

10 Ways to Promote Sustainability at Home

Here are **10** simple things you can do at home to make the City of St. Louis more **Sustainable**

- 1.** Conserve energy – insulate, weatherize and use compact fluorescent light bulbs
- 2.** Remember to turn off or unplug electronic devices or use power strips when not in use
- 3.** Eat more local and organic produce...shop at a farmer's market
- 4.** Grow a food garden and create a rain garden to capture stormwater runoff
- 5.** Clean and maintain your home with less-toxic or non-toxic products
- 6.** Participate in the City's single stream recycling program and try composting food scraps and yard waste
- 7.** Practice environmentally preferable purchasing of products and buy ENERGY STAR and WaterSense rated appliances
- 8.** Turn off the TV/internet and spend time enjoying one of our 105 City parks
- 9.** Take advantage of the City's compact size and miles of bike lanes to walk or bike around town
- 10.** Use natural heating and cooling – open a window instead of relying on air conditioners and heating

The City of St. Louis harnesses the strength and spirit of its diverse community to create an economically, ecologically, and socially vibrant city for present and future generations – one that serves those who live, work, and play in the City's rich and celebrated historical landscape.



For more information on sustainability initiatives in the City of St. Louis, contact Catherine Werner,
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10 Ways to Promote Sustainability in the Office

Here are **10** simple things you can do in the Office to make the City of St. Louis more **Sustainable**

1. Participate in the RCGA's Green Business Challenge and create a company-wide environmental policy
2. Turn off all lights, computers, and other electronic devices when not in use
3. Remember to Reduce, Reuse, Recycle
4. Purchase recycled-content office supplies and buy from local merchants, manufacturers, and farmers when possible
5. Donate unwanted office equipment or materials for repurposing
6. Print 2-sided and go paperless when possible
7. Follow green building guidelines for any remodeling or new construction
8. Use reusable dishes, silverware, and glasses to reduce waste
9. Encourage clean transportation alternatives for employees, such as carpooling, using Metro transit, or RideFinders
10. Become a member of the Downtown Bicycle Station

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10 Ways to Promote Sustainability in School

Here are **10** simple things you can do at School to make the City of St. Louis more **Sustainable**

- 1.** When back-to-school shopping, look for non-toxic or recycled content school supplies
- 2.** Help recycle cans, bottles, paper, and cardboard
- 3.** Encourage outdoor activities, field trips, and learning opportunities
- 4.** Create a schoolyard habitat or educational garden and incorporate them into the curriculum
- 5.** Use both sides of your paper
- 6.** Bring a trash-free lunch in a reusable bag or lunch box
- 7.** Support the use of local produce used in your cafeteria
- 8.** Carpool, use Metro transit, walk, or bike to school
- 9.** Organize volunteer clean-up days for after-school activities
- 10.** Give back to the community by collecting and donating gently used clothing and supplies.

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