

ARCHS' Tool Kit: Promoting Green Living in Urban Settings



Area Resources for Community and Human Services' (ARCHS) St. Louis Area Communities Against Toxics Community Partnership (SLACAT) was funded by an U.S. EPA demonstration grant in 2007 to help promote green-focused lifestyles in a targeted area of St. Louis City.

The following tool kit was developed to assist in the demonstration grant's implementation.

Tool Kit Materials:

- Overview
- Neighborhood Forum Agenda and Pledge Form
- Neighborhood Forum Feedback Form
- Detox Your Domicile Feedback Form
- Business Outreach Script
- Business Outreach Initial Visit
- Business Outreach Follow Up Visit
- Business Poster (from U.S. EPA)
- Flier to Parents
- Make Your Own Bookmarks
- Make Your Own Cleaners
- Cleaning Green
- Tips on Going Green for Businesses
- Tips on Going Green for Child Care Centers
- Tips on Going Green for Restaurants
- Tips on Going Green for Car Repair Centers

This information is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership. For more information refer to www.stlarchs.org.

ARCHS' St. Louis Area for Communities Against Toxics

(SLACAT) Community Partnership was an U.S. EPA funded demonstration project comprised of community stakeholders committed to solving problems with toxins in their own neighborhoods.

ARCHS' SLACAT activities were designed to capitalize on existing community partnerships and activities that promote environmental stewardship and personal responsibility in a targeted urban setting in St. Louis. ARCHS' SLACAT addressed environmental and health concerns in communities that are disproportionately affected by environmental toxins due to their close proximity to landfills, hazardous waste facilities, failing sewer systems, brown fields, illegal dumping and littering.

School Education & Outreach: SLACAT partners provided hands on educational experiences to children in SLACAT's target areas, the goal being to instill environmental responsibility at an early age.

Neighborhood Forums: Were designed to dialogue with residents on neighborhood environmental issues and to increase communication, ownership and involvement in problem solving actions.

Go Green Business Blitz: ARCHS engaged more than 40 area businesses with a focus on promoting ways to go green in urban business settings. Restaurants, auto repair shops and other businesses were targeted.

Detox Your Domicile Training: This events stimulated community action and educated the community about the connection between personal behaviors and consumer choices and how these behaviors and choices affect indoor air quality and water quality.

Tox-Away Days: Two events were held that were designed to promote community voluntary action and give residents an opportunity to safely and conveniently dispose of household hazardous waste in their own community. More than 7 tons of items were collected.

This information is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership through funding by the U.S. Environmental Protection Agency (EPA).

www.stlarchs.org



NEIGHBORHOOD FORUM SAMPLE AGENDA

LOCATION

DATE



10 a.m.

**Welcome by:
Community or Govt. Leader**

**Introduction of Moderator & Table Representatives:
Community Leader**

10:15 – 11:00

**Panel presentations:
Local Environmental Experts
Local Community Leaders**

11:00 – 11:30

**Solicitation and prioritization of residents' concerns;
Discussion moderated by Environmental Expert**

11:30 – 12:15

**Residents circulate among organization tables
with refreshments & place dots on flip charts to
prioritize their top 3 of stated issues**

12:15 – 12:30

**Identify top 3 neighborhood issues based on flip
chart dot activity**

12:30

***Post Program Feedback Form*
Complete "Going Green" Pledge**

**Promote any local events being planned around "Going
Green" topics.**



This toolkit template is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership through funding by the U.S. Environmental Protection Agency (EPA).

www.stlarchs.org



My “GO GREEN” PLEDGE

I, [print your name] _____,

pledge to [check one or more actions]:

- 1. **Collect what I can for household hazardous waste disposal on May 30**
- 2. **Reuse what I can and swap or give away safe items I no longer want**
- 3. **Choose products packaged in reusable or recyclable materials**
- 4. **Use alternative household cleaners when I can**
- 5. **Recycle what I can**
- 6. **Never flush medicine down the toilet or dump in the drain (take to May 30 collection event or wrap securely & place in my home trash bin)**
- 7. **Say “neither” to paper or plastic & use a cloth bag when I shop, at least 2 times a week for 2 years. I will save: 832 PLASTIC BAGS, ENOUGH OIL TO DRIVE 60 MILES, 11 POUNDS OF GARBAGE, & \$140 CITY TAXES SPENT ON DISPOSAL**

