



Winter 2009 Conservation Board

Go Green

The next time you go grocery shopping bring your own bags (BYOB). Most stores give a discount of from 2 cents to 5 cents for each bag you bring.

It takes one 15 to 20 year old tree to make enough paper for 700 grocery bags. What about plastic? They are not biodegradable. Plastic bags often wind up in the ocean and kill marine animals that get tangled up in them or swallow them. Paper bags are biodegradable but are often made from virgin paper because manufacturers say, heavy loads require the long fibers in virgin pulp.

If every household in the US replaced just one roll of 180 sheet virgin fiber paper towels with 100% recycled paper towels, we could save 1.4 million trees, 3.7 million cubic feet of landfill space and 526 million gallons of water and prevent 89,400 pounds of pollution.

Courtesy of www.greenteam.com

If 10,000 of us relocate a spider, instead of squishing it, we'll let nature dispose of 20 million insects without manmade chemicals.

Courtesy of www.idealbite.com

Turn off your screensavers. The EPA has estimated that using a computer's sleep mode reduces its energy consumption by 60 to 70 percent. The best screensaver is also the best energy saver: turn off your monitor when you not using it.

Courtesy of www.greenteam.com

Every ton of paper or 220,000 sheets that is recycled saves approximately 17 trees. For scale, the average school tosses 38 tons of paper, the equivalent of 644 trees—each year, so purchasing post consumer recycled paper and making sure it gets recycled again can make a big difference.

Courtesy of www.planetgreen.com



Energy Saving Tips for your Holiday Lighting Displays

- ◆ Purchase new energy efficient lights. Miniature bulbs use less energy than larger bulbs; replace older lights with LEDs (Light Emitting Diodes). They are low energy users and have a long life.
- ◆ Be creative with displays by using fewer lights.
- ◆ Use a programmable timer to turn lighting displays on and off.
- ◆ Unplug lights when you leave home or go to bed.
- ◆ Use lights and extension cords that are approved by Underwriters Laboratories Inc. (UL) or other recognized testing organizations.
- ◆ Discard lights if they have any cracked sockets, loose wire connections or frayed wires.
- ◆ Don't overload electrical circuits.
- ◆ Extension cords used outdoors should be rated for outdoor use. Courtesy of NYSEG

Green Holiday Travel

Pack light to cut down on fuel use. The more weight a plane, train, car or bus carries, the more fuel it uses.

Carpool with friends or family members who are going to the same destination. Use the internet to connect to potential car-mates. Some tools to make this easier: Zimride, Carticipate, eRideShare, and Facebook.

Take public transportation if it's available.

Don't take the scenic route. Plan your trip and take the shortest route possible.

Choose the train instead of the plane if you can. It's a more efficient and cleaner way to travel.

If you must fly, then try to cut emissions when traveling to and from the airport.

Rent a hybrid or use public transportation when you get to your destination.

Stay home and use technology, such as Skype, to connect to far-flung relatives.

www.weather.com/activities/traveltips

DID YOU KNOW

Green Terminology

Photovoltaics-Also shortened to PV. The use of solar cells to convert light from the sun into electricity.

Renewable energy-The use of natural resources such as sunlight, wind, tides and geothermal (heat in the earth) to create another form of energy such as electricity.

Repurpose-To take what may be otherwise a waste item and use it for another purpose—e.g. a coffee jar becomes a jar for keeping nails.

TVP-Texturized Vegetable Proteins a meat substitute made from defatted soy flour.

Vegan-A person who only eats plant products and uses no products derived from animals.

Vegetarian-A person whose diet consists mainly or entirely of plant products.

Waste Stream-Waste coming from different sectors—e.g. municipal, commercial, industrial.

Courtesy of www.greenlivingtips.com

If 10,000 New York College students download an album instead of buying the CD, we'll avert the weight of a small car in plastic production.

If 10,000 New Yorkers use wind power in their homes for a year, it'll have the same effect as removing 3,966 cars from the fast lane for a year.

Courtesy of www.idealbite.com

To get rid of paint marks on skin and hair rub a little olive oil onto affected areas. It should help to dissolve the paint, making it easier to wash off.

Courtesy of www.ownertipoftheday.com

Holiday Tidbits

It is estimated that over the Holiday Season as much as 32 square miles of wrapping paper will end up in the trash. That's an area the size of Manhattan.

Courtesy of Friends of the Planet

If every family reused just 2 feet of holiday ribbon, the 38,000 miles of ribbon saved could tie a bow around the entire planet.

Courtesy of National Geographic 10-08

Green Holiday Tips

Buy Energy-Saving "LED" Holiday Lights

You can decorate your house with LED lights that use 90 percent less energy than conventional holiday lights, and can save your family up to \$50 on your energy bills during this holiday season.

Make Your Own Wrapping Paper

Most mass produced wrapping paper you find in stores is not recyclable and ends up in landfills. Instead, here's a great chance to get creative! Wrap presents with old maps, the comics section of a newspaper, or children's artwork. Or use a scarf, attractive dish towel, bandana, or some other useful cloth item. If every family wrapped just three gifts this way it would save enough paper to cover 45,000 football fields.

Add Organic & Local Foods To Your Holiday Feast

Support local family farmers who grow sustainable meat and produce. Not only does it taste better, you'll be doing your part for the planet too.

Get A Pesticide Free Tree

Demand is on the rise for Christmas trees that are not covered in chemicals; some growers use 40 different pesticides, as well as chemical colorants. The good news is that there are now a number of tree-farms that sell pesticide-free trees, so ask your local Christmas tree seller, or search for an organic tree farm near you.

E-mail Holiday Greetings

Send Holiday greetings to family and friends via e-mail. If you prefer to send hand written notes, make your own cards with paper you already have. Or look for holiday cards printed on recycled paper. Eliminate envelope waste by sending postcards or folding and sealing notes so you can address them on the outside.

Holiday Flyers

Print holiday flyers on recyclable pastels-bright red and green paper are hard to recycle.

Courtesy of www.sierraclub.org and www.campusrecycling.com

Holiday Parties

Use reusable glass or plasticware and cloth napkins.

Courtesy of www.sierraclub.com

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