P2VIEW

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NEWSLETTER FROM THE CONNECTICUT DEPARTMENT OF ENERGY & ENVIRONMENTAL PROTECTION

ESPN has its Team in the "Green" Game

When you hear "ESPN," you probably think about sports…and more sports. And you would be right: it is the worldwide leader in sports coverage. But ESPN's employees don't just cover sports; they're also striving to become better environmental players as well.

ESPN's major environmental goals are to reduce solid waste and conserve energy at its campuses and at remote events — and to inspire its employees, fans and partners to do the same.

What's Inside

ESPN's Gerry Arrotti recycles his food scraps and biodegradable serviceware at the company's cafeteria.

At its headquarters in Bristol, Connecticut, employees are empowered and encouraged to suggest and implement ideas to help achieve these goals. Its Green Team (made up of 80 employees) meets bi-monthly and continually comes up with creative measures to keep the company on track. As a result, ESPN has been getting high scores, including diverting 70% of its waste from the trash. Here's the play by play:

ESPN Trounces Trash

When ESPN started tracking its waste diversion rate, in 2004, it was at 48%. (This is the amount of waste that, through reuse and recycling, gets diverted from disposal.) The company took a look at where it was generating trash and how to reduce it (known as a waste audit). The company found that the cafeteria was a big source of waste. It began collecting food waste separately

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ESPN in the "Green" Game

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and sending it to be composted and turned into a valuable soil amendment for farmers and gardeners. ESPN also began using biodegradable packaging and serviceware, which is composted as well. This effort alone diverts more than 14 tons of waste each quarter.

The Green Team's additional suggestions to reduce waste are now in place, including having the cafeteria personnel advocate using ceramic plates and silverware instead of disposable items. Napkin dispensers were converted to a model that only releases one at a time, allowing ESPN to use 40% fewer napkins. In addition, all ESPN employees were given their own mug and water bottle to reuse.

ESPN Scores Big with Energy Savings

Throughout the 18 buildings on its Bristol campus, ESPN has been installing motion sensors and making lighting design changes to conserve energy. Its newest building meets the U.S. Green Building Council's LEED certification criteria and includes water-efficient landscaping, high-efficiency water chillers and air handling units, and waterless urinals. A new childcare center, opened earlier this month, meets LEED Silver standards and will include a 30 kW solar PV system that supplies 7% of the energy needed to run the building.

And the energy savings goes beyond buildings: more than one-third of ESPN's security fleet vehicles are fully electric, the latest addition includes two GEMs (Global Electric Motorcars), that will be used to patrol the campus and transport visitors to their building destinations.

And Here's the Wrap-up

Senior Director of Safety and Sustainability Gerry Arrotti says that employee involvement and engagement is the key to ESPN's success. "Our Green Team meetings are well attended. Everyone wants to make ESPN the best it can be, in every facet of our operations." Arrotti explained that the employees love to compete (not a surprise at a sports organization!) so they are planning to hold an energy savings competition later this year. An "energy dashboard" will be posted on the company's internal website so that employees can track energy consumption in their building they can work to lower through a variety of simple steps, including turning off television monitors in workspaces, unplugging televisions, microwaves and fax machines when not in use, and turning off lighting fixtures in certain common areas when natural light is sufficient. These areas will be designated by a sun sticker. Prizes will include home energy audits. A Win-Win for the employees and the environment!

Follow the lead set by ESPN. For tips on starting a Green Team at your workplace, visit **www.ct.gov/dep/p2**.

Green Grocer has a New Meaning

You probably know not to go to the grocery store when you're hungry and to stick to your shopping list, but you might not know what your favorite grocer is doing to support the local community and the environment. Regardless of whether you're headed to Whole Foods, Price Chopper, Big Y, Stop & Shop or Shop Rite, there's so much happening at your local supermarket these days.

You expect to see **locally grown fruits and veggies** at farmers markets, but now as you walk down the produce isle at supermarkets in Connecticut, you'll most likely find zucchini, string beans, peaches and apples and other local crops. Buying from nearby farms reduces transportation costs and the pollution linked with it, provides us with fresher, healthier food, and helps keep farms in our state thriving.

