

- **Keep a lifestyle journal for a week or so on areas where you may be able to go greener**
 - Amount and type of meals eaten out of the home
 - Grocery shopping habits (what, how much, where)
 - Commute
 - Type of vehicle that you drive
 - Size of family
 - Home carbon foot print
 - Travel (type, how often, how far)
 - Where you buy your clothes, electronics and furniture
 - What kinds of cleaning products and personal care products that you use
 - Any existing environmentally-aware habits



Tips for Going Green

Green Trivia

• **Recycling one aluminum can save enough energy to provide power to your television for?**

- a. 3 seconds**
- b. 3 minutes**
- c. 3 hours**
- d. 3 days**



Green Trivia

Answer:

C – 3 hours

It takes 95% less energy to make new aluminum from used cans.



Simple Tips to Reduce

- **Did you know that 1/3 of food goes to waste? The first thing that you can do is reduce your food waste. Keep better track of grocery shopping.**
- **Buy higher quality clothing for seasonal cycles rather than trendy, cheap clothing several times a month.**



Simple Tips to Reduce

- **Split meals in restaurants and brown bag lunches to save money and prevent food waste.**
- **Force yourself to always wait one day on non-essential purchases in order to avoid impulse buys.**



Simple Tips to Reduce

- Order online or direct from companies rather than driving to a store.
- Look for ways to go digital to reduce waste: books, magazines, music and movies.



Simple Tips to Reduce

- **Keep your car longer**
- **Reserve one day for your shopping and errands instead of making multiple trips**
- **Carpool as often as you can or ask your boss if you can telecommute**
- **Become a zealot about turning things off: the water, the lights, the electronics**



Green Trivia

- **True or false: Two 50-watt bulbs produce the same amount of light as one 100-watt bulb.**



Green Trivia

Answer:

False – A 100-watt bulb produces more light than two 50-watt bulbs. You can conserve energy by using fewer light bulbs with higher wattage while receiving the same amount of light.



Simple Tips to Reuse

- Buy vintage everything – from electronics to furniture to fashion.
- Check out Craigslist, Amazon, eBay, garage sales and estate sales



Simple Tips to Reuse

- **Wash and save glass jars for handy use as storage, vases and food leftover containers.**
- **Use cloth napkins and towels instead of disposable ones.**



Simple Tips to Reuse

- **Reuse paper. Printer misprints or cover sheets make great to-do-list scratch paper**
- **Shoe boxes and yogurt containers can be turned into herb planters, file storage and more.**



Green Trivia

An incandescent light bulb (60 watts) lasts about 750 hours. How much longer does a compact fluorescent bulb last?

- a. 2 times longer**
- b. 5 times longer**
- c. 10 times longer**
- d. 20 times longer**



Green Trivia

Answer:

C – 10 times longer

**A compact florescent light bulb
Lasts 7,500 to 10,000 hours AND
uses one third the wattage of an
Incandescent bulb. One ton of
carbon dioxide that is released
In the air can be prevented by
replacing every 75-watt light
bulbs with energy-efficient bulbs**



Simple Tips to Recycle

- **Recycle all glass, metal, paper, and plastic**
- **Compost**
- **“Recycle” things you don’t want anymore by donating them**



Simple Tips to Recycle

- **Recycle:**
 - **Paint, motor oil, and other toxic household cleaning supplies**
 - **Batteries**
 - **Every type of plastic**
 - **Electronics**
 - **Computer**
 - **Cell phone**
 - **Your car**



Green Trivia

Recycling just one plastic bottle saves enough energy to power a 60W light bulb for how long?

- a. 30 minutes**
- b. 2 hours**
- c. 6 hours**
- d. 12 hours**



Green Trivia

Answer:

C – 6 hours



Green Trivia

Which of the following should NOT be put into a glass recycling bin?

- a. A piece of clear window glass**
- b. A brown bottle**
- c. A blue bottle**



Green Trivia

Answer:

A – a piece of clear window glass
Flat glass products, such as window
panes, have different properties to
container glass and can contaminate
the recycled material if mixed with
bottles and jars.



Green Trivia

Which part of a plastic milk carton should be removed before you recycle the carton?

- a. The lid**
- b. The label**
- c. The handle**
- d. Nothing should be removed**



Green Trivia

Answer:

A – the lid

The lids of plastic milk cartons are made from a different type of plastic to the carton itself so the lid should be removed and separated from the main carton. It is okay to leave the label on.



