

What You Can Do

While bigger changes can happen at the organizational level, there is plenty you can do in your own life to be more sustainable and be a better steward of the environment on a daily basis. In addition to the resources on the Energy and Water and Waste Reduction & Recycling pages on the Green Schools Initiative website, below is a list of actions you can take right now, today!

ENERGY

- Shut down your computer/monitor at the end of the day
- Make sure all computers/monitors in the office are turned off at the end of the day
- Turn off your computer monitor if it will not be used for 20 minutes
- Turn off projectors if they will not be used for 15 minutes
- Turn off all lights when rooms are unoccupied
- Always shut off lights when leaving the room
- When there is adequate daylight, use only some of the lights in the room
- Unplug vampires! Certain electronics draw energy even when they are turned off
- Examples include televisions, DVD players, desktop printers, microwaves, cell phone chargers and coffee makers
- Insulate your home

WASTE

- Keep the FOUR Rs in mind: Reduce, Repair, Reuse, Recycle
- Save paper. Ask yourself: Do I really need to print?
 - Send/save documents and emails electronically instead of printing and filing them
 - If you do have to print, make sure you print double-sided (duplex printing)
 - Establish a station to reuse paper that has only been printed on one side for scratch paper
 - Send newsletters/announcements to only one student in each family
- Use a reusable lunch bag, silverware, and containers
- Bring a reusable water bottle and coffee mug to school
- Recycle paper, plastic, cardboard and aluminum
- Repair or reuse items if you can before you recycle them or throw them away

WATER

- When washing your hands, lather with soap before you turn the water on
- If you find a leaky faucet or a running toilet, report it to a custodian
- Only run the dishwasher in the teachers' lounge if completely full

TRANSPORTATION

- Walk, bike, or carpool to school
- If you are in the market for a new car, buy electric! OPPD has rebates available.
- Fly less - try taking a train instead

FOOD

- Eat produce that is in season
- Shop at the farmers' market to get local foods
- Eat more plants and less meat!
- Cut food waste - or compost!

GET INVOLVED

- Encourage staff to incorporate Green Curriculum lessons
- Direct students, staff, and parents to the Green Schools Initiative website
- Become a Green Champion - see GSI website for more details

Count Us In

Visit [Count Us In](#) to learn about 16 steps for making the biggest impact.