SIGN YOUR NAME: _____

This toolkit template is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership through funding by the U.S. Environmental Protection Agency (EPA).

www.stlarchs.org



Neighborhood Forum Feedback Form

1) How did you hear about this Neighborhood Forum? (check all that apply)

Neighborhood Forum Church Business Community meeting
 Friend/Neighbor School Sign/Flyer Website Info mailed to home
Other _____

2) Zip Code (check one): XXXX XXXX XXXX XXXX OTHER

3) Ward (check one): XXXX XXXX XXXX OTHER

4) Neighborhood (check one): XXXX XXXX XXXX OTHER

5) Types of Household Hazardous Waste items you purchase: (check all that apply)

Paint/Stain/Sealant Herbicide/Pesticide Thinner/Turpentine/Stripper
 Household Cleaner Fertilizer Brake/Transmission Fluid
 Fluorescent Bulb Battery Motor Oil
 Medicine Other _____

6) Before today, how did you manage your Household Hazardous Waste? (check all that apply)

Throw in trash dumpster/roll cart Use it all or buy smaller quantity
 Give away or donate to charity Buy safer alternative item
 Take to collection event or drop-off site Sell
 Let manufacturer or seller take back Other _____

7) After today, how will you manage your Household Hazardous Waste? (check all that apply)

Throw in trash dumpster/roll cart Use it all or buy smaller quantity
 Give away or donate to charity Buy safer alternative item
 Take to collection event or drop-off site Sell
 Let manufacturer or seller take back Other _____

8) The most you would be willing to pay for a collection event, drop-off, or pick-up? (check one)

\$0 \$1- \$2 \$2- \$3 \$3- \$5 \$5- \$7

9) Do you plan to participate in (NAME LOCAL EVENT BEING PLANNED)?

YES NO MAYBE

10) Suggestions for the next Neighborhood Forum:

Name (optional): _____

Address (optional): _____

Detox Your Domicile Feedback Form

1) How did you hear about this Detox Your Domicile? (check all that apply)

Neighborhood Forum Church Business School
 Community meeting Friend/Neighbor Sign/Flyer Info mailed to home
 Website _____ Other _____

2) Zip Code (check one): 63115 63120 63136 63147 _____ Other _____

3) Ward (check one): 1st 2nd 3rd 21st 22nd 27th _____ Other _____

4) Neighborhood (check one): Baden Mark Twain Mark Twain/Industrial
 North Pointe O'Fallon Penrose Riverview
 Walnut Park East Walnut Park West _____ Other _____

5) Types of Household Hazardous Waste items you purchase: (check all that apply)

Paint/Stain/Sealant Herbicide/Pesticide Thinner/Turpentine/Stripper
 Household Cleaner Fertilizer Brake/Transmission Fluid
 Fluorescent Bulb Battery Motor Oil
 Medicine Other _____

6) Before today, how did you manage your Household Hazardous Waste? (check all that apply)

Throw in trash dumpster/roll cart Use it all or buy smaller quantity
 Give away or donate to charity Buy safer alternative item
 Take to collection event or drop-off site Sell
 Let manufacturer or seller take back Other _____

7) Describe at least one safer alternative (homemade) cleaner to a commercially purchased cleaning product: _____

8) Identify at least one strategy for reducing exposure to household chemicals in each main area:

kitchen _____

living room _____

bedroom _____

bathroom _____

utility room _____

outdoors _____

garage _____

9) After today, how will you manage your Household Hazardous Waste? (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Throw in trash dumpster/roll cart | <input type="checkbox"/> Use it all or buy smaller quantity |
| <input type="checkbox"/> Give away or donate to charity | <input type="checkbox"/> Buy safer alternative item |
| <input type="checkbox"/> Take to collection event or drop-off site | <input type="checkbox"/> Sell |
| <input type="checkbox"/> Let manufacturer or seller take back | Other _____ |

10) Describe at least one safer alternative (homemade) cleaner to a commercially purchased cleaning product: _____

11) Identify at least one strategy for reducing exposure to household chemicals in each main area:

kitchen _____

living room _____

bedroom _____

bathroom _____

utility room _____

outdoors _____

garage _____

8) The most you would be willing to pay for a collection event, drop-off, or pick-up? (check one)

- \$0 \$1- \$2 \$2- \$3 \$3- \$5 \$5- \$7

9) Do you plan to participate in (name of event)?

