

29 WAYS TO SAVE THE WORLD



AND SAVE SOME MONEY



Make a Difference

Every day we have opportunities to make sustainable choices at home and work – choices that require little or no effort and investment. By taking this “29 Ways” questionnaire, you can see if you are a Sustainable Superstar or just have green eyes.

The Key to Green



Home

Being green and sustainable at home.



Work

Being green and sustainable at work.



Energy

Conserving energy.



Transportation

Conserving resources with new ways of transportation.



Water

Conserving water.



Financial
















Saving money.






Health/Safety





Increasing health and safety.




29 Ways to save the world and save some money.





- | | YES | NO |
|---|--------------------------|--------------------------|
| <p>1. Go with the Flow</p> <p>Reducing your water consumption is easy! By using automatic faucets and flush mechanisms, low consumption toilets, water conserving shower heads, and waterless urinals you can greatly reduce your water consumption. And, make sure to fix all water leaks!</p> <p>   </p> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>2. Don't Snooze – Reuse</p> <p>Recycle, Recycle, Recycle! Go to www.earth911.com and get a listing of places to recycle bottles, cans, plastic, paper and more in your area.</p> <p>  </p> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>3. Waste Not, Want Not</p> <p>Reduce your food waste and save money at the same time by creating compost for your yard and garden. For great tips on how to reduce your food waste go to www.lovefoodhatewaste.com.</p> <p> </p> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>4. Life is a Highway</p> <p>Car pooling can save you money on gas and wear and tear on your vehicle. You may even get incentives from your employer, such as reserved parking or reduced parking costs for carpools. Talk to your employer today to see if a program exists at your company and if not, start one.</p> <p>  </p> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>5. Gas Guzzler goes Gas Sipper</p> <p>Did you know routine maintenance on your car can give you better gas mileage? Its as easy as keeping your tires properly inflated, getting scheduled tune ups and regular oil changes. Rate your MPG at www.fueleconomy.gov.</p> <p>  </p> | <input type="checkbox"/> | <input type="checkbox"/> |



	YES	NO
6. Green Saves \$\$ and Stress	<input type="checkbox"/>	<input type="checkbox"/>
Did you know that employees that telecommute to work are shown to be less stressed and more productive? And it's great for the environment too!		
  		


















	<input type="checkbox"/>	<input type="checkbox"/>
7. Hang-up the Airfare Cost		
It's easier than ever to have that big meeting without having to travel. With the capabilities of computers and the internet, you can save time, money, and energy by teleconferencing and web conferencing		
    		
























	<input type="checkbox"/>	<input type="checkbox"/>
8. Become a "Localvore"		
Buy locally. Not only are you helping your local economy, but less fossil fuel and energy are used to get the product to you. So ask your grocer, "Was this grown or raised locally" the next time you shop.		
   		
























	<input type="checkbox"/>	<input type="checkbox"/>
9. Wait a Minute Mr. Postman		
Go paperless where ever possible! Posting employee handbooks online, requesting electronic billing and use of e-payments are just a few ways to go paperless. Not only do you save time and money you save trees and precious fossil fuels. To stop unsolicited mail, register (for \$1) at www.dmchoice.org (Direct Marketing Association).		
  		

	<input type="checkbox"/>	<input type="checkbox"/>
10. Why the Cold Shoulder?		
An in home audit for air leaks, window drafts, doors, etc. can save you up to 30% on your energy costs after repair. That's a lot of savings for your pocket as well as the environment.		
   		

	<input type="checkbox"/>	<input type="checkbox"/>
11. Peanut Allergy?		
Put your packing material to good use. Packing peanuts and other Styrofoam packing materials work great for potted plant drainage. You can also put them on key chains to help them float when boating! And always ask your shipper to use new biodegradable varieties.		
 		

