

How Can I Go Green?

Hosted by the Eden Prairie Women of Today

www.epwt.org

Feel free to share this document, please leave in the references to Eden Prairie Women of Today. Thank you.

Agenda

- Introductions
- What is the Women of Today?
- What is Global Warming?
- Tips and Discussion
- Wrap-Up
- Resources & Links

Introductions

Eden Prairie Women of Today

- Non-profit organization
- Part of MN and US Women of Today
- Focused on:
 - Community Service
 - Friendship among members
 - Personal Growth of members
- For more info please visit www.epwt.org, email membership@epwt.org or attend any of our events.
- Monthly meeting – 3rd Thursday at 7 PM – currently at St Andrew Church

What is Global Warming?

- Carbon dioxide and other gases warm the earth by trapping solar heat in the atmosphere.
- Burning fossil fuels and clearing forests have increased the amount of carbon dioxide in the atmosphere.
- Vast majority of scientists agree global warming is real and already happening.

Then, what is Climate Change?

- "Global warming" refers to the increase of the Earth's average surface temperature, due to a build-up of greenhouse gases in the atmosphere.

- "Climate change" is a broader term that refers to long-term changes in climate, including average temperature and precipitation.

Source: www.pewclimate.org

Some Climate Change Facts

- The number of Category 4 and 5 hurricanes has almost doubled in the last 30 years.
- Malaria has spread to higher altitudes.
- The flow of ice from glaciers in Greenland has more than doubled over the last decade.
- Fires in the Western US have increased frequency by 400 percent and have increased the amount of land burned by 650 percent since 1970.

Some Climate Change Facts

- In the tropics, higher sea temperatures are causing more coral reefs to "bleach," as the heat kills colorful algae that are necessary to coral health and survival.
- Since 1979, more than 20% of the Polar Ice Cap has melted away in response to increased surface air and ocean temperatures.

So, What Can We Do?

Reduce, Reuse, and Recycle

- Reduce use of paper napkins by at least one per day
 - We use 2,200 paper napkins per year, per person on average. If we all gave up one napkin a day, we could save a billion pounds of paper waste from going into landfills each year.
- Skip the receipt - If we all skipped the receipt at the ATM, we would save a roll of paper more than 2 billion feet long!
- Take your own cup to your local coffee shop
- At home, try to use just one cup each day
- Bring your own container when ordering take out food
- Recycle your printer cartridges – most retailers will take them back and even give you something in return

Reduce, Reuse, and Recycle

- Recycle all you can
 - Check with your garbage hauler or city for their specific recycling rules
- A four foot high stack of newspapers is the equivalent of a 40 foot fir tree

- Once you know the facts, try buying items in recyclable or reusable packaging
- Buy products with minimal packaging – try using economy sizes
- Paper or Plastic – use neither by buying and using canvas shopping bags
- Create "free boxes" at work, school, and community centers
- Styrofoam peanuts aren't recyclable – but you can reuse them or take them to a packaging company for them to reuse.

Use Less Paper

- Use the backs of notebook paper
- Let kids use leftovers to color on or do crafts

Heating and Cooling

- Almost half the energy in our home goes toward heating and cooling.
- Add insulation to your walls and attic and install weather stripping or caulking around doors and windows
 - Together these can lower your heating costs by more than 25%
- Turn down the heat when away from home and while sleeping.
 - Setting your thermostat just 2 degrees lower in the winter and higher in the summer could save about 2,000 pounds of carbon dioxide each year.

Heating and Cooling

- Programmable thermostats can save energy and up to \$100 a year on your energy bill.
- Clean and replace furnace filters on your furnace and air conditioner – saving up to 350 pounds of carbon dioxide a year.
- Check with your energy provider for home energy audits and energy saving appliance programs and rebates.
- Live without air conditioners. Open windows and door whenever possible – you can keep the house cool by shutting all drapes and opening again during the evening and early morning, a fan can be used to blow out hot air or bring in cool air.
- Plant a shade tree on the southwest side of your house. When it matures, it will reduce your home's need for air conditioning.
- Plant a tall evergreen hedge on the north side of your home to cut heating bills up to 34% in windswept regions and 10% in sheltered areas.

Light Bulbs

- Open your shades to use less electric light

- Replacing just one 60 watt incandescent light bulb with a CFL will save you \$30 over the life of the bulb.
- CFLs:
 - Last 10 times longer than incandescent bulbs
 - Use two thirds less energy
 - Give off 70% less heat
 - Need to be recycled (Can be recycled free at Menards)
- If every U.S. family replaced just one regular bulb with a CFL, it would eliminate the equivalent of 7.5 million cars off the road.
- If a CFL breaks, follow the guidelines on the following site for cleanup:
 - <http://www.epa.gov/mercury/spills/index.htm#fluorescent>

Drive Less and Drive Smart

- Walk, bike, car pool, or use public transit
- Keep your tires properly inflated to improve gas mileage by up to 3%
- Combine trips to cut on driving
- Drive slower to improve gas mileage
- Every gallon of gas you save keeps 20 pounds of carbon dioxide out of the atmosphere
- Idling 10 minutes less per day can keep 550 pounds of carbon dioxide out of the air each year.

