

COOK COUNTY DEPARTMENT OF ENVIRONMENT AND SUSTAINABILITY

VIRTUAL SUSTAINABILITY ENGAGEMENT

Sarah Edwards and Elaine Simon

2/16/2021

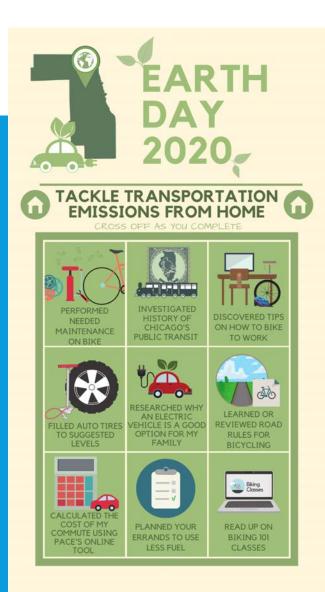
EARTH MONTH 2020 PIVOT

EARTH MONTH BINGO





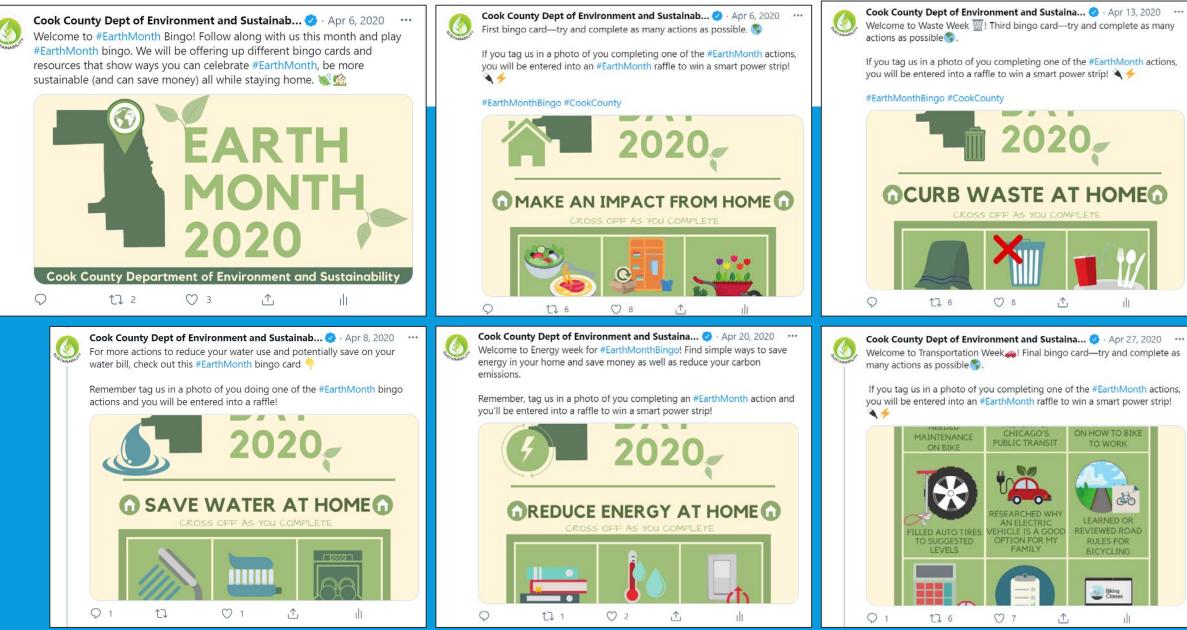








BINGO PROMOTION ON TWITTER





Cook County Dept of Environment and Sustaina... Happy 50th Anniversary of #EarthDay! You can be taking actions right now while sheltering in place to be more sustainable, to use less resources & to combat climate change. We invite you to continue to join us in our #EarthMonthBingo for a chance to win a smart power strip.



Cook County Dept of Environment and Sustainab... \checkmark · Apr 7, 2020 · · · · A leaky toilet can leak up to 26 gallons a day • ! That's a lot of water that is being wasted and that you are paying for on your water bill s. And it's estimated that 20% of all toilets leak.

To find out if you have a leak, follow these instructions fit.ly/3bSYjhh



Cook County Dept of Environment and Sustaina... 🤡 · May 2, 2020 🛛 🚥 #DYK underinflated tires worsen gas mileage and hurt your car's fuel economy? Save money and reduce greenhouse gas emissions by properly filling your tires 🛃. Check out these other tips to improve fuel economy: bit.ly/2RoQqlq #EarthMonthBingo #CurbCarbon R 00 MAKE SURE × AN 4 S **YOUR TIRES** 0 P ARTH 0 ARE FILLED TO R SUGGESTED A ш LEVEL 0 N Q 1] 1 C ⊥ ilt Cook County Dept of Environment and Sustainab... 📀 · Apr 7, 2020 🛛 … You can cut carbon emissions right from your kitchen Q @NRDC, beef is the largest contributor of greenhouse gas emissions relative to all other foods . For more resources on how meat impacts climate change (thread) #EarthMonthBingo 63 ¥ GO A MEAL 4 2 WITHOUT 0 RTH 2 EATING 0 4 MEAT K **C** Q_1 17 2 0 1 ılı

