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Greenopolis Basic Green Guide

7 STEPS

For Going Green

Where You Work, Live, Learn and Play!

GREENOPOLIS BASIC GREEN GUIDE

7 STEPS FOR GOING GREEN

Where You Work, Live, Learn and Play!

Life is pretty simple if you focus on the basics:

1. Drink plenty of water
2. Eat your veggies
3. Get enough sleep
4. Stretch your frame
5. Love your neighbor
6. Follow your bliss
7. Make it all serve something larger than yourself

Going Green is the same thing. It's easy to get caught up in the details, the "leaves of the trees:" CO2, climate change, ozone, deformed frogs, shrinking fresh water, disappearing forests, trashy seas, poisoned food, toxic everything, floods, drought, tornadoes and locusts! Help!!!



Take a breath and hold our hand. We'll talk you down out of the treetops and help you make sense of it all. Like a great baseball team you can win the championship by focusing on fundamentals. The staff and bloggers here at Greenopolis have put together the Basic Green Guide to help you get started. Here are 7 basic steps you can easily take right where you live, work, learn and play.

Tips From Our Community

LYNN HASSELBERGER of myearth360

"We hardly turn our lights on. The outside lamp and light at the door go on only when we expect company. As the sun sets, we carry on until we actually need to see something. People often wonder if anyone lives here. When we turn on a light and it's too bright, my son will hiss like a vampire, hands raised to protect his eyes (we laugh). We use beeswax candles when possible. Of course, if we're reading at night or working in the kitchen using sharp tools, we flip on a switch! Just don't see the point in lighting our house up so it looks nice to passersby. As far as safety, my view is that an intruder would need to use a flashlight, which would attract more attention."

DARCY WINSLOW DSW Collective

"When we were growing up in southern Indiana, in a family of 7 kids, my father would constantly ding us for a nickel every time he found our bedroom light on and no one in the room! A nickel - big deal! But think about it - 6 bedrooms, 24 hours a day, 365 days a year - and for a 10 year old kid who just couldn't get the hang of switching off the light (at least in the beginning), well it was a big deal! At that time, it was all about saving money - who had heard of climate change in 1965?? But to this day it's still a good place to build awareness about the impact of our lifestyle and habits - through our pocketbook. So, my dad's lessons have remained with me to this day, and I now threaten my husband with paying me \$5 every time I find his bathroom light on and no one home. Inflation - indeed. Urgency - darn straight. The stakes are higher today but the solution is truly at our fingertips. So, look around you right now. How many lights are on that don't really need to be on? It's your call!"

JEANNE BLAISDELL The Green Samaritan

"Though our family has always been good at recycling the basics like cans and bottles, we were really surprised at everything we could recycle once we better understood what our city accepted. Now our recycle bin outweighs the trash can and we question how we can recycle or reuse lots of different things. Take the time to explore exactly what your community will accept in your recycling bin and you may be surprised too."

SEETHA COLEMAN-KAMMULA Simply Sustain

"We buy locally grown and locally produced food. We don't feed our family food items that come to the table via a factory or packed in a box. We check out where things are made and what is in them particularly if we're feeding kids."

AT HOME 7 STEPS FOR GOING GREEN

• Turn the lights off.

Half of our electricity comes from burning coal, which causes lung disease and climate change. Flip the switch off religiously and you'll save \$\$, energy and polar bears. Soon other energy saving ideas will present themselves.

• Recycle your bottles, cans and paper.

Just start with these easily and widely recycled items. Do it faithfully, and you'll get the bug. Soon you'll be recycling electronics, light bulbs, plastic bags and your food scraps. You'll stand on the register at the checkout demanding more recyclable packaging at the top of your lungs. Don't worry, we'll testify on your behalf at your trial.



• Buy organic and local whenever you can afford it.

No pesticides mean less fossil fuel and fewer toxins in your body. You don't have to buy the \$9 wild caught white anchovies. You can start with organic bananas or apples, often about the same price as conventional. Each week add another item to your list. If you are turning off the lights regularly you can afford a few more organics.

