

How to Green Your Home Office and Study Space

- Set points for thermostat
 - For warmer days, 78 degrees or above
 - For cooler days, 68 degrees or below
 - On warm days, turn the thermostat off and open a window to let fresh air in
 - Did you know? The average air conditioning unit uses 3,500 watts but the average fan only uses 60 watts!
- Switch to energy efficient light bulbs
 - lighting accounts for 15% of a household's energy consumption. LED bulbs use 84% less energy than incandescent bulbs and have a MUCH longer lifetime
 - Ensure you're shutting down devices and switches properly in the evenings
- Make meals at home
 - Use reusable containers, lunchboxes, and straws
 - Try meal prep guides which can help to save time, money, and reduce stress
 - <https://sweetpeasandsaffron.com/how-to-meal-prep/>
 - Eat leftovers to reduce waste and if possible, consider starting a compost
 - <https://www.epa.gov/recycle/composting-home>
- Try reusable utensils and dining ware
 - Skip cardboard and plastic cups, instead try coffee mugs and water bottles
 - Wash and reuse your dining ware instead of throwing it away
 - Single-use plastics are easily disposable but lead to plastic pollution and environmental degradation.
- Skip printing, use an E-Filing system
 - Approximately 1 billion trees worth of paper are thrown away every year in the United States. Americans use 85,000,000 tons of paper a year; about 680 pounds per person
 - E-file is faster, easier and more accurate than filing paper documents
- Use natural light
 - Natural light in the office has many benefits such as:
 - Improves sleep
 - Boosts vitamin D
 - Increases focus
 - Saves energy and money
 - Boosts your immune system

- Increases energy
- Get plants that can clean the air
 - Snake plant
 - Red-edged Dracaena
 - Spider Plant
 - English Ivy
 - Flamingo Lily
 - <https://luxafor.com/top-9-best-air-purifying-plants-for-office-that-are-low-effort-and-care-guide/>
- Recycle
 - Recycling a ton of office paper saves:
 - 4,100 kWh of energy
 - 7,000 gallons of water
 - 9 barrels of oil
 - 54 million BTU's of energy
 - Find out what you can recycle and where you can take it
 - <https://morgantownwv.gov/314/Recycling>
 - <http://www.moncountyrecycling.com/>