Nowadays, it's common to see people using **reusable shopping bags**. In addition to selling these bags, many supermarkets encourage customers to use their own bags, subtracting from their grocery bill a credit for

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Landscaped islands filter stormwater in the Torrington Stop & Shop parking lot.

each bag used. Using reusable bags makes sense since plastic bags create all sorts of environmental problems. It's estimated that 12 million barrels of oil are required to produce the plastic bags used in the U.S. each year, and 4 billion bags end up as litter worldwide.

All Connecticut supermarkets are required to recycle the mandated items, for example, corrugated cardboard, bottles, cans, and plastics. A handful of stores are further **reducing the amount of waste** they dispose of by separating out spoiled produce, flowers, plants and other food and paper scraps and sending them to facilities that turn them into compost. Reducing waste disposal saves money for the supermarkets and results in less pollution and greenhouse gas emissions for Connecticut, and the end-product — compost — provides users with richer soil and well-nourished plants. In addition, some supermarkets, such as Big Y, are participating in the U.S. EPA's Food Recovery Challenge program that helps them create a food waste recovery plan to reduce, donate and recycle as much food waste as possible.

There are supermarkets finding ways to **reduce pollution from stormwater runoff** by making changes to landscaping and parking lots. Buildings, pavement, and other impervious surfaces don't allow rainwater to sink into the ground; it flows into nearby lakes, rivers and streams, picking up pollutants along the way. The newly-built Stop & Shop in Torrington designed the parking lot so that stormwater ends up in depressed landscaped islands that hold and filter the water. Any excess can easily flow to storm drains and shallow grassed swales created along the edges of the development to manage off-site drainage.

According to U.S. EPA's Energy Star, supermarkets are the most electricity-intensive type of commercial building, so it's no wonder they are looking for ways to **cut their lighting costs**. Stores are installing LED lighting for refrigerated and frozen foods, and high-efficient T-5 fluorescents for other areas; using dimmers and occupancy sensors; integrating day-lighting with artificial lighting; making use of systems to control lighting, temperature and other building mechanicals. By installing these items, Price Chopper in Middletown was able to reduce its energy consumption by more than 50%.

The boldest efforts have been taken by a small few, as these steps are more difficult to implement and require a large capital investment. These stores are dramatically reducing their carbon footprint and the state's emissions by utilizing the **cleanest and most advanced technology for electricity and refrigeration**.

LED lighting reduces energy costs at the Middletown Price Chopper.

Keeping foods cold is a significant piece of what a supermarket does. Commonly used refrigerants contain hydro-chloro fluorocarbons that deplete our ozone layer

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and are potent greenhouse gases that contribute to climate change. Fortunately, **greener refrigeration technologies** and practices are now available and the U.S. EPA's GreenChill program helps supermarkets transition to environmentally-friendlier systems using a natural refrigerant. Stop & Shop in West Hartford was the first supermarket in the state to use this technology.

While also reducing pollution, **renewable energy** offers yet another opportunity for innovation in the supermarket industry. Price Chopper, in Middletown, and Whole Foods, in Glastonbury, are examples of stores powered by UTC fuel cells. During the power outages from Storm Irene, Whole Foods minimized its food loss since the fuel cell kept refrigerators and freezers working. Connecticut also has a few stores and distribution centers utilizing solar panels to generate a portion of their electric energy.

Next time you're grocery shopping, take your reusable bags and check out what your supermarket is doing to be "green" (or pass on this article to the store manager to help start the process).

For more information:

Energy-efficient lighting and buildings: **www.energystar.gov**

Greener refrigeration technologies: **www.epa.gov/greenchill**

Renewable energy installations and funding: **www.ctcleanenergy.com**

CT Grown Foods: **www.ct.gov/doag**

Food Recovery Challenge: **www.epa.gov/epawaste/partnerships/wastewise/challenge/foodrecovery/index.htm**

Recycling Roundup

A Solution for Leftover Paint

Browse any decorating magazine, or talk to a realtor about tips to sell your home, and one of the first suggestions you'll get is to put a fresh coat of paint on those walls. It's an easy, inexpensive and fast way to spruce things up. After the job is completed, you have a transformed room *and* probably have some leftover paint. Over the years, you may have accumulated more than a few cans.