• Turn the thermostat down in heating season, up in cooling season.

You've heard this a million times. Now do it. Even an extra degree will save fuel, more \$\$ and reduce your fossil fuel use. Have the furnace and AC unit tuned up and cleaned while you are at it. If it's the summertime, try opening a window before turning your residence into a meat locker.

• Shut off the faucet.

You can save gallons of precious water by shutting it off while you shave, brush teeth, lather up and wash. Install low flow heads while you are at it and throw a brick in the back of the toilet too.

JOE LAUR

blogger and Sr Manager, Community Engagement and Development for Greenopolis

“My dad used to say it: ‘Put on a sweater if you’re cold!’ We keep the temp in our New England home at 60 when we’re out, 68 when home, and 64 at night. We enjoy the cool temps for sleeping, and my wife and I cuddle to keep warm!”

ERIN LINK

Web Manager & Graphic Designer for Greenopolis

“I actually have mental and physical pains when I hear the water faucet running, but not actually being used. My older sister taught me a phrase that she uses with my nephew about water and electricity. She says they’re a family of “Off-A-Lot’s.” This should explain itself, but they never leave any appliances or water running if it’s not in use. I like to think of myself as an Off-A-Lot, too.”

MELISSA MCGINNIS

Greenopolis TV

“Planting outdoor plants that are native to your local area is critical to saving precious water, as they are adapted to your local conditions.”

SEETHA COLEMAN-KAMMULA

Simply Sustain

“When shopping, we buy clothes and other stuff that are durable though they may be a bit more expensive. We go for quality, not quantity. Instead of many cheap items, we go for fewer well made items.

HELGA LEWENBERG

Live Green Mom

“Accept your lawn the way you wish to be accepted, imperfections and all. Give up the chemicals & excess watering trying to create a perfectly landscaped yard, let a few weeds pop up, and know that the earth will appreciate your efforts in the long run. You might find that you enjoy your yard so much more when you aren’t a slave to it!”

JOE LAUR

blogger and Senior Manager, Community Engagement and Development for Greenopolis

“I learned to plant trees from my father. He transplanted a 50 year old maple that was going to be cut for a road expansion. He had to hire a house mover to do it- no tree mover would touch it. That tree is over 100 years old and still providing shade and habitat in my parent’s yard. It taught me that you can do anything you set your mind to, and that every action matters.”

• Walk, bike, carpool, and combine trips.

Driving less saves money, fuel and if enough of us do it, the planet. With all the money you are saving on fuel you might be able to buy those \$9 white anchovies after all.

• Plant something. Anything!

A tree will give shade and provide animal habitat. A garden will let you grow your own organic local veggies. Flowers will attract honeybees, butterflies and other pollinators and give them a snack. A potted geranium in the window is better than nothing, and they’re hard to kill. Plus you can talk to the plants and they never sass back.

TRISH SMITH

The Green Groove

"I use my computer for hours during the day, so every night before I go to bed I make sure that I turn it off. In addition to shutting it down, I unplug the power cord from the wall so that it doesn't suck up any vampire energy during the night."

GINGERLY GREEN

TwoGirlsGoGreen and Greenopolis

"I make sure to shut off my computer fully every time I'm done using it. In addition, I don't leave it plugged in/charging when not in use. It's amazing how much you can save on your electrical bill when you pay attention to the little things like your laptop, microwave oven, etc."

ANTHONY ZOLEZZI

Creative Director for Greenopolis

"LED lighting is the way of the future. If you can't get your building to shut off the lights, try suggesting a switch to LED lighting to save costs and energy."

ERIN LINK

Web Manager & Graphic Designer for Greenopolis

"I actually prefer sunlight over any kind of artificial lighting. Pull back the blinds, open up your windows, or just go outside. Who knows, maybe you can even convince your boss or teacher to move outside for a day or ten as a group effort to save resources."

LYNN HASSELBERGER

myearth360

"There are times I need to print something, but unless it's going to be presented to someone else, I'll print on the blank side of already printed paper. I also use the back side of paper for my to-do list."

