

Green at Work



Somers Energy Advisory Panel

www.somersny.com



Simple Steps to Green Your Office

Power Down: Be sure to turn off lights, computers and other electronics when you are done for the day. Be sure to do an annual energy audit. Many utilities around the country offer them for free. If your office rents its space, encourage your landlord to do the audit and require it as a condition in your next lease negotiation.

Switch your office paper use to 100% recycled: Did you know that the average US worker uses 12,000 sheets of paper per year? Paper accounts for roughly 40% of all municipal solid waste in the United States. Whether you work in an office or telecommute from home, chances are you use a lot of paper. Go paperless!

Remove Toxins from the workplace: Switching to Green Cleaning products is a great start.

Invest in reusable plates, cups, and utensils: Ask people in your office to bring in some items from home. Or, check out a yard sale on the weekend to find second hand items for office use.

Make sure your office recycles paper, aluminum, glass, and plastic: If your building does not already offer the service, look for an independent recycling firm that can come and pick up your office recyclables on a weekly or biweekly basis. If this isn't an option in your area, work with individuals in your office to encourage people to take their recyclables home with them to put in their own residential curbside recycling.

Switch office light bulbs to compact fluorescent bulbs: While the initial investment may cost more than conventional bulbs, CFLs last longer-- so over time your office will save money and save energy. Turn off lights & electronics when not in use.

Encourage use of green transportation to and from work: Offer incentives to encourage people to take public transportation, walk, bike, or car pool.

Buy green gifts: Whether you are buying a special gift for a client or a present for an office baby shower, make sure you buy green or [Fair Trade](#) items. Shop locally to show that you care about your customers; your co-workers; people and the planet. Support Local businesses.

Contact us: green@somersny.com

Green for Life



Somers Energy Advisory Panel

www.somersny.com



At Home

Plant new trees and preserve healthy trees: Trees are environmental prodigies: they filter harmful pollutants, reduce flooding, storm water runoff, and soil erosion; absorb air pollutants, they help cool during the summer and insulate against cold winter winds. What a resource!

Whatever you want to plant--a tree, a shrub, a flower--choose a native plant: it will be more likely to thrive in your yard and you will be less likely to have to apply fertilizers, pesticides, or large amounts of water.

Yards and fertilizers: Test your soil so that you know exactly what it needs. Avoid the waste and pollution of one-size-fits-all lawn treatments and use phosphorus-free products only.

Develop healthy lawn habits. Set the mowing height to 3", keep the mower blade clean and sharp and leave short clippings on the lawn to fertilize the grass (long or wet clippings can mat and damage grass).

Dispose of household cleaners, paints, finishes, etc. Many of these substances are considered hazardous waste and should be disposed of through the county's hazardous waste collection programs. Do not dump them down house or street drains! For more, go to www.westchestergov.com/recycling.



Green Disposal

Recycle! Plastics 1 & 2, Glass and Metal Food & Beverage Containers and Paper/Cardboard. Recycling these items is now mandatory in Westchester County. For more, go to www.westchestergov.com/recycling. You can also consult your garbage hauler.

"Pre - cycling" - By buying in bulk or purchasing concentrated detergents, etc. , we reduce the enormous volume of waste packaging.

Composting - For all you gardeners, it goes far beyond grass clippings and autumn leaves. For more, go to www.composting101.com.

Re-Use --An example is a reusable canvas tote. It avoids those plastic grocery bags which, when thrown out, will clog your landfill for a thousand years before decomposing.

Proper 'E-Waste' Disposal - Electronic devices take special handling. The toxic heavy metals in them can leach out of a landfill and contaminate drinking water. Consult the County or your hauler for details.

The less we simply discard and the more we conserve our dwindling resources, the better off we are, given the large savings achieved in energy, air pollution, money and land.



Eat Local

It's easy: We are surrounded by farmers, markets and stores that offer a variety of seasonal produce that make it so easy for us to source food and eat local.

Personal farmer: What's better than knowing the farmer who grows your food. Strike up a relationship with your farmer and volunteer to help on the farm.

Grow the local economy: A dollar spent locally generates twice as much income for the local economy. Support your local community's economy.

Budget friendly: Your backyard is as local as you can get - start a vegetable garden. Kids who grow their own vegetables tend to eat more vegetables.

Healthier for Everyone: Eating fresher, locally grown food that has often been picked within 24 hours of your purchase contributes less greenhouse gas emissions to the climate and is healthier for everyone!



On the Road

Speed Costs: Jackrabbit starts and fast driving significantly reduce fuel economy and increase pollution. Anticipate stops and maximize coasting for greatest fuel economy

Plan Trips: Avoid rush hour driving if possible: stop and go driving increases fuel consumption.

Take a Load Off: Empty your cargo storage area. An extra 100 pounds can reduce fuel efficiency by up to 1%.

Maintain your Vehicle: Proper maintenance including oil and filter changes and emission control system maintenance will lead to the maximum in fuel economy. Improperly inflated tires increase friction and reduce fuel economy.

Cool Naturally: Vent or window cooling should be used prior to turning on the A/C, which decreases fuel economy.