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# STALL STREET NEWS



## GO GREEN!



### What is Environmentalism?

Environmentalism refers to the advocacy of the preservation, restoration, or improvement of the natural environment such as the movement to control pollution.

<http://www.m-w.com/dictionary/environmentalism>

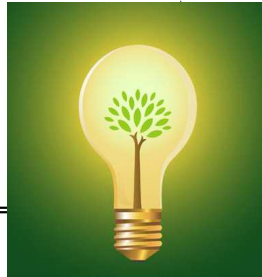
### DID YOU KNOW?

The average person is responsible for emitting 94 pounds of carbon dioxide every day. It takes four trees, which act as natural air filters, to offset the carbon dioxide each person generates in a month.

[www.gogreensanjoaquin.org/steps-to-go-green.htm](http://www.gogreensanjoaquin.org/steps-to-go-green.htm)

### Get a Tree Planted for Free!

Subscribe for a free newsletter at [www.greenlivingtips.com](http://www.greenlivingtips.com). The newsletter provides green advice, guides & environmental news. For every confirmed subscriber, they'll plant a tree!



### Simple Ways to be More Green:

- Turn it off when not in use (lights, television, DVD player, Hi Fi, computer etc.)
- Fill the dishwasher and washing machine with a full load.
- Fill the kettle with only as much water as needed.
- Unplug appliances when not in use.
- Change light bulbs to energy efficient CFL bulbs.
- Use reusable cups.
- Do weekly shopping in a single trip.
  - Use a reusable tote bag when shopping.
  - Hang out the wash to dry rather than using a dryer.
  - Go for a run rather than drive to the gym.
  - Use one less paper napkin a day.
  - Don't print ATM receipts.
  - Defrost the fridge/freezer regularly.
  - Buy reusable water containers.
  - Compost yard waste.

[www.carbonfootprint.com/minimisecfp.html](http://www.carbonfootprint.com/minimisecfp.html)

### Stamp Out that Carbon Footprint!

A Carbon Footprint is a measure of the impact human activities have on the environment in terms of the amount of greenhouse gases produced, measured in units of carbon dioxide.

A Carbon Footprint is made up of the sum of two parts, the direct/primary footprint and the indirect/secondary footprint.

1. The primary footprint is a measure of individuals direct emissions of CO<sub>2</sub> from the burning of fossil fuels including domestic energy consumption and transportation (e.g. car and plane).
2. The secondary footprint is a measure of the indirect CO<sub>2</sub> emissions from the whole lifecycle of products people use - those associated with their manufacture and eventual breakdown.

To learn more & calculate a personal carbon footprint visit <http://www.carbonfootprint.com/calculator.aspx>

### Some Steps the Health Education Office has taken to Go Green:

- We recycle paper & plastic.
- We use left over paper products as scrap paper.
- We reduced our use of plastic bags by using recycled paper bags.
- Instead of using paper cups in the office, we purchased reusable plastic cups.
- When applicable we print economically.
- We reuse plastic bags to carry items to our programs.
- We reuse plastic bins to keep the office belongings in.



Check out all of our Stall Streets in PDF format @ [www.healthed.uconn.edu](http://www.healthed.uconn.edu)

### Resources for more information on going green:

<http://www.carbonfootprint.com/>  
<http://www.ewg.org/solutions>

<http://www.terrapass.com/about/>  
<http://www.thegreenguide.com/>  
[http://www.liveearth.org/crisis\\_solutions.php](http://www.liveearth.org/crisis_solutions.php)



Condoms, dental dams, lube & abstinence kits are available free to you at Health Education. We are located in South D, downstairs near the mailboxes, next to the South Complex office. Got questions? Contact Joleen Nevers, Health Education Coordinator at 486-0772 or visit our website: [www.healthed.uconn.edu](http://www.healthed.uconn.edu)