

# ZGreen News TAKING ACTION TODAY ... FOR A GREENER TOMORROW

CITY OF ASPEN · CANARY INITIATIVE · ENVIRONMENTAL HEALTH

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## Green Events CALENDAR

**Oct 1 - Oct 15**  
**Aspen Saturday Market**  
Downtown Aspen

Your chance to buy local and fresh! Every Saturday through mid-October. For more information, [click here](#).

**Oct 20, 6 - 8 pm**  
**Roaring Fork Open Art Reception**  
Aspen Art Museum

Don't miss the opening reception for the art show featuring local artists at one of our ZGreen businesses, the Aspen Art Museum.

**Oct 22, 9:30 am - 1 pm**  
**57th Annual Aspen Ski Swap**  
Aspen Middle School

Buy (and sell) used ski equipment and clothing. Reusing saves resources and helps you save money! For information contact Helene Gude, 970.429.2153

## ZGreen PROGRAM LINKS



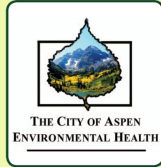
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## Tips for Zero Waste School Lunches

Now that kids are back in school, here's how to pack a zero-waste lunch!

- Pack your lunch in a reusable lunch bag or lunch box.
- Put your sandwich in a wrap-n-mat (as seen at left) instead of a single-use bag. [Click here](#) to learn more.
- Use reusable containers or leftover plastic containers from grocery store items instead of disposable plastic bags for fruits, nuts, chips, etc. Be sure not to re-heat foods in plastic containers and buy only BPA-free containers. Glass containers are the safest.
- Bring drinks in reusable metal bottles or a thermos, and don't use disposable, single-use water or drink bottles or juice boxes.
- Buy foods for lunches in bulk and avoid singly-wrapped foods. Try buying yogurt in a large container and packing it in smaller glass or plastic containers for lunch.
- Use cloth napkins and old silverware (so you won't mind if they get lost).
- Get as much of your food as you can from either your own garden, local farmers' markets, or community supported farm co-op. Less energy will be used if the food doesn't have to be transported across the country.
- Compost everything you can: any food waste, cardboard, paper napkins and so on. Kids can produce 67 pounds of lunch trash a year on average! Aspen High School and Middle School students have compost collection available in the lunchrooms at school.

Now you can compost at home. Come by the Aspen Environmental Health Department offices in City Hall for a free home or business compost container. You might even be able to save money on your trash bill.



## Green Colleges

Looking for a college that puts the environment first? Public and private universities all over the country are taking steps to not only decrease their carbon footprints but also provide students with opportunities to reduce their own environmental impacts. From the campus recycling and composting program at North Carolina's Warren Wilson College to the LEED certified buildings at the University of Arizona, environmentally conscious schools are on the rise.

As for those who want to stay a little closer to home, Colorado boasts a number of schools where being green is 'in.'

**Colorado College** in Colorado Springs is a bike-friendly campus and has a student-run organic farm that provides produce to on-campus food services.

**Fort Lewis College** in Durango attained LEED Certification for their Student Union and two other campus buildings.

Princeton Review ranks **Colorado State University** in Fort Collins among the nation's top universities for sustainability programs and initiatives.

**Colorado Mountain College** (CMC), with campuses all over the state, also has a strong sustainability policy, several environmental initiatives and courses in renewable energy, green building and sustainability. The Aspen CMC campus has been a ZGreen business since 2008.

Whether you are looking for the big college experience or a smaller liberal arts university, there's a school that will fit your green style.



## Ask ZGreen!

*Dear ZGreen,*

*I just moved to Aspen and it is RAD!! I love this place, but I've got a big problemo. I care about the environment (need to protect the pow pow, right?), and I want to do what I can to be green and SAVE green, but I just don't know where to start. My rent is expensive, my place is ALWAYS freezing, and I barely have any money to buy groceries, nonetheless invest in those twisty light bulbs and such.*

*What's a ski bum to do?*

*Sincerely,  
The Gnarliest Ski Bum You Know*

Dear Gnarly Ski Bum,

We hear you on this one. It's a tough position to be in, especially with winter right around the corner. Many of us value protecting the environment, but sometimes the amount of green in our pockets restricts what we can do.

ZGreen's first tip would be to stop by the Energy Resource Center (ERC) at Suite 111 in the Aspen Airport Business Center. Not only do they have a lot of do-it-yourself guides, but they are offering numerous rebates and incentives. With ERC's help, you can create a plan of improvements to show your landlord. Take inventory of cold air leaks, water drips, and inefficient lighting. If

utilities are included in your rent, you might be able to bargain for a lower monthly rent if you make your utility bills lower. Even if your utilities aren't included in your rent, if you install some permanent energy-saving items, your landlord might cut you some slack since the landlord wins in the long-term.

If your landlord is not available, there are some fairly inexpensive energy efficiency installments you can make to get you through the winter. Spending 35 - 40 dollars on sealing your windows with plastic "hair-drier" sheet sealants can save 30 - 35 percent each month on electricity and they'll make your place a whole lot warmer. As we mentioned before, these window sealants are more of a temporary, quick fix but they definitely do the job. You can also recycle these at the end of the winter season with the rest of your plastic bags! Other types of insulation can be applied to doors, windows, electrical sockets and storage areas. Most products are affordable and readily available at your local hardware store.

Also available through the ERC are energy efficient light bulbs like compact fluorescent light bulbs (or CFLs). The bulbs are also available online for bulk purchase.

In the meantime, visit these websites for even more ways to green your home through rebates, do-it-yourself home improvements, energy assessments and more:

[Aspen Pitkin Green Initiatives](#)

[Pitkin County Energy Smart Resource Center](#)

Keep Shreddin'!  
ZGreen

Have an environmental question for the ZGreen team?  
[Email us](#) and you might see your answer in next month's ZGreen newsletter!

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## ZGreen Business Spotlight



**[Alpine Bank](#)**  
**600 East Hopkins, Suite 001**  
**970.920.4800**

The Aspen branch of Alpine Bank has been ZGreen-certified since November 2008 and is now a Summit business, which means it went above and beyond ZGreen requirements! Alpine bank is locally owned and operated and serves nearly 100,000 customers with retail, business, trust, asset management, mortgage and electronic banking services.

**SIX BIG THINGS** that Alpine Bank is doing to be ZGreen:

1. Alpine Bank recycles phone books, printer cartridges, cell phones, and batteries. There is also a bin for employees to recycle plastic bags.
2. In 2006 Alpine Bank replaced its water heater with a more efficient unit. In addition, all of the thermostats in the bank are programmable.
3. Alpine Bank holds an ISO certification and is a member of the Environmental Leadership Program and Colorado Environmental Partnership.
4. All of the exit signs at Alpine Bank have CFL or LED bulbs and most areas of the bank have energy-efficient lighting.
5. Alpine Bank has a bank-wide Green Team that meets quarterly and a formal sustainability policy for all of its branches. Employees take annual compliance tests to determine how much they

- know about the bank's environmental efforts.
6. Alpine Bank offsets all carbon emissions through the Colorado Carbon Fund or with Canary Tags.

To learn more about what Alpine Bank and other ZGreen businesses are doing, [click here](#).

Canary Initiative - 970.429.1831  
Environmental Health Department - 970.920.5039  
City of Aspen - 130 S Galena Street - Aspen, CO 81611

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