

MARCH 2010

THIS MONTH'S ACTION



Turn your furnace thermostat down two degrees.

Or challenge yourself - install a programmable thermostat or have your furnace professionally serviced.

Learn how and report your actions at www.theblackandgoldcitygoesgreen.com to join the rest of the Pittsburgh region in saving energy and money!

For more information,
call 412-258-6680

www.theblackandgoldcitygoesgreen.com

**THE
BLACK
AND
GOLD
CITY**

goes green

...making Pittsburgh even cooler.



		GREEN	GREENER	GREENEST
Home Energy	Jan.	Change your light bulbs from incandescent to compact fluorescent.	Turn off the lights when you leave a room.	Get an Energy Audit.
	Feb.	Apply ENERGY STAR® computer settings.	Buy ENERGY STAR® appliances.	Buy green energy.
	Mar.	Turn your furnace thermostat down two degrees.	Install a programmable thermostat.	Get your furnace professionally serviced.
Water	Apr.	Stop drinking bottled water.	Set your water heater to 120 degrees.	Plant one or more drought-resistant native trees.
	May	Take shorter showers.	Turn off the water while you wash your hair and while you shave.	Install a low-flow showerhead.
	Jun.	Always run full loads in the washer and dishwasher.	Insulate water heating pipes.	Install a tankless water heater and/or install a rain barrel.
Food and Waste	Jul.	Recycle everything you can.	Compost at home.	Opt for cloth over disposable napkins and hand towels.
	Aug.	Have one meatless day per week.	Shop local – especially at our farmer's markets and farm stands.	Buy organic.
	Sep.	Join Freecycle or pick a resale shop and start donating things you don't need or want.	Cancel your junk mail and sign up for paperless e-billing.	Bring reuseable bags when shopping.
Transportation	Oct.	Don't use your car one day a week – carpool, walk, bike, sign up for rideshare, or take the bus.	Avoid short trips and plan trips well.	Make the change permanent. Dump your gas guzzler and buy a bus pass, a hybrid fuel vehicle, a bike or use a ZipCar.
	Nov.	Drive at the speed limit.	Check your tire pressure.	Don't idle your car for more than 20 seconds.
	Dec.	Clean out your trunk.	Use the recommended grade of oil.	Take your car in for scheduled maintenance.

