

## You can make a difference!

### *What you can do at the office or school*

- ✓ Set an example for others to follow. Your habits will catch on!
- ✓ Start a Green club or interest group
- ✓ Help your school apply for a D20 Green Grant and/or work towards becoming a Green Ribbon school
- ✓ Incorporate Sustainability learning into the curriculum
- ✓ Publicize the results of your efforts
- ✓ Volunteer to empty the recycle bins
- ✓ Minimize automobile engine idle time (including warm-up)
- ✓ Avoid printing e-mails
- ✓ Have a friendly competition (can or bottle collection, for example)
- ✓ Carpool/use public transportation
- ✓ Turn off lights when a room is going to sit empty for more than 10m minutes

**It's easy being green!**

### References and Useful Links

For more info, go to the District 20 Green Team home page at:

<http://www.asd20.org/education/components/scrapbook/default.php?sectionid=3838>

See also:

[www2.ed.gov](http://www2.ed.gov)

[www.consumerenergycenter.org](http://www.consumerenergycenter.org)

[www.earth911.com](http://www.earth911.com)

Sources for "Why be green" and "Did you know..."

[energy.gov](http://energy.gov)

[facts.randomhistory.com](http://facts.randomhistory.com)

[www.sustain.ucla.edu](http://www.sustain.ucla.edu)

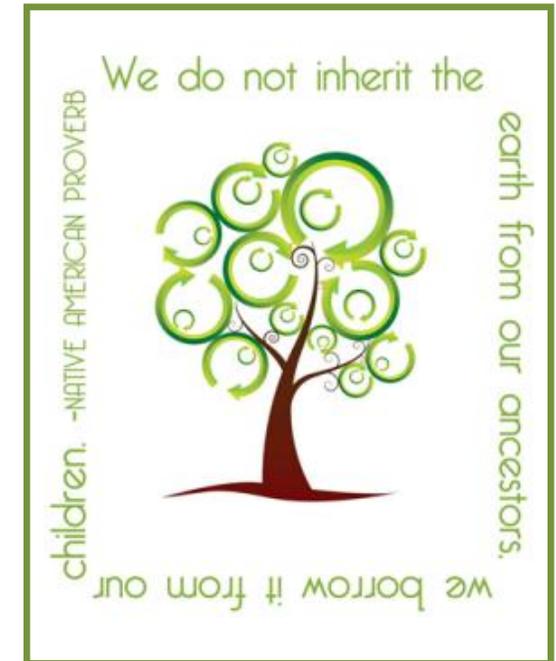
[www.eia.gov](http://www.eia.gov)

<http://water.epa.gov>

[www.kleankanteen.com](http://www.kleankanteen.com)

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*Academy District 20 is committed to the concept of Sustainability. Your support acts as an extension of the team and directly benefits the kids and our community. Please enjoy these ideas and thoughts which can help us all be responsible caretakers of our environment.*



## Academy District 20 Green Print

*Tools and tips to help you make a difference*

D20 Green Team  
2012/2013

## Q: Why be green?



**A: Not only is it good for the planet, it benefits you and your family directly!**

**Q: Really?**

**A: Yes - your health, happiness, and bank account!**



## What you can do at home

- Americans consumed an average of 222 half-liter bottles of water per person in 2011. Make a habit of using a refillable bottle and score one for **bank account!**
  - Water efficient fixtures can cut water use by 30%. You could save around \$220 a year with fixtures alone – even more by reducing your usage. Score another for **bank account!**
  - On average, every two minutes your car is idling, it uses about 20¢ worth of gas. You could burn well over a tank of gas in a year. Reduce idling and score another for your **bank account!**
  - Cycling or walking instead of hopping in the car saves gas and is great for your heart and mind. Score one for **health, happiness, and bank account!**
  - Shorter showers will lead to less pruned skin. Score another for **happiness!**
  - Making a difference creates a sense of pride and accomplishment. Score another for **happiness!**
  - Getting outside with the family instead of catching up on e-mails and playing video games makes the family stronger! Score another for **health and happiness!**
- ✓ Turn off lights when not in use for more than 10 minutes
  - ✓ Take shorter showers
  - ✓ Re-purpose old items
  - ✓ Take advantage of your trash carriers' recycling bins
  - ✓ Plant a tree or garden
  - ✓ Walk, cycle, or use public transportation to school/work
  - ✓ Encourage the entire family (and friends!) to practice good environmental habits
  - ✓ Repair obvious air and water leaks – it's easy!
  - ✓ Transition to CFL or LED lights as old incandescent light bulbs burn out
  - ✓ Sign up for paperless e-statements and bills, avoid printing e-mails
  - ✓ Avoid bottled water and soft drinks

**Your efforts produce benefits now and for our future generations!**

## Did you know...

- Energy saved from recycling one aluminum can could operate a computer or TV for three hours. A six-pack saves enough energy to drive a car five miles.
- Gains in home energy efficiency have been offset by an increase in electronic devices
- Americans throw away enough wood and paper annually to heat 500 homes for 200 years
- People in the U.S. buy more than half a BILLION bottles of water every week! Enough to circle the globe twice., yet only one out of four is recycled
- Glass never wears out -- it can be recycled forever!
- Plastic is made from petroleum. Making the plastic water bottles used in the U.S. in one year takes enough oil and energy to fuel a million cars
- Americans represent only 5% of the world's population, but generate 30% of the world's garbage and consume 25% of the world's energy