

From: Express Email Marketing [mailer_response@emailcounts.com] on behalf of My GREEN Cranford [info@mygreencranford.org]
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To: daved199@verizon.net
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My Green Cranford E-News - September 2009



Home Performance with ENERGY STAR

A drafty home, rooms that are too hot or too cold, and high energy bills are all common issues for homeowners. A quality installation of a new heating or air conditioning system, buying replacement windows, or adding more insulation may fix part of the problem. But the way to better results is through an integrated "whole-house" approach that looks at your house as a system.

Home Performance with ENERGY STAR, a national program from the U.S. EPA and U.S. DOE, offers a comprehensive, whole-house approach to improving energy efficiency and comfort at home, while helping to protect the environment.

[Learn More](#)

Computer & Electronics Collection Event September 26th

The next Union County computer and electronics recycling event will be held on **Saturday, September 26** at Alcatel-Lucent Technologies, 600 Mountain Avenue, New Providence.

From the Desk of Nelson Dittmar

Hello, everyone. I hope that you have had a wonderful summer. During the summer, the Green Team has been busy getting ready and forming subcommittees for the various Sustainable Jersey projects, which we will undertake. There will be a meeting to update everyone on Tuesday, September 15 at 7:30 at the Community Center. We still need new members. So, I encourage current and new members to attend.

I will present the Conservation Plan Element of the Master Plan on Wednesday, September 30 at 7:30 in the Council Chambers in the Municipal Building. I urge you to attend and ask questions. The Conservation Plan identifies the key resources and features within Cranford that should be maintained and protected. It contains a set of recommendations designed to preserve, conserve, and use the town's natural resources.

The recommendations are consistent with the twenty-two conservation goals listed in the proposed Master Plan. They range from creating more stream buffers along the Rahway River, which would help reduce flooding, to improving the bike paths, and encouraging increased use of bicycles in town, to increasing protection for existing trees.

I am happy to report that we have over 100 people signed up to receive this newsletter. Please continue to let your friends and neighbors know about the My Green Cranford web site.

Thanks,

Nelson Dittmar

Just Say "No Plastic Bags"

Introduced just over 25 years ago, the ugly truth about our plastic bag addiction is that society's consumption rate is now estimated at well over **500,000,000,000 (that's 500 billion)** plastic bags annually, or almost **1 million per minute**.

[Learn More](#)**Getting rid of last year's fashions responsibly**

Thanks to fast fashion, the average American now discards 68 pounds of clothing a year, wasting energy, water and landfill space. Find out the best ways to dispose of your old clothes without resorting to the trash.

[Learn More](#)

Recycle your shoes with **Nike's Reuse-A-Shoe** program and help us turn them into **Nike Grind**, a material used in sport surfaces.

[Learn More](#)**Tips for Packing Waste-Free Lunches - Pack:**

- Reusable fabric lunch bags or lunch containers
- Sandwiches in reusable wraps, bags or containers
- Drinks and soups in reusable containers, such as a thermos, or recyclable containers, such as cans or glass bottles
- Snacks purchased in bulk and packed in reusable containers or bags
- Whole fruits without packaging
- Cloth napkins
- Stainless steel or glass straws
- Stainless steel or bamboo reusable utensils

- Single-use bags made of high-density polyethylene (HDPE) are the main culprit. Once brought into existence to tote your purchases, they'll accumulate and persist on our planet for up to 1,000 years.

- According to *The Wall Street Journal*, **the U.S. goes through 100 billion plastic shopping bags annually. An estimated 12 million barrels of oil is required to make that many plastic bags.**

- Four out of five grocery bags in the US are now plastic.

- Plastic bags cause over 100,000 sea turtle and other marine animal deaths every year when animals mistake them for food.

- According to the WSJ, Target, the second-largest retailer in the U.S., purchases 1.8 billion bags a year.

Source: reuseablebags.com

Here's how you can help:

- 1.** Use reusable shopping bags. You can buy them at your supermarket and other retailers. Keep a few in your car for those unplanned stops at the store.
- 2.** If you do use a plastic bag, recycle it. Most supermarkets accept plastic bags for recycling. If your store does not, demand it.
- 3.** If you are buying a single item, use the magic words - "**I don't need a bag.**" Do you really need a bag for a bottle of milk that has a handle?

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