

Sustainability 101

The City of Newport is working to promote sustainability throughout our community through several initiatives such as the renewable energies ordinance, participating in GreenStep Cities, and providing residents with information on how to be sustainable in their everyday lives.

Sustainability is the commonsense notion that long-term prosperity and ecological health not only go together, they depend on each other. Put another way, sustainability is about actions which are ecologically sound, economically viable, and socially just and humane.

There are many ways you can conserve resources and protect the natural environment. This brochure lists a few ideas to get you started!

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Green Tips for Making the Earth Better!

City Of Newport

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35 Tips for Making the Earth a Better Place to Live!

Home and Landscaping

1. Prevent lost heat by sealing attic bypasses.
2. Install compact fluorescent light bulbs when your incandescent bulbs burn out. They use less energy and last ten times longer.
3. Have a professional energy audit of your home and implement the recommendations. Contact Xcel Energy for more information.
4. Buy a programmable thermostat for your home. Reduce your heating bill and save energy by lowering the temperature at night and while you're gone for the day.
5. Replace your home appliances and electronics with Energy Star equipment.
6. Install a low-flow showerhead. The water and energy savings can quickly pay back your investment.
7. When mowing the lawn, keep it to a minimum height of 2.5 – 3". This will encourage deeper root systems, better absorption of moisture and nutrients, and better stress tolerance during heat and dry conditions. This will allow you to water and fertilize less.
8. Consider using a rain barrel, system that collects and stores rain water. Connect the downspouts directly into the barrel and use what would otherwise be storm water runoff to water the lawn and garden during dry periods.
9. Make sure litter, leaves and other yard waste stays out of the street and out of storm sewer drains. These drains go directly into lakes and rivers, causing pollution. Excessive leaves and other organic material decompose and lower the oxygen available for aquatic life.

Transportation

10. Buy an energy efficient, low emissions vehicle.
11. Combine automobile trips
12. Take the bus or join a carpool. Doing so three times a week can reduce your fuel consumption up to 50%!

13. Accelerate gradually; a smooth start uses less fuel.
14. Keep your vehicle well-tuned and your tires inflated properly to reduce exhaust emissions.
15. Get out of your car and onto your feet, bike or skates!

In the Laundry Room

16. Wash clothes on the "cold" or "warm" settings rather than "hot" whenever possible. Detergents designed for coldwater washing are now available.
17. Wash full loads to make the best use of the energy required to run the washing machine. If you must do a smaller load, adjust the water level accordingly.
18. When the time comes to buy a new washer, choose an EnergyStar-rated model. These washers not only use less water per load, they also extract more water from clothes, reducing drying time.
19. Clean the lint filter in the dryer before each load to improve air circulation and efficiency.
20. Take advantage of retained heat by drying two or more loads in a row. You can also use the dryer's "cool-down" setting to complete the drying process without actively heating the air.

Buy Green

21. When buying, select products (cleaners, shampoos, detergents, etc.) made from plant-based materials, such as oils made from citrus, seed, vegetable or pine. By doing so, you are selecting products that are biodegradable and generally less toxic. These products also provide the additional benefit of being made from renewable resources. Ask for plant-based products at your local grocery or retail store.
22. Seek out locally grown food such as farmers' markets and co-ops. Buying locally cuts down on fuel and emissions from transporting the food and it supports local farms.
23. Buy in bulk when possible to cut down on packaging waste.
24. Use green cleaners at home and at work to avoid toxic chemicals and save money.

Recycle

25. Place cans, glass, newspaper, cardboard, junk mail, magazines, paperboard, and narrow neck plastic bottles out for pickup on recycling day
26. Buy recycled products. The recycling loop is not closed until we purchase products made from recycled materials. For ideas, visit www.recycleminnesota.org.
27. Use a backyard compost bin to compost food scraps and yard waste. Not only will you decrease the amount of garbage thrown into landfills or incinerated, but the end result will be nutrient rich dirt that can be applied as a soil amendment or mulch to gardens and lawns.
28. Remember that recycling can happen throughout the home, including in the bathroom. Toilet paper rolls, toothpaste and soap boxes, medicine boxes, toiletries/cosmetic boxes, shampoo/conditioner and body wash bottles can all be recycled.

Reuse

29. Pack your lunch in reusable containers and use a reusable water bottle
30. Give away clothing, linens, and other items that you are no longer using.
31. Use the Twin Cities Free Market, www.twincitiesfreemarket.org, to give away furniture, appliances, recreational equipment and more.
32. Use rechargeable batteries.
33. Repair and maintain items instead of replacing them.
34. Use cloth napkins, rags and hand towels instead of disposable napkins and paper towels
35. Use a reusable bag for shopping instead of plastic bags. Some stores offer a discount when you bring a reusable bag.