



Ways to Save the Planet



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Made of Recycled Paper



PLANT A NOTION

“Going green” doesn’t have to be a daunting task that means sweeping life changes. Simple things can make a difference.

The contents of this list might not be new, but they need repetition. Sometimes it takes a few reminders for things to take root.



CHANGE YOUR LIGHT

If every household in Bahrain replaced one regular light bulb with the new compact fluorescent bulbs, the pollution reduction would be equivalent to removing one million cars from the roads.



TURN OFF COMPUTERS AT NIGHT

By turning off your computer instead of leaving it in sleep mode; you can save up to 40 watt-hours of electricity per day.



DO NOT PRE-HEAT THE OVEN

Do not pre-heat the oven unless you are making bread or pastries. Also, when checking on your food, look through the oven window instead of opening the door.



RECYCLE GLASS

Recycled glass reduces related air pollution by 20 percent and related water pollution by 50 percent. Glass can only be recycled as it never decomposes.



HANG DRY

Get a clothesline or rack to dry your clothes in open air. Your wardrobe will feel crisper and also save you money. Solar-powered dryers are also an option.



GO VEGETARIAN ONCE A WEEK

One vegetarian meal in a week helps the planet and your diet. For example: It takes 2,500 gallons of water to produce one pound of beef. Meat for hamburgers comes from animals raised on rainforest land and approximately 55 square feet of forests are destroyed by each of these animals.



WASH IN COLD OR WARM

Warm-cold cycles save an incredible amount of energy. Make sure that you launder only when you have a full load.



USE ONE LESS PAPER NAPKIN

If everyone used one less napkin a day, more than a billion pounds of napkins could be saved from landfills each year.



USE BOTH SIDES OF PAPER

Businesses throw away 21 million tons of paper every year. Just by using both sides of the paper you can decrease the same amount by half. Set your printer's default option to print double-sided (duplex printing) and after you're finished with your documents, take them to the recycling bin.



RECYCLE NEWSPAPER

There are plenty of newspapers printed each day in Bahrain. Recycling old newspapers can really go a long way in saving a lot of trees.



WRAP CREATIVELY

Old gift bags, bows, old maps, cloth or even old newspaper can be a unique way to wrap gifts. This saves wrapping paper and also looks extra special for the recipient.



BAN BATH TIME!

Baths require almost twice as much water as showers. Use showers regularly to bring down your water bills and power bills for heating the water.



BRUSH WITHOUT RUNNING

You'll conserve up to five gallons of water per day if you stop the tap while brushing.



THREE MINUTES SHOWER ONLY

Every two minutes you save on your shower can conserve more than ten gallons of water.



PLANT A TREE

It's good for the air, the land, can shade your house and save on cooling if planted on the west side and will also improve the value of your property. Plant a tree every year for each family member.



USE YOUR CRUISE CONTROL

When using cruise control your vehicle could get up to 15% better mileage. It is a boon not only for the environment but for your budget as well.



SECOND-HAND DOESN'T MEAN SECOND-BEST

Toys, bicycles, roller blades, and other age and size-specific items are quickly outgrown. Buying them from second-hand stores will save money and will indirectly contribute to recycling.



BUY LOCAL

Transporting food from one place to another is a major cause of pollution. Whenever possible, buy from local farmers or farmers' markets to support your local economy and to reduce the amount of greenhouse gases created while importing them.



ADJUST YOUR THERMOSTAT

Adjusting your thermostat one degree higher in the summer or one degree cooler in the winter will save about 10% on your energy use.



INVEST IN YOUR OWN COFFEE CUP

Use your own cup for your regular morning coffee. A reusable cup keeps the beverage hot for longer and helps reduce the use of non-biodegradable coffee cups.



BATCH ERRANDS

List your errands and try doing most of them in one trip. It saves you precious gasoline and some precious time simultaneously.



TURN OFF LIGHTS

Always turn off incandescent bulbs when you leave a room for 15 minutes or more. You'll save energy on the bulb and also on cooling costs, as lights contribute heat to a room.



GREENER LAWN CARE

Water your lawn early in the morning before any moisture is lost to evaporation. Spot treat weeds with vinegar and just do normal clipping, which act as a natural fertilizer.



