Sustainability is creating and maintaining conditions under which humans and nature can exist in productive harmony that permit fulfilling social and economic requirements.

# **Purchasing Pup e-News**



## 1. SAVE MONEY

Many green products have a lower initial price than traditional products. Recycled toner cartridges and paper products can be made with 100% recycled content and are usually less expensive than non-recycled content products. Many other products are cost-neutral, including address labels, sticky notes, and notebooks. Buy recycled-content products to save energy and water resources.

WASTE

Remember that initial price should not be the only consideration. Consider how much energy a product will use after it's purchased. Always look for energy star products and those that do not use energy in "sleep" mode.

Consider durability when purchasing new — and look for ways to reuse products or equipment. Sometimes old stuff is actually made better than the new stuff. The university has already paid for the equipment you have so keep using it as long as it works!



#### 2. REDUGE WASTE

Buy less when you can (avoid the cost!) and recycle when you must make purchases. Paper products will break down in the landfill and create methane gas—a powerful greenhouse gas. Reducing the amount of organics in the landfill helps reduce the greenhouse gasses produced there.

## 3. improve health

When you buy products made with safer chemicals, everyone benefits. It means reduced personal exposure where you work plus reduced exposure for the people who made the product. Volatile organic compounds (VOC) are found in many office cleaning products, including electronics cleaners and aerosol sprays. Exposure to VOC can cause dizziness, light-headedness, drowsiness, nausea, and eye and respiratory irritation. In general, try to minimize exposure to VOC by not purchasing products with these ingredients. (see New York Department of Health VOCs in Commonly Used Products)

Share your green office story: mjduda@creighton.edu

### 4. SAVE OUR PLANET

PLANET

Buying recycled products saves water and energy resources that would be used to create new products. It just makes sense to use and reuse what we have rather than create from scratch!