- YES NO MAYBE

10) Suggestions for the next Detox Your Domicile:

Name (optional): _____

Address (optional): _____

This toolkit template is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership through funding by the U.S. Environmental Protection Agency (EPA).

www.stlarchs.org



Go Green Business Outreach Script

Hi! I'm _____ (your name) from (your organization). May I speak to the owner or manager? [Proceed with owner/manager or whoever is willing. Introduce yourself again if needed and give your business card].

I would like to take just a few minutes of your time to offer you a free service. "INSERT NAME OF YOUR ORGANIZATION" has a grant to assist businesses in "going green". Is there any reason why you wouldn't be interested in this free service? [If they agree, proceed. If not, then try to find out why and overcome their objection. If still not, then thank them for their time.]

To help you "go green", we need to find out what you already know. I have a couple of questions that will only take a few minutes of your time. [Write down the answers on the form as they are responding. You can tell them the survey answers as they go: all of the answers are "true".]

Thank you for taking time to answer the questions. Would you be willing to try this "green" cleaner for a couple of weeks? The cleaner is a safer, environmental friendly cleaner to use in your business. "INSERT NAME OF YOUR ORGANIZATION" made it from a few simple ingredients you can buy in the grocery store. [Give them the cleaner. Read them the recipe ingredients on the label if they have questions].

Also, here are a few more ideas...we would like you to try at least one. Let's take just a minute to look them over. [Hand them one of the four appropriate lists]. Which ones seem like something you would be interested in trying for a few weeks? [Check the pledge and write down their choices].

We will stop by again in two weeks to see how the cleaner and one or more of the other ideas has worked in "greening" your business. Then you will get this reusable bag filled with environmental friendly products as your "thank you" gift.

Do you have any questions? You have my business card, if you need to contact me later with any questions. We appreciate your time and we look forward to stopping by again in a few weeks.

This toolkit template is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership through funding by the U.S. Environmental Protection Agency (EPA).

www.stlarchs.org



Go Green Business Survey (initial visit)

Name of business _____ Date _____

Address _____ Zip _____

Contact at business _____ Phone _____

Americans today spend more than 90% of our time indoors. T F

Indoor air pollution is often 3 to 4 times worse than outdoors. T F

Improved indoor air leads to better health & increased attendance at work/school. T F

Indoor air can influence:

Allergies T F Bad colds & flu T F

Asthma T F Job/school performance T F

Together we can identify problems and improve indoor air quality. T F

I pledge to use the "Clean Green" spray and to do at least one additional "green" activity from the list for my business in the next two weeks!

_____ YES _____ NO _____ MAYBE

Activity pledged & comments: _____

This toolkit template is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership through funding by the U.S. Environmental Protection Agency (EPA).

www.stlarchs.org



Go Green Business Survey (follow-up visit)

Name of business _____ Date _____

Address _____ Zip _____

Contact at business _____ Phone _____

Americans today spend more than 90% of our time indoors. T F

Indoor air pollution is often 3 to 4 times worse than outdoors. T F

Improved indoor air leads to better health & increased attendance at work/school. T F

Indoor air can influence:

Allergies T F Bad colds & flu T F

Asthma T F Job/school performance T F

Together we can identify problems and improve indoor air quality. T F

I used the "Clean Green" spray and did at least one additional "green" activity from the list for my business in the past two weeks!

_____ YES _____ NO _____ MAYBE

Results & comments: _____

Willing to promote Tox-Away Day in Spring 2010? ___ YES ___ NO ___ MAYBE

This toolkit template is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership through funding by the U.S. Environmental Protection Agency (EPA).

www.stlarchs.org



BE SMART

TRAIN YOUR EMPLOYEES TO

- Read and follow product label instructions to protect their health and the environment
- Store products, especially products that can catch fire, in safe places and away from workers
- Keep products in their original containers
- Clean up all spills promptly
- Follow the label instructions for disposing of products safely



**IN CASE OF POISONING, CALL 1-800-222-1222.
FOR DISPOSAL INFORMATION, CALL EARTH 911 (1-877-EARTH-911)**

Remember: Be safe. Be smart. Protect your family's health and your environment!

EPA
United States
Environmental Protection Agency (5305P)
Washington, DC 20460

A community service of www.stlarchs.org

DATE

Dear Parent:



Do you have asthma or allergy sufferers in your home?