	YES	NO
<p>12. Give Mother Nature a Rest</p> <p>Replace your conventional cleaning products with green cleaning products that are environmentally friendly - like biobased products, concentrates and products using recycled containers. Also, look for GreenSeal® and EcoLogo™ third party certifications.</p> <p>  </p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>13. Hug a Tree</p> <p>Use paper products with recycled content whenever possible. For EPA guidelines go to www.epa.gov.</p> <p> </p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>14. Paper or Plastic?</p> <p>My own! Instead of using paper or plastic bags at the store, use your own reusable shopping bags. Some stores even give rewards to those who do.</p> <p>  </p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>15. Save your 'Green' by Going Green</p> <p>Visit your local library and check out that next CD, video game, or book instead of buying it.</p> <p></p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>16. It's a Jungle out there</p> <p>Landscape with native plants. Native plants do not need watering (except during establishment) or regular synthetic chemicals - they do not require fertilizer beyond that provided naturally and they are not prone to the diseases of many industrial plants. www.plantnative.org</p> <p>   </p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>17. Rain, Rain Go Away?</p> <p>Harvest your rain water and use it to water the garden, etc. Just by harvesting rain water for use in your yard you can lower your water consumption up to 40%.</p> <p>   </p>	<input type="checkbox"/>	<input type="checkbox"/>

- | | YES | NO |
|---|--------------------------|--------------------------|
| <p>18. Go Tankless</p> <p>Want immediate hot water with lower cost? Install a tankless water heater - you can save up to 30% on your water heating expenses and never run out of hot water! For more information, go to www.energystar.gov and search key words Tankless Water Heater.</p> <p>   </p> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>19. Machine Wash Cold</p> <p>Did you know that 90% of the energy used by washing machines go into heating the water? A simple energy saver is to wash your clothing in cold water. You can also reduce your energy costs by 6-10% by simply adjusting the temperature of your hot water tank to 120° or lower.</p> <p>   </p> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>20. I've Seen the Light</p> <p>Make the switch to energy efficient light bulbs like a compact fluorescent light bulb. These bulbs use 75% less energy than regular incandescent light bulbs and last about 10 times longer, saving you about \$30 over their lifetime. For more information go to www.energystar.gov and search key words Light Bulbs (CFL's).</p> <p>   </p> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>21. Get More Bang for your Buck</p> <p>Contact your local energy provider to learn what choices they provide for green energy.</p> <p>   </p> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>22 Get with the Program</p> <p>Stay comfortable while lowering costs and saving energy! Simply reduce your temperature setting by 3 degrees in the winter and raise it by 3 degrees in the summer.</p> <p>   </p> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>23. Out with the Old and in with the New</p> <p>Does it have the star? Use Energy Star Appliances which help reduce energy use. For a list of qualifying products, savings, and potential tax credits go to www.energystar.gov.</p> <p>   </p> | <input type="checkbox"/> | <input type="checkbox"/> |

	YES	NO
<p>24. Give it a Rest Unplug It! Unplug electronics like cell phones and laptops once they are charged.</p> <p>   </p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>25. What a Turn-Off! Install motion sensors to control lighting, inside and out.</p> <p>   </p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>26. E=mc² Have you calculated your carbon footprint? Go to www.epa.gov/climatechange and search key word calculators. Then calculate your personal greenhouse gas emissions.</p> <p>    </p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>27. It's Cool to be Green Did you know that having your ceiling fan move in a counterclockwise rotation produces cool breeze or that rotating clockwise moves warm air back into a living space? Adjust your thermostat accordingly.</p> <p>  </p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>28. Filtering for Efficiency Particle buildup on your furnace filter can decrease the efficiency of your furnace resulting in an increase in energy use. Check your filters every month and change them when dirty (at least every three months).</p> <p>  </p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>29. Get it Measured, Get it Done Get a handle on energy and water consumption in your commercial facilities. Use Energy Star's Portfolio Manager to start measuring and identifying areas for improvement.</p> <p>   </p>	<input type="checkbox"/>	<input type="checkbox"/>

Add up your Yes boxes.

YES

- 26-29 points = Sustainable Superstar
- 16-25 points = Green Chief
- 6-15 points = Green Thumb
- 0-5 points = Green Eyes

Rochester Midland: Your Sustainability Partner.



People

- Training
- Automation
- Risk management
- Testing



Planet

- Energy savings
- Source reduction & recycling
- Lower discharge
- Water conservation
- Biobased, renewable chemistry



Profit

- Portion control
- Energy savings
- Water savings
- Asset protection
- Productivity improvements
- Reduced absenteeism



For more information call 1.800.388.4762
(Outside the U.S. call 1.585.336.2200)
Or visit www.rochestermidland.com/sustainability