

The background of the slide features a globe of the Earth, showing continents and oceans, held gently by several hands of various skin tones. The hands are positioned around the globe, with some fingers pointing upwards. The background is a clear blue sky with a few wispy white clouds. The text is overlaid on this image in two white rectangular boxes with black borders.

Green YOU Can Do

Small Steps for a Big Impact

Marla Esser
Sustaining Spaces



green

- who should go green
- what is green
- why “go green”
- how to get started
- where to find more

just start with 1 thing



who should go green?

everyone!





what is green?

- green has many facets
 - organic
 - health
 - local and community
 - environment and ecology
 - reducing chemicals and toxins
 - air quality
 - energy efficiency
 - renewable energy
 - water use and conservation
 - buildings and land use
 - waste and consumption
 - and more...



simplest terms – balance among people and our home, the earth, so we can all live harmoniously and sustainably



why go green?

- common sense
- limited resources
- leave something for the future
- which has more results?
 - 1000 people doing 100 things or 1 million people doing 1 thing?
 - “Pebble in the Pond”



when to go green?



The time is NOW



a place to start...the 3 R's reduce, reuse and recycle

- **reduce – use less**
 - stuff, especially disposable items
 - plastic grocery bags – use reusable bags
 - energy use
 - lights, computers, household electrics – turn off when not in use
 - adjust temperature by a few degrees
- **reuse – use items more than once**
 - Use reusable items
 - food storage
 - water glasses or bottle and coffee cups
 - borrow items not needed frequently
 - trade, swap or donate unneeded items – clothes, household items
- **recycle – use waste to create new items**
 - the “obvious” – paper, aluminum, cardboard
 - the “not-so-obvious” – batteries, electronics, holiday lights



*my grandmother's words ring true
“Waste Not, Want Not”*



reduce, reuse and recycle...

buy this not that

cloth shopping bags	plastic or paper bags
refillable water bottle	disposable water bottles
real coffee mugs	disposable cups
compostable or paper disposables	styrofoam
CFL or LED bulbs	incandescent bulbs
bulk or "big lots"	individually packaged
local or regional	imported or transported



reduce, reuse and recycle...

top 10 reasons to recycle

www.usvircd.org/RAVI/Pubs/Top10RecyclingReasons.pdf

recycling and energy

http://tonto.eia.doe.gov/energyexplained/index.cfm?page=environment_recycling

find recycling centers - Earth 911 <http://earth911.com/>

buy recycled

www.epa.gov/osw/conservr/rrr/buyrecycled.htm

The Story of Stuff www.storyofstuff.com

...and most importantly – how to recycle pizza boxes

<http://earth911.com/news/2009/03/02/the-pizza-box-mystery/>



recycling in Sparta IL

Always Green Recycling

www.alwaysgreenrecycling.com

Illinois Recycling Association

www.illinoisrecycles.org



Sparta Illinois Light Bulb Recycling

<http://ecyclingcenter.com/ssr-Sparta%20Illinois%20Light%20Bulb-Recycling-%2838.214596,%20-89.682739%29-res-25.html>

Illinois Recycling Centers Directory

http://illinois.uscity.net/Recycling_Centers/



recycling in Randolph County IL

From: www.beautifysouthernillinois.org/recycle.htm

Harold Tillock Salvage and Supply
609 W Myrtle (Illinois 154 West), Baldwin
785-2545

Accepts: Aluminum, Steel cans, all ferrous and non-ferrous metals, appliances, automobiles and motors.

Horrell Distributing
124 Locust, Red Bud
282-6224

Accepts: Aluminum Cans.

Red Bud Battery and Tire Center
122 East Market Street, Red Bud
282-6230, 282-2345

Accepts: Car batteries.

Sides Metal Recycling
Illinois 3 North, Chester
826-5600

Accepts: Aluminum, batteries, brass, copper, lead, radiators, and stainless steel.



reduce, reuse and recycle... energy at school & home...

equipment energy savings:

- turn equipment (computers, printers, lights) off at night
- activate power management software on computers if installed
- print double sided
 - much more energy is used in the manufacturing and distributing of paper than the actual printing

other energy saving tips:

- energy efficient lights
- turn back HVAC / thermostats
- daylighting and window coverings





reduce, reuse and recycle... saving money by saving energy

- Ameren – energy savings calculator
www.ameren.com/sites/ae/source/Residential/Pages/ADC_CalculateYourEnergySavings.aspx
- Back of the Notebook Calculator
(download)
<http://www.ecw.org/project.php?workid=12&resultid=286>
- Bring Your Green to Work with ENERGY STAR®
<http://www.energystar.gov/index.cfm?fuseaction=bygtw.showSplash>
- Electric Cost Calculator
<http://michaelbluejay.com/electricity/howmuch.html>



start a Green Team

- usually an informal, grass roots group (employees, students, staff)
- educate, motivate and help “get the ball rolling”
- typically focus on greening operations
 - recycling
 - energy conservation
 - resource conservation





how a Green Team can help

- education
 - communications
 - speakers, etc.
- motivation
 - contests
 - challenges
- “get the ball rolling” – programs
 - “turn it off”
 - print twice or not at all
 - recycling drives and collections
- imagination and ingenuity!





To sum it up

- be a pebble in the pond
- pick 1 thing you can do
- do it!





find this presentation online

www.sustainingspaces.com/services/sparta-high-school-presentation/

Marla Esser, CGP and LEED AP
Sustaining Spaces, LLC

www.SustainingSpaces.com

better living and better homes through education, consulting and marketing for the home building industry and consumers

Interactive, online homeowners manual

www.HomeNav.com

marla@sustainingspaces.com

314-740-7251