

## NEWH Green Tip

May-10 items you didn't know you could recycle

2014 Sunshine Chapter



Before you throw away that favorite toy that your son/daughter out grew, think twice. There are many people and websites dedicated to making this earth a greener place.

1. [DMPGREEN.com](http://DMPGREEN.com) accepts plastic toys of all types for recycling.
2. [RECYCLEYOURMAT.COM](http://RECYCLEYOURMAT.COM) will recycle your old yoga mats.

3. [REBOUNCES.COM/RECYCLE](http://REBOUNCES.COM/RECYCLE) will restore old tennis balls after they lose their bounce.

4. [RECYCLEPLACE.COM](http://RECYCLEPLACE.COM) PAYS \$1 each for ink cartridges and will recycle them.

5. Your local LIONS CLUB will recycle eyeglasses and give them to people in need.

6. [BESTBUY.COM/RECYCLING](http://BESTBUY.COM/RECYCLING) will recycle three small electronic items per day.

7. [LAMBAWARDS.COM](http://LAMBAWARDS.COM) will break down your trophies and remake them into new ones.

8. [SOULSFORSOULS.ORG](http://SOULSFORSOULS.ORG) sends old but wearable tennis shoes to runners in developing countries.

9. [BERKLEY RECYCLNG](http://BERKLEY RECYCLNG) will recycle fishing line if you mail it to them at: 1900 18<sup>th</sup> St. Spirit Lake, IA 51360

10. [CAPSCONDO.COM](http://CAPSCONDO.COM) accepts clean bottle caps, plastic jar caps, and snap on lids and turns them into funnels and other items.

*Blog.greenamerica.org*

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# NEWH Green Tip

April-The Farmer's Market

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As spring approaches, people want to be outdoors and start thinking about eating healthier and exercising more. Here are a few benefits of visiting a local Farmer's Market:

1. YOU CAN TRY NEW FRUITS AND VEGETABLES-have you ever tasted gooseberry or rhubarb? Many farmers offer lesser-known varieties that can be tasty and nutritious.

2. FARMERS OFTEN HAVE GOOD RECOMMENDATIONS ON WAYS TO PREPARE THEIR PRODUCTS.

3. FRESHLY PICKED RIPE FOOD IS AT ITS PEAK IN FLAVOR AND NUTRITION-fresh fruits and vegetables are full of antioxidants and phytonutrients.

3. MARKETS CAN BE AN IMPORTANT ANCHOR FOR VIBRANT COMMUNITIES-meet locals, learn about foods grown in the area and catch up with friends and neighbors. Supporting the local farmers market supports the community.

4. IT'S A GREAT WAY TO GET KIDS INVOLVED-let them try pick out something new to make at home. Check out the local music, arts, and vendors.

Keep an eye out this spring for the seasonal fruits and vegetables of: apples, strawberries, mushrooms, broccoli and asparagus!



[www.blogs.usda.gov](http://www.blogs.usda.gov)

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# NEWH Green Tip

## February-Green clothing buying guide

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The first step in greening up your wardrobe is to think about what your clothes are made of. You can reduce your carbon footprint by shopping for clothes that use plant friendly fibers.

**Organic cotton** is grown without pesticides or fertilizers and its production releases fewer chemicals into the air.

**Bamboo and hemp** require much less water to grow and are a renewable resource. They can be found in textiles from sheer and silky to warm and

durable.

New **man-made materials** are improving. Fleece is being made from recycled plastic bottles and shoes out of recycled rubber.

Experts estimate 70% of the energy your clothes require in their lifetime is from washing and drying. "Unplug" by following these tips:

**Wash your clothes only when necessary.**

**Air dry your clothes when you can.**

**Buy energy efficient appliances.**

And finally, when you've outgrown your clothes, don't throw them in the trash. According to the EPA 4% of solid waste in landfills comes from clothing and textiles. The clothing then rots and releases methane gas into the atmosphere. So, **if your clothes are in still in good condition**, sell them at a consignment shop, yard sale or donate to a charity. And, **if your clothes are worn out**, think about how you could recycle them. For example, old t-shirts make excellent dust cloths, and old jeans could be cut up and used to make a rug

[www.overstock.com/guides](http://www.overstock.com/guides)

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# NEWH Green Tip

January-Green your workout

2014 Sunshine Chapter



It's that special time (the start of the new year) when so many of us vow to get in shape and commit to a workout routine. But did you know that your daily workout is another lifestyle area where you can make earth-friendly changes? There are countless eco-savvy ways to get in your daily dose of physical fitness. Here are some of our favorite tips for energizing your exercise with a green boost:

1. **Take it outside whenever you can.** Instead of increasing your energy consumption via home and gym exercise machines, take advantage of hiking and

biking trails in your area. One big advantage to the great outdoors - it's 100% free and always interesting!

2. **Looking for some new workout clothing or gear?** Organic cotton and bamboo threads are a great place to start for sweat-friendly green fabrics. For eco-conscious equipment choices, check the web or a local sporting goods shop for great deals on secondhand bikes and weights.
3. **Recycle your cross-trainers.** After putting in all of that extra mileage, your new shoes are bound to lose their bounce. Instead of tossing them, give your shoes new life with [Nike's Reuse-A-Shoe program](#). Worn out shoes are used to build new tracks, basketball and tennis courts. New life for old shoes!
4. **Just say no to one-time use plastic water bottles.** It's time to commit to using refillable water bottles for workouts and everyday hydration. Using a refillable bottle means less waste in landfills and more money in your wallet.

