



HOW TO MAKE YOURSELF MORE SUSTAINABLE

planNYC

MAKE YOURSELF MORE SUSTAINABLE IN 10 EASY STEPS

- 1. Stay in NYC.** Although it may seem counterintuitive, living in dense, urban cities is one of the best ways to help the environment. Our reliance on mass transit and smaller living spaces have made New York the most energy-efficient city in the United States.
- 2. Understand your energy usage.** Dig out those old utility bills and familiarize yourself with how much energy you use each month. Understand which appliances can be replaced with Energy Star-labeled models (<http://www.energystar.gov>) and which you can unplug when they're not in use. (If you unplug all your electronic equipment that uses energy even when it's turned "off" - like your VCR, TV, and cell phone charger - you could cut your monthly energy bill by 30%.) Also, make sure to turn off lights when they're not in use.
- 3. Use non-toxic materials and products.** Here's a simple rule: If it's poisonous, carcinogenic, triggers asthma or damages your nervous system, you probably don't want it in your building. And yet most of the products we use to build and maintain our buildings - including paints, cleaners, insulation, cabinetry, and carpets - contain these toxins. Look for non-toxic cleaning products and carpets and paints with no or low Volatile Organic Compounds (VOC).
- 4. Use high-quality, energy-efficiency compact fluorescent lighting (CFL) and Energy Star appliances.** CFL light bulbs last six times longer and use four to five times less energy. Appliances marked with the yellow "Energy Star" logo use less energy than standard appliances, which will save money on your electric bill.
- 5. Use materials and products with post-consumer recycled content.** Search for products that state the percentage of post-consumer recycled content. Although most people are familiar with recycled paper and plastics, you can also get recycled wood, tiles, countertops, carpet, and insulation.

- 6. Increase comfort and reduce energy consumption by controlling the indoor temperature.** You can control the temperature in your living space by installing low cost, easy-to-use thermostats and automatic radiator controls that will save energy and increase comfort. Insulate your windows by installing storm windows, which will reduce drafts and lower your energy bills.
- 7. Enact low-cost, fast payback, energy efficiency measures.** Schedule a building energy audit from a qualified firm. Auditors can pinpoint places where energy is being wasted, helping you dramatically reduce energy consumption and expenditures with a few simple adjustments.
- 8. Switch to Green Power.** You can sign up to purchase “green power” –electricity made from in-state wind and small, low-impact hydro in New York City. That means that city residents now have a low-cost, no-hassle renewable energy option. More information is available at: <http://www.poweryourway.com/pages/greenpower.pdf>
- 9. Reduce, Reuse, and Recycle.** New York City has restored full recycling and your building is required to provide the appropriate bins. If you don't have bins, ask your super or call your building management company. If you own the building, enhance recycling and clean trash areas and create reuse opportunities.
- 10. Support more green space and vegetation.** Grass, bushes, trees and flowers help filter the air and the noise, reduce the summer heat, and clean the water. By absorbing rain and preventing storm-water run-off, vegetation helps prevent flooding and the contamination of our waterways. Volunteer to plant trees and work with your block association to create more green space in your neighborhood.

Adapted from materials prepared by GreenHomeNYC
<http://www.greenhomenyc.org>

10 GOALS TO CREATE A SUSTAINABLE CITY BY 2030

openNYC

1. Create homes for almost a million more New Yorkers, while making housing more affordable and sustainable
2. Improve transit travel times by adding capacity for millions more residents, visitors, and workers
3. Ensure that all New Yorkers live within a 10 minute walk of a park

maintainNYC

4. Develop critical back-up systems for our aging water network to ensure long-term reliability
5. Reach a full “state of good repair” on New York City’s roads, subways and rails for the first time in history
6. Provide cleaner, more reliable power for every New Yorker by upgrading our energy infrastructure

greenNYC

7. Reduce emissions that cause global warming by more than 30%
8. Achieve the cleanest air of any big city in America
9. Clean up all contaminated land in New York City
10. Open 90% of our waterways for recreation by reducing water pollution and preserving our natural areas

How would you reach these goals? Mayor Bloomberg wants to know. To give your ideas, log on to <http://www.nyc.gov/planyc2030>