Shop Smarter

- Buy local to save fuel costs and keep money in your community
 - On average, 1500 miles are traveled between farm and table
 - Check out www.mda.state.mn.us/food/minnesotagrown for locally grown foods and farmer's markets
- Buy fresh over frozen
 - Frozen takes more energy to produce, ship, and store
- Buy organic
 - Organic soil captures and stores more carbon dioxide
- Use canvas shopping bags
- Buy products with minimal packaging or packaging made from recycled materials

Use Less Water

- Switch to a low flow shower head
- Take showers rather than baths
- Turn off the water while brushing your teeth
- Capture rainwater to water plants
- Only water lawn as needed

- Check out the tuna can method at www.diynetwork.com/diy/lw_landscaping_mulching/article/0,2029,DIY_14136_2269720,00.html
- Water your lawn when the sun is low
- Put a two liter bottle in the back of your toilet tank to save 2 liters of water with every flush
- A “green” toilet can save up to 4000 gallons
- Put rain barrels beneath your downspouts and use the water for your containers and gardens.

Appliance Efficiencies

- Set water heater to 120 degrees and wrap it in an insulating blanket if it is more than 5 years old
- Turn your hot water heater off or down when not in use (like when on vacation)
- Choose energy efficient appliances
- Check with your energy company for rebates and other efficiency programs
- Only use washing machine and dishwasher when full
- Wash your clothes in cold water
 - This change alone can save at least 500 pounds of carbon dioxide annually in most households!
- Unplug appliances when not in use

Use the Off Switch

- Turn off lights when not being used
- Turn off electronics when not in use (computer, TV, stereo, etc)
- Even better - unplug electronics when not in use
 - It is estimated that 10% of our energy usage is from appliances pulling wattage when in standby or “off”. It is estimated that this amount will only increase as more homes have more electronics.
- Look into the “Smart Power Strip”
 - Allows you to shut down power supply to appliances when not in use

Personal Care

- Try making your own beauty products
- Use more natural products
- Check out green products – razors, toothbrushes, etc.
- Plant based products are better for the environment

Entertaining

- Use non-disposable plates, silverware, etc - or use recyclable
- Use e-mail invitations rather than paper

- Encourage guests to car pool
- Use a keg instead of individual bottles of beer
- Encourage recycling
- Buy your food and drinks from local sources
- Think about sustainable décor too – use things that can be re-used or recycled

Reduce Junk Mail

- Junk Mail Statistics:
 - Each year, 100 million trees are used to produce junk mail
 - 250,000 homes could be heated with one day's supply of junk mail
 - Americans receive almost 4 million tons of junk mail every year
- Opt Out of Credit Card Offers
 - Online: optoutprescreen.com
 - Phone: 1-888-5-OPTOUT (567-8688)
- Cut down on catalogs and junk mail
 - www.CatalogChoice.org
 - www.dmachoice.org
 - www.GreenDimes.com
 - More tips and sites at www.Reduce.org
- Cut down the number of phone books you receive
 - www.YellowPagesGoesGreen.org

Plant a Tree

- A single tree will absorb approximately one ton of carbon dioxide during its life
- Make donations to plant a tree elsewhere
 - For options check out www.ArborDay.org or www.AmericanForests.org

Green Landscaping

- Maintain your lawn at a height of 2 ½" to 3", and you'll use less herbicide; shorter lawns invite more weeds. Long grass also shades the soil and reduce the amount of water needed.
- Kill weeds in sidewalks, driveways and between pavers using full strength white vinegar instead of a chemical herbicide.
- Add mulch to your landscape and garden beds to reduce water use.
- Buy solar powered outdoor lighting, birdbaths and fountains to reduce electricity use.
- Use soaker hoses or drip irrigation to deliver water directly to a plant's root zone.
- Build or buy bat houses for natural insect control. Bats eat many more insects than birds eat.

Recycle your Shoes!

