

Environmental Health and Safety

July 2015



Reduce

Did You Know...

1,600 pounds of greenhouse gasses can be saved by carpooling twice a week.

There are 46,000 pieces of plastic in each square mile of the ocean.

Switching to a reusable water bottle can keep 2,580 balloons of CO₂ out of the air each year.

The U.S. consumes about 1,500 water bottles per second.

The petroleum used to produce 14 plastic bags can drive a car one mile.

The average U.S. family uses 1,500 plastic bags a year.

At Clark College, 258,726 water bottles have been saved using water bottle filling stations.



The average American generates about 4.3lbs of waste each day. By reducing our waste, we can help lessen our environmental impact. Using reusable bags, buying products with little to no packaging, driving less, and shopping locally are all ways that we can reduce our waste on a daily basis.

While there are many different ways to cut back on waste, it can be difficult if you take on too much at one time. You don't have to become a green machine overnight. Instead, try picking just one thing to help reduce your environmental impact. This can be as easy as carpooling, biking, or taking the bus to work. Each little step that you take can add up to make a greater impact. Once you've become comfortable with your one thing, try adding another to your daily life.

One Things

Not sure what to pick for your 'one thing'?
Consider these ideas to get you started.

Reusable bags

Take your own bags shopping or skip them altogether.

Reusable water bottles

Using your own bottle cuts down on plastic.

Drive Less

Carpool, bike, walk, or take the bus to work.

Buy Local

Shop at local businesses including farmer's markets.

Use Towels

Save paper by using reusable towels instead.

Hang clothes to dry

Save energy by hang drying clothes.

It's Easy!

Reducing your waste can sound like a daunting task, but in reality can be easy and even save you money.

Reusable bags are readily available at most stores and are generally inexpensive. Some stores will even give you a discount for bringing your own bags.

Water bottles come in many materials such as BPA free plastic, metal, and glass. You could even use a mason jar.

Shop at stores that sell locally made items and produce. This creates less off-put, can be safer, and often tastes better as well. As well as being sustainable, local prices on seasonal produce can often be cheaper.



Resources:

[Plastic Bag Facts](#)

[Seasonal Food Guide](#)

[Plastic Bottle Facts](#)

[Burgerville Seasonal Menu](#)

[Buy Vancouver USA](#)

[1 Thing](#)

[Why Buy Local](#)

[Local Food Bulletin](#)

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**Sustainable is Attainable:
Promote Green Education and Practices**