

What You Can Do



In Your Home

- ◆ Recycle everything you can: newspapers, cans, glass bottles, aluminum foil, motor oil, etc.
- ◆ Don't use electrical appliances for things you can easily do by hand
- ◆ Make sure your attic is properly insulated and vented
- ◆ Caulk windows and weatherstrip doors
- ◆ Learn how rain barrels can save water and reduce runoff
- ◆ Build a compost pile and use that dirt instead of fertilizer
- ◆ Wash clothes in cold water when possible
- ◆ Re-use brown paper bags to line your trash can
- ◆ Store food in re-usable containers, instead of plastic or foil
- ◆ Take unwanted, re-usable items to a charitable organization
- ◆ Wrap your water heater with an insulated "blanket"
- ◆ Rake your leaves instead of using a gas-powered blower
- ◆ Hang clothes outside to dry when possible
- ◆ Turn off the lights, TV, or other electrical appliances when you leave a room
- ◆ Turn down the heat and turn down the water heater before you leave for vacation



At Your Business

- ◆ Recycle office and computer paper, cardboard, etc.
- ◆ Use scrap paper for informal notes
- ◆ Use both sides of paper when possible
- ◆ Re-use manila envelopes and file folders
- ◆ Ask IMT how to reduce your computer's energy consumption
- ◆ Train people to use washable coffee mugs and hide the throw-away cups
- ◆ Don't print e-mails unless absolutely necessary
- ◆ Keep lights off in your office and other areas when they aren't in use
- ◆ Create a contest at work for ideas that help save the environment



UPSTATE MEDICAL UNIVERSITY

think
green
green.upstate.edu



Personal Efforts

- ◆ Drink filtered tap water instead of buying commercial water bottles
- * Take plastic grocery bags back to the store; better yet, buy several sturdy, reusable bags
- ◆ Think twice about buying "disposable" products (they aren't really "disposable")
- ◆ Participate in Earth Day cleanups and Hazardous Waste Collection Days
- ◆ Buy paper products instead of plastic
- ◆ Bike, ride the bus or carpool to work
- ◆ If you must drive, make sure your car's tires are properly inflated
- ◆ Check the energy rating of major appliances and purchase the most energy-efficient models
- ◆ Buy locally grown food and other local products when possible
- ◆ Don't buy products made from endangered animals
- * Donate "old" clothes; buy "vintage" clothes
- ◆ Don't buy Styrofoam or other products that are hazardous to the environment
- ◆ Join a conservation organization
- ◆ Convert by example and encourage your family, friends, and neighbors to save resources, too
- ◆ Teach children to respect nature and the environment