- There are a couple programs to let you recycle or reuse your shoes rather than throwing them out!
 - Nike recycles shoes into playgrounds and sports surfaces: www.letmeplay.com/reuseashoe
 - Send your gently used shoes to Africa: www.shoe4africa.org

Offset your Carbon Footprint

- Carbon Footprint: The total amount of greenhouse gases produced to directly and indirectly support human activities, usually expressed in equivalent tons of carbon dioxide (CO₂).
- You can buy carbon offsets to support clean energy projects at www.terrapass.com

Extra Tips

- Use a clothesline or an indoor dryer rack. If you hang 8 loads of laundry during the 6 warmest months of the year, you would save more than 1500 pounds of carbon dioxide emissions!
- Try using plant based laundry detergent and try reducing the amount of detergent used in each load.
- Buy an electric lawnmower – using a gas powered lawnmower for one hour pollutes the same as driving a car 340 miles!
- Let your lawn grow longer between mowing

Extra Tips

- Eat meat free meals at least once per week – eating less meat conserves water, land, and energy resources. Runoff from livestock operations can pollute rivers, lakes and ground water.
- Use the stairs rather than the elevator – reduce energy use and increase your exercise!
- Buy recycled aluminum foil which requires 1/20 the energy of non-recycled foil and then recycle it when you are done!

Encourage Conservation

- Share these tips with others
- Encourage others to conserve
- Teach kids about conservation
- Take the Energy Challenge at www.mnenergychallenge.org
- Join and take action at www.wecansolveit.org
- Make a plan...
 - We encourage every person here to make a pledge to do at least one new thing to save energy starting today!

Background Information

- Key Issues Facing National Energy
 - www.netl.doe.gov/keyissues/index.html
- Energy Info Administration
 - www.eia.doe.gov
- History of Energy in the United States
 - www.eia.doe.gov/emeu/aer/eh/frame.html
- MN Dept of Energy Info Center
 - www.state.mn.us/portal/mn/jsp/content.do?subchannel=-536881511&id=-536881350&agency=Commerce

Climate Change and Global Warming Information

- www.nature.org/initiatives/climatechange/
- www.climatecrisis.net
- www.greenfacts.org
- www.pewclimate.org
- dsc.discovery.com/convergence/globalwarming/globalwarming.html
- www.globalwarming101.com
- www.npr.org/templates/story/story.php?storyId=9657621
- http://timeforchange.org/global_warming

Resources

- Recycling:
 - www.GreenGuardian.com
 - www.hennepinatoz.org/azguide/household.html
 - <http://recycleraccoon.blogspot.com>
 - www.earth911.org
- Reusing:
 - www.twincitiesfreemarket.org
 - www.freepeats.org
 - www.freecycle.org
 - minneapolis.craigslist.org
- Energy Conservation
 - eere.energy.gov

Living Green Tips and Info

- www.reduce.org
- www.livinggreen.org
- www.doitgreen.org
- www.treehugger.com/buygreen
- green.yahoo.com
- www.thegreenguide.com
- www.earthshare.org

- www.pluginamerica.org
- www.ecohousekeeping.com
- www.greenopolis.com
- www.planetpinkngreen.com
- www.greenhomehints.com
- www.wiserearth.org
- ww2.earthday.net

More Living Green Tips and Info

- green-lemonade.com
- www.ourearth.org
- www.ecologue.com
- www.mnbrighterideas.com
- www.ourenergy.coop
- green.msn.com
- www.fixingtheplanet.com
- www.wecansolveit.org
- www.50simplethings.com
- www.sierraclub.org/wecandoit
- www.thegreenguide.com
- www.papersaverz.org
- www.stopclimatechaos.org
- www.goeasyeco.com
- www.simplewaystohelp.com

For Kids

- Conservation Stickers
 - www.onewiththeearth.org
- Water Conservation
 - www.epa.gov/ow/kids.html
- Recycle City
 - www.epa.gov/recyclecity/mainmap.htm
- EPA Student Center
 - www.epa.gov/students
 - www.epa.gov/kids
 - www.epa.gov/highschool

Recommended Movies & Books

- An Inconvenient Truth
- Who Killed the Electric Car
- The Story of Stuff (online)
 - www.storyofstuff.com
- The Green Book
 - www.readthegreenbook.com

- Gorgeously Green by Sophie Uliano
- 50 Simple Things You Can Do to Save the Earth
 - www.50simplethings.com
- Plenty Magazine
 - www.plentymag.com
- The Green on the Sundance Channel
 - www.sundancechannel.com/thegreen

Wrap Up

- Slides will be posted at www.epwt.org
- We invite you all to learn more about Women of Today by talking to a member or visiting our website.
- There are chapters all over the state, talk to a member if you would like to hear more!

Upcoming Events

- July 3 & 4 – Chanhassen Rotary Beer Tent
 - Community Park in Chanhassen
- July 17 – Monthly Chapter Meeting
 - St Andrew Church at 7 PM
- August 12 – Computer Q&A
- August 18 – Personality Enrichment Course
- August 21 – Monthly Chapter Meeting
 - St Andrew Church at 7 PM

Check out www.epwt.org for a full and up to date list!