Are you interested in being more “green”?



Or do you simply want to save money?

Insert information about your event here >

Details

Time, Date, Location

Explain why participating is important to their family.

This toolkit template is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership through funding by the U.S. Environmental Protection Agency (EPA).

www.stlarchs.org



Book It!

Learn how to xxx.

Name of
event, dates,
contact info.,
etc.

Logo



Book It!

Learn how to xxx.

Name of
event, dates,
contact info.,
etc.

Logo



Book It!

Learn how to xxx.

Name of
event, dates,
contact info.,
etc.

Logo

This toolkit template is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership through funding by the U.S. Environmental Protection Agency (EPA).

Idea: Print your own bookmarks and promote your local "Go Green" events.

www.stlarchs.org



Make Your Own Household Cleaner



This toolkit template is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership through funding by the U.S. Environmental Protection Agency (EPA).

Idea: Buy plastic spray bottles and imprint with stickers that give directions on how to make your own cleaner. Use as a promotional item at various community events.

www.stlarchs.org



Go Green Multi-Purpose Cleaner

Safely clean your kitchen/bathroom, appliances and surfaces. Removes grease, dirt and markings on walls and soiled areas of clothing.

A community service of www.stlarchs.org



How to Make

Mix 2 tablespoons of white vinegar and 2 teaspoons of Borax in spray bottle with 16 ounces of water. Shake until Borax dissolves, then add 1 tablespoon of liquid soap.

Product is safe around children, pets and plants. Won't irritate allergies or asthma. Contains all natural ingredients and will not produce harsh chemical fumes.

Call 1-800-222-1222
For Poison Control



“Clean Green” for a Healthy Home



What You Need to Clean Green:

- **White distilled vinegar**, a cleaner that cuts grease. Found in the salad dressing aisle.
- **Lemon juice**, a mildly acid-forming fruit juice that will help fight germs/grease.
- **Baking soda**, a cleanser that gets rid of smells, scours, and increase soap’s power. Found in baking aisle.
- **Borax**, a powder that cleans, deodorizes, and disinfects. Found in laundry aisle.
- **Castile soap**, a soap made from vegetable or olive oil, NOT animal fat.
- **Vegetable oil-based liquid castile soap**, a soap that is good for the earth and gets things clean! Substitute vegetable oil-based dish soap in half quantity. Found in cleaning products aisle.
- **Olive oil**, a safe product to use in place of wood polish.
- **Salt**, a non scratching abrasive cleanser that fights germs.
- **Distilled water**, instead of tap water. Because it does not contain the minerals found in tap water, it will improve the power of cleanser.
- **Essential oils**, which are strong, plant fragrances. They smell nice, and some fight germs and fungus, and repel bugs.
- **Washing soda**, boosts the power of detergent. Found in laundry aisle.

What is Green Cleaning?

“Green” cleaning means using products that are non-toxic, inexpensive and really clean.

Why Clean Green?

The EPA estimates that Americans spend 90% of their time indoors. Indoor air pollutants are 2-5 times higher than those of outdoor air, and most come from cleaning products! Green cleaning saves you money, makes your home healthier, and protects our water and nature from harmful chemicals.

Getting Started

These recipes offer ways to make household cleaning products that are safe for you, your loved ones, and the earth. Please read on to find out what you’ll need, and see warnings.

Warnings - Read These First!

Never make household cleanser in an old cleaning bottle. The ingredients could react with old contents. When using a recipe, order matters. Always follows the directions to avoid soap clumping and other reactions.

Borax can bother you eyes and is harmful if swallowed. *Keep away from children and pets.*

Avoid direct contact between **pure essential oils** and skin, eyes, or surfaces. They can harm your skin and remove paint or finish. Use a small amount, and *keep away from children and pets.*

ALL-PURPOSE SPRAY CLEANER NO. 1:

- 1-16oz. spray bottle
- 1 teaspoon Borax
- 2 tablespoon vinegar
- ¼ cup vegetable-oil based soap
- Hot water
- A few drops of essential oil (optional)

How to make: Add Borax to hot water in 16 oz. spray bottle, cap, and shake until Borax is dissolved. Add vinegar and shake. Then add soap and oil.

ALL PURPOSE SPRAY CLEANER NO. 2:

- 1 tablespoon vegetable-oil based soap (½ tablespoon if using vegetable-oil based dish soap)
- Warm water

How to make: Dilute soap with warm water.

