



Ascension

10 Ways to Go Green

The Environmental Impact and Sustainability program works to reduce our environmental footprint and achieve sustainability as rooted in our Mission, which calls us to be advocates for a compassionate and just society in our actions and our words. Below are 10 actions you can take to be more sustainable at work and at home.



Eat Sustainably

- Eat local, organic, minimally processed or chemical-free foods to support local farmers and reduce your exposure to pesticides and herbicides.
- Reduce your consumption of meat – go meatless on Mondays or Fridays or eat vegetarian meals before 6 p.m.



Conserve Energy and Water

- Purchase Energy Star[®]-rated appliances and computer equipment to save energy.
- Install water-efficient shower heads, faucet aerators and low-flush toilets to reduce water use.



Promote a Healthy Home

- Use nontoxic cleaners to reduce exposure to harmful chemicals.
- Plant a garden. Easy vegetables to start with are tomatoes, bell peppers, cucumbers, basil and beans.



Landscape with Sustainable Plants

- Plant drought-tolerant, native and pollinator-friendly species in your yard to minimize the need for irrigation, fertilizer and pesticides.
- Plant a tree. Earth Day Network has a goal of planting 7.8 billion trees – one tree for every person on earth.



Reduce and Recycle

- Minimize single-use plastics: Straws, stir sticks, cup lids, storage bags, disposable utensils, water and soda bottles to reduce the amount of plastic trash. The first priority is to maintain safety, then reduce waste responsibly.
- Avoid using Styrofoam products. Polystyrene (#6 plastic) is a toxic material that is not recyclable.