Green Trivia

A garden sprinkler can use as much water in half an hour as.....?

- a. One person in one day**
- b. Two people in one day**
- c. Three people in one day**
- d. Four people in one day**



Green Trivia

Answer:

D – Four People in One Day!!

Running a sprinkle will waste as much water in half an hour as a family of four uses in one day



Green Trivia

Each recycled laser cartridge conserves the equivalent of ___ quart(s) of oil.

- a. 1
- b. 2
- c. 3
- d. 4



Green Trivia

Answer:

C – 3

Remanufacturing 500 million inkjet cartridges will save an estimated 4 million cubic feet of landfill space in just one year. On average, the cartridges, can be used 3 to 5 times.



Green Trivia

On average, how many pounds of waste does each person in the United States generate each day?

- a. 2.4**
- b. 4.4**
- c. 6.4**
- d. 8.4**



Green Trivia

Answer:

B – 4.4

However, in Germany and most of Western Europe, each person generates less than half that amount.



Green Trivia

How many tons of paper do Americans use annually?

- a. 1 million**
- b. 50 million**
- c. 500 million**
- d. 1 billion**



Green Trivia

Answer:

B – 50 million

Americans use 50 million tons of paper annually – consuming more than 850 million trees.



Green Trivia

Every ton of recycled office paper saves
___ gallons of oil.

- a. 380
- b. 280
- c. 180
- d. 80



Green Trivia

Answer:

A – 380

In addition to saving 380 gallons of oil, every ton of paper that is recycled saves 17 trees.



Green Trivia

Producing recycled paper results in.....

- a. 74% less air pollution**
- b. 35% less water pollution**
- c. Creates 5 times the number of jobs, when compared to producing paper from the virgin pulp**
- d. All of the above**



Green Trivia

Answer:

D – All of the Above

Paper makes up 56% of our solid waste. The burning of paper gives off air pollution, while the recycling of paper cuts our waste load over a third and saves precious forests.



Green Trivia

How many trees are used to produce all the paper products consumed by the average American over their lifetime?

- a. 85**
- b. 120**
- c. 335**
- d. 465**



Green Trivia

Answer:

D – 465

Around 465 trees would have to be sacrificed to produce all the paper products that an average American would use over their lifetime, including office paper, napkins, toilet paper, paper towel, paper cups and other.



Green Trivia

Employing automatic power management features on your computer and shutting down computers and monitors after work hours can cut energy use by.....

- a. 20%**
- b. 40%**
- c. 60%**
- d. 80%**



Green Trivia

Answer:

D – 80%

A computer and monitor left on all the time cause about a ton of carbon dioxide to be generated along with the electricity that they use.



Green Tips - Transportation

- **Bike or walk to work**
 - **The only gas you'll use with this option is oxygen.**



Green Tips - Transportation

- Telecommute

- Learn about this quiet revolution in the workplace.

Telecommuting twice a week can save you 40% of your gas costs according to the Telework Coalition.



Green Tips - Transportation

- **Carpool**
 - **If you must use your car, share a ride.**
- **Keep your car tuned**
 - **A well-tuned car uses approximately nine percent less gas than a poorly tuned car and you can lose about two percent in fuel economy for every pound of pressure your tire is under the recommended level.**



Green Tips - Transportation

- Learn to drive
 - Rapid acceleration and braking can lower your gas mileage by five percent around town and 33 percent on the highway.
- And, you get less mileage for your money if you drive over 60mph.



Green Tips - Transportation

- **Decrease your drag**
 - **If you aren't using that overhead luggage rack, take it off. Also, it may help to turn off the AC and open up your windows to conserve gas, but not when you are cruising down the highway at 60mph. Open windows at that speed increase drag and is less conservative than using the AC.**



Green Trivia

How many plastic bottles are used every hour in the US?

- a. 2 million**
- b. 4 million**
- c. 6 million**
- d. 8 million**



Green Trivia

Answer:

B – 4 million

Approximately 4 million plastic bottles are used every hour in the United States, yet, only 1 out of 4 is recycled.



Green Trivia

How much will you save if you hang your clothes to dry in the sun?

