

More Ideas!

What You Can Do for the Environment

- Save energy by moving to more efficient lighting. Change the 5 lights that you use most frequently to CFL bulbs.
- Turn off lights when you leave a room.
- Unplug TVs, computers, and IPOD chargers-they draw "phantom" load power.
- Take shorter showers and install a water efficient shower head.
- Buy local products.
- Ask your parents to buy items with less packaging or to buy items in bulk. Overpackaged foods and other products waste paper and plastic.
- Don't use styrofoam cups. Styrofoam is not biodegradable. Instead, buy recyclable and compostable paper cups. Or, better yet, drink from reusable cups and mugs.
- Tell family and friends that energy efficiency is good for their homes.
- Use public transportation and carpool as much as possible.
- Walk or bicycle.
- Encourage your community to save energy by illuminating public spaces with Light Emitting Diodes (LEDs).

The Steinbrenner Institute for Environmental Education & Research seeks to change the way the world thinks and acts about the environment.



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Environmentally -Friendly Living

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Green Building

Green building is a “Whole-Systems” approach for designing and constructing buildings that conserve energy, water, and material resources and are healthier, safer, and more comfortable.

Green building includes:

- Using sun and wind to the building’s advantage for natural heating, cooling, and daylighting
- Landscaping with native plants and using water efficiently
- Building quality, durable structures
- Insulating well and ventilating appropriately
- Incorporating salvaged, recycled, and sustainably harvested materials
- Maintaining healthy indoor air quality with appropriate building techniques and materials
- Using energy-efficient and water-saving appliances & fixtures
- Reducing and recycling construction waste

Adapted from Contra Costa County Green Building Program <http://www.co.contra-costa.ca.us/depart/cd/recycle/greenbuilding.html>.

Alternative Fuels

For Transportation and Electricity Generation

Alternative fuels are fuels that aren’t made from petroleum. These fuels include:

- * Alcohols-ethanol and methanol.
- * Compressed natural gas (CNG) - natural gas under high pressure.
- * Hydrogen
- * Liquefied natural gas (LNG) - natural gas that is very, very cold.
- * Liquefied petroleum gas (LPG) (also called propane).
- * Biodiesel, made from plant oil or animal fat.

Conventional fuels including oil, and coal release harmful greenhouse gases into the atmosphere and contribute to global climate change. There is a limited supply of these fuels on earth and so we must find alternative fuel sources for when these fuel sources have been depleted.

Scientists are also exploring the opportunities in **renewable energy**, which is replenishable and whose sources include wind power, solar power, and tidal power. Another important approach to the limited supply of conventional fuels is to reduce our demand, which would require us to change our behavior-for instance, driving less and using public transportation more often.

Visit <http://www.energyquest.ca.gov/transportation/index.html> for more information.

Pollution Prevention

Pollution affects our air, land and water. Individuals can help fight pollution by making environmentally aware decisions about everyday things like shopping and caring for the lawn.

Some Tips for Preventing Pollution:

Use fertilizers sparingly and sweep up driveways, sidewalks, and gutters.

Never dump anything down storm drains or in streams.

Compost your yard waste.

Consider starting a rain garden.

Ask your parents to take your car to the car wash instead of washing it in the driveway.

Pick up after your pet.

Reuse bags, containers, and other items.

Choose recyclable products and containers and recycle them.

Educate others on source reduction and

Visit the Environmental Protection Agency’s website for more of these tips <http://www.epa.gov/p2week/>.

