
Energy efficiency & Energy Star products
Face-to-face-conversations
Fireplace inserts
Fixing leaks
Fruit juices
Fuel efficient vehicles
Garage sales
Gradual accelerations from stop lights
Graywater usage
Green cleaners
Hiking / Fishing
Home energy audits
Home-made juice
Hypermiling
Inspection of vehicles (timely)
Insulation
Integrated pest management
LED bulbs
Line dry clothes
Local vacations

Low Emission Vehicles
Low flow faucets and showerheads
Maintain vehicle/s (properly & timely)
Miles per gallon (greater fuel efficiency)
Native plants
Open windows
Organic food
Phone/mail shopping (in lieu of driving)
Playing outdoors
Public pressure to change policy
Public transportation
Push-mowers
Rain gardens
Reading
Rechargeable batteries
Recycling
Refueling during early morning or evening
Renewable energy use
Reusable bags
Reusable bottles
Saving
Scrap paper use
Shade trees
Solar energy
Subsistent living
Support for local agriculture/farm markets
Support/practice of the hunting heritage
Sweaters
Tap water
Telecommuting
Thermostat timers
Thrift shopping (buy used/recycled goods)
Time outdoors
Tire pressure-monthly check/properly inflate
Trees
Trip chains
Use of electrically powered lawn equipment
Use of regular grade fuel
Vegetables
Voting
Walking
Water barrels
Window shades

* * * * * **LESS** * * * * *



Air conditioning	Meat
Air travel	Mold
Appliances with the "Stand-By" feature	Off-road vehicles
Bagged cuttings	Older vehicles
Bottled water	Packaging
Buying of foreign fruits & vegetables	Paint strippers
Car-washing in the driveway/street	Paper goods (plates, cups, printing, etc.)
Charcoal BBQ's	Pesticides
Chemical cleaners	Plastic (bags, cups, utensils, etc.)
CO ₂	Power boating
Coffee-Pods	Premium fuels
Computer monitor always on	Printing of emails, etc.
Computers on at night	Processed foods
Curbside trash	Purchase of large engines in cars
Distance between work and home	Purchasing of exotic meat products
Driving	Single objective trips
Driving to 1 store only	Single occupancy car drivers
Driving with vehicle's OBD light On	Single sided printing/copying
Driving with under inflated tires	Smoking
Dry-cleaning	Smoking vehicles
Energy use	Snow blowers
Fertilizers	Snow-mobiling
Filling the landfills	Soda and processed beverages
Gas cap improperly fitted	Speeding vehicles
Gas-powered items	Spending
Gift-wrapping	Square footage in your home.
Grass	Start-stop trips during bad-air days
Half loads of laundry	Styrofoam
Harmful invasives	SUV's
High heat/AC at night	Television time
Home heating	Time in the shower
Hot water for clothes and dish washing	Time plugged in
Idling	Topping-off at fuel pump
Impervious surfaces	Travel
Incandescent bulbs	Urban sprawl
Indoor air pollutants	Use of electric or gas clothes dryers
Jack-rabbit starts	Use of gasoline-fuel lawn equipment
Jet -skiing	Video games
Junk food	VOC paints & Products
Junk mail	Waste
Leaf blowers (esp. gas/diesel powered)	Water running while washing/brushing teeth
Lights on when not in use	Watering the lawn
Litter - especially cigarettes	Wood fires & wood burning stoves
Long-distance vacations	

**If we work together, we can do less by doing more,
and more by doing less!**

For more information, go to www.nj.gov/dep