

Take the Green Challenge USR Day Sept. 11, 2010

Turn off electronics and appliances:

- Most plugs and appliances continue to draw power even if they are powered off or not charging
- Over 80% of the energy used by a cell phone charger is consumed when the phone is not plugged in

Cancel unwanted catalogs:

- Conserve resources by canceling unwanted catalogs in the mail
- About 17 billion catalogs are sent out each year in the U.S., which is equivalent to 3.6 million tons of paper

Stop by the Environmental Committee tent on USR DAY to learn more about the many actions Upper Saddle River is taking to follow sustainable practices and how you can be a partner in this effort. Participate in backyard composting demonstrations. Meet Rockland Electric Co. representatives to find out about energy conservation cost cutting options including Pledging to Change. Make a commitment to remove one incandescent light bulb and install a fluorescent, receive a free CFL bulb to get you started.



**Sign any one of the pledges at the
Environmental tent on USR Day and receive a free reusable USR Green
shopping tote (while supplies last)**

SAMPLE PLEDGE

_____ I pledge to **SWITCH OFF** all appliances, lights, lamps, computers and other equipment when they are not in use. I will **UNPLUG** my phone chargers, coffee pots, toaster ovens and other appliances to avoid the energy consuming standby mode.

_____ I pledge to cancel unwanted catalogs

_____ Last Name

_____ First Name

_____ Address

_____ Phone Number E-mail Address

_____ Signature