OCCC Green Tips

Bring Your Own Coffee

Most coffee cups are not made from recycled materials, and Americans were estimated to have used over 23 billion coffee cups in 2010.

For more information about the importance of reusing coffee cups, check out: http://www.aladdin-pmi.com/events/view/id/2
http://www.examiner.com/article/saving-money-on-coffee-part-1-brewing-at-home

Recycle 'Tin' Cans

Recycle soup and tuna cans. "Tin" cans (like those used for tuna and soup) are actually 99% steel. Americans throw away enough steel every year to build all the new cars made in America. You can easily rinse out your cans and recycle them.

Buy and Eat Local

Buy local and sustainably grown food. The average carrot has to travel 1,838 miles to get to your dinner table. Local farmer's markets are a great choice to help the environment and your body.

http://www.okgrown.com/markets/

Reduce Your Water Usage

Take shorter showers and turn off the water when you are brushing your teeth. You use 3.8 gallons of water for every minute that you are in the shower, 6 gallons per flush of your toilet, and 5 gallons for every minute you have the sink running. Check out your H20 footprint at:

http://www.h2oconserve.org/wc.php

OCCC Green Tips

Use a Reusable Water Bottle

Drink from a reusable water bottle. Bottled water uses 17 billion barrels of oil every year (enough to fuel 100 million cars for a year) and takes 3 times more water to make than it provides to the consumer. For more, check out:

http://www.onlineeducation.net/bottled_water

Managing Your Computer's Energy Use is Easy

OCCC Facilities Management encourages all members of the OCCC community to maximize the energy efficiency of their computers using exciting new software available free for download. Personal and office computers account for a significant portion of OCCC's energy consumption/budget. Granola software can make your PC 15-35% more efficient, not only helping reduce your computer's impact on the environment, but also extending its life. Additional information is available at http://www.cosn.org/Initiatives/

Rethink Recycling in Classrooms and Offices

Better recycling must begin at the bin, where sorting reduces contamination and landfill waste. Here are some ways you can make lasting improvements in campus recycling:

- Begin a conversation in your unit about recycling in coordination with the Facilities Management staff.
- Learn the facts of recycling at http://recyclingfacts.org/
- Look at where your nearest recycling bins are placed. Can you co-locate paper and bottle/can recycling bins with trash cans? Most OCCC departments could potentially increase recycling and reduce custodial costs by removing excess trash cans and centralizing sorting.
- Consider ways to foster a culture of recycling among your peers and other general building users like students or the public.

Learn more about RecycleMania at www.recyclemaniacs.org

OCCC Green Tips

Use Reusable Containers

Place reusable containers someplace they'll be handy (a bag, car trunk, car) when you're at a restaurant, and use your own container for any leftovers. This will help reduce food and packaging waste, and will make for good leftovers!

Tune Your Car Up

Tune your car up and inflate the tires. A 2% more efficient car could reduce your footprint 1% or more!

Summer a Great Time to Save Energy

With summer approaching, many employees will be out of the office, classrooms and labs for extended periods of time. This is a good time to practice extra energy conservation. OCCC Facilities Management thanks everyone at OCCC for past and current energy conservation efforts and encourages employees to follow a few simple actions to help OCCC further its goals toward energy reduction. Look around and turn off or shut down anything that will not be needed for immediate use. Consider turning off lighting if the space will not be occupied for more than 30 minutes. Lighting, in particular, produces a double savings of electricity when it is turned off, because less heat is added to the workspace and therefore less cooling is required. Additionally, turn off computers, displays, printers, copier machines, lab instruments and other equipment at the end of each day. All of these activities help tremendously. Did you know that leaving a computer on overnight costs the college 25 cents? Multiply that by 4,000 desktops on campus and the cost is $1,000 per day.

OCCC Facilities Management is consistently working on positive campus sustainability goals. We encourage the OCCC community to provide input on energy-saving suggestions.

