The Weekly Green

Committed to Going Greener Week by Week in Campus Life

Volume 1, Issue 7 November 17, 2008

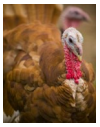
Eco-Friendly in the Office:

Giving Thanks

In the spirit of giving thanks, I wanted to take a moment to thank you all for the following:

- Reading the Weekly Green
- Working so hard on the weekly tips
- Changing your office product purchasing habits
- Using less paper
- Recycling used toner cartridges
- Changing the light bulbs in your desk lamps from standard to CFL
- Bringing your own coffee mug
- Not complaining about the switch to Fair Trade coffee
- Attending an eco-certification class
- Making fewer copies and printing less
- Turning off your computers at night
- All of your enthusiasm and ideas to help the entire Office of Campus Life reach our goal of going green!!

Eco-Friendly in the Home:



Turkey, Turkey

This year, think outside the traditional commercially bagged birds and consider purchasing a heritage turkey. Heritage turkeys have many benefits as a result of a longer growing period, resulting in an extra layer of fat (fat=flavor) as well as a higher proportion of dark meat to white, due to a high level of exercise. They also have a varied diet with natural foods such as fresh grass and bugs.

Heritage turkeys come from a rare breed of purebred livestock. They're called heritage because they historically served as American foods. Believe it or not, in order to save them, we need to eat them! To find where to purchase a heritage turkey, check out heritagefoodusa.com.

If a heritage bird just isn't in the cards this year, try for an organic turkey. Organic turkeys are USDA certified, guaranteeing that they are raised under healthy practices, including no use of antibiotics and growth hormones.

For a great recipe on roasting a heritage turkey, check out our helpful website of the week. Happy Eating!

Courtesy of the Daily Green website, www.thedailygreen.com

"Thanksgiving was never meant to be shut up in a single day."

-Robert Caspar Lintner

Weekly Tasks

- Thank your cubicle and office buddies for all the hard work they've done in going green these past few months
- Make an extra effort to recycle more, print less, and save energy
- Have a Happy Thanksgiving!

Helpful Website of the Week

wwww.localharvest.org/features/heritage-turkey-recipes.jsp

Eco-Certification Training:
LAST TWO

November 17th, 11am-12, MGC 200

November 19th, 2:30-3:30pm, MGC 6