- a. \$30**
- b. \$50**
- c. \$80**
- d. \$100**



Green Trivia

Answer:

C - \$80

A simple clothesline can save you \$80 in one year and \$508 in five years.

You'll also reduce carbon dioxide emissions by 1,247 lbs. a year, and 6,235 lbs in five years. (Assumes the average use of clothes dryer to be four hours a week.)



Green Trivia

How much does standby mode end up costing Americans each year?

- a. \$1 billion**
- b. \$4 billion**
- c. \$8 billion**
- d. \$16 billion**



Green Trivia

Answer:

B - \$4 billion

Standby mode accounts for 5 percent of all energy use in the United States. You can do your part to cut this waste by plugging your electronics into a power strip, and turning it off when you're not using your electronics.



Green Trivia

What percent of carbon emissions come from the way we travel (cars, airplanes, trains, etc.)?

- a. 4%**
- b. 25%**
- c. 33%**
- d. 47%**



Green Trivia

Answer:

B – 25%

25% of carbon emissions come from our travel and transport methods. Changing driving habits can be a great way to combat climate change.



Green Trivia

Which is usually the most energy-efficient way to cook/heat a meal?

- a. In a microwave**
- b. In a gas oven**
- c. In an electric oven**
- d. In an electric stove**



Green Trivia

Answer:

B – in a gas oven

As a microwave oven reduces the cooking time of food by a large percentage, it is the most energy-efficient way to cook/heat most items.



Green Tips – Reduce, Reuse, Recycle, and Recycle

- Learn about tax deductions for charitable goods
- Learn about recycling
- Recycle locally, save on trash collection costs
- Give your junk away
- Buy smart and save



Green Trivia

What percentage of an average home's annual electricity bill is due to appliances being left on stand-by?

- a. 2-3%**
- b. 4-6%**
- c. 8-10%**
- d. 10-12%**



Green Trivia

Answer:

C – 8-10%

Around 8-10% of a typical home's electricity bill is due to appliances not being switched off properly around the home.



Green Tips – Food and Food Waste

- **Plastic water bottles create small-scale environmental disasters**
 - American demands for plastic water bottles requires the use of more than 1.5 million barrels of oil annually, enough to fuel approximately 100,000 U.S. cars for a year.
- **Move away from plastic food storage containers**
 - The problem with plastics is dependency on this non-biodegradable material despite its possible toxicity
- **Learn how to compost**



Green Trivia

How much would you have to turn your heating thermostat down by to save 10% off your annual heating bill?

- a. 1 degree**
- b. 3 degrees**
- c. 5 degrees**
- d. 10 degrees**



Green Trivia

Answer:

A – 1 degree Celsius

**A turn-down of just one degree
will save you 10% off your
annual energy bills.**



Green Tips – Water

- Learn why water conservation is so important
- Wash clothes only when you have a full load
 - Two socks or a full load require the same amount of energy to wash. You will save money on your water bill when you wash clothes less often.
- Use cold water whenever possible
 - Home laundering accounts for up to 36% of total household hot water use. You can save 90% of the energy you use to wash clothes when you switch to cold wash.



Green Tips - Water

- **Learn how to find water leaks**
 - One drip to waste 250 gallons of water a month, which translates to 3,000 gallons of wasted water annually.
- **Install a low flow showerhead and take short showers**
 - The goal is to limit the flow to less than three gallons per minute, as this amount is far less than you might use in a regular shower.
- **Reduce your water heater temperature to 120 degrees**



Green Trivia

In the U.S., what percentage of car journeys are made with only one occupant in the vehicle?

- a. 32%**
- b. 47%**
- c. 61%**
- d. 75%**



Green Trivia

Answer:

C – 61%

61% of journeys are made with only one occupant in the car.

This rate increases to a massive 86% when analyzing commuter traffic alone.



Green Tips - Energy

- **Install ceiling fans**
 - Ceiling fans can be a great buy, because you don't need an expensive one to work the magic. But, pay attention to the direction that they rotate. During summer months, set them to go counterclockwise to create a downdraft. During winter months, set them to go clockwise to assist hot air to the ceiling.
- **Seal your home**
 - Wind chill can accelerate heat loss



Green Tips - Energy

- **Monitor your thermostat**
 - Adjusting your thermostat by even a few degrees can create substantial savings
- **Move lights away from cooling appliances**
 - Lights generate heat, so move them away from the air conditioner and fans so those appliances don't work overtime.



