

# Stanwich Student Earth Day Pledge

On April 22, 2008, my family and I pledge to...

- Walk, ride my bike, commit to carpooling and taking the bus.
- Leave no garbage at school after lunch by bringing reusable cloth napkins, utensils, bags, bottles and containers.
- Minimize the use of electricity for the entire day by forfeiting the use of computers and televisions. Play outside or play board games.
- When grocery shopping for that day, give thought to the types of foods we are buying. When possible choose non-processed, organically or locally produced foods ... and don't forget to put them in my "Stanwich is Going Green" bags.
- Live a "greener" life! See Tips for Green Living on the reverse side of this Pledge.
- Think about the environmental impact our lifestyle choices might have.



Signed: \_\_\_\_\_

*In celebration of Earth Day, special activities have been organized for each House.*



# Tips for Green Living

- Turn lights off when you don't need them.
- Recycle paper, cardboard, glass, plastic (# 1 and 2), cans, aluminum foil.
- Think of ways to reuse things instead of throwing them out:
  - plastic and aluminum deli containers (take them back to be refilled); glass jars (food storage, storing screws, nails, thumbtacks, etc.); zip-lock bags; large envelopes (stick labels over old address).
- Buy products that use the least packaging.
- Use your own shopping bags – conserve oil and trees!
- Keep plastic newspaper bags – delivery services will collect and reuse them.
- Return hangars to cleaners – they will reuse them.
- Use rechargeable batteries instead of disposable for toys, wireless mouse, flashlights, etc.
- When possible, take the train rather than drive.
- Set computer to enable sleep function after 5 minutes of inactivity
- Turn TV, computer, printer, stereo off when not in use. 40% of the electricity used to power home electronics is consumed while they are in standby mode. (Plug into power strip to make it easier.)
- Unplug chargers (phone, ipod, laptop, etc) when not in use.
- Change light bulbs to compact fluorescents (CFLs).
- Use recycled paper products, i.e., envelopes, toilet paper, tissues, paper towels.
- Set computer printer to double-sided printing to save paper.
- Switch to online bill payment and electronic banking.
- Stop junk mail ([www.greendimes.com](http://www.greendimes.com), [www.cataloguechoice.com](http://www.cataloguechoice.com), [www.DMAchoice.org](http://www.DMAchoice.org))
- Use old magazines or hand-decorated/stamped newsprint for wrapping paper.
- Make your own greeting cards from recycled paper.
- Use cloth, not paper napkins.
- Only run dishwasher and washing machine when you have a full load.
- Install a simple carbon water filter or a reverse-osmosis system to cut down on bottled water, and then ...
- Always use a refillable water bottle.
- Turn off water tap while brushing teeth and shaving.
- Set heat to 65 degrees (day), 60 (night) in winter and air conditioner to 78 (day), 75 (night) in summer.
- Use environmentally friendly cleaners. Minimize use of chlorine bleach. Use borax or baking soda instead.
- Try vinegar diluted in water for cleaning windows.
- Never throw out anything someone else might use. Give it to charity or have a yard sale.
- Keep car tires properly inflated – can save up to 7% of gas used!
- Buy locally or organically grown food when possible.
- Close fireplace dampers when not in use.

## And for the adventuresome ....

- Start a kitchen compost (see [www.compostguide.com](http://www.compostguide.com) for ideas).
- Consider aerators for faucets to decrease water usage.
- Have your local utility conduct an energy audit of your home.
- Consider a hybrid when shopping for a new car.
- Think about organic lawn and garden care. Information is available at Greenwich Audubon ([greenwich.audubon.org](http://greenwich.audubon.org)).
- Opt for environmentally friendly alternatives when redecorating/renovating.