PICNIC WITH A MARKER

The next time you picnic, set out a permanent marker next to disposable dinnerware so that guests can mark their cups and everyone will only use one.



RECYCLE OLD CELL PHONES

Most cell phone companies have recycling programs. Recycle your phone, because if they go into landfills, the phones and their batteries introduce highly toxic substances into our environment.



MAINTAIN YOUR VEHICLE

A properly maintained vehicle with clean air filters and inflated tires can greatly improve your vehicle's performance. Not only does this extend the life of your vehicle, it creates less pollution and saves gas.



RECYCLE UNWANTED WIRE HANGERS

Wire hangers are generally made of steel, and your dry cleaner will accept them back to reuse or recycle.



RECYCLE ALUMINIUM AND GLASS

Twenty recycled aluminium cans can be made with the energy it takes to manufacture one brand new one. Every ton of glass recycled saves the equivalent of nine gallons of fuel oil needed to make glass from virgin materials.



TELECOMMUTE

See if you can work out an arrangement with your employer that you work from home for some portion of the week. It means spending less money, gasoline and one less car on the road.



CUT DOWN ON JUNK MAIL

There are many services that can help reduce the clutter in your mailbox, saving trees and the precious space on your countertops.



CHOOSE MATCHES OVER LIGHTERS

Plastic lighters are disposable and land up in landfills in the end. Choose cardboard matches instead. Unlike wood matches that come from trees, cardboard matches are made from recycled paper.



GIVE IT AWAY

Donate old items to a charitable organization or post it on websites designed to connect people and things.



GO TO A CAR WASH

Professional car washes are often more efficient with water consumption. If everyone in the U.S. who washes their car themselves took just one visit to the car wash, we could save nearly 8.7 billion gallons of water.



PLASTIC BAGS SUCK

Plastic bags are not biodegradable, and are making their way into our oceans, and subsequently, the food chain. Stronger, reusable bags are an inexpensive and readily available option.



FLY WITH AN E-TICKET

In the near future, e-tickets will be the only option, saving the airline industry \$3 billion a year. In addition to financial savings, the sheer amount of paper eliminated by this process is commendable.



DOWNLOAD YOUR SOFTWARE

Compact discs of all types are huge sources of e-waste, along with the associated packaging. Downloading your software online can help reduce this waste.



STOP YOUR ANSWERING MACHINE

Answering machines use energy 24 hours a day; replace them with answering machines to save on power bills and the plastic waste that gets generated.



SKIP THE COFFEE STIRRER

Coffee stirrers can be replaced by reusable metal spoons to avoid the plastic waste.



PETS TOO CAN MAKE A DIFFERENCE

Don't buy exotic pets that have been collected from the wild. You can ask pet stores whether animals are "wild-caught" or "captive bred." "Captive bred" animals are more friendly for the environment.



USE COTTON SWABS WITH A PAPERBOARD SPINDLE

Some brands of cotton swabs have a paperboard spindle, while others are made of plastic. Avoid using the plastic ones to reduce plastic waste as well as conserve the petroleum energy used to make the plastic.



PAY BILLS ONLINE

Receive electronic statements and whenever possible try to pay your bills online. This saves money, effort and millions of tons of paper used for printing these bills. Most government organisations now have provisions for safe & secure online bill payments.



STOP PAPER BANK STATEMENTS

The money that banks can save by sending you online statements instead of paper statements, can be used for charitable purposes like funding education for poor children. Needless to say that it also save an enormous amount of paper.



USE RECHARGEABLE BATTERIES

Disposable alkaline batteries are a huge threat to the environment as the chemicals inside them are highly toxic. A majority of these are never recycled. Buy a charger and a few sets of rechargeable batteries and even though it needs an initial investment it should pay off in no time.



USE INSULATION MATERIALS

Use insulation materials in the construction or retrofit of houses or buildings. The materials will reduce heat transfer with reduced energy consumption.



UTILIZE GREEN BUILDING PRODUCTS

Green building products are stronger, last longer, use resources more efficiently, or are manufactured in an environmentally sound manner.



SHARE!

Take what you've learned, and pass the knowledge on to others. If every person you know could take one small step towards being greener, the collective effort could be phenomenal.



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