

THE Eco MOSQUITO

SUSTAINABILITY NEWS AND EVENTS AT HSPH AND BEYOND

ISSUE 17, JANUARY 2014

Why hello, January. You seem to have brought a lot of cold, wet darkness with you to Boston. But you've also brought us all a clean slate upon which to etch our hopes and dreams for the new year, so thank you for that. Here's to a happy and healthy 2014!

Be Green in Twenty Fourteen



Here we are, a few weeks into 2014. Have you already abandoned your new resolve to wake up early and start your day with a vigorous run and a kale smoothie? If so, good for you. We have better ideas for new year resolutions. Take some or all of the green actions below and you'll both save money and

become a better earthling. You'll also probably eat healthier and get into shape without having to resort to drastic measures.

- **Reuse shopping bags.** Do you freeze at the grocery store when the bagger asks "paper or plastic?" Bring your own reusable shopping bags and that's one less decision you'll have to make. You will still have to choose between 100 varieties of delicious cereal, however.
- **Don't buy bottled water.** It's expensive, a waste of plastic, and often no better than good old tap water. Find a reusable water bottle and keep yourself hydrated all day, for free!
- **Try Meatless Mondays.** The UN estimates that the meat industry is responsible for one fifth of man-made greenhouse gas emissions. Our own researchers here at HSPH have shown us that diets high in red meat have been linked to chronic diseases such as type 2 diabetes, heart disease, and cancer. Do yourself and the planet a favor by going meat-free at least one night per week. Find information at meatlessmonday.com if you still need more convincing.
- **Get Green Office certified.** Lots of HSPH offices are doing it, and yours should too! Go to green.harvard.edu/green-office for a checklist of easy green actions and become certified as a Green Office. Help earn HSPH bragging rights as the greenest School at Harvard!
- **Bike or walk to work, if possible.** Too many of us spend all day at our desk or bench. Enjoy some fresh air and relaxing exercise on your way to or home from work.

DON'T MISS THIS

Come enjoy beer, food, healthy competition, and prizes at a pub-style environmental **Trivia Night** on **January 29** from 5-7pm in Kresge Cafeteria. RSVP to ecoop@hsph.harvard.edu.

Join us for refreshments and raffle prizes at the **Grand Opening of the Green Room**, where you can bring items for recycling and reuse and pick up some free stuff while you're at it. Follow the signs to the basement of Building 1 (near shipping and receiving) on Wednesday, **February 5** from 4-6pm.

Might you have a toxic toilette? Come get informed about **Toxic Beauty Products** at the next **EcoOpp Seminar Series**, presented by Mia Davis at 12:30pm on Thursday, **February 6** in Kresge 502.

DID YOU KNOW?

For all of you who swear you're going to start bringing lunch from home but find yourselves lured to the cafeteria week after week, Sebastian's is now



offering another way to reduce waste. Instead of using disposable to-go containers, customers may now receive a card which can be exchanged with the cashier or cooks for a reusable container. Don't bother washing the container when you're done (it needs to be sanitized by Sebastian's), just return it to the cafeteria and a cashier will give you your card back so you can start the reuse cycle all over again. Cards are available at all of the Sebastian's registers and manager Frances Fahy is happy to answer questions.

Cleaning Out Your Junk Drawer?

Have you noticed some blue tubes lurking around the School lately? Perhaps you've already brought a load of the old batteries you've been hoarding in your desk and helped to fill one of them to capacity. The blue recycling tubes will happily gobble up all those odds and ends that we know shouldn't be thrown away but just don't know how to recycle. The tubes can be found at the following locations around the School:

- Kresge first floor main elevator lobby
- FXB main entrance lobby
- The new Green Room in the basement of Building 1
- 90 Smith Street first floor lobby

Feel free to drop off dead batteries, old cell phones and chargers, inkjet cartridges, and other handheld electronic devices like MP3 players and PDAs (Personal Data Assistants, not Public Displays of Affection, though surely the tube won't mind if you give it a little hug). Happy recycling!

