



GREENER VIRGINIA

Helping us eat green, save green and live green.



- ✎ **Choose more whole foods**
 - ✎ Look for locally grown, seasonal produce to support Virginia agriculture
 - ✎ Check out www.vdacs.virginia.gov/vagrown for more information

- ✎ **Try to go “meatless” one night a week**
 - ✎ It takes much more energy, water and resources to produce a pound of meat, than a pound of grain or produce.

- ✎ **Get smart about food labels**
 - ✎ Only those foods that are grown and processed according to USDA organic standards can be labeled organic.
 - ✎ Check out the [CommonHealth website](#) for a listing of commonly used labels and learn which are worth the money and which are just “greenwashing.”

- ✎ **Really reduce, reuse, and recycle**
 - ✎ Small changes can have a big impact. Cigarette butts and filters take 12 years to biodegrade, so set a quit date today and start cutting back with your next craving. Never flick your butt on the ground. Check out www.quitnow.net/CommonHealth/ for more information.
 - ✎ Use those reusable shopping bags rather than leaving them behind in your car. Using just 2 reusable bags on your weekly shopping trip can save 312 plastic grocery bags per year.
 - ✎ Check out your local recycling centers to see what you can do to reduce your waste stream and give something old a new life. Check out <http://earth911.com/> for more information.

To enter the drawing for gift cards up to **\$500**, complete the section below and return it **by December 14, 2009** to:

Debbie Fitzgerald, VCU Human Resources, P. O. Box 842511



Greener Virginia

Name (print) _____

Employee CoVA ID Number _____
(Your CoVA ID# starts with “YTX” on your COVA Care health plan card – for example: YTX0123456XU)

VCU Department _____

VCU Campus P. O. Box # _____

For more information, visit the state CommonHealth website at www.commonhealth.virginia.gov

October 1, 2009