

# Message from Monroe Township Environmental Commission



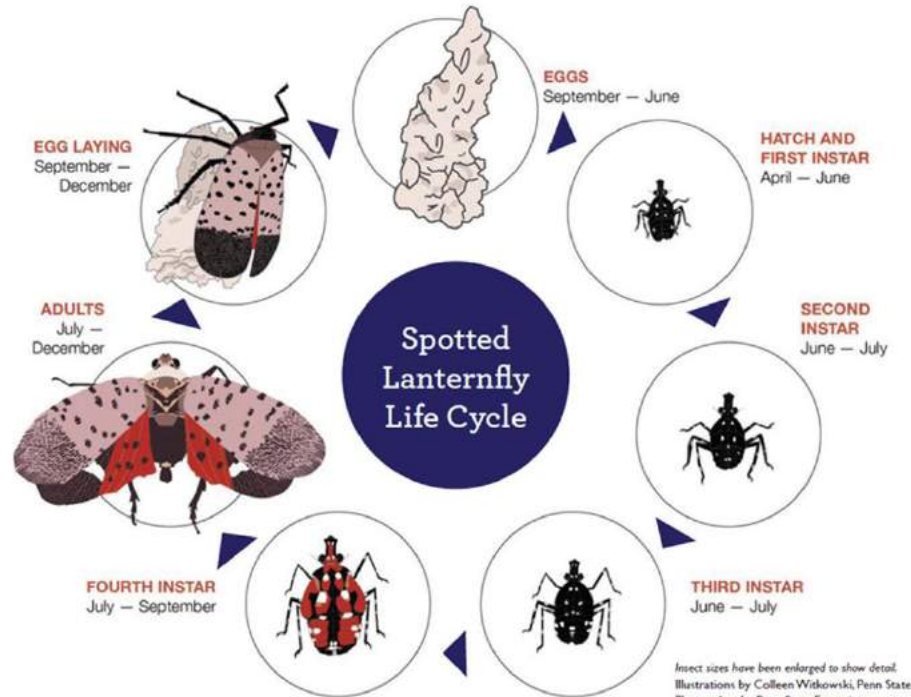
Early Nymph Stage

Spotted Lanternfly  
is an  
**invasive pest.**



Lanternfly Nymphs

They do not bite.  
They suck sap from  
plants.  
Cause serious  
damage to trees,  
vines, and crops.



Squish or use  
vinegar spray to  
eliminate Spotted  
Lanternfly  
nymphs and  
adults.

## Message from Monroe Township Environmental Commission

### **AROUND YOUR HOME**

#### **Plant a Native Garden**

Why native plants? Native plants and trees are the primary food sources and for many insects, butterflies, birds and animals, the only food sources.

#### **Buy In-Season Organic Produce**

The produce you consume should come at most from a 100-mile radius. If your food is coming from faraway places, you're contributing toward climate change because of the carbon dioxide sent into the atmosphere by the planes, trains, and automobiles delivering the food.

#### **Start a Compost Pile**

This works hand-in-hand with your garden and dramatically cuts down on your overall waste.

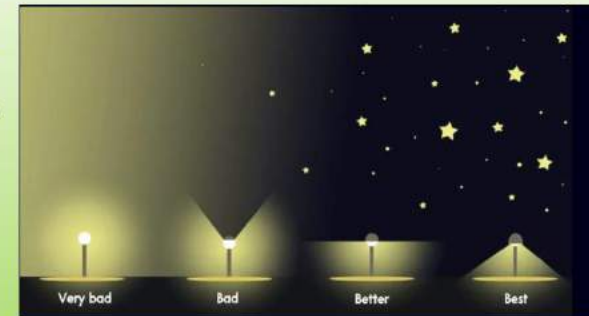


#### **Turn Off Your Yard Lights no later than 10:00p.m.**

Light pollution affects circadian rhythms of all living things.

#### **Do not idle your vehicles**

Idling produces air pollution



## Message from Monroe Township Environmental Commission

# USE MORE EFFICIENT THERMOSTAT SETTINGS



### Suggested settings

- Summer: 75 °F if someone is home
- Summer: 80 °F if no one is home
- Winter: 68 °F during the day if someone is home
- Winter: 65 °F at night or during the day if no one is home



### SMART THERMOSTATS

A smart thermostat is a Wi-Fi enabled device that automatically adjusts heating and cooling temperature settings in your home for optimal performance.

#### Convenience

They learn your temperature preferences, automatically establish a schedule, adjust to energy-saving temperatures.

#### Control

Wi-Fi enabled thermostats allow you to control your home's heating and cooling remotely through your smartphone.

#### Insight

Periodic software updates ensure that it is using the latest algorithms and energy-saving features available.

# Message from Monroe Township Environmental Commission

## FOOD WASTE



Food waste is one of the biggest contributors to climate change.

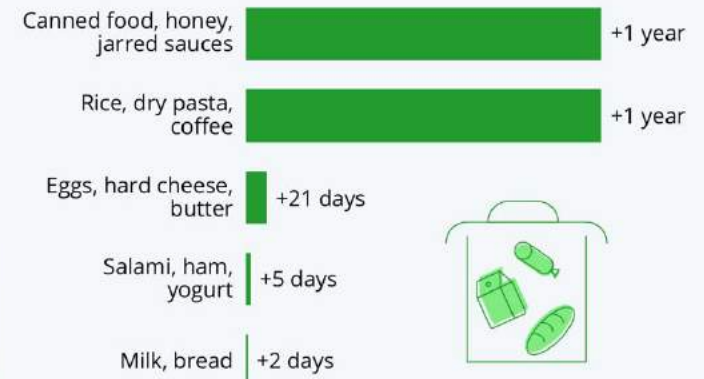
Around the world, 1.4 billion tons of food thrown away each year goes to landfills.

