



It all adds up: 10 Things You Can Do to Promote Sustainability

How can I decrease my energy consumption?

1. Turn off lights. Did you know roughly 40% of our electricity use is from lighting our indoor spaces? By simply turning off lights when not present you can save serious greenbacks!
2. Use more daylight instead of artificial for indoor lighting. Research has shown daylight increases productivity and reduces absenteeism in the workplace. Natural light has a profound effect on the stimulation and regulation of the human body. For instance, the human eye turns daylight into electrical impulses, triggering the release of the chemical serotonin, which is essential for emotional well-being. Additionally, ultraviolet light from the sun creates Vitamin D through our skin producing calcium for healthier bones & teeth. <http://www.daylightsystems.com/daylightsystems/daylight/benefits.aspx>
3. Unplug it! When not in use unplug chargers, non-essential power strips, etc. Turn off your computer and monitor before you go out. Decrease use of space heaters by having a sweater or cardigan handy when you get a little cold.

How can I reduce waste?

4. Recycle aluminum cans, #1, #2 plastic bottles, paper, reuse/recycle cell phones, computers, etc. Properly dispose of batteries & fluorescents. Remember, 'out of sight, out of mind'; so make sure containers/bins are available in convenient visible locations to recycle. <http://www.co.eauclaire.wi.us/Recycle/recyclingspecificsbymaterial.htm>
5. Eliminate or reduce use of non-biodegradables. Use a ceramic mug, coffee thermos or glass cup instead of using styro-foam or plastics cups. Use compostable cutlery, plates and cups instead of plastic or styro-foam products.
6. On product purchases, select Eco-friendly or post-consumer recycled content products. Use tree-free or 30%+post consumer stationary/cards, copy/printer paper, and toilet paper. Reduce paper use with two-sided copying and printing, use more electronic communication and PDFs, think twice before printing emails, get off junkmail lists. <http://www.community.officedepot.com/environment.asp>

How can I reduce my oil consumption and carbon emissions when I travel?

7. Transportation is the second largest contributor of greenhouse gas emissions in the United States, so vehicles are at the forefront of the global warming discussion. Instead, commute by walking, biking, scooter, use our great transit system, carpool with those in your neighborhood, buy a fuel-efficient vehicle. <http://www.greencars.org/highlights.htm>

How can I contribute to the social good?

8. Smile, treat people with respect, be positive, refrain from gossip, work as a team, be grateful for things in your life. Remember you are making a difference by being here!
9. Participate in fitness and wellness programs encouraging healthy lifestyles.
10. Invest in socially responsible mutual or pension funds.

The City of Eau Claire's Green Team has provided this information. If you would like to learn more about what the Green Team is doing, contact the City's Planning Department at 715-839-4914.