*Tip – If there is a film after using, wipe surface with vinegar water mixture.

TOILET CLEANSER NO. 1:

- ½ cup unscented castile soap
- 2 cups of baking soda
- ¼ cup water
- 2 tablespoons vinegar

How to make: Mix unscented castile soap and baking soda together. Dilute with ¼ cup water and two tablespoons vinegar. Mixture will begin to foam. Mix and pour into a squirt bottle. Squirt inside the toilet bowl, under the rim and scrub with a toilet brush. Rinse and deodorize bowl with vinegar.

TOILET CLEANSER NO. 2:

- ¼ to ½ cup of baking soda or Borax

How to make: Sprinkle baking soda or Borax in and around the toilet bowl. Allow to stand for a few hours or overnight. Using a toilet brush, scrub the surface clean and flush the toilet.

*Tip-Use a wet pumice stone to remove tough stains.

WINDOW/GLASS CLEANER NO. 1:

- 1 part water
- 1 part vinegar

How to make: Fill a spray bottle one quarter of the way with warm water. Pour vinegar in until bottle is three-quarters of the way full, cap, and shake. Finish filling with warm water, cap, and shake again.

*Tip – Use a dry cloth or paper rag to avoid streaks.

WINDOW/GLASS CLEANER NO. 2:

- Club soda

How to make: Fill a small spray bottle with plain club soda. Spray onto window or glass surface, and wipe.

ALL PURPOSE LAUNDRY SOAP:

- ½ cup baking soda
- ½ cup powdered castile soap
- ¼ cup washing soda
- ¼ cup Borax
- 4 drops of essential oil of choice

How to make: Mix all items listed above. Use ¼ - ½ cup per load.

SCOURING POWDER:

- 1 cup baking soda
- 1 cup Borax
- 1 cup salt

How to make: Mix well and put in a jar with a tight-fitting lid and punch holes in the top. Cover with plastic wrap when not using. Use as any other scouring powder.

*Tip- If this leaves a film, wipe surface with vinegar-water mixture.

WOOD FLOOR CLEANSER:

- 1 cup vinegar
- Warm water

How to make: for mopping, pour vinegar in a bucket, and add very warm water. Or, fill spray bottle with 50/50 solution of water and vinegar. Spray on floor and wipe with clean rag or mop.

NON-WOOD FLOOR SURFACE CLEANSER:

- 2-3 drops of castile soap
- Warm water

How to make: Add 2-3 drops of castile soap in a bucket and fill with warm water. Mop as usual.

OVEN CLEANSER:

- Baking soda
- Water

How to make: using spray bottle, coat with water. Sprinkle bottom of oven with baking soda to cover, then dampen bottom of oven with more water from spray bottle. Let sit overnight and scrub out stains. For the sides of oven, make a paste with baking soda and water and spread all over.

*Tip – For a really dirty oven, sprinkle with baking soda and wet the soda own with a spray bottle filled with 50/50 vinegar and water. Use a scrub pad to remove build-up. (The mixture will fizzle.)

PEST MANAGEMENT:

- ½ cup Borax
- ¼ cup flour

How to make: Mix well and put in a jar with tight-fitting lid and punch holes in the top. Sprinkle the powder along the baseboards and door sills.

This information is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership.

For more information refer to www.stlarchs.org.



How to Green Your Business



- Turn off equipment when it's not being used. This can reduce the energy used.
- Encourage communications by email, and read email messages onscreen to determine whether it's necessary to print them.
- Reduce paper waste by using a fax-modem and by using a cover sheet only when necessary. Fax-modems allow documents to be sent from a computer electronically.
- Produce double-sided documents whenever possible.
- Do not leave taps dripping; always close them tightly after use. (One drop wasted per second wastes 2,600 gallons per year.)
- Place two plastic containers filled with stones in the toilet's reservoir to displace about one gallon of water per flush.
- Find paper with maximum available recycled content.
- Choose suppliers who take back packaging for reuse.
- Instigate an ongoing search for "greener" products and services in the local community. The further your supplies or service providers have to travel, the more energy will be used to get them to you.
- Before deciding whether you need to purchase new office furniture, see if your existing office furniture can be refurbished or see if you can buy used furniture. It is better for the environment.
- Use teleconferencing services. Meet green by choosing remote collaboration methods via phone, video, and online.
- Use eco-friendly office cleaning products.
- Contact your utility company to arrange for a free (or inexpensive) energy audit. An engineer will examine your operations and provide you with a detailed report about

how your company can save on energy costs, from rebates to improved maintenance.