Cook County Dept of Environment and Sustainab... 🔗 · Apr 9, 2020 ··· Optimize your spring cleaning by diverting waste from the landfill. Instead, reimagine items you no longer use or consider donating the items. #EarthMonthBingo



EMPLOYEE SUSTAINABILITY CHALLENGE

CHALLENGE DETAILS DOCUMENT

NEW YEAR, NEW YOU:



BROUGHT TO YOU BY THE DEPARTMENT OF ENVIRONMENT AND SUSTAINABILITY

Note: Parlicipation in the New Year. New You: Employee Santainability Challenge nay vort be counted as work Instan.

Enclarate: All viscources provided as part of the flees Teac. New York Employee Socializability Challenge and its Inhemational purposes andy Coast County does not avoid an any of these entities not their services are does Coast County enable any summitted segariting the reliability or accuracy of this information.

CHALLENGE OVERVIEW



WEEK 1 ACTIONS (1.4-1.10)

ACTION 1: REDUCE SCREEN BRIGHTNESS ACTION 2: SWITCH TO LED LIGHT BULBS ACTION 3: TAKE THE CONSERVE COOK COUNTY PLEDGE ATTEND: ENERGY WEBINAR WITH COOK COUNTY & ELEVATE ENERGY

SEE PAGE 3 FOR DETAILS

WEEK 2 ACTIONS (1.11-1.17)

ACTION 1: RESEARCH YOUR COMMUTE ACTION 2: TURN DOWN THE THERMOSTAT ACTION 3: CHOOSE ALTERNATIVE TRANSPORTATION LISTEN: THE ENERGY GANG

SEE PAGE 4 FOR DETAILS

WEEK 3 ACTIONS (1.18-1.24)

ACTION 1: UNPLUG DEVICES ACTION 2: DO LAUNDRY WITH COLD WATER ACTION 3: SPEND TIME AWAY FROM SCREENS ATTEND: CITIZENS UTILITY BOARD'S UTILITY BILL CLINIC

SEE PAGE 5 FOR DETAILS

WEEK 4 ACTIONS (1.25-1.31)

ACTION 1: TURN OFF LIGHTS ACTION 2: REVERSE CEILING FAN ACTION 3: RESEARCH RENEWABLE ENERGY WATCH: HAPPENING: A CLEAN ENERGY REVOLUTION

SEE PAGE 6 FOR DETAILS

FOR DETAILS ON THE CHALLENGES YOU ARE INTERESTED IN AND TO LEARN NOW TO REPORT YOUR PARTICIPATION, SCROLL DOWN!

WEEK 1 DETAILS

REDUCE SCREEN BRIGHTNESS

Reducing the brightness of your computer screen at work can lead to energy savings. According to this green tip from Harvard Law School, reducing screen brightness from 100% to 70% can save up to 20% of the energy that the monitor uses. This week we challenge you to reduce your screen brightness to the lowest comfortable level. If your monitor has one, you can also enable energy save mode. And this challenge can be applied beyond the office to any device you use.

SWITCH TO LED LIGHT BULBS

Swapping your light bulbs to a light-emitting diode (LED) version is a simple way to save significant energy in your home. According to this article from the US Department of Energy, residential LEDs use at least 75% less energy, and last 25 times longer, than incandescent lighting. This week we challenge you to replace any non-LED light bulbs in your home with an LED version. If you are replacing a compact fluorescent light bulb (CFL), remember that it contains mercury and should not go in the trash. Try using Earth91's <u>Recycle Search</u> to find a facility accepting CFLs near you. You can also search for sites accepting incandescent light bulbs using the Recycle Search.

TAKE THE CONSERVE COOK COUNTY PLEDGE

You will spend the month learning about energy efficiency and taking action to reduce your energy use. It is the perfect time for you to take the <u>Conserve Cook County Pledge</u>. One easy way to move us closer to our sustainability goals is to get as many people on board as possible. This week we challenge you to take the Conserve Cook County Pledge and to tell your coworkers, friends, and family that you did so. If you make a social media post, use the hashtag #ConserveCook. Your efforts are so important and you have the power to multiply your impact by getting your friends and families interested too. We would love to hear how your conversation goes.

ATTEND

Wednesday, January 6th | 12pm-1pm

Join the Department of Environment and Sustainability. Cook County Energy Manager, Jamie Meyers, and our partner Elevate Energy to hear about the County's Clean Energy Plan, energy efficiency projects in County buildings, and ways to save on your utility bills and make your home more comfortable through energy efficiency. Join the webinar here

SELF-REPