

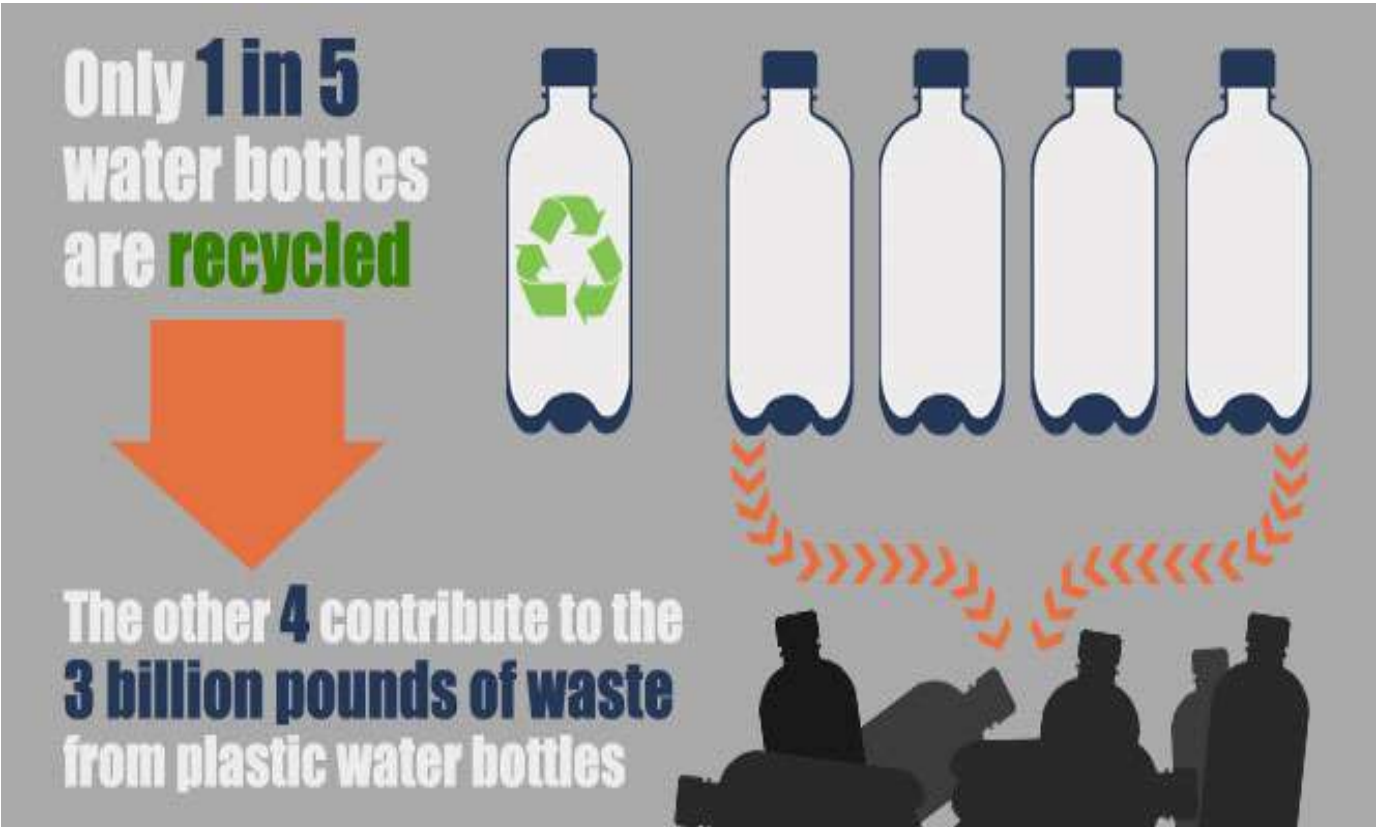


Sustainability Week Themes



Reusable Water Bottle Week!

Stop using disposable plastic bottles. Purchase (or borrow) a reusable glass or plastic bottle.





Reusable Grocery Bag Week!

- Stop using disposable plastic grocery bags. Purchase (or find in your home) a reusable bag. Could also use paper bags and reuse.
- Reduce waste, less impact on animals.

when you remember to bring your reusable bag to the grocery store



Feels great!