BOB SIEGEL

author of Vapor Trails

"I start by buying recycled paper to begin with. That helps create a market for all the paper that we so diligently recycle. And print cartridges can be turned in for credit at Staples or returned to Imagine It with the credit going to a charity of your choice."

CAROLYN KAPP

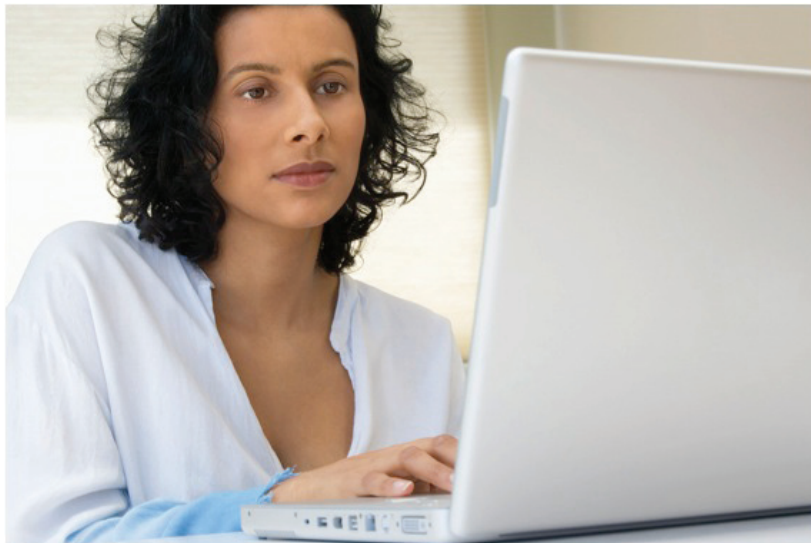
The Greening Place

"Refill your own printer cartridges or buy remanufactured. These have been 'reused'."

AT WORK

7 STEPS FOR GOING GREEN

- **Turn off your computer.**
Every night when you leave.



- **Turn off the lights.**
See if you can get the building to shut off all those lights at work as well.
- **Recycle all the white paper.**
Then recycle everything else you use and printer cartridges too.
- **Carpool to work or take mass transit.**
If your company is up for it, telecommute when you can. I'm doing that right now as I write this.
- **Use a mug.**
Styrofoam cups leach benzene into your coffee. Don't even think about it. Some companies get mugs for employees and visitors too, with a logo.
- **Print less.**
Use both sides of paper for drafts, and only print when absolutely necessary. One less sheet to recycle.
- **Turn down the thermostat in winter and turn it up in summer.**
Wear a sweater in winter and take off your jacket and/or tie in summertime.

JEANNE BLAISDELL

The Green Samaritan

“What a pain this will be!” We groaned at the thought of my husband having to carpool to work when his car conked out. After several months, even after the car came back from the shop he still carpools to work. Instead of pain, we are seeing a gain in savings of gas money and wear and tear on the car, not to mention the contribution to the environment. By driving only one or two days per week, he has eliminated 200 – 250 miles on his car each week and cut trips to the pump in half, saving \$20 a week. There are 3-4 folks in his carpool each driving one to two days per week and with the average driver releasing 5.5 tons of CO2 per year there is some serious elimination going on there.

TRISH SMITH

The Green Groove

“I bring my reusable mug whenever I go to a coffee shop for 3 reasons:

- 1) My coffee will stay hotter longer
- 2) I reduce the risk of unpleasant spills from leaky lids
- 3) I don't have to throw anything away.

It's an all-around win situation.”

ROBERT KIDWELL

Waste Management

“When I first started working in an office, I used disposable cups for everything—from holding pencils and pens to drinking water. I did that until I saw how much was being wasted. Now I have my own mug that I use every day. It also makes the coffee taste just a little bit better. After all, who has ever curled up next to a fireplace with a book and disposable cup of coffee?”

GINGERLY GREEN

TwoGirlsGoGreen and Greenopolis “At my office, on our work emails, we leave a note at the bottom of our contact signatures reminding readers that they should only print attached document or email if necessary. Not printing saves trees!”

