



SUSTAINABLE

focus

Thank you for supporting our Conservation Commitment

3 Easy Ways to Save Energy Without the Extra Effort

- **Don't pre-rinse before loading your dishwasher.** Using a dishwasher is almost always more efficient than washing your dishes by hand. But you can save even more energy and water by skipping the pre-rinse.
- **Hang dry your clothes as often as you can.** According to the U.S. Energy Information Administration, electric clothes dryers account for 5% of all residential electricity use nationwide. That's massive amounts of energy for a task that does itself, given enough time and air.
- **Turn off the ice maker in your fridge.** According to tests by the National Institute of Standards and Technology, if your fridge has a built-in ice maker, it causes your fridge to use 12 to 20 percent more energy. Ice cube trays do the same job using no extra energy.

Green it Yourself. Homemade Puppy Treats

Makes 48 treats. Stores for 1 month in fridge and 5 months in freezer.



Ingredients and Supplies. 1 cup Pumpkin puree, 1/3 cup peanut butter, 2 eggs, 2 cups whole wheat flour, 1/2 tsp cinnamon (NO nutmeg, can be toxic to some dogs), 1 dog treat cookie cutter, baking sheet, large bowl, rolling pin

Directions. Combine pumpkin, eggs, peanut butter in large bowl. Mix thoroughly. Add in flour, and cinnamon, stir until combined. Roll dough on floured surface to 1/4 inch thick. Cut out treats with cookie cutter and place on baking sheet. Bake at 350 degrees for 20-40 minutes or until crunchy. Let cool and treat your puppy!

Tips for a Sustainable Spring Break Trip

- **Fly.** If you're traveling by yourself, it's actually much more eco-friendly to fly.
- **Use electronic ticketing.** You can get a ticket online and save paper by not printing your ticket.
- **Take your refillable water bottles/travel mugs along.** Many airports have free water dispensers, which saves you money and doesn't waste plastic bottles.
- **Walk, bike, or use public transportation.** This cuts down on gas usage and saves you money.

Climate Change

Humans have played a big role in the changes to the earth's climate, and scientists predict catastrophic problems if climate change goes unchecked. The United States is the second-largest contributor to carbon dioxide in the world, but accounts for only 4.4% of the global population.

What Can We Do?

Invest in energy-efficient appliances. Since they were first implemented nationally in 1987, efficiency standards for dozens of appliances and products have kept 2.3 billion tons of carbon dioxide out of the air. That's about the same amount as the annual carbon pollution of 440 million cars.

Reduce water waste. Saving water reduces carbon pollution. The EPA estimates that if just one out of every 100 American homes were retrofitted with water-efficient fixtures, about 100 million kilowatt-hours of electricity per year would be saved—avoiding 80,000 tons of global warming pollution.

Maintain your ride. A simple tune-up can boost your car's miles per gallon anywhere from 4% to 40%, and a new air filter can get you a 10% boost.

Eat the food you buy—and make less of it meat. Ten percent of U.S. energy use goes into growing, processing, packaging, and shipping food, while about 40% of that food just winds up in the landfill. Livestock products are among the most resource-intensive to produce, so eating meat free can make a big difference.

Questions? Contact: Jeffrey.Paris@gcccd.edu
Districtwide Facilities: 619-644-7975