

Green Tips from White Sands' Green Committee

Where Do I Recycle?

Reminder: White Sands provides a way to donate/recycle/discard these unwanted items:

Eyeglasses and hearing aids:

Resident Business Office
(one floor below mailboxes)

Batteries:

Resident Business Office

Corks:

Resident Business Office

Electronics:

E-waste bin by the parking gate

Ken King, Vice Chair
Green Committee

Advancing the Circular Economy

When you buy recycled fashion instead of new, you are making a choice for sustainability. Used items have already been produced—raw materials were extracted, water was used, greenhouse gases were emitted—the carbon footprint has been created. We can't undo what's already manufactured, but we can make sure those clothing items aren't unnecessarily wasted.

Carol Studebaker
Green Committee

Add More Bedding

Brisk air (60 to 67 degrees) helps lower your body's core temperature, which has been shown to help you fall asleep faster. So, instead of raising the thermostat at night, dress your bed with an additional flat sheet, comforter or blanket made from natural breathable textiles, such as cotton, linen or wool.

Carol Studebaker
Green Committee

Flushing Wet Wipes

Just because you CAN flush, doesn't mean you SHOULD flush. Wastewater treatment officials across the country are begging people to stop flushing wet wipes, even if manufacturers say it's safe. Even wipes labeled "flushable" can lead to toilet and pipe blockages, from cleaning wipes, baby wipes, makeup wipes or wet towelettes.

Carol Studebaker, Chair
Green Committee

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GO GLASS

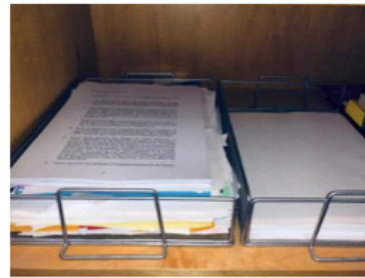
Shopping for peanut butter, mayo, ketchup or even bottled water, your choice is most often packaged in either plastic or glass.

Since only 9% of plastic is recycled, choosing glass is less likely to cause pollution. So, the next time you're shopping, GO GLASS!

Bob Kriegel, Green Committee

Recycling Paper

I have two baskets near my printer - one for unused clean printer paper and the other for used on one-sided printed paper. Feed the used printed paper through your printer (check printer guidelines), and presto - you have extra printer paper or note paper. Before printing, fan and loosen the paper and check that edges aren't frayed or creased.



Carol Studebaker, Chair
Green Committee

Our Diet Affects The Environment

Sometimes we jump to extremes, it's either vegan or paleo. But since 75% of dietary emissions come from meat or dairy, you can get big impact from a very small change. A 2021 study in the journal "Nature Food" found that substituting just 10 percent of the average American's daily caloric intake from meat to plants (or even seafood) slashed carbon emissions by about one-third!

Ken King, Vice-Chair
Green Committee

Eating Green

The secret to eating green is knowing where your food comes from and how it gets to your plate. Minimally processed, responsibly-grown choices are healthier for the environment and you.

Check out the 1971 trailblazing book: by Frances M. Lappe
Diet For a Small Planet
50th anniversary re-released

Carol Studebaker, Chair
Green Committee

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This Year Send a **Valen-Pine**



To celebrate your love and love for the Planet, recognize someone special by giving the gift of a tree for Valentine's Day.

Give the Gift of Trees
From The Nature Conservancy

Carol Studebaker
Green Committee

Conserving Water, Electricity and Gas

While we residents don't pay utilities directly, the money White Sands pays is reflected in our monthly fees.

Help mother earth! The monthly cost for these utilities has risen dramatically recently, so let's help by reducing our consumption where we can.

Ken King, Vice Chair
Green Committee



Wash Laundry in Cold or Warm Water

Making the switch from hot to warm on your washing machine can cut a load of laundry's energy use in half.

And since hot water can degrade fabrics over time, cold or warm water is almost always better for your clothes, anyway.

Carol Studebaker
Green Committee

Chemicals in Our Clothing

There are 8000 synthetic chemicals that are used in the apparel industry manufacturing process, from material acquisition to the finished product.

When adding to your wardrobe, seek materials, fabrics and dyes that are considered natural (cotton, wool, silk, leather) rather than *synthetic materials*. Check for third-party certification standards such as the Oeko-Tex Standard 100, Global Organic Textile Standard (GOTS), the EU Ecolabel or the bluesign® certification.

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Let's Use What We Have!!

We have more products on planet Earth than we'll ever need. When you can, choose previously-owned items over new.

Choosing vintage doesn't mean compromising on style. That's true for furniture. It's true for fashion. It's true for cars.

Carol Studebaker
Green Committee

Why Recycle Old Electronics?

Please remember to discard old electronics in the E-Waste bin on P-1 by the gate. Why?

A new study from researchers in China and the Netherlands estimates that reusing or recycling rare earth metals from old cellphones, hard drives, electric motors and turbines could meet as much as 40 percent of the demand for the metals in the United States, China and Europe by 2050.

Ken King, Vice Chair
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