- Recycle paper, plastics, cardboard, glass, cans, etc. used by your office.
- Ideally, work toward establishing a smoke-free workplace. Locate any designated smoking areas away from doorways and windows.
- Decorate with plants to remove small amounts of toxins from the air. Drain excess water out of saucers.
- Maintain a clutter-free workplace, and use closed containers for shelf and closet storage.
- Keep air returns free from blockage by furniture or clutter.

Learn more at these three websites:

<http://www.business.com/guides/workcom-guide-how-to-green-your-business-2944/>

<http://sbinfocanada.about.com/cs/environmentbiz/a/envirfriend1.htm>

<http://www.intheair.org/>

This information is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership.

For more information refer to www.stlarchs.org.



How to Green Your Child Care Business



Pesticides and Pest Prevention

- Use non-toxic techniques both inside and outside the facility to prevent and control pests. If a serious threat remains and pesticide application is the only viable option, then parents should be notified in advance and a licensed professional apply the least toxic, effective product at a time when children will not be exposed to the application area for at least 12 hours.

Air Quality

- Avoid conditions that lead to excess moisture, which contributes to the growth of mold and mildew. Maintain adequate ventilation and air flow, repair water leaks, and keep humidity within a desirable range.
- Do not allow car or other vehicles to idle near the facility.
- Do not use scented candles or air fresheners.
- Do not permit smoking anywhere on the premises or in sight of children.

Household Chemicals

- Use biodegradable, non-toxic cleaning products and the least toxic disinfecting products. When other products are required, they should be used only for their intended purpose in strict accordance with all label instructions. Store cleaning products where children cannot access them.

- Only use chlorine bleach when and where it is required or recommended by state and local authorities. Use it prudently and never use more than necessary.
- Use hand soaps without microbial agents, except as required by local health codes.
- Do not use aerosol sprays of any kind.
- Use only low – VOC (volatile organic compounds) latex paints and do not paint when children are present.

Lead

- Use only cold water for drinking, cooking, and making baby formula, and run the water for 5-10 seconds or until it feels noticeably colder.
- Keep the building free of flaking or peeling paint and regularly wash all areas around doors and windows.
- Do not use imported, old, or handmade pottery to cook, store, or serve food or drinks.
- Supply a rough mat at the entrance of our facility and encourage the wiping of shoes before entering. Clean the mat regularly.

Mercury

- Do not use any mercury-containing thermometers. Instead use digital thermometers.
- Safely store and recycle all used batteries and fluorescent and compact



fluorescent light bulbs.

Furniture and Carpets

- Furniture should be in good condition without foam or inside stuffing exposed (same goes for stuffed animals or any other foam item).
- Ensure furniture is made of solid wood, with few, if any, items made of particle board.
- Avoid having wall-to-wall carpets.
- Area rugs should be vacuumed daily and cleaned at least twice a year using biodegradable cleaners.

Art Supplies

- Use only non-toxic art supplies approved by the Art & Creative Materials Institute (ACMI) See www.acminet.org/inex.htm for a list.

Plastic and Plastic Toys

- Avoid toys made out of soft plastic vinyl. Buy only those labeled “PVC-free”.
- Never use the microwave to heat food that is in plastic containers, plastic wrap, or plastic bags.

Treated Playground Equipment

- Avoid playground equipment made of treated wood.

Recycling and Garbage Storage

- Recycle all paper/cardboard, glass, cans, and plastic.
- Keep garbage covered at all times to avoid attracting pests and minimize odors.

Diapers

- Consider using flushable hybrid diapers. The soiled, biodegradable liner is flushed down the toilet into the sewage system, rather than sending yet another diaper to the landfill. You can then insert a new liner into the reusable cloth pants.

Nutrition

- Try to purchase fresh food items from local growers and suppliers, organically grown if available.

Learn more at these three websites:

http://daycare.suite101.com/article.cfm/environmentally_friendly_child_care_centers

<http://www.earthwayscenter.org/2007/detox.html>

<http://www.intheair.org/>

This information is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership.

For more information refer to www.stlarchs.org.



