



U.S. Department of Health
and Human Services
Administration for Children
and Families
Office of Family Assistance

www.fatherhood.gov

NRFC Tips for Green Dads

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SMALL STEPS SAVE MONEY AND OUR ENVIRONMENT

Just as little gestures and quick compliments can have a tremendous positive influence on a child's life, so too can small actions bring about a significant impact on household expenses and the environment we share with our children. You don't need to make dramatic adjustments in your day-to-day behavior to see results. By starting with easy-to-do changes at home, you have the opportunity to keep more money in your pocket—or spend some of your savings on a fun activity with your kids—while you help protect the quality of the environment we'll leave to the next generation.

Turn off the lights when you leave the room

Lighting accounts for as much as 15 percent of the total energy use in the average U.S. home.

Turn off the water while brushing your teeth

You can save up to eight gallons of water a day when you turn off the tap while brushing your teeth in the morning and before bedtime.

Buy and use compact florescent light (CFL) bulbs

CFLs last longer than traditional bulbs—about five years. CFLs also use less energy. Your electricity bill could be 50–75 cents lower each month when you switch just one standard bulb to a CFL.

Use your own bag at the grocery store

You often can fit more in per bag and many stores give a discount for bringing your own bag. Reuse the old backpacks, extra purses, and old shopping bags that you already have around the house.

Turn down the thermostat

For every one degree the thermostat is lowered, heating costs can be lowered by three percent. In the winter, dropping the thermostat from 72 degrees to 68 degrees can save up to 12 percent on your heating bill. In the summer, switch to 78 degrees for cool cost savings.

Reuse it

Challenge yourself and your kids to come up with new uses for everything from sandwich bags to old shoes. If you can't repurpose an item for yourself or your family, donate it. Many charitable organizations welcome donations of clothing, eye glasses, books, old cell phones, and even old computers, which they refurbish and distribute.

Unplug it

Many electronic devices and appliances draw power even when they're switched off or not in use.

Filter your water

In 2008 in the United States, we spent nearly \$11 billion on more than 8 billion gallons of bottled water, and then tossed more than 22 billion empty plastic bottles in the trash. Use a water filter on your tap and keep a pitcher of filtered water in your refrigerator so you always have water ready to go into a refillable, reusable bottle.

Take Time to Be a Dad Today

Learn about more small steps you can take to save money, save our environment

Environmental Protection Agency

www.epa.gov/pick5

Pick 5 For the Environment – Commit to taking just five simple actions to protect the environment, now and in the future.

ecodads

www.ecodads.org

Join the online network of dads who are working to be positive role models for their children and taking the lead to build community programs that support sustainable economic, social, and environmental development.

The Green Parent

<http://www.thegreenparent.com>

A kid-friendly guide to Earth-friendly living.

The Lazy Environmentalist

www.lazyenvironmentalist.com

Informative articles, videos, and product recommendations to help busy people make green choices.

Mother Nature Network

www.mnn.com

One-stop eco-guide featuring news, articles, blogs, videos, and how-to information in sections such as family, home, lifestyle, and food.

National Geographic Green Guide for Everyday Living

<http://www.thegreenguide.com>

This “green living source for today’s conscious consumer” aims to make living in an environmentally aware way personal, practical, and positive. The Green Guide explains how consumers can make small changes that add up to big benefits for their wallets, their health, and the health of the planet.