OCCC Green Tips

Reduce Your Transportation Footprint

Reduce your carbon footprint! Leaving your car at home twice a week can cut greenhouse gas emissions by 1,600 pounds per year. Save up errands and shopping trips so you need to drive fewer times. If you commute to work, ask if you can work from home at least some days, and you'll reduce air pollution and traffic congestion and save money. Reduce greenhouse gases on the road.

eCycle it!

eCycle it! Take your old computer, DVD player, or other electronics to an electronics recycling center. Reusing and recycling materials like copper, gold, and others saves natural resources and reduces mining and processing. eCycling also helps avoid land, air, and water pollution by capturing and reusing hazardous substances such as lead or chromium. Find eCycling centers near you.
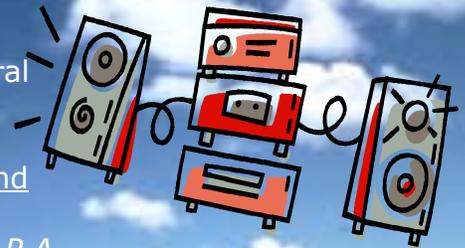
Source: U.S. E.P.A.

Make Your Home an Energy Star!

When you do home maintenance, also do a home energy audit to find out how you can save money by making your home more energy efficiency. And if every American home replaced just one conventional light bulb with a compact fluorescent light bulb, we would save enough energy to light more than 3 million homes a year. Find more energy savings.

Source: U.S. E.P.A.

Get Efficient With Your Office Equipment

Office equipment and electronics use energy even when idle or on stand-by. To save energy and reduce greenhouse gas emissions at work, always activate the power management features on your computer and monitor, unplug laptop power cords when not in use and turn off equipment and lights at the end of the day. Consider using a power strip that can be turned off when you're done using your computers, printers, wireless routers and other electronics.

Source: U.S. E.P.A.

OCCC Green Tips

Reduce, Reuse, Recycle!

Recycle office paper, newspapers, beverage containers, electronic equipment and batteries. Reducing, reusing, and recycling in your office helps conserve energy, and reduces pollution and greenhouse gas emissions. You can reduce, reuse and recycle at the office by using two-sided printing and copying; buying supplies made with recycled content; and recycling used printer cartridges. For your old electronics, investigate leasing programs or donate used equipment to schools or other organizations.

Buy Fewer Pens, Use Less Plastic

Rather than buying new pens each time that yours run out of ink, buy ink refills for your pens. This reduces the amount of waste and decreases the amount of oil needed to create a new plastic pen.

Get Involved On Campus

College students can play an important role in reducing greenhouse gas emissions at OCCC by reducing their emissions from energy they use at home and in their daily activities. Students can also work with school administrators to: increase energy efficiency on campus, reduce their school's greenhouse gas emissions by using green power, create a campus climate action plan, or develop an inventory, of their school's greenhouse gas emissions.

When Was The Last Time You Fixed A Leak?

When was the last time you fixed a leak? An American home can waste, on average, more than 10,000 gallons of water every year due to running toilets, dripping faucets, and other household leaks. Nationwide, more than 1 trillion gallons of water leak from U.S. homes each year. That's why WaterSense is promoting Fix a Leak Week in March each year, to remind Americans to check their plumbing fixtures and irrigation systems for leaks. http://www.epa.gov/watersense/

OCCC Green Tips

Buy in Bulk

Buy large containers of products rather than small individually packaged ones. You can divide a large container of yogurt into small reusable containers and a large bag or box of cookies, chips, or crackers can be put into smaller reusable bags. Cut back on the packaging and cut back on your spending.

Recycle Your Old Cell Phone

Recycle your old cell phone. Each year an estimated 100 million cell phones are shoved to the side due to damage or upgrades. Rather than letting yours go to waste, recycle it with a company that gives the proceeds to charity. You can help the environment and those in need!

Naturally Clean

Try using natural cleaners around your house or apartment rather than harsh ones made from many chemicals. Check out http://www.oregonmetro.gov/index.cfm/go/by.web/id=3714 for some ideas on how to make cleaners for different household needs.

Bring Your Own Bag

Bring your own bag to the market or the grocery store, or if you have just a few items, then carrying them in your hands rather than in a bag. The EPA estimates that between 500 billion and a trillion plastic bags are consumed every year and that many of these bags end up as litter. Once they are in the environment, the bags leak toxins into the ground and take hundreds of years to breakdown. Reusable grocery bags can be purchased at many retailers. For more information, check out; http://news.nationalgeographic.com/news/2003/09/0902_030902_plasticbags.html

OCCC Green Tips

Ride the Bus

As the weather starts to get colder, take the OKC Metro to the campus, the rec, or your group meeting rather than driving or having a friend drop you off. You can check out Oklahoma City Metro's schedule at: http://www.gometro.org/
Although you may think it is just a short trip, 0.916 pounds of CO2 and 20.9 grams of carbon monoxide are emitted for every mile driven. Think about how quickly that adds up! For more information about car emissions, check out that EPA's website: http://www.epa.gov/oms/

