



tips to green-over your life

from Josh Dorfman, "The Lazy Environmentalist"

Making environmentally friendly decisions shouldn't mean having to change your entire lifestyle. Instead, think about going green as giving a few daily habits a makeover, or in this case, a "green-over." Start simple, and stick to small changes that, when continued on a regular basis, can have a positive impact on the environment. Find more tips like these and get involved at www.FilterForGood.com.

Kick the bottled water habit

Join cities across the country by banning bottled water from your budget. Brita is better for the environment and could mean big savings, especially since one pitcher filter can effectively replace as many as 300 standard 16.9-ounce bottles. Brita pitchers and faucet mounts are a simple bottled water substitute in conference rooms, classrooms, cafeterias and kitchens. Visit www.FilterForGood.com/groups to learn the best products to replace bottled water, order Brita products and FilterForGood bottles – even create FilterForGood bottles featuring your group's logo.



Plant some green

Bring a plant to your office or classroom, or encourage your building manager to buy one for each person. Plants act as natural air filters, absorbing airborne pollutants while boosting oxygen levels.¹

Power down

Shut down computers each night. Even better, ask your IT department about installing an automatic computer shut-down program to turn off all unused computers each night. The program will reduce energy usage and save on electric bills.

Ditch paper cups, too

Americans use billions of paper hot cups each year. Help reduce waste sent to landfills by using a mug instead. Mugs keep drinks warmer longer and cut down on costs.



Digitize

The greenest paper is no paper at all, so keep things digital whenever possible. The more you do online, the less you need paper. Keep files on computers and flash drives instead of in file cabinets. Review documents on-screen rather than printing them out and send e-mails instead of paper letters.

When you can't reduce or reuse, recycle

Every 10 aluminum or steel cans recycled saves four pounds of carbon, and every 10 glass bottles recycled saves three pounds of carbon.² Take responsibility for all those soda and soup containers by working with your building manager to ensure an easy recycling solution exists for you and your coworkers.



Re-print

Investigate responsible ways to dispose of used ink cartridges. Depending on your printer brand you may be able to return cartridges to the manufacturer for recycling or purchase recycled printer ink cartridges that are eco-friendly and less expensive.

¹Easen, Nick. "Office foliage for feel good factor." *CNN International*. 22 Apr. 2004. <http://edition.cnn.com/2004/BUSINESS/04/22/go.plant.office>.

²Rogers, Elizabeth, and Thomas Kostigen. "Going Green: The Green Book Shows How To Save the Planet, One Simple Step at a Time." *Random House*. June 2007. 25 Nov. 2008 http://www.randomhouse.com/highschool/RHI_magazine/pdf/rogers.pdf.