



The Weekly Green

Committed to Going Greener Week by Week

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Eco-Friendly in the Office:

How to Use Less Paper at Work

Just switching your annual order of 100 tons of copy paper to a paper with 50% recycled content could save 173 tons of wood, 100,000 pounds of greenhouse gases, hundreds of pounds of toxic air and water pollutants, and more than 50,000 pounds of solid waste.

The average American consumes more than 700 pounds of paper a year, according to *The State of the Paper Industry*, a 2007 report about a coalition of environmental groups. Among the report's findings: The paper industry is the fourth-largest contributor to greenhouse gas emissions among manufacturers and paper accounts for one-third of landfill waste. Reducing paper consumption just 10% – the rough equivalent of getting your office to buy paper with more recycled content – would be like taking 280,000 cars off the road.



"I've finally achieved a paperless office."

Quick Tips on Saving Paper

- Before hitting "Print," ask yourself if printing is absolutely necessary
- Shred used office paper for packaging
- Use dish towels instead of paper towels
- Buy recycled paper-even 30% is better than none
- Print (and copy) on both sides

Courtesy of the Daily Green website,
www.thedailygreen.com

Eco-Friendly in the Home:

Goat Cheese and Arugula Sandwiches



SERVINGS: 4 **TOTAL TIME:** 15

PREPARATION

1. In a bowl, combine peppers, garlic, vinegar and oil; toss to combine. Season with salt and pepper.

INGREDIENTS

4 roasted red bell peppers, sliced into strips

1 garlic clove, minced

1 tablespoon balsamic vinegar

1 teaspoon olive oil

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 French baguette, 16 to 20 inches long

3 tablespoons black olive paste

4 ounces goat cheese, soft

1 1/2 cups arugula leaves

2. Slice baguette in half lengthwise. Spread one half with olive paste and the other half with goat cheese. Layer pepper mixture and arugula over olive paste. Top with remaining baguette. Cut across into serving pieces. (The sandwiches will keep, wrapped in plastic wrap, in a cooler with a cold pack for up to 8 hours.)

Courtesy of the Daily Green website,
www.thedailygreen.com

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

- Margaret Mead

Weekly Tasks

- Think about the amount of paper your office uses and see what can be emailed instead of printed
- Ensure all capable printers are set to automatically print documents as double-sided
- Evaluate your office's ordering procedures; begin to make the switch over to recycled paper

Helpful Website of the Week

www.thedailygreen.com

Check out the "How Green are You?" quiz

Eco-Certification Trainings

- Thursday, October 16th at 10am (location TBD)
- Tuesday, October 21st at 2pm (location TBD)

Please contact Halley at x3308 or hofner@american to RSVP