

Weekly Greening

Committed to
Going Greener
Week-by-Week
in Campus Life

Daily Tips
Contact Halley if you would like to receive weekly one-a-day tips on going green in 2010

Happening in DC

Skip the Bag, Save the River

As you probably know by now, businesses in the District of Columbia that sell food or alcohol are required to charge you **five cents** for every disposable paper or plastic bag you use. This includes take-out and delivery eating establishments. Remember to always have a reusable bag with you. Weekly Greening recommends chicobag.com since their bags are made from recycled material, have wide handles, and bunch up nicely into a small ball with a carabiner for easy transport.



Eco-Friendly in the Office

New Semester

1. Turn off lights when leaving your office
2. Buy a fancy Sigg water bottle and refill it at one of the new water coolers
3. Print double-sided
4. Email instead of print when able
5. Carpool at least 4 times each month
6. Recycle all plastic and glass bottles
7. Reuse one-sided paper in the fax machine

Focus On: Free Reusable Bags

Giant

January 1-7, all Giant locations in the District will bag every purchase inside free reusable bags. It doesn't matter how much or how little you buy, all items will be bagged.

Harris Teeter

All month long Harris Teeter will give one free reusable bag every time a customer uses their VIC card and spends \$20 or more.

Eco-Friendly in the Home

New Year

1. Buy a reusable bag for your shopping
2. Stop buying bottled water
3. Cancel catalogs and magazines that you no longer wish to receive
4. Wash your clothes in cold water
5. Completely fill your dishwasher before running
6. Lower the refrigerator temperature; it should be set between 38 and 42 degrees (F)
7. Turn down the heat by a degree or so

8. Reduce your shower time by two minutes
9. Donate old clothes (are you really going to wear that again?)
10. Check your car's tire pressure



Good Eats

Nuts, Berries, and Seeds...Oh My!

If you're looking for a healthy snack for the office, try mixing and matching some of the following ingredients for a customized trail mix.

By purchasing each ingredient separately and combining yourself, you're in control of the amount of salt and sugar. Plus, you save money!

Sunflower Seeds

- Raisins
- Walnuts
- Almonds
- Cashews
- Pecans
- Brazil Nuts

Macadamia Nuts

