



20 Ways to Go Green

This year Presentation College is making a vested effort to “go green.” Faculty and staff are reducing their use of paper products and are recycling where possible. Residents of the student Suites recycle aluminum, plastic and paper products. We would ask the help of you as parents to encourage your students to reduce their carbon footprint. Please discuss the suggestions given below with your student. Then the entire family can “go green.”

1. Watch the Water

Turn off the water while brushing your teeth, shaving or washing your face
Keep drinking water in the refrigerator instead of running the faucet until it gets cold
Install a low-flow showerhead that uses 2.5 gallons/minute instead of 5 gallons/minute
Take quicker showers
Do full loads of laundry, using cold or warm water; clean the lint filter, too
Fix dripping faucets

2. Let's “Wrap” – NOT!

Reuse wrapping paper on other gifts or for bulletin board or crafting purposes
Use the comics from the Sunday paper to wrap gifts
Wrap gifts in useful, reusable items (dish towels, scarves, socks). It's two gifts in one!

3. Take a Paper Cut

Use up old notebooks
Buy used textbooks
Pay bills online
Use both the front and back of the paper
Change the margins on your documents to allow more print on one page
Remove your name from junk email lists by logging on to www.dmachoice.org/MPS

4. Be Coffee Conscious

Buy organically grown coffee

5. Clean Green

Check out natural-based items for cleaning
Use natural items to clean, such as vinegar, baking soda, salt and lemon juice

6. Home Sweet Home

Keep your thermostat down in the winter – wear a sweater
Do full loads when using the dishwasher or washing machine

7. Buy Local

Much of our food travels 1500 – 2000 miles to get to us – that's a lot of carbon emissions!
Buy locally from independent stores – groceries, books, clothing

8. Take Your Own To-Go

Bring your own to-go containers to restaurants for leftovers

9. Buy Recycled

Buy products made from recycled materials (paper, tissues, paper towels, bags, clothes)
Shop thrift stores for used items

10. Get Packaging Savvy

Buy things in bulk to reduce packaging
Avoid items with excess packaging
Reuse packaging the next time you mail something

11. Recycle Stuff

Donate your unneeded household items to thrift stores or have a garage sale
Drop off old printer cartridges at a local office supply store
Visit www.collectivegood.com or www.calltoprotect.org for donating cell phones for the benefit of women in domestic violence situations
When you visit www.recycleforbreastcancer.org, they'll send you a prepaid shipping label for TVs, PDAs, cameras, etc.
Take regular batteries to a local recycling facility and drop rechargeable batteries at Radio Shack
Check with area Lions Clubs on donating used eyeglasses

12. How Can Something Wet Get Dry?

Get a drying rack and some hangers and hang your clothes to dry – makes clothes last longer
Shake your clothes out before putting them in the dryer – they'll dry faster and with few wrinkles

13. Second Life for Sneakers

Send your old ones to Nike at www.nikereuseashoe.com. Their NikeGO campaign recycles rubber, foam and leather to make flooring for kids. Or send gently used running shoes to www.oneworldrunning.com for distribution to athletes in Latin America and Africa

14. Butts Out

Worldwide 4.5 trillion cigarette butts are tossed on the ground every year, making a giant mess and releasing harmful chemicals

15. Shut Downs

Appliances that are plugged in but not turned on still sap energy. Plug your cell phone and iPod chargers, computer, DVD player, TV, etc., into power strips and simply turn them off when not in use.

Turn lights off when you are leaving

Adjust furnaces and air conditioners when you're not home

16. Light the Night, Responsibly

Use the swirly CFLs (compact fluorescent bulbs); they use 75% and less energy and last 10 times longer

17. Use Person- vs. Car-Power

Let your legs take you where you need to go!

18. Reuse Envelopes

Put a blank label over the address and then use the envelope again

When hand delivering a card, put their name in small writing in the stamp area. That way, it's easy for them to reuse the envelope by putting a stamp over your writing.

19. Be Car Smart

Inflate your tires properly and increase gas mileage 3 – 7 percent

Carpool when possible and enjoy the company!

Maintain your car regularly with oil changes and tune-ups

20. Bring Your Own

Have a canvas or nylon bag ready when you go shopping

Avoid using disposable plates, silverware and cups

Take along your reusable mug or bottle so that you don't have to use disposable cups

