

OMF W.I.S.E ~ First Friday Fun Facts

Six Resolutions to a Green 2009

Sure, some of these aren't as exciting as resolving to trade your car in for a new Schwinn and a decade's worth of bus passes, but, often, great change is accomplished through small steps.

"I will be smarter than bottled water companies and drink for free what they are trying to sell me."

It takes 26 bottles of water to produce the plastic container for a one-liter bottle of water, and doing so pollutes another 25 liters of groundwater! Don't leave a trail of plastic water bottles in your wake - drink tap water!



"I will stop allowing unwanted catalogs to choke my mailbox."

Each year, 19 billion catalogs are mailed to American consumers. All those catalogs require more than 53 million trees and 56 billion gallons of wastewater to produce -- and many of us don't even know how we got on so many mailing lists! Visit CatalogChoice.org to put a stop to unwanted catalogs.

"If I can remember to TiVo 'Dancing with the Stars,' I can remember to bring my own bags to the grocery store."

12 million barrels of oil were used to make the 88.5 billion plastic bags consumed in the United States last year. And it takes four times more energy to make paper bags. Most end up in landfills or choking the sea. Keep a few reusable shopping bags in your car so they'll be handy on your next shopping trip.

"I will resist my desire to acquire useless stuff I don't wear or need."

Packaging, waste, and pollution are created to make the little-used items that fill our garages and attics. Now is a great time to clean out and stop collecting stuff.



"I will take a day off from road rage and take mass transit, bike, walk or car-pool one day a week."

Public transportation use saves 1.4 billion gallons of gasoline each year, and can reduce household expenses by \$6,200. Plus you'll get a day off from road rage.

"I will lead by example, because the best way to affect change is to let others see me doing it."

This WISE factsheet is brought to you by the OMF "W.I.S.E Guys & Gals":
Workplace Innovators for a Sustainable Earth, OMF's
Sustainability Team. Watch for new tips every first Friday of the month!