Paper (Reusable) Straw Week!

3 REASONS PLASTIC STRAWS SUCK



1 They harm marine wildlife & ecosystems



2 They expose us to unhealthy toxic chemicals



3 Used for minutes, here for centuries, piling up daily

3 WAYS TO STOP SUCKING PLASTIC



1 Skip the straw & sip your drink



2 Switch to reusable steel, glass or bamboo straws



3 Use paper straws instead*

#NoPlasticStraws

* Compostable or biodegradable plastics do not break down safely in ocean conditions



WWW.LESSPLASTIC.CO.UK



One Less Bag Challenge Week!

Compost More. Waste Less. Pledge

Reduce, reuse, recycle and save resources.



Take the pledge
and get a FREE
recycling kit.



MWW

PUT YOUR RECYCLING BIN TO WORK!



RECYCLING 1 TON OF PAPER SAVES:

20
TREES

7,000
GALLONS
OF WATER



60 POUNDS
OF POLLUTANTS

3 CUBIC YARDS
OF LANDFILL SPACE

AND, ENOUGH ENERGY TO
POWER THE AVERAGE HOME
FOR SIX MONTHS



ALUMINUM



Recycling 1 aluminum beverage
can save enough energy to run



A 14 watt CFL bulb
for 20 hours



A computer
for 3 hours



A TV
for 2 hours

Aluminum products other than cans can be recycled.
Other recyclable aluminum products include:



Siding



Gutters



Storm window
frames



Lawn
furniture



Foil



Aluminum
Packaging



There is no limit to the number of times
aluminum cans be recycled!

RECYCLE

PUT RECYCLABLES
IN THE RECYCLING BIN



glass



metal and cans



plastics #1 - 7



cardboard
and cartons



paper and
newspaper



TRASH

PUT NON-RECYCLABLES IN YOUR
TRASH OR COMPOST



film plastic (plastic wrap,
bags, bubble wrap, etc.)



yard clippings
(if not composting)



dirty diapers
or cat litter



foam



food (if not
composting)



ecomaine

For a comprehensive list, please visit www.ecomaine.org.
64 Blueberry Road, Portland 773-1738 info@ecomaine.org

"RECYCLING IS TOO HARD"



No Trash Lunch Week!

At some point this week, challenge yourself to eat a lunch that leaves no trash **AT ALL** behind.



The average student packing a "THROW AWAY" LUNCH
GENERATES 66 LBS. OF WASTE PER SCHOOL YEAR

that's over 20,000 lbs, per school per year!



Compost Week!

Start your own compost pile (or find a good place in the “woods”).



COMPOSTING BASICS

What you can compost and what you should pitch

Compostable

Non-Compostable

Non-Compostable

Why Compost?

1/3

of landfill space is filled with organic waste.

Composting is

**CHEAP
EASY
GOOD**

Estimated garden compost could divert

700 lbs

of waste per household per year from the landfill

Garden compost improves soil structure, texture, and aeration

Organic materials break down much faster when composted than they do in landfills, which lack sufficient oxygen for proper decomposition

Garden compost is a nutrient-rich natural soil amendment, eliminating the need for fertilizer in home gardens and potted plants



Meatless Monday (or Tuesday) Week!



TOP 5 BENEFITS OF GOING *Meatless* ON MONDAYS



1  **REDUCE YOUR RISK OF:** HEART DISEASE, OBESITY, CANCER, STROKE, DIABETES

SAVE **133 GALLONS** OF WATER **SAVE WATER** **2**

3 **SAVE ENERGY**  REDUCE YOUR CARBON FOOTPRINT BY **8 POUNDS** EACH MEATLESS MONDAY

REDUCE YOUR FAMILY'S GROCERY BUDGET BY GOING *Meatless* 1X A WEEK **SAVE \$** **4**

5  **SAVE LIVES** IF ALL AMERICANS PARTICIPATED IT WOULD PREVENT BILLIONS OF ANIMALS FROM BEING FACTORY FARMED

Eat Organic/Local Week!

Here's how **organic farming** can benefit our planet and wellbeing:

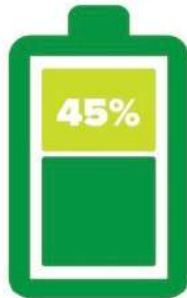


Fresh Air

Switching to the use of organic farming practices across the US could help **eliminate carbon dioxide** from the air equivalent to at least **a third of the cars** in our world.³

Energy Savings

Organic practices could help **reduce the energy** used in farming up to **45%**.⁴



Nature's Ally

In a world where nearly **40% of the farming land** is suffering significant degradation, organic farming can help **protect soils and conserve wildlife**.⁴

Sources:

1. www.kashi.com/natural-living/organic/kashi-and-the-nongmo-project
2. www.kashi.com/natural-living/organic
3. www.ota.com/organic/benefits/global.html
4. rodaleinstitute.org/our-work/farming-systems-trial/



EATING LOCAL

EATING LOCAL MEANS MORE FOR THE LOCAL ECONOMY

Supporting local businesses is essential to keep a community growing and thriving

Food Miles is a term used to encompass how much carbon was used to transport the product. This travel also involves a massive waste of packaging materials

LOCALLY GROWN PRODUCE IS FRESHER

Local produce has often been picked within 24 hours of being purchased

VARIETY

The small enterprise Farmer has the freedom to produce niche crops that wouldn't be viable in a supermarket

SEASONALITY

Eating locally encourages eating with the seasons, this is when produce and meats are at their most abundant and least expensive

TALK TO THE FARMER

Know your Farmer - Know your Food
Learn how to best use the produce directly from the grower

KNOW THE STORY OF YOUR FOOD

TASTE

Locally grown fruits and vegetables have longer to ripen

LESS EFFLUENT RUNOFF
LESS PESTICIDE USE
MORE GENETIC DIVERSITY

BuckyBox

Carpooling Week!

Ride to school with friends or take the bus.



CARPOOLING
You're doing it wrong.



Turn off the Lights Week!



**PLEASE SWITCH OFF THE
LIGHTS AND FANS BEFORE YOU
LEAVE.**



Turn Off Your Lights to help stop climate change

Turning off the light when you leave a room can do more than you'd think to help to fight climate change because...

- only 10% of the bulb's electricity is used to make light. The rest is just wasted energy.
- that wasted energy can heat your home and make you want to run the heat or air conditioner, which uses even more unnecessary energy
- the energy wasted from keeping your light bulbs on all day makes power plants work harder. Power plants working harder burns more fossil fuels
- the energy wasted from keeping your light bulbs on all day makes power plants work harder. Power plants working harder burns more fossil fuels
- power plants burning more fossil fuels because you left the lights on means more air pollution and climate change risks increasing

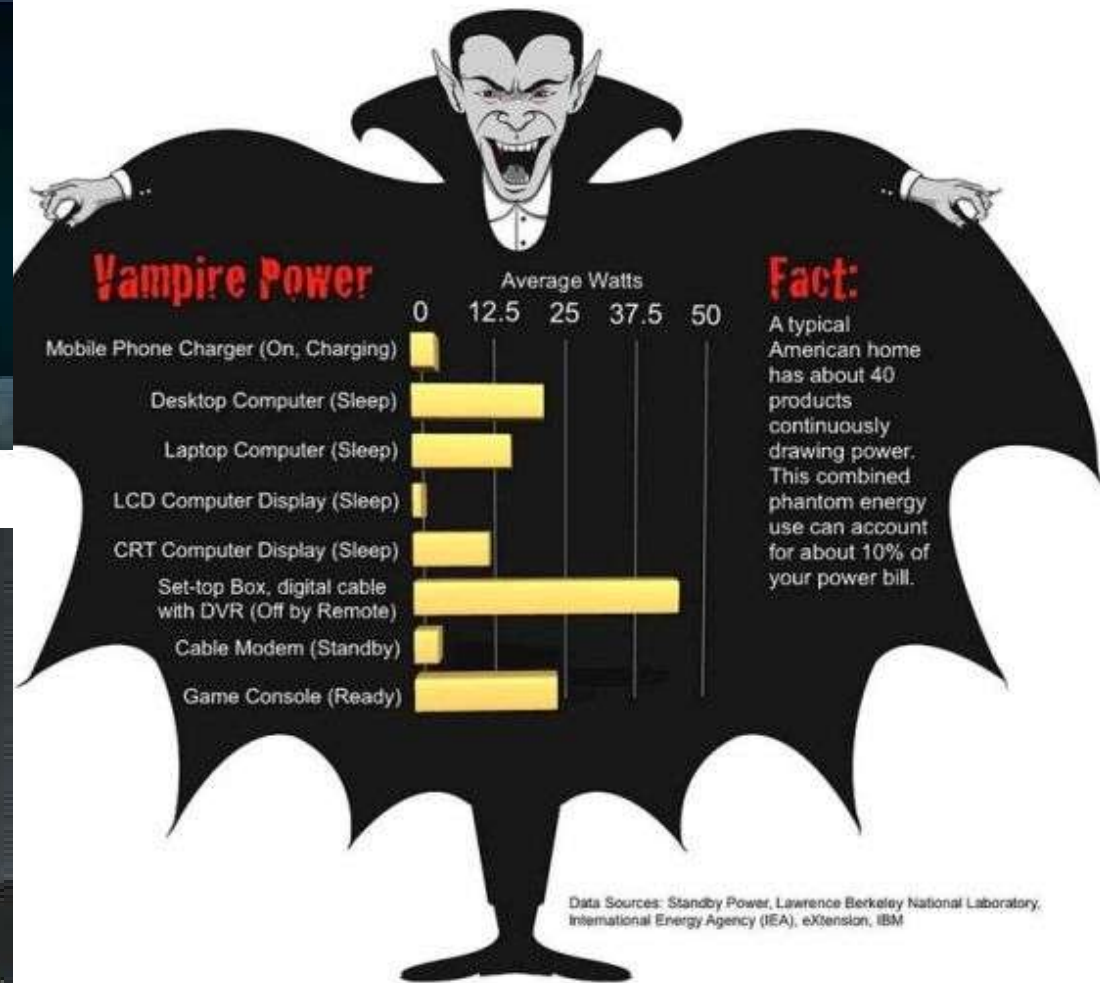
And that's why turning off your lights is one little thing you can do to help stop climate change

Presented by Pinoleville Pomo Nation EPA Department// www.ppnenvironmental.com

Eliminate Vampire Power Week!

TOP 5 ENERGY VAMPIRES

- 
1. Computer equipment
 2. TVs
 3. Surround sound systems
 4. Cable or satellite TV boxes
 5. Household items with a clock (e.g. microwave, DVD player, etc.)



Wish mom didnt

unplug mah xbox

Shorter Showers Week!

TIME SPENT → IN THE SHOWER

25%

DAYDREAMING

25%

**BUILDING UP COURAGE TO TURN
OFF WATER AND STEP INTO COLD AIR**

20%

**TURNING IN A CIRCLE TO MAINTAIN
EVEN HOT WATER DISTRIBUTION**

10%

**CATCHING WATER IN YOUR MOUTH
AND SPITTING IT OUT**

10%

**CONTEMPLATING THE HARDEST
DECISIONS IN LIFE**

7%

WASHING HAIR

3%

**WASHING OTHER
BODY PARTS**

**NOT SURE IF IN SHOWER
FOR 5 MINUTES
OR 30**

OR 30



Shorten your shower
one minute
and save **550**
gallons per year



Switch your
showerhead and save
2,900 gallons per year



Shower **Better**



epa.gov/watersense

Sustainable Gifts Week!



Gift an experience, make food, or hand make something. Or if you do buy something use sustainable wrapping.



Wrapping Christmas presents: beginning of the roll vs end of the roll



From Thanksgiving to New Years Day, household waste increases by more than **25%**.

Added food waste, shopping bags, packaging, wrapping paper, bows and ribbons all adds up to an additional **1 million tons** a week to our landfills.

In the US, annual trash from gift-wrap and shopping bags totals **4 million tons**.

Half

of the paper America consumes is used to wrap and decorate consumer products.

Week 14: 12/16-12/19

Sustainable Party Week!



Week 15: 1/6-1/10

Sustainable Clothing Week!



SUSTAINABILITY BECOMING NEW FOCUS FOR TEXTILE INDUSTRY



10.5

million tons of clothing ends up in landfills every year



5,000

gallons of water required to produce a cotton t-shirt and a pair of pants



11%

of global pesticide sales are for cotton plants

Join the world's smartest B2B marketplace today
<https://www.bizvibe.com/account/signup>

Presented by BizVibe

Week 16: 1/13-1/17

Sustainable Cleaning Supplies Week!



10 Most Common Toxic Chemicals in Products to Avoid

- Phthalates
- Paraben
- Lead
- BPA/BPS
- 1,4 Dioxane
- SLS
- PVC
- Triclosan
- Oxybenzone
- Diazolidinyl or Imidazolidinyl Urea



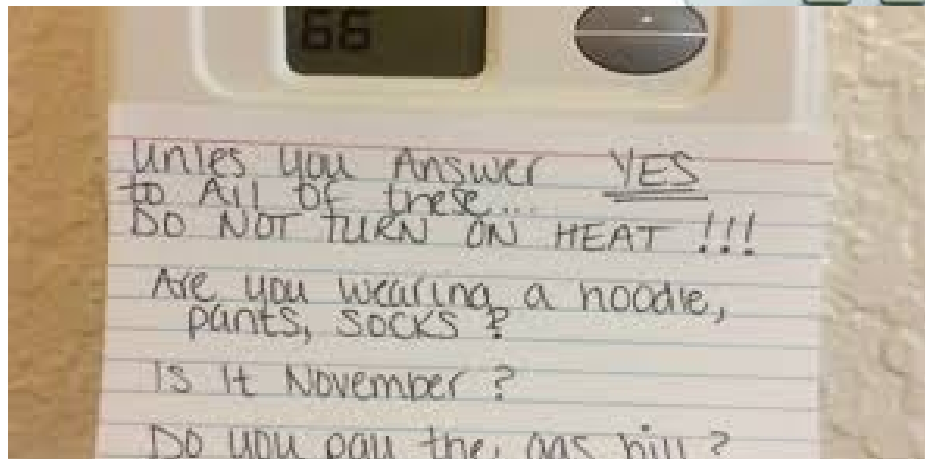
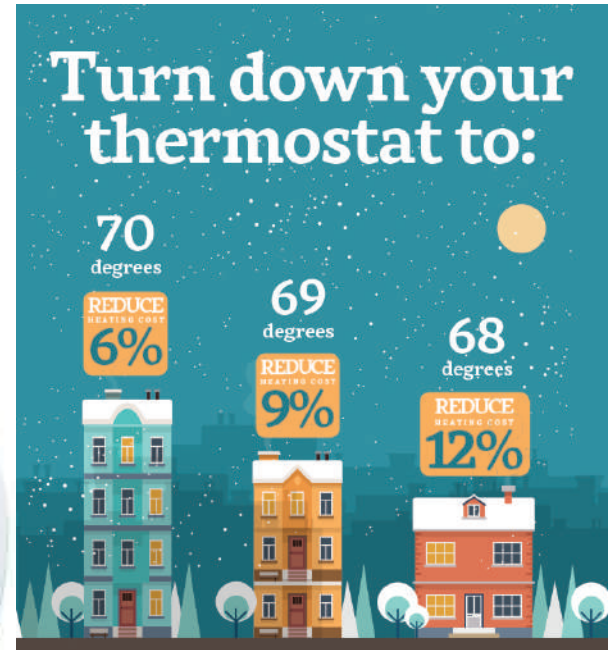
©ecookaren



cleanmamablog

Tame the Thermostat Week!

When your mom won't let you touch the thermostat



Week 18: 2/10-2/14

Sustainable Beauty Week!



TOP 10 HARMFUL INGREDIENTS TO AVOID *in Makeup and Skincare*

coconutsandkettlebells.com

INGREDIENTS THAT ARE KNOWN ENDOCRINE DISRUPTORS,
CARCINOGENS, AND LINKED TO BIRTH DEFECTS

- ✓ Parabens
- ✓ Artificial Fragrance/Parfum
- ✓ Sodium Lauryl Sulfate
- ✓ Toluene
- ✓ Phthalates
- ✓ Polyethylene Glycol (PEG)
- ✓ Formaldehyde
- ✓ Oxybenzone
- ✓ Diethanolamine
- ✓ Triclosan

WHEN WILL MY COSMETICS SHOW

WHAT THEY PUT INSIDEEEEE

Sustainable Forestry Certified Week!



The mark of
responsible forestry

FSC® C014912



Greywater Week!

What is greywater?



Clean Water

*Springs, wells,
purified water,
city water, rain water*



Greywater

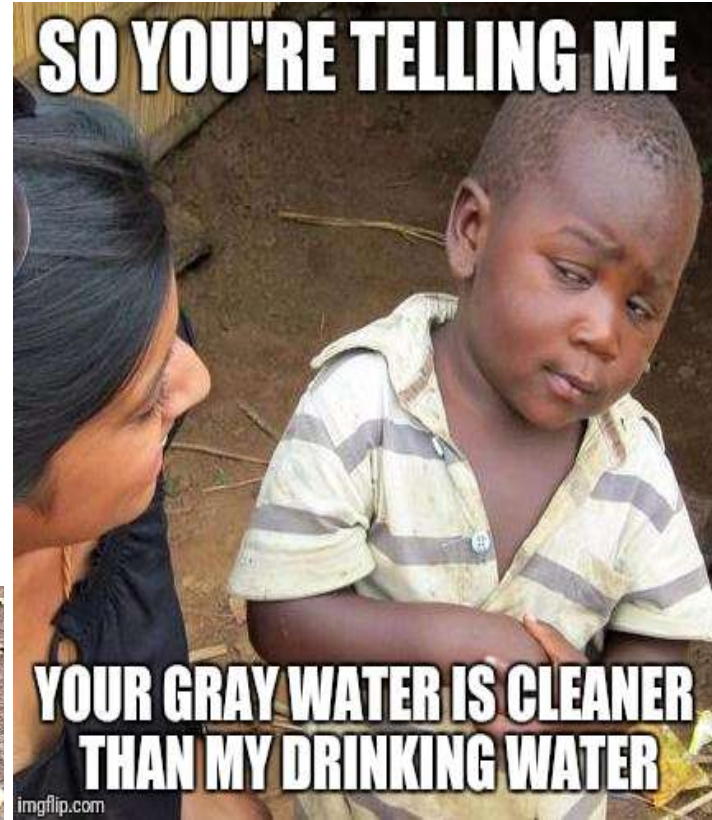
*Used water without
toxic chemicals
and/or excrement*



Blackwater

*Contaminated water
with toxic chemicals
and/or excrement*

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Native Plants Week!

Invasive



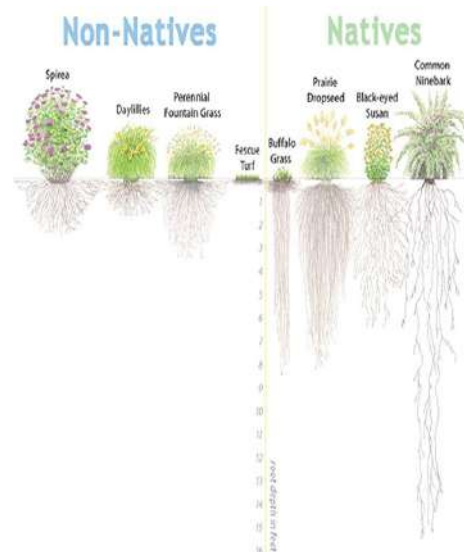
English Ivy



Elaeagnus



Japanese
Honeysuckle



Native



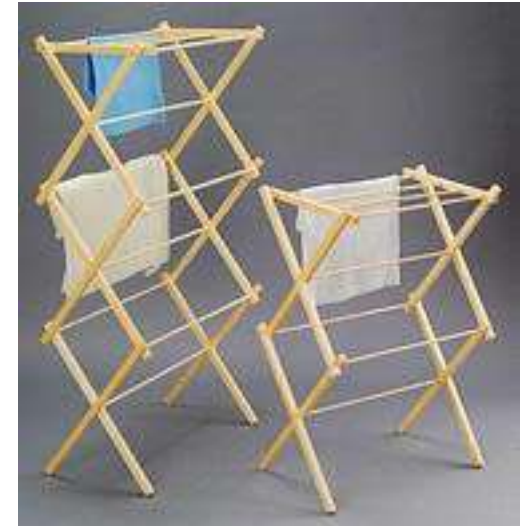
Dogwood Tree

Cardinal
Flower



Red Maple

Line Dry Your Clothing Week!

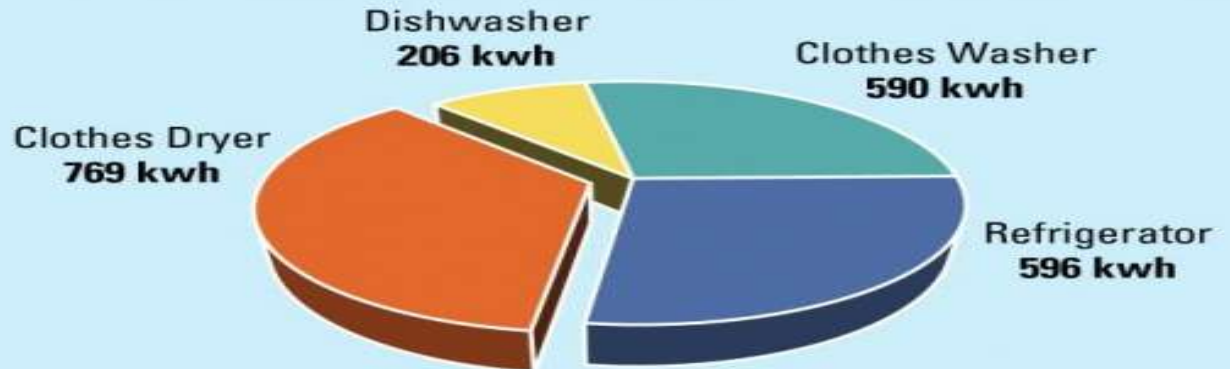


**A DAY WILL COME WHEN THOSE CLOTHES
DRY AND COME OFF THE WASHING LINE**



BUT TODAY IS NOT THAT DAY

ENERGY USE OF STANDARD HOUSEHOLD APPLIANCES



Energy used is based on unit energy consumption in kwh
(Source: U.S. EPA)

Open Windows Week!



Open your windows at night and turn off the AC to save energy!

#TuesdayTip

DLC
DUQUESNE LIGHT CO.



TIPS Reduce your electricity & save on your bill

OPEN YOUR WINDOWS

Open windows and doors during the spring and fall seasons. Cool breezes flowing through the screens will keep you comfortable.

LEARN MORE ENERGY SAVING TIPS



When you open your bedroom window in the summer to cool your room down



Week 24: 3/23-3/27

No Shopping Week!



Week 25: 3/30-4/3

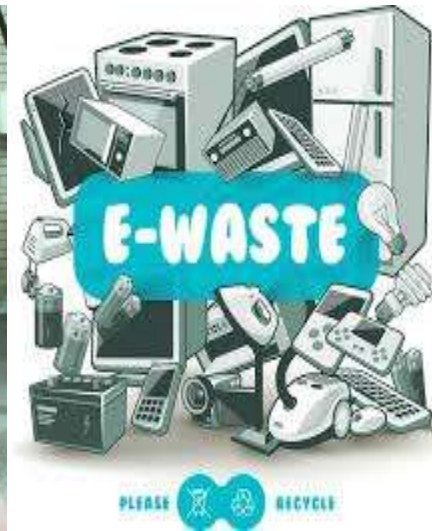
Coral Reef Safe Sunscreen Week!



Zero Waste Day Week!



E-Waste Week!



Nature Week!



6 Benefits of Exercising in Nature

1. Fresh air has more oxygen
2. Greenscapes raise serotonin level
3. Triggers primal regions of our brain and psyche
4. More sensory stimulation
5. Increases feelings of well-being and lowers depression
6. Sun exposure increases Vitamin D levels and helps optimize hormones



Trash Clean Up Week!

Recycled School Supplies Week!