

What Can One Person Do?- Environmental Sustainability

Resources and References

Global Warming and what you can do

- Become a “**Good Neighbor**” doing the right thing by taking the **Good Neighbor Pledge** at <http://www.nwf.org/personalsolutions/>
- Watch the movie “**An Inconvenient Truth**” and visit the website <http://www.climatecrisis.net/takeaction/> and calculate your personal impact on Global warming.

Water related

- Proper disposal of prescription drugs: www.WhiteHouseDrugPolicy.gov
- Stream Pollution in Illinois: <http://www.prairierivers.org/Archives/Reports/2000/05/00/DirtyWater/prn1.html>
- Water pollution of the Great Lakes (our drinking water): <http://www.great-lakes.net/teach/pollution/water/water1.html>

Food

- Biodiversity in our food and seeds: www.seedsofchange.com
- Seafood - <http://blueocean.org/Seafood/> and print out the sustainable seafood mini-guide
- Seafood - http://www.sheddaquarium.org/Right_Bite_in_the_Great_Lakes.html
- Information on a food system that is based on the principles of high quality and taste, environmental sustainability, and social justice – in essence, a food system that is good, clean and fair visit Slow Food USA: <http://www.slowfoodusa.org/index.html>

Endangered Species

- Information on endangered species and what you can do to help: <http://www.worldwildlife.org/endangered/>
- Endangered species programs in the US: <http://www.fws.gov/endangered/>

Paper and Wood

- Before buying wood furniture, lumber and building materials check with the **Forest Stewardship Council** to make sure the product comes from a sustainable operation: <http://www.fscus.org/> This site also list paper that is certified as well.
- Use both sides of paper
- Get rid of JUNK MAIL - <http://www.privacyrights.org/fs/fs4-junk.htm>

Children and Nature

- Morton Arboretum: programs for adults and children; Science Camp for children ages 4 - 8th grade <http://www.mortonarb.org>

Richard Louv; Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder; Algonquin Books, Chapel Hill, NC. 2006 (available in the Morton Arboretum Gift Shop)

What Can You Do Today

- Turn off lights when you are not in the room
- Power down computers and other electric devices
- Change your 5 most heavily used light bulbs to CFL's
- Turn down your water heater by at least 5°
- To minimize driving, combine errands; if the post box, grocery store are close enough, please walk or ride a bike
- When shopping, bring your own shopping bag; choose paper over plastic
- Only run full loads in the washing machine and dishwasher
- When buying soda pop for parties, buy 1 large bottle vs. many small ones.
- Buy a reusable water bottle and refill as necessary, instead of buying bottled water.
- RECYCLE, REUSE, DONATE!!!!