

# USR Green Community Challenge

Upper Saddle River is urging residents to be a partner in sustainable practices.

Below are small steps you can take that will have a big impact

### Unplug electronics and appliances:

- Most plugs and appliances continue to draw power even when powered off or not charging.
- Over 80% of the energy used by a cell phone charger is consumed when the phone is not charging, a term called vampire drain.
- So, what can you do? Unplug electronics when not in use. For a simple solution, use power strips- it will be an easy one time switch off.
- Unplugging results in less energy use, less fossil fuel use, less carbon emissions, and reduced expenses.

### Cancel unwanted catalogs:

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



**Please join our efforts by copying, pasting and emailing this completed pledge to the USR Green Team [07458green@optonline.net](mailto:07458green@optonline.net)**

**And, receive a free reusable USR Green shopping tote (while supplies last)**

\_\_\_\_\_ 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. Please visit [www.catalogchoice.org](http://www.catalogchoice.org)

\_\_\_\_\_ Last Name

\_\_\_\_\_ First Name

\_\_\_\_\_ Address

\_\_\_\_\_ Phone Number

\_\_\_\_\_ E-mail Address

For more information on green initiatives and the USR Green Team  
Please contact Barbara or Karen at [07458green@optonline.net](mailto:07458green@optonline.net)