Bundle Up and Turn Down the Thermostat

Consider putting a few extra layers on and bundling up in a blanket rather than turning up your heat. Turning your heat down 10-15 degrees while you are not home for about 8 hours each day can save 5-15% on your energy bill. Think about how much you can help your wallet and the environment by putting on another sweater.
http://www.energysavers.gov/your_home/
space_heating_cooling/index.cfm/mytopic=12720

Consolidate Your Laundry

Wait to wash a load of laundry until you have a completely full load. Each time you run the washing machine, you use between 20 and 40 gallons of water. Combine loads with your roommate, housemate, or friend and start conserving water today! For more information about water conservation, check out: http://environment.nationalgeographic.com/
environment/freshwater/water-conservation-tips/

Use Fewer Paper Towels

Use dish towels rather than paper towels. The average person uses 2,400 to 3,000 paper towels at work or school every year, and every day over 3,000 tons of paper towel waste is produced. For more information about paper towel waste and more environmentally friendly options, check out:
https://www.peopletowels.com/aboutpt/BountifulEcoBenefits

OCCC Green Tips

Recycle Your Used Ink Cartridges

Recycle your old ink cartridges. It takes approximately 1,000 years for an ink cartridge to be recycled, and each year over 300 million ink cartridges are thrown away. Recycle your ink cartridges. For more information about resources for recycling ink cartridges, check out: http://www.benefits-of-recycling.com/recyclinginkcartridges.html

Print Double Sided

Print your assignments and papers double-sided. This can be done on OCCC computers by choosing the duplex option under printing preferences and on your own computer by printing the odd pages first, reinserting those into the printer, and then printing the even pages. Printing on both sides of the paper saves paper, ink, and money. Good for you, and great for the environment!
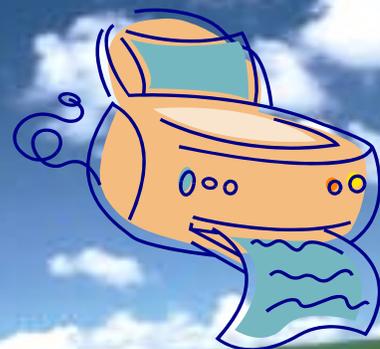
Turn Off Your Computer

Turn off your computer if you are not going to use it for 2 hours. According to the Department of Energy, if you do not use it for this amount of time, the amount of energy you save by turning it off will be greater than the amount of energy needed to turn it back on again. Also, unplug your appliances and chargers when not in use and save up to 10% on your energy bills.
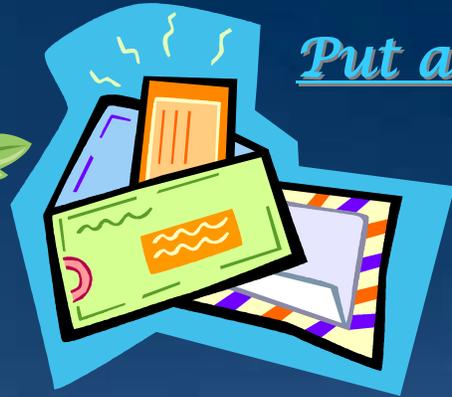
Pay Your Bills Online

Pay your bills online. This saves paper, stamps, and reduces the emissions from delivering mail. On average, each American saves 6.6 pounds of paper by switching from paper to electronic bills. Make the switch today and start saving money and paper!

OCCC Green Tips

Put an End to Getting Junk Mail

Stop the junk mail that you receive. Visit https://www.catalogchoice.org/ or other websites to take yourself off of junk mailing lists. Reduce the junk mail, reduce the paper, and reduce the waste.

Reduce Your Food Waste and Compost

Use the garbage disposal sparingly and compost more often. In 2010, only 2.8% of food waste was composted despite the many benefits from this process. For more information on composting and its benefits, see:
http://www.epa.gov/wastes/conserve/composting/

"Achieving sustainable development is perhaps one of the most difficult and one of the most pressing goals we face. It requires on the part of all of us commitment, action, partnerships and, sometimes, sacrifices of our traditional life patterns and personal interests".
~ Mostafa Tolba, Chairman of the Commission on Sustainable Development