ERIN LINK

Web Manager & Graphic Designer for Greenopolis

“Now that we live in the age of mobile devices, I rarely need to print anything anymore, but if you absolutely must print, try using %100 recycled paper, soy inks or you could even reuse the paper in the recycle bin that's partially printed on. I've actually created some very cool designs using this method.”

ANTHONY ZOLEZZI

Creative Director for Greenopolis

“We have to get out of the habit of printing everything and using trees for packaging. We evolved in trees— they are the best eco-system for us to sustain. We should all make an effort to eliminate all uses of paper every day.

CAROLYN KAPP

The Greening Place

“I keep a box next to my home printer to put emails and articles after I've read them. I use this used paper to print the next set of “things that must be printed. I have two strawberry boxes from Costco which are the exact size for paper. One box is for” one side can still be used”. The other box is printed on both sides and goes into the paper recycling.

CHRISTINA RACKOHN

Greenopolis

“At work I make sure to turn off all appliances once I am done, including unplugging the cords. Many people might not realize it, but even when your appliances are turned off, the power cords are still drawing electricity if they are plugged into an outlet. All those blinking lights from chargers and displays really add up, and this phantom energy loss costs us precious environmental resources.”

MARY ELLEN MALLIA

UAlbany

"I have always used lunchboxes but got in the habit of using 'disposable' baggies for sandwiches, snacks, etc. I have now purchased small reusable containers and even one made especially for sandwiches for my lunch and my daughter's. I feel it not only helps me practice what I preach about conservation of resources but sets a model for my daughter."

ERIN LINK

Web Manager & Graphic Designer for Greenopolis

"Reuse is my forte. As long as you have a good quality material that will last, you absolutely should reuse it until it falls apart or at least give it to someone else who will make good use of it. When I was in art school, I can't remember going to an art show that didn't involve an artist or two using found objects from street corners to garbage cans to make the most beautiful pieces of art. One man's garbage is another man's treasure. And fortunately, for all the art students, there's enough "treasure" for everyone."

ERIN LINK

Web Manager & Graphic Designer for Greenopolis

"I have a closet full of pens, pencils, binders, paper, etc... PLEASE come take it! I'm only one person and my dog hasn't mastered the art of the calligraphy pen yet. We're working on that. But seriously, you would be surprised what you can find when you do a little spring-cleaning. And if by some chance you find nothing that you or your family can use, it never hurts to ask around. I would be happy for anyone to take this extra stuff off my hands. And these days there are a lot of stores that offer used school supplies that are in near perfect condition! A simple Google search for used school supplies should locate these."

MELISSA MCGINNIS

Greenopolis TV

"Kids watching living plants grow from seeds is one of the best teaching examples of harmony in Nature."

MICHAEL TEMPEL

SEED Educational Programs

"We welcome participants to our educational programs on our website. Make a difference while learning!"

PAUL WOLFF

Recycling Systems Czar

"I received a solar charger for my cell phone as a gift and can't believe how much I use it. I'll be giving them as gifts now myself!"

AT SCHOOL

7 STEPS FOR GOING GREEN

• Pack a lunch in a real lunchbox.

Save the paper and plastic bags too, by using reusable containers and little thermoses for hot food.

• Use recycled content pencils.

School is a great place to show kids that stuff can be made from other stuff. Pencils from newspapers, denim and other materials are great models.



• Used recycled notebooks and schools supplies.

Better yet, reused supplies are best- get 'em at tag sales or hold a pencil/pen/paper drive.

• Plant food in the schoolyard.

A little local garden is a great teaching tool and some schools use the produce in the cafeteria.

• Collect bottle caps for Aveda. Make money for the school and repurpose a throwaway to live again as another useful product.

• Ask your teacher if you can start a class project to measure your school's energy use and try to reduce it.

If you are a teacher, start such a project.

• Buy a solar back pack to charge your gadgets while you walk to school or campus.

Great conversation starter too.

BOB FERRIS

ReSources for Sustainable Communities

“After being flabbergasted by the Plastic Patch in the Northern Pacific and reading about the lack of stringent regulations on bottled water, I start to panic and break into a cold sweat anytime thirst hits and I am without a reusable water bottle.”

MOLLY WRIGHT

Molly Writes

“My reusable water bottle is basically another appendage — my artificial camel hump. Whether I’m in the car or hiking the trail it’s handy, saves money and time and never adds to landfills.”

CHRISTINA RACKOHN

Greenopolis

“I make it a point to recycle all of my tennis shoes once they wear out. Nike has an amazing program, Reuse-A-Shoe, which recycles the material into track surfaces, tennis courts, and even back into some Nike products. Reducing, reusing, and recycling all at once! Find a location near you to keep your shoes out of the trash, and back out on the court: <http://www.nikereuseashoe.com/get-involved/drop-off-locations>”

KATE BLACK

Magnifeco

“Upcycle from your own closet. You can give your own wardrobe a new lease on life by taking a look at what is needed to make the pieces in your closet wearable again. Spend an hour mending what needs to be mended, and then take the rest to the drycleaner for alterations. Make that dress into a tunic, shorten that skirt, add ruched sleeves to a shirt with worn cuffs and voila — old pieces are new again!”

AT PLAY

7 STEPS FOR GOING GREEN

- **Carry a reusable water bottle.**

Clip it to your belt or bike; fill it at home and along the way. Save money and the water’s just as good.

- **Play it again.** Give used sporting equipment another chance in the game. Save \$\$ and materials.



- **Recycle your footwear when you wear them out.** Nike and other companies have take back programs for used footwear. If still wearable, they can be used in other countries as well.

- **Make your workout your commute.** If you’ve got access to a shower, or your coworkers don’t care what you smell like, run, bike, skate or board to work.

- **Buy recycled material clothes.** Polypropylene wicks moisture well, recycled PET keeps you warm on cool days.

- **Choose non-motorized sports.** Ski rather than snowmobile, bike rather than motocross, swim instead of Jet Ski. You’ll be fitter.

- **Organize or participate in a park/river clean up.** For extra credit, find some trashed land and organize your community to turn it into a park.

MARY ELLEN MALLIA

UAlbany

"I have always used lunchboxes but got in the habit of using 'disposable' baggies for sandwiches, snacks, etc. I have now purchased small reusable containers and even one made especially for sandwiches for my lunch and my daughter's. I feel it not only helps me practice what I preach about conservation of resources but sets a model for my daughter."

CAROLYN KAPP

The Greening Place

"We do a book exchange with our neighbors and then donate the rest. We donate to Goodwill or the Salvation Army old furniture, small appliances, computer equipment. These are horrible in the landfill and these organizations can use them. And we use reusable bags for EVERYTHING! For groceries, shopping at the mall or hardware store, taking food or wine to a friend's for dinner, taking books to the book exchange, - the possibilities are endless. I even use reusable bags when I'm cleaning house to take stuff that needs to be put away from one floor in the house to another. Much fewer trips and cleaning are not fun, so it's nice to do it faster."

HELGA LEWENBERG

Live Green Mom

"I cannot live without my spray bottle of vinegar. I use it for everything. Cleaning the kitchen, the bathroom, the fridge, reusable water bottles, fruits & veggies. It's cheap, doesn't leave a smell or a taste on anything (really) and most importantly, it doesn't leave toxic chemicals all over the place for you to absorb and it doesn't harm the planet."

Remember, you don't have to do it all, just do your part. Pick the next step for you, and when you've got that mastered, pick another step. Repeat as needed. Each of us is a drop in the bucket. But it's the drops that fill the bucket.

WHAT'S YOUR NEXT STEP?

Extra Credit section

- **Reuse anything and everything.**

Reuse is really the key to living more sustainability.

- **Use Natural Cleaners:**

- **Holiday Tips:**

Reuse wrapping paper, ribbons and gift bags.

Cook a healthy gift instead of buying one.

Save coffee tins, cover with holiday cloth and fill with goodies as gifts for family and co-workers.

Have Fun!