

THINK GREEN NEWS

RECYCLE • REUSE • REDUCE • SUSTAINABILITY INITIATIVES AT UPSTATE

UPSTATE
MEDICAL UNIVERSITY

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COMMUNICATION OF INSTITUTIONAL, THINK GREEN, SUSTAINABILITY INITIATIVES.



For more information, visit: green.upstate.edu

April 2016

Earth Day

Friday, April 22nd, 2016!

EARTH DAY AT UPSTATE

Think Green Team Members will be staffing informational tables around campus. Join us at the following locations to learn more about sustainability initiatives at Upstate and in the community.

Friday, April 22nd from 11am – 1pm

- * UH Downtown – 2nd Floor Lobby
- * UH Community – Basement Café Lobby
- * Weiskotten Hall – 9th Floor Café Lobby
- * Campus Activities Building (CAB) – Lobby
- * Health Sciences Library – Lobby

EARTH DAY IN THE COMMUNITY

SUNY ESF celebrates 'Earth Week 2016' with a variety of events. For more info, click [here](#).



Party for the Planet @ Rosamond Gifford Zoo

April 16, 2016 from 10am – 4:30pm

Join the zoo in celebrating the Earth! Learn about the zoo's efforts to protect wildlife and the environment. Enjoy endangered animal demonstrations, keeper talks and more!



Half Marathon & 5K April 17 in Baldwinsville, NY

A fun and healthy way to celebrate Earth Day that will benefit various programs that feed the youth in CNY including the Baldwinsville Backpack Program and the Cato Backpack Program. Info [here](#).



Earthfest 2016

Sunday, April 24, 2016

Noon – 6pm in

Amphitheater at Thornden Park, Syracuse

EARTHFEST is a free, community-wide, sustainability-themed music and art festival celebrating Earth Day, featuring art installations, local food and craft vendors, community and student organizations, prominent speakers, and live bands. *For more information, visit Earthfest on Facebook.*

[OCRRA's Earth Day Litter Cleanup](#)

April 22 and 23, 2016

Clean up [your](#) community.
To learn more, visit [OCRRA](#).

[Downtown Committee of Syracuse Cleanup](#)

April 23, 2016

Clean up Downtown and the University Hill area.
To learn more, visit [Downtown](#).

HOW TO 'GREEN' YOUR LAUNDRY – IN A GOOD WAY!

Laundry can have an unexpected impact on the environment. Between the energy used to operate our washers and dryers, the chemicals present in detergents and the general consistency of it, laundry comprises a substantial part of our growing eco footprint. Fortunately, we can keep the Earth as fresh as our clothes with a few alternative options.

The Washer

Some 90% of energy used by the washing machine goes towards heating up water. Using hot water for washing and rinsing cycles together uses three and a half times as much energy as using cold water for the rinsing cycle. If every U.S. household used cold water only, it would reduce the country's emissions by 34 million tons!

You can also switch to a more efficient model; an Energy Star-qualified front-loading machine can save up to 7,000 gallons of water a year, and save up to \$70 annually in energy costs. Over the lifespan of the machine, it will also save money, as the efficiency will keep it operating longer. Larger, more infrequent loads will also save energy, as your machine will have to work less often.

Drying

Instead of stuffing your loads into the dryer, try using the sun instead. Hang your clothes on a line and let them dry naturally. The dryer consumes an immense amount of energy, second only to the refrigerator in household costs. You will also save energy on ironing. The impact of drying, along with the choices made in washing clothes, can cause a significant difference for the environment. A single load of laundry washed at 60 degrees Celsius (140 Fahrenheit) and dried in a combined washer drier gives off over five times as much in carbon emissions as a load washed at half the temperature and dried on a line. If every household in America did a single load of laundry a week, that number comes to 18,807,588,072 kg of CO₂e annually. Americans do six times as much!

Detergent

Like many inconspicuous household items, laundry detergent can take a toll on the environment. The industry itself requires a great deal of transportation, to the point that each individual load has a greater carbon footprint than driving a car a mile. By using potentially harmful chemicals, detergent endangers our water resources and aquatic species' habitats. Look for detergents with low toxicity to minimize pollution. Even though you are not pouring your detergent directly into the water supply, it still has a significant impact.

By following these guidelines, you can cut back your energy consumption in a big way, and help keep the environment healthy and vibrant.

Information adapted from: <http://nylcvef.org/greening-your-laundry/>.