

Laundry Eco-Tips

Detergent



- **Pick a detergent** that indicates low-phosphates, or has green certifications on the label.
- **Use only what you need.** Less soap means fewer chemicals in our waterways.
- **Find a detergent that's concentrated or works better in cold water.** The less detergent and heat needed to work effectively, the better!
- **Limit use of bleach** and other synthetic ingredients. Try natural alternatives like baking soda instead.



Don't forget to wipe up spills and recycle detergent bottles/boxes!

Washer



- **Use cold water** instead of hot. This saves energy that would have gone to heating the water, and extends the life of your clothes.
- **Save water! Wash only full loads** or adjust to the proper water level for partial loads.
- **Don't over-wash clothes.** Delicate or only lightly soiled clothes don't need as long of a wash cycle to get clean.

On average:

According to the EPA, switching to the cold cycle can save ~111 lbs of greenhouse gases per household per year

Dryer



- **Separate light and heavy clothing items when drying.** Mixing heavy items like towels and rugs with lightweight items like t-shirts will only add to drying time.
- **Clean the lint filter before every load** to maximize air flow and help clothing dry more quickly.
- **Don't over-dry loads** and take advantage of moisture sensor settings if the dryer has one. Line dry clothes when possible.
- **Consider reusing dryer sheets** for more than one load or only using a half-sheet at a time.



Used dryer sheets can also be re-purposed as cleaning rags and deodorizers



Sundowner Sustainability Consulting

www.sundownersustainability.com | (805) 419-0635 | info@sundownersustainability.com