Americans waste more than \$408 billion each year on food or 40% of all food.

As it rots, it pollutes water and soil and releases huge amounts of methane, one of the most potent greenhouse gases.

### How Inaccurate Are Expiration Dates?

Time after expiration date that the following foods are still considered edible



Source: Tafel Deutschland



statista

## Message from Monroe Township Environmental Commission

# ACTIVELY RECYCLE EVERYTHING

## LIVE BY THE 4R<sub>s</sub>

### Reduce

- ❖ Volume of Waste
- ❖ Energy Use
- ❖ Carbon Emissions

### Reuse

- ❖ Reusing single use items. e.g. Household cleaner spray bottles, plastic takeout containers and bottles etc.
- ❖ Reusing saves money and environment
- ❖ Sell your used and still wearable clothing

### Recycle

- ❖ Recycle everything that can be recycled
- ❖ Buy items made from recycled materials
- ❖ Try to buy items that are made of recyclable materials

### Repurpose

- ❖ Find a new use for an item
- ❖ Repurposing reduces waste
- ❖ With creativity and innovation, we can save many items from going into the landfills

Credit: <https://reelpaper.com/blogs/reel-talk/4rs-of-recycling>

## Message from Monroe Township Environmental Commission

### USE APPLIANCES THOUGHTFULLY

Only run your washer, dryer, and dishwasher after the sun goes down.

Run your washer on cold water.

Open the dishwasher door to dry your dishes.



Set your water heater to 120 °F

Hang dry clothes when possible.



Use the microwave instead of the stove or oven when possible.



Skip preheating your oven.

## Message from Monroe Township Environmental Commission

### USE LESS WATER

Conserving water saves energy used to filter, heat and pump water.

Using less water helps keep wastewater treatment plant costs low.

Keeps more water in our ecosystems

Helps to keep wetland habitats topped up for animals like otters, water voles, herons and fish.



Using less water reduces shortage frequency and impacts.

Installing low-flow showerheads, toilets, and faucets.

Taking showers instead of baths.

Taking shorter showers.

Turning off the faucet when washing dishes or brushing teeth.

# Message from Monroe Township Environmental Commission

## TURN OFF ELECTRONICS

Phantom electricity is power that is consumed by electronic appliances in standby mode.

Unplug your appliances or use on/off plugs.



Energy efficient power strips draw zero power when in the off position.



Phantom energy accounts for 5-10% energy consumed.

Average household wastes \$100 on phantom energy per year.



## Message from Monroe Township Environmental Commission

### TURN OFF THE LIGHTS

Incandescent lights should be turned off. They emit more heat than light.

Turning lights off keeps a room cooler.

Extends the life of your light bulbs

Helps save money



Artificial light is detrimental to human health causing diseases like diabetes, depression and even cancer.

Light escaping from windows pollutes the environment.

Affects the Circadian rhythms of nocturnal animals and insects.

Migrating birds, baby turtles get confused with artificial light and lose their way.



# Message from Monroe Township Environmental Commission

## USE CANVAS BAGS

**Reusable bags will reduce plastic use.**



**Washable.**

**Can be used over and over and over again.**

**Can be used for all types of purchases.**

**Can be stylish.**

**Reusable bags are good for the environment.**

Message from Monroe Township Environmental Commission

# USE ENERGY EFFICIENT APPLIANCES

Consume less energy.



Reduce carbon footprint

Require less maintenance

Lower electricity bills

Reduce harmful gas emissions



# USE LED LIGHT BULBS

Least Efficient ————— Most Efficient

Bulb Type



	Incandescent	Halogen	CFL	LED
<b>450 Lumens</b>	<b>40w</b> \$4.82/yr	<b>29w</b> \$3.49/yr	<b>11w</b> \$1.32/yr	<b>9w</b> \$1.08/yr
<b>800 Lumens</b>	<b>60w</b> \$7.23/yr	<b>43w</b> \$5.18/yr	<b>13w</b> \$1.57/yr	<b>12w</b> \$1.44/yr
<b>1100 Lumens</b>	<b>75w</b> \$9.03/yr	<b>53w</b> \$6.38/yr	<b>20w</b> \$2.41/yr	<b>17w</b> \$2.05/yr
<b>1600 Lumens</b>	<b>100w</b> \$12.05/yr	<b>72w</b> \$8.67/yr	<b>23w</b> \$2.77/yr	<b>20w</b> \$2.41/yr
<b>Rated Life</b>	<b>1 Year</b>	<b>1-3 Years</b>	<b>6-10 Years</b>	<b>15-20 Years</b>

**Lighting accounts for 20-30% of electric bill**

Estimated energy cost per year is based on 3 hours of use per day at 11 cents per kWh in an average single family home according to the Dept. of Energy

Cool to touch.

Consume less energy than any other type of bulb.

Low energy costs.

Low maintenance.

Long lifespan of > 15000 hours,

Don't contain harmful chemicals.

Energy efficient.

Recyclable.