

Green Scholar

Suggestions to Earn Green Points toward Green Graduation

Completion of each task (below section) will earn you 1 point

1. Do not buy bottled water. Instead, carry a reusable water bottle with you wherever you go.
2. Replace at least 5 incandescent light bulbs with LED or CFL bulbs in your home.
3. Purchase a power strip and plug all your countertop appliances into it. Then turn the power strip off when nothing is in use, as appliances often use power even when turned “off”.
4. Clean out your closet and donate the clothes you have not worn in over a year to a local thrift shop. Clean out other rooms in your house and donate other unused items as well. Check thrift shops for items you need before you buy new ones.
5. Use a reusable mug at coffee shops. Some stores give discounts for using your own mug.
6. Monitor your car’s tire pressure to boost your car’s fuel efficiency.
7. When shopping, chose products that use less packaging, and buy in bulk when possible.
8. Use paper products that have up to 100% recycled content, such as toilet paper.
9. Pack a waste-free lunch by using reusable containers or packing things that do not require packages (like apples!).
10. Turn down your thermostat by 2 degrees in the winter, and up by 2 degrees in the summer.
11. Check the door seals on your refrigerator and freezer by closing a dollar bill in the door. If the dollar stays put, the seal is good, but if it slips the seal is bad.
12. Clean out the lint filter of your dryer each time you use it.
13. Use a rake or broom instead of a leaf blower.
14. Use baking soda and vinegar for cleaning your kitchen and bathroom.
15. Sanitize fruits and vegetables with a mixture of 3 parts water to 1 part vinegar in a spray bottle.
16. Your suggestion:

Completion of each task (below section) will earn you 5 points

1. Clean dust, lint and dirt from refrigerator coils to increase efficiency.
2. Find out the recycling rules and drop-off locations in your area, and recycle everything you can. The free iRecycle app will help find recycling locations in your area.
3. Use less water by installing a low-flow shower head, and or reduce your shower time by at least 2 minutes.
4. Bike, walk or take public transit or carpool whenever possible.
5. Grow your own food with a fruit tree, vegetable, or herb garden.
6. Incorporate one locally produced item into your meals every day for a week.
7. Use energy efficient crock pots, toaster ovens and microwave ovens, which use half the energy of a full size oven.
8. Mix used fat or grease together with nuts, seeds and raisins to create bird cakes (www.rspb.org.uk/feedthebirds).
9. Set up a rain water collection system so you can water your plants and garden with rain water.
10. Attend an Earth Day activity at Gateway Technical College or in your community.
11. Calculate your carbon footprint: www.carbonneutral.com/pages/businesscalc.asp

12. Check www.goodguide.com and find the types of personal care products you use. Find a more sustainable alternative and try it for at least one item (i.e. shampoo, toothpaste, etc.).
13. Your suggestion:

Completion of each task (below section) will earn you 10 points

1. Install a tankless water heater
 2. Install an energy efficient furnace
 3. Purchase an energy efficient refrigerator
 4. Purchase an energy efficient water softener
 5. Purchase an energy and water efficient washer and dryer set
 6. Install dual-flush toilets to reduce water intake
 7. Install a solar water heater
- OR
8. If you are not a homeowner, or cannot do the above at this time, research the benefits of replacing one of the items (1-7 above) and do a cost-benefit analysis.
- OR
9. Interview a person or business who has installed one of the items (1-7 above) and find out the lifestyle and economic impacts it has had. Write a short review of your findings.
 10. Set up a compost pile. Compost typically makes up 24% of our garbage.
 11. Set up a “browns” compost, which consists of bits of cardboard, scrunched-up paper, dried leaves, and prunings from the garden.
 12. Evaluate your recycling bin after one week. Determine what is making up the majority of your recycling, and make a plan to reduce your consumption of that thing over the next week. Reevaluate your recycling bin the following week to determine how you did. For example, if you notice your recycling bin is full of yogurt containers, plan to buy yogurt in bulk to eliminate most of that packaging. Remember, reduce comes before recycle.
 13. Locate and join a local CSA (community supported agriculture). If there are none in your area, consider purchasing a share to donate to a charity near the CSA. If you are unable to join a CSA, write a paragraph about why CSAs are important.
 14. Donate 10 hours of volunteer work. Please list here (i.e. Earth Day):

Completion of each task (below section) will earn you 25 points

1. Install an energy efficient devise such as a wind turbine, geothermal system, or solar panel.
2. Read a book about sustainability, and write a short book review which will go on the blog for the Center for Sustainable Living. There is a wide selection of books at the library in the Center for Sustainable Living. Contact Kallie, CSL Manager, at (262-564-2196) or chittendenk@gtc.edu to view the list of books in the library.
3. Set up a meeting through email with Larry Paruszkiewicz (paruszkiewicz1@gtc.edu), the campus facility director, to discuss green campus initiatives. Mention you are in the “green scholar” program, so he knows what the meeting is about. Write a paragraph about an initiative.
4. Work to start a sustainable campus initiative through your club.