The U.S. EPA estimates that about 10 percent of all paint purchased in our country becomes leftover – about 64 million gallons annually. The cost for municipalities to manage leftover consumer paint averages $8 per gallon, making paint a $500 million annual management cost**.** In Connecticut, consumers have the option of bringing oil-based paints and stains to a Household Hazardous Waste (HHW) collection. Since latex paint is not considered hazardous, it can be dried out and put in the regular trash. But these options are not convenient for the consumer, cost-effective for municipalities, or the best for the environment.

Connecticut became one of the few states taking a product stewardship approach to managing leftover paints. In 2003, DEEP participated in a nationwide dialogue about this issue with the

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Leftover Paint *Continued from page 4*

Product Stewardship Institute, paint manufacturers, recyclers, state and local governments and other stakeholders. As a result, Connecticut signed a memorandum of understanding with the paint industry that led to the introduction of legislation. In 2011, **An Act Concerning Establishing a Paint Stewardship Program** (P.A. 11-24) was passed. Under the law, paint manufacturers will assume the costs of managing unwanted latex and oil-based paints, with a deadline of July 1, 2013 to implement the program. The paint industry will consult with Connecticut stakeholders and propose a plan that DEEP will review and approve.

To help in planning the program, DEEP recently conducted a state-wide survey about leftover paint. Out of the approximately 1,000 people who responded, 90% of homeowners have leftover paint in their house they would like to get rid of and 20% of those have more than 10 cans. Respondents also commented that they want more convenient options than HHW collections.

To learn more about product stewardship, the paint legislation and survey, go to **www.ct.gov/dep/p2** or contact Tom Metzner at 860-424-3242.

For interim solutions for managing leftover paint, go to **www.ct.gov/dep/p2**. For tips on buying paint, go to **www.paintcare.org**.

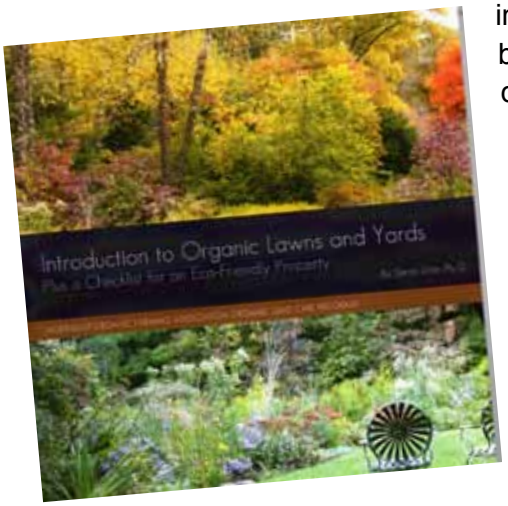
What is Product Stewardship?

Product stewardship is a principle that directs all participants involved in the life cycle of a product to take shared responsibility for the impacts its production, use and end-of-life management have on human health and the natural environment.

What's NEW in P2?

Is your Yard Eco-Friendly?

The Northeast Organic Farming Association (NOFA) Organic Land Care Program has created a booklet especially for homeowners new to organic landscaping. ***Introduction to Organic Lawns and Yards — Plus a Checklist for an Eco-Friendly Property*** is a quick-start guide to implementing organic practices, such as promoting soil fertility, conserving water, and controlling invasives and pests without pesticides. The booklet also includes beautiful photographs, inspiring quotes and resource lists. You can download it or purchase it at **www.organiclandcare.net**.



EPA Launches Green Products Web Portal

The U.S. Environmental Protection Agency (EPA) observed **P2 Week** by launching a new tool — **www.epa.gov/greenerproducts** — that allows users to search for EPA programs related to greener products. Consumers can find electronics and appliances that have earned the Energy Star label, WaterSense products that

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What's NEW in P2?

