



# The Weekly Green

Committed to Going Greener Week by Week in Campus Life

Volume 1, Issue 5

November 4, 2008

## Eco-Friendly in the Office:

### The Cons of Bottled Water

1. Plastic bottles are made from petroleum. This means that the oil must be extracted and then shipped to a plant before processing can even begin.
2. Many bottles simply end up in the trash, instead of recycling bins (others just aren't as eco-friendly as the AU OCL staff).
3. The water is pumped from sources far from where it is actually sold, creating lots of pollution from the transportation vessels both within the United States and from abroad.
4. The water is rarely monitored as closely as tap water. Tap water in the US, when provided by a municipal system, is the safest and most highly monitored supply of water in the world.



Courtesy of the Daily Green website,  
[www.thedailygreen.com](http://www.thedailygreen.com)

"When you plant a tree, never plant only one. Plant three: one for shade, one for fruit, one for beauty."  
- African Proverb

### Weekly Tasks

- Reuse a glass bottle (I am a fan of my Nantucket Nectar bottle-in use since August '08) for the frequent trips to the water cooler
- Stop (or at least cut back on) the use of disposable cups for water and coffee. Bringing your own mug can lead to conversation starters by the cooler.

## Eco-Friendly in the Home:

### Conserving Water

1. **Take shorter showers.** I know we all want the extra 5 minutes of wake-up time, but do we really need it?
2. **Check for leaks.** Water leaks can occur around your toilet, among pipes, or sinks- double check to ensure that no water is escaping!
3. **Keep toilet tanks full.** By adding a full bottle of water or two to your tank, you can save up to 10 gallons of water each day. The bottles displace water, causing less water to be needed in filling up after use.
4. **Store drinking water.** Instead of running water at the tap, waiting for it to change to a colder temperature, keep chilled
5. **Fill machines to capacity.** Make sure that your dishwasher and washing machine are filled to maximum capacity before running.
6. **Washing by hand.** Turn the water off when scrubbing pots and pans instead of letting the water run.



water in the fridge at all times. This can be in the form of a recycled glass bottle or a filter.

Courtesy of the Water-Use it Wisely website,  
[www.wateruseitwisely.com](http://www.wateruseitwisely.com)

### Helpful Website of the Week

<http://www.wateruseitwisely.com>

### Eco-Certification Training

More dates coming soon!