

COOK'S GUIDE TO GREEN LIVING



**5-YEAR
FIX-IT-ALL
WARRANTY**



Why Go Green?



Going Green doesn't have to be a major overhaul on your life. Simply put, it's just being a little more conscious on how much energy and water you consume and the waste you produce.

Even making a few changes can help reduce pollution in the air, soil and water.



***40%** of all food produced in the U.S.

is wasted

(133 Billion Pounds per year)



***30%** of all water used at home is from flushing the toilet

* sources: www.pingtree.house.gov/foodwaste & <http://www.waterwise.org.uk/>

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Green Gardening



*Food scraps and yard waste currently make up

20-30%
of what we
throw away

- Choose native plants. They are already adjusted to the climate and will generally need less water than a non-native plant. Read more about water conservation on the next page.
- Eliminate the use of gardening chemicals. Instead of spraying weed killer, get the whole family involved in weeding out the garden. It's great exercise, protects plants and the environment as a whole.
- Lawn clippings actually help keep nutrients in your lawn. Try to use a mulch mower, instead of sending grass or leaves to the landfill. To reduce the area you need to mow, add shrubs or drought resistant perennials. (More tips from the Missouri Botanical Gardens.)
- Begin your own compost-- You can add your lawn clippings to this, twigs, leaves and even kitchen waste. Composting helps enrich your soil, retain moisture and suppress plant diseases and pests.

* source: www.epa.gov/recycle/composting-home

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Water Conservation

- Install Rain barrels to be used in watering your garden or lawn.
- When buying new appliances, or replacing old ones, look for the WaterSense label. These products are about 20% more water efficient than older appliances.
- Adding mulch to your garden or landscape can help keep moisture for your plants and suppresses water-stealing weeds.
- Instead of using a sprinkler, which fall victim to evaporation and waste, try a soaker hose. Be sure to cover it with mulch, it blends into your landscape, while adding the moisture your plants need.



*The average American family uses more than
300 gallons of water
at home per day

* source: https://www3.epa.gov/watersense/our_water/water_use_today.html

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Simple Ways to Go Green

- Adjust your refrigerator's temperature. The fridge should be between 37- 40 degrees, your freezer between 0-5 degrees.
- Check for toilet leaks.
- Check your home appliances' energy consumption by using this calculator. Where you can, unplug to save energy as some appliances actually keep pulling energy even when not in use.
- Leave your shoes at the door. Have a bin by the door or even outside, to keep shoes out of the way and harmful elements out of your home.



How Cook Sheds Help

Cook Portable Warehouses is a company that cares about the communities our dealers and customers live and work in. Our pre-owned program ensures nothing is wasted and our sheds last the test of time with one or many owners.

Get creative and Go Green with your Cook Shed! Store your recycling, use it as a greenhouse or a business.

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