EPA Launches Green Products Web Portal

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help save water, and safer cleaning products having the DfE label. The website also has information for manufacturers and institutional purchasers on standards and criteria for designing greener products.

"By purchasing greener products, consumers can help reduce air pollution, conserve water and energy, minimize waste and protect their children and families from exposure to toxic chemicals, while also creating green jobs," said Steve Owens, assistant administrator of EPA's Office of Chemical Safety and Pollution Prevention. "Pollution prevention is good for our health, our environment and our economy," emphasized Owens.

Safe Routes to School Mini-grants

The National Center for Safe Routes to School is now accepting applications for 25 mini-grants of $1,000 each. The Safe Routes to School (SRTS) program helps enable and encourage children to safely walk and bicycle to school. Walking and biking have benefits for both health and the environment. Mini-grants fund activities that range from the nuts and bolts that help start or sustain a program to new ideas that explore the range of benefits of safe walking and bicycling. Applications are due Wednesday, October 19, 2011. For more information, visit **www.saferoutesinfo.org/funding-portal/mini-grants**.

Walking to school is good for the environment — and it's fun!

Have your Cake and Eat it Too

We are bombarded with food advertisements, cookbooks and recipe websites abound, and there are TV channels entirely devoted to food. We can find somewhere to eat 24/7 and even buy strawberries in January. It's a mixed blessing — we have abundance and variety in what we choose to consume, but obesity and associated diseases are rising and the environment is impacted with the growing, transporting and disposal of food.

So, how do we have our cake and eat it, too? By making smarter choices about food for our health, the environment and our local economy. Here are a few ways to get you started.

- Choose **local food**. In Connecticut, we have many farmers' markets, farm stands and pick-your-own farms. Many supermarkets are now offering locally-grown or -produced foods.
- Eat organic when you can. Download a **pocket shopping guide** from the Environmental Working Group (EWG) that details produce grown with the least and the most pesticides.
- Natural, cage-free, grass-fed… What do they all mean? Learn how to decode food **labels**.
- Try a **Meatless Monday**! Replacing one beef meal per week can save more than 40,000 gallons of water, 70 tons of grain and avoid 300 pounds of greenhouse gas emissions each year.

For more tips, visit DEEP's webpage, *Eating for Health and the Environment* at **www.ct.gov/dep/p2**.

Ask Eartha

I just moved to Connecticut and I'm wondering, what is the best way to handle all the leaves in my yard? I know that burning them in the backyard causes air pollution and is not allowed, so what is the best way to deal with them? — Sherry, Norwalk, CT

Welcome to Connecticut! Your leaves can be recycled into a valuable product for your lawn and garden with just a little effort. Yes, I said "recycled!" Connecticut was way ahead of most states by passing legislation and regulations more than 20 years ago mandating that leaves be recycled.

What do we mean by "recycling" leaves? There are a number of environmentally-responsible options: putting them around trees or shrubs as mulch for the winter; mulching them with the lawn mower and leaving them on the lawn to provide micronutrients; collecting them and composting them on your property; or participating in a town-wide leaf collection program, either at the curb, or at a drop-off site.

In addition to the requirements for towns and cities to provide for leaf recycling, the law also requires that leaves be kept separate from other recyclables and garbage. Some municipalities collect leaves curbside during the fall, others have residential drop-off areas, a number ask residents to compost them at home. You can check with your **local recycling coordinator** and town websites for specific leaf collection information, as each municipality varies in its collection schedules and collection methods.

I'm going to *leaf* you with answers to some frequently asked questions:

What do the towns and cities do with the leaves that they collect? Some manage their own leaf composting site and others send them to a private composting facility. There are almost 100 large-scale **leaf composting sites in Connecticut**. Some municipalities allow residents to come and get the finished compost for their yards and gardens and others sell the compost to landscaping businesses.