[www.earthshare.com](http://www.earthshare.com)

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## Beautiful landscape in an environmentally friendly way



### Green Gardening

According to the U.S. Fish and Wildlife Service, American homeowners lay out more cash to maintain their lawns than the average farmer spends on each acre of crop.

What's more, the average homeowner uses up to 10 times more chemical pesticides per acre than the farmer.

Pesticide residues are transported through the air and surface water runoff, and reach natural wetlands and streams that are several miles away. Gardening organically, without using chemical-based pesticides, reduces this negative impact on the water table.

The number of oxygen-depleted dead zones caused by water runoff in the world's oceans has increased from 149 to 200 in the past two years, threatening fish stocks.

For example the "dead zone" in the northern Gulf, at the end of the Mississippi River system, is one of the largest areas of oxygen-depleted coastal waters in the world. Low oxygen, or hypoxia, can be caused by pollution from fertilizer, soil erosion and discharge from sewage treatment plants, according to the U.S. Geological Survey.

The pollution is carried downstream by the Mississippi and comes from throughout the U.S.

During the summer months you don't need to fertilize at all; due to the regular rain it just runs off anyway; you waste money and pollute the waterways.



## Are Gas Prices killing you? Well reThink Your Commute

Americans spend 20% or more of our total income on transportation. Based on the national average of a 30 mile commute, American's spend almost \$90 per week or approx. \$360 per month commuting to work.

In the Central Florida area the Florida Department of Transportation has a free program available to anyone that can help you **reThink** how you commute, showing you opportunities to save you a lot of money, and help the environment in the process.

**reThink** can help you investigate many options including, carpooling, vanpooling, riding the bus or train, biking, walking, telecommuting, or flex work schedules. There is lots of valuable resources including a ride matching program that will help you find a carpooling partner.

Dina Belon the Chapter past president has taken part with **reThink** and is carpooling now. Here is her story: Dina lives in Titusville about 52 miles from where she works at The Peabody Orlando, well above the average in the U.S. Dina found a carpool buddy who works at Disney and lives near her, and their schedules are similar. Dina drives 525 total miles per week which is a commuting cost of \$310. She and her carpool buddy now share a ride at least 3 times a week, saving Dina \$130 per week in commuting costs, which is \$520 per month.

Now, not everyone drives 105 miles round trip every day, but even if you are driving the national average of 30 miles round trip you could be saving up to \$90 per week, which adds up quickly.

### HOW TO GET STARTED

Call reThink at 1-866-610-RIDE(7433) or go on the website to do more research or start your search for a carpool buddy. Website address: <http://www.rethinkyourcommute.com/>

**With Summer around the corner... its time to think about energy efficiency; your electric bill will appreciate it.**



## **Check your equipment**

- An estimated 15% to 30% of a home's total heating and cooling energy is lost through poorly sealed duct-work, costing consumers about \$5 billion dollars annually. Ask your utility provider to conduct an inspection of your home.
- Cleaning a dirty air filter, wrapping your hot water heater in an insulation blanket, properly insulating your walls and windows, and caulking and weather stripping can save a total of 5,000 pounds of carbon dioxide a year
- An Energy Star programmable thermostat in your home can save nearly 20% on your energy bill. Check out the EPA Energy Star website for guidance on programmable thermostats.  
[http://www.energystar.gov/index.cfm?c=thermostats.pr\\_thermostats](http://www.energystar.gov/index.cfm?c=thermostats.pr_thermostats)

## **Reduce energy for lighting**

- Replacing incandescent light bulbs with compact florescent or LED lights can reduce your energy bill from lighting by 75%. Based on the average electrical rate in Florida, the amount of energy saved would reduce household electrical bills by a combined total of \$37.8 million

**It's Spring Time... time for get spring cleaning. Here are a few tips to make your efforts more environmentally friendly.**



**Happy Earth Day – April 22<sup>nd</sup>, 2013 celebrate by volunteering your time for a good cause.**

### **Protect yourself and our natural waterways from harmful chemicals**

- Swap out your harmful cleaners with all household items. Many products can be cleaned with lemon juice, baking soda or vinegar.
- Avoid cleaners containing phosphates. When this substance gets into rivers & lakes, it creates algae blooms.
- Minimize use of bleach. Chlorine creates harmful toxic compounds in waste water.

### **Minimize packaging**

- Try to buy concentrates of your cleaning products. This allows you to just add water to your spray bottle. Minimizing plastic packaging.

### **Indoor Air Quality**

- If you must use a harsh chemical. Keeping windows open to keep toxins from building up in your home.



**It's Spring Time... time for getting outdoors and gardening. Here are a few tips to make your efforts more environmentally friendly.**



## **Green Gardening Facts**

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## **Alternative Landscape**

Lawn mowers use 800 million gallons of gasoline each year. An hour's use of a conventional lawn mower pollutes as much as driving a car 100 miles. Try a manual powered lawn mower or an electric mower to reduce the pollutants your lawn is responsible for.

## **Watering Lawns**

A typical lawn gets 2x more water than it needs to remain healthy. Watering our lawns in the U.S. uses 8,000,000,000 gallons of water each day.

Run off from lawns adds 20% of water pollution, creating dead zones in our waterways.

## **Plant Trees**

Trees help reduce greenhouse gases in the atmosphere by absorbing and storing carbon dioxide. The Intergovernmental Panel on Climate Change estimates that 100 billion metric tons of carbon over the next 50 years could be sequestered through forest preservation, tree planting and improved agricultural management