



To preserve and protect our natural and historic heritage

*Materials for "Earth Day, Every Day" webinar presented by
Beth Snyder DMD - Proud board member of Heritage Conservancy*

Contact Beth at drbeth@bethsnnyderdmd.com if you have any followup questions.

Environmental impact ideas 4/2020

REDUCE/REUSE/RECYCLE and avoid useless stuff!

My take aways for personal impact:

- Think twice before you buy things you know will be thrown out, like silly novelty presents.
- Look around: see what you could have done without or what can be repurposed.
- Use glass jars for storage of leftovers.
- Stop using single use products like Ziplock bags or plastic storage containers whose lids don't fit next years. (and you don't want to heat your leftovers in!)
- Use your own shopping bags and produce bags. (but if you can't, do the right thing with the plastic bags!)
- Consider composting.
- Take your plastic bags and film and liners to the supermarket for reuse.
- Look for products and companies that are *Certified B Corp*
- Look for FSC certified wood/paper products
- Use phone apps like *Think Dirty*, which checks ingredients for safety and environmental impact
- Turn lights and equipment off, use LED light bulbs
- PLANT TREES and greens preferably indigenous to your area when you are landscaping.

More ideas:

Plastic wrap/bags: recycling by taking to the supermarket (used by Trex for decking)

Poster link can be found here <https://www.trex.com/recycling/recycling-programs/>

This includes plastic bags, wrappers, cellophane, packaging

Bubble wrap: UPS and FedEx or an ebay store

Water: water cooler for drinking and refilling reusable water bottles.

TerraCycle an amazing company that will find a way to recycle almost anything
<https://www.terracycle.com/en-US>

Colgate partnership to recycle old dental products <https://www.terracycle.com/en-US/brigades/colgate> (can be dropped off at Beth Snyder's Dental office)

For reusable products for food.

Produce drawstring reusable/washable mesh bags

Silicone food storage (Stasher my current favorite brand)

Glass food storage (Pyrex with replaceable lids as they wear out)

Local businesses mentioned at the end

Jeffrey A. Miller Catering <https://jamcater.com/>

NJM Insurance <https://www.njm.com/>

Langan Engineering and Environmental Consulting <https://www.langan.com/>

Resources:

Podcasts:

Climate change: lessons from the pandemic

<https://podcasts.apple.com/us/podcast/radio-times/id121971960?i=1000471464639>

Can Corporations Stop Climate Change

<https://www.nytimes.com/2020/02/24/podcasts/the-daily/climate-change.html>

BlackRock: A Fundamental Reshaping of Finance

<https://www.blackrock.com/corporate/investor-relations/larry-fink-ceo-letter>

Homemade T Shirt bags

Without sewing:

<https://mommypotamus.com/no-sew-t-shirt-tote-bag-tutorial/>

With sewing machine, I have included a PDF with instructions

(I prefer sewn with gusset to make a better shaped bottom)

<http://www.creatinglaura.com/2014/05/sewing-tote-bag-out-of-t-shirt.html>

<https://thethingswellmake.com/recycled-t-shirt-bags-review-of-7-ways/>

Front office

- Paper use: decreased by switching practices like fax to email
- Paper use: only FSC approved products or bamboo where possible
- Coffee bar: Keurig cup recycling/compost, stopped using small creamers (milk in fridge)
- Water: Glass pitcher with fruit (frozen)/water and/or water cooler

Interior design at my office

- Air cleaner: Ionic/ozone (we run 1 hr ozone when no one in the office)
- Plants to clean the air
- LED lighting
- Occupancy sensors for lights (our bathrooms, storage areas)
- Carpet tile flooring: *virtually zero VOCs and an environmental footprint that's more than 90% lower than traditional carpet adhesives,*
- Linoleum/marmoleum a linseed oil product that is rather green
- Wall covering: grasscloth
 - Made from sustainable, renewable fibers - Fibers are sun-dried for low energy production - Colored with water-based vegetable dyes

Hygiene products from a dentist's perspective

Toothbrushes Switch to bamboo handled brushes but commit to removing the nylon bristles before composting.

Floss Consider non-nylon products that will therefore break down

Humble: Nylon, candelilla-wax, and aroma on the floss

Tree Bird: Pure Silk Eco Floss glass container with refills in paper wrap/cardboard

Risewell: scrubby floss, Hydroxyapatite, polyester filament, xylitol, stevia

Floss picks Humble has 2 different angled picks, both with a handle made of cornstarch and PLA (a product of sugar cane or cornstarch) so it breaks down faster.

Floss alternative: Water picks/Hydrofloss

Beth Snyder DMD LVIF FICCMO FAGD D-AADSM