Won't leaving leaves on my lawn kill the grass? Well, you do have to mow them into your lawn, not just leave them whole. If you mow with mulching mower at least once a week during peak leaf fall, you should be able to retire your rake — unless you have trees that have tremendous amounts of leaves! (Michigan State University researchers mowed the equivalent of 450 pounds of leaves per 1,000 square feet into test plots and the result was improved soils and healthy grass.)

How do I compost leaves on my property? Leaves are perfect for home composting and the resulting product can be used to improve soil for your plants. DEEP can help you get started with educational links to a **video**, **brochure**, and **fact sheet** for residents on their composting webpage – **www.ct.gov/dep/composting**

Can I just rake them into the woods? That is good option if your property has a wooded area — but please don't put them in a stream, pond or other wetland area. When leaves decompose, they release nutrients that can contribute to algal blooms which are detrimental to fish and other aquatic life.

Happy Autumn! — *Eartha*

Eartha answers selected environmental questions. Email your question to **judith.prill@ct.gov** and watch future issues for your answer.

P 2 C A L E N D A R

A SELECTION OF ENVIRONMENTAL EVENTS

Saturday, October 1
National Solar Energy Tour
Various locations throughout CT
See first-hand the types of installations for homes and commercial buildings at the single largest public demonstration of solar technology. Tour sites are hosted by knowledgeable installers, designers, or site owners who will be prepared to provide information and discuss system details. More information: **www.nesea.org/greenbuildings/**

Saturday, October 1 & Sunday, October 2
HawkWatch Weekend Festival & Green Bazaar
Audubon Center, Greenwich
A family-friendly, green-themed celebration of the amazing raptor migration occurring above the Audubon Greenwich Center each Fall. The event will feature live animal shows, guided hikes, nature-themed games, environmental exhibits, and lots of eco-friendly vendor exhibits. More information: **http://greenwich.audubon.org/**

Fall Saturday Seminars
Always Conservation Conversation!
SmartLiving Center – Orange
Topics of these free seminars include: holiday LED lighting, practical green remodeling, living in a solar home and green building rating systems. More information: 203-799-0460. **NOTE**: Starting on Saturday, October 1, the SmartLiving Center will be giving out free Weatherization Kits to anyone who comes to the center takes a self-guided tour and fills out a survey. Kits include: 13 watt CFL, outlet plugs, outlet gaskets, door sweep, weather stripping, refrigerator thermometer, LED nightlight, faucet aerator, five minute shower timer.

Tuesday, October 4
Life Cycle Assessment & Packaging Design Lecture
Yale School of Forestry & Environmental Studies
Kroon Hall, New Haven
This year's lecture series, "Producers, Packaging and Public Policy," explores the topic of extended producer responsibility (EPR) and packaging. More information: **http://cie.research.yale.edu/lecture-series-2011-epr-lecture-series.html**

Fall Courses
Center for a Sustainable Future
Gateway Community College, North Haven
Courses are being held in new state-of-the art solar PV and solar thermal labs which enable participants to get real-world know-how and access to certifications that CT employers need to take the lead in clean energy for business and consumers. More information: **www.gwcc.commnet.edu** (go to Center for a Sustainable Future) or call 203-285-2448

Saturday, October 15
Family Science Day – Autumn Celebration
SmartLiving Center -- Orange
Free event includes children's workshops, magic shows, and interactive exhibits. on saving energy. More information: 203-799-0460

Tuesday, October 25 and Wednesday, October 26
Shifting Recycling Markets — NERC 2011 Conference
Northampton, Massachusetts
The latest information on used electronics, rigid plastics recycling efforts and market developments will be presented at this conference sponsored by the Northeast Recycling Council (NERC). For more information: **http://nerc.org**

Saturday, October 29
Annual Environmental Justice Conference
UConn Business School – Hartford
Workshop topics include: Cleaning Up Brownfields, Creating a Toxic-Free Food System and Green Chemistry. Co-sponsored by the CT Coalition for Environmental Justice and the Toxics Action Center. More information: **www.toxicsaction.org/events/conferences**

Keep our Forests Safe from Invasive Pests — www.dontmovefirewood.org

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