

# be clean & green in the laundry room

- **Choose the cold water cycle for normally soiled clothing;** it uses less energy and prevents clothing shrinkage and colors from running
- **To conserve water, only wash a full-load,** but do not overload the machine, overloading results in poor cleaning
- **Pile clothing loosely in the machine** for best results
- **Use only the manufacturer recommended dose of detergent** (1/4 cup or less), too much detergent causes oversudsing and leaves residue in your clothing
- **High-Efficiency washers require less detergent** while still cleaning effectively, saving water and minimizing the environmental impact of dirty wastewater
- **Remove lint from dryer filter** to improve drying and save energy
- **Recycle empty detergent containers** to reduce the amount plastic sent to landfills

