

SUSTAINABLE GATEWAY

Green Scholar

Suggestions to Earn Green Points toward Green Graduation

1 point each for #1-30 below:

1. Use a cloth bag instead of plastic bags to carry home your groceries
2. Instead of bottled water, carry a reusable water bottle with you wherever you go
3. Use compact fluorescent bulbs and LED display lights instead of regular bulbs
4. Cut your paper consumption in half by printing on both sides of the paper
5. Unplug electronic devices as they may use electricity even when turned off.
6. Change your home air filter as recommended by the manufacturer
7. When washing clothes, use cold water for all rinse cycles instead of hot or warm to save energy. The U.S. Department of Energy estimates that 90% of the energy used for washing clothes goes to heating water
8. Mow your lawn high. Keep grass at about 3 to 3.5 inches long to foster deep, drought-resistant roots and to shade out unwanted weeds
9. Drive the speed limit or below because the faster you drive, the more gas you use
10. Buy reusable products. Try to avoid disposable products such as batteries, razors, food containers and paper cups
11. Donate + purchase at local charitable organizations such as Salvation Army and Goodwill stores
12. Set the thermostat on your water heater to 130 degrees F
13. Buy less stuff. Borrow CDs, books and DVDs from the library
14. Don't let water run when brushing teeth, washing face or shaving, up to 3% of global energy production goes to pumping and treating water for urban residences and industry.
15. Keep shades/curtains open in the winter and closed in the summer
16. Set your refrigerator to between 35 and 40 degrees F and your freezer to 0 and 5 degrees
17. Use a reusable mug at the coffee shop. Some stores give discounts for using your own mug
18. Monitor your car's tire pressure to boost mileage
19. Choose products that use less packaging or buy in bulk
20. Use recycled paper products such as toilet paper
21. Pack a waste-free lunch; no packaging to throw away when you're done
22. Use a displacement device in your toilet tank to reduce water.
23. Turn down your thermostat by 2 degrees.
24. Check door seals on your refrigerator and freezer by checking the resistance of the pull by using a dollar bill along the seal.
25. Clean out the lint filter of your dryer each time you use it.
26. Use a rake or broom instead of leaf blower
27. Use a push mower instead of using a conventional two-stroke lawn mower
28. Use baking soda for cleaning sinks, counters appliances + bathroom fixtures
29. Sanitize fruits/vegetables with 3 parts water to 1 part vinegar to make a spray and rinse
30. Your suggestion: _____

_____ Total = this section worth up to 30 points

Green Scholar Points Continued

5 points each for #1-21 below:

1. Install a clothesline and use it on a sunny day to reduce home energy by 5%
2. Clean dust, lint and dirt from refrigerator coils to increase efficiency
3. Insulate your water heater.
4. When choosing cleaning products use baking soda and white vinegar with reusable cloths and avoid paper towels or disposable wipes
5. Keep a plant! Plants act as natural air filters and absorb some pollutants in the air
6. Find out what the rules are for recycling in your area and comply
7. Shop for food locally at farmer's markets
8. Give up dry cleaning
9. Use less hot water by installing a low-flow shower head or take shorter showers
10. Bike, walk or take public transit or carpool whenever possible
11. Grow your own food with a fruit tree, vegetable, and herb garden
12. Use energy efficient crock pots, toaster ovens or microwave ovens, you will use approximately half the energy as a full size oven.
13. Purchase an energy efficient de-humidifier for the basement.
14. Mix used fat or grease together the nuts, seeds and raisins to create bird cakes (www.rspb.org.uk/feedthebirds).
15. Set-up a rain water collection system to be used for watering your plants and garden.
16. Reduce the use of disposable batteries by using rechargeable batteries whenever possible.
17. Insulate your attic with a minimum of 10" (thickness) of insulation.
18. Attend an Earth Day activity at Gateway Technical College or in your community.
19. Purchase and install a programmable thermostat
20. Calculate your carbon footprint use: www.carbonneutral.com/pages/businesscalc.asp
21. Your suggestion: _____

_____ Total = this section worth up to 105 points

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Green Scholar Points Continued

10 Points each for #1-10 below:

1. Install a tankless water heater
2. Install a new energy efficient furnace
3. Purchase an energy efficient refrigerator
4. Purchase an energy efficient water softener
5. Purchase an energy and water efficient washer and dryer set
6. Set up a compost pile (save up to 2/3 of the average garbage contacts by composting)
7. Set up a "browns" compost (consisting of bits of cardboard, scrunched-up paper, dried leaves, prunings from the garden)
8. Install dual-flush toilets to reduce water intake
9. Install a solar water heater, it uses 85% less energy
10. Receive 10 points for donating 10 hours of volunteer work. Please list (example Earth Day, Denim Drive): _____

_____ Total = this section worth up to 100 points

25 points for #1 below:

1. Install an energy efficient devise such as wind turbine, Geothermal or solar heating panel

_____ Total = this section worth up to 25 points

Please contact Sue Walther, walters@gtc.edu or 262-564-3612 – if you have any questions