Green Trivia

When are cars at their least efficient?

- a. Driving on motorways**
- b. When first started**
- c. When taking long journeys**



Green Trivia

Answer:

B – When first started

Cars are at their least efficient when first started and, as a result of this, the first mile of your journey can produce as much as 60% more fumes than normal.



Green Tips - Electricity

- **Switch to compact fluorescent light bulbs (CFLs)**
 - CFL bulbs are more expensive, but even the cheapest energy saving CFLs will typically last for 5,000 hours compared to only just over 1,000 hours on average for the best conventional bulbs.
- **Learn about CFL disposal**
 - When the CFL bulbs burn out, you will be faced with trace amounts of mercury, so do not throw them into your garbage.



Green Tips - Appliances

- Learn how to make your current appliances run more efficiently



Green Tips - Cleaning

- **Learn how to be an anti-consumer, even with cleaning products**
 - **You can use simple ingredients such as baking soda, soap, and vinegar to make cheap, easy and non-toxic cleaning products that work on everything from your bathroom to your kitchen**



Green Tips - Cleaning

- **Change heating and cooling filters when you pay your electricity bill.**
 - **Your heating and air units will act more efficiently, and you can save more money when you purchase the filters in bulk.**



Green Tips - Electronics

- Learn about environmental and health hazards involved in electronic product use and disposal
- Keep your computer as long as possible
- You might want to change your monitor, however.
 - A flat-screen LCD monitor can use up to one-third the energy of that old space consuming CRT monitor.



Green Tips - Electronics

- **Recycle your old cell phones**
- **Recharge your batteries**



How to Go Green at Work

- **Conserve Your Computer's Energy**
 - Invest in an energy-saving compute, monitor and printer
 - Switch to energy-saving settings
 - Turn off your computer whenever you are not using it
 - Set it to sleep mode when you are away for short periods of time



How to Go Green at Work

- **Reduce your paper waste**
 - **Keep copies of important e-mails, files and more on your computer**
 - **Don't get any extra catalogs or magazines mailed to your office**
 - **Get your check directly deposited**
 - **Review any documents online instead of printing them out.**



How to Go Green at Work

- **Prioritize your paper use**
 - **Buy recycled and chlorine-free paper**
 - **Try paper made from organic products like bamboo, cotton or hemp**
 - **Print on both sides of the paper**
 - **Shred old paper to use as packing material**
 - **Save and reuse old boxes**
 - **Use old sheets of paper for scrap paper or note-taking**



How to Go Green at Work

- **Recycle**
 - Paper products like copy paper, envelopes, magazines, etc.
 - Cardboard boxes from shipped supplies
 - Soda cans and plastic bottles
 - Aluminum foil
 - Plastic bags
 - Ink cartridges



How to Go Green at Work

- **Reduce your printer use**
 - Try not to print in color
 - Use a printer that does double-sided copying
 - Print in draft mode
 - Use old paper with extra space to print small documents
 - Recycle ink and toner cartridges



How to Go Green at Work

- **Maintain Healthy Air Flow**
 - Use non-toxic cleaning products
 - Open your windows to increase air flow
 - Never bring any type of aerosol can to work
 - Don't smoke in or near the office
 - Use an air purifier to get rid of contaminants



How to Go Green at Work

- **Travel with care**
 - Join a ride share group
 - Take the train, bus or subway
 - Ride a bike or walk if you live close enough
- Invest in a green car like a hybrid
- Reduce your travel by working from home whenever possible



How to Go Green at Work

- **Green your desk...Literally.**
 - **Get a plant and place it on or near your desk.**



How to Go Green at Work

- **Eat Healthier**
 - Pack your lunch in a reusable lunch bag or box
 - If you bring your lunch in a paper or plastic bag, recycle it
 - Use containers and silverware that can be washed and used again
 - Switch to organic food and drinks
 - Drink from the fountain instead of bringing water bottles
 - Recycle your soda cans, bottles and aluminum foil
 - Use a washable napkin instead of paper towels
 - Walk to a lunch eatery if you forgot to pack it



How to Go Green at Work

- **Spread the word**
 - Encouraging the office to join or start a recycling program
 - Purchasing company carbon credits
 - Buying eco-friendly office products
 - Setting up a carpool calendar
 - Getting everyone to pack their lunch and eat together

