



# NYC Lifestyle

## *Green Living*

Living a green lifestyle is about truly embracing sustainability and making real differences in your daily routine. To help you live your most energy efficient, eco-friendly life this summer, we've curated a list of fun, fabulous and (sometimes) free ways to reduce energy consumption and your utility bills, all while helping the environment.

### **Blackout Curtains**

Natural daylight is a treat, but it also naturally heats up the inside of your apartment. When you're not working from home, consider purchasing [blackout curtains](#) that help prevent heat gain and also add a pop of color to your home. Another perk is a darker room for better sleep!

### **New York Restoration Project**

The [New York Restoration Project](#) has been working towards environmental and social justice for over 25 years by maintaining and creating nature areas in the five boroughs. [Volunteer opportunities](#) range from gardening and composting to garbage collection from April through October.

### **Composting**

Composting can be done right in your apartment and [Going Zero Waste is here to guide you](#). From indoor worm composter bins to electronic "foodcyclers", there are options for all types of living spaces. Another alternative is to save your scraps in the freezer and contribute to a [community compost](#).

### **NYC Restaurant Week**

There are many ways to save energy in the kitchen, from keeping the lid on your pot to investing in more efficient appliances. One of our favorite ways is to avoid cooking all together! [NYC Restaurant Week](#) has arrived just in time to save you from heating up your apartment and your utility bill.



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### Stylish LED Lamps

Save energy in style with [Lumens](#), an online destination for lamps, fixtures and stylish décor. Their LED catalog ranges from ceiling fixtures and pendant lights to flush mounts and recessed lighting at every price point. If you didn't already know, LED lightbulbs are more efficient than incandescent bulbs, require less energy and have much longer lifespans.

### Save Water with Musical Showers

We all know that shorter showers mean less water, but when the water's hot and the pressure's perfect, this can be a challenge. [GloBird Energy](#) suggests a game of "musical showers" to help you speed up shower time. The rules are simple: pick a couple songs to play and make sure the water turns off when the music ends.

### Energy Efficient ACs

Air conditioners are notorious energy guzzlers, especially when temperatures peak in July and August. Check out [this list from Leaf Score](#) featuring nine of the best energy efficient units that will help you conserve energy while staying cool. As summer comes to a close, many of these units will likely be available at a discount very soon.

### Soy Wax Candles

Checking the ingredients when purchasing candles is a simple step that will benefit your health and create an eco-friendlier living space. [Paige's Candle Co.](#) is a soy wax, phthalate-free candle company owned by Bronx native Paige Graham, whose candles feature locally sourced ingredients. A portion of all sales are donated to non-profit-organized candle making workshops.