How to Green Your Restaurant



- Turn off interior/exterior lights and cooking hoods when not in use. Set lights on timers.
- Repair leaky faucets and toilets. Stop air leaks by caulking and insulating around leaky windows and doors and installing energy curtains in freezer rooms.
- Replace incandescent lights with longer lasting CFL light bulbs or LED lights. Replace traditional exit signs with LED exit lighting.
- Follow the 3 R's of sustainability (Reduce, Reuse, and Recycle) Reduce waste. Reuse furniture and flooring. Recycle paper, plastics, glass, cans, cardboard.
- Print menus on recycled paper.
- Use recyclable glass bottles for water and soft drinks. If using plastic or cans, then recycle them.
- Use eco friendly paper straws and wooden drink stirrs.
- Equip your kitchen with griddle cook tops; this lowers the level of grease.
- Make your own cleaning supplies using Borax soap and other eco- friendly ingredients. Switch to eco-friendly chemicals for pest control.
- When not in use, unplug computers, electronics, coffee machines, cash registers, and any small appliances.
- Serve customers water only upon request. Run dishwashers and washing machines only when full. Install low-flow toilets, waterless urinals, tankless water heaters, and faucet aerators.
- Train employees on energy saving procedures and on the importance of energy conservation and water use. Tell customers about your energy efforts.
- Regularly dust and clean appliances, top to bottom for efficiency. Perform routine preventive maintenance on HVAC, plumbing, appliances, and other major equipment.
- Use low-VOC (volatile organic compounds) or no-VOC paints, recycled flooring, and managed forest wood. Install a reflective roof, sun lights, and energy-efficient windows.
- Purchase appliances, electronics, and other EPA-tested equipment that carries the ENERGY STAR label.
- Buy fresh, locally grown and made food products, organically grown if available. Collect all leftover food and give it to a local farmer for composting.
- Do not use scented candles or air fresheners.
- Provide food condiments in bulk instead of individual serving packets.

Learn more at these four websites:

<http://www.treehugger.com/files/2008/10/ted-turners-green-revolution.php>

<http://www.dinegreen.com/restaurants/default.asp>

http://www.greenrestaurants.org/documents/Energy_Star_Restaurants_Guide.pdf

http://www.energystar.gov/index.cfm?c=sb_guidebook.sb_guidebook_other_topics

This information is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership.

For more information refer to www.stlarchs.org.



How to Green Your Car Service Shop



- Clean up spills immediately and use dry clean-up practices.
- Use a squeegee and dust pan or an oil mop instead of kitty litter, rice hulls, and dry sweep
- Replace your petroleum naphtha solvent sink with an aqueous-based sink or parts washer.
- Use recycling containers for paper, cardboard, plastic, cans, and glass.
- Order motor oil, anti-freeze, etc. in bulk, rather than in multiple, individual containers. Ask your vendor to take back empty containers to get refilled.
- Eliminate the use of spray cans. Replace with brake cleaning sinks or refillable spray containers.
- Replace T-12 bulbs and fixtures with T-8s whenever feasible to produce good lighting with lower energy use. Recycle florescent light bulbs.
- Install timers or motion sensors to shut off lights in rooms that are not in use throughout the work day.
- Eliminate unnecessary car washing. For exterior cleaning use only plain water or prevent soapy water from entering a storm drain.
- Check your water bill monthly to find spikes in use that may indicate a leak in your plumbing.
- Always safely dispose of batteries and motor oil, never in the trash.
- Adopt a “repair vs. replace” mentality, e.g., try to repair a plastic

bumper instead of replacing the entire bumper. Help keep metals and plastics out of landfills and salvage yards.

- Avoid chlorinated solvents to wash parts. Ask your vendor about less hazardous alternatives that are environmentally friendly.
- Do not eat or drink in a work area with paint fumes or other toxics.
- Keep hazardous wastes separated and clearly labeled, safely reducing your recycling charges.
- Choose recycled, non-toxic, and water-based materials. Keep good records of materials that did and did not work and share your results with your co-workers and vendor.
- Always use the right respirator for the right job.

Learn more at these two websites:

<http://www.toolsforbusiness.info/success/index.cfm?cx=napa&action=sustainable&subsection=autorepair#>

<http://www.greenbiz.ca.gov/BGAuto.html>

This information is provided as a community service of ARCHS’ St. Louis Area Communities Against Toxics (SLACAT) Community Partnership.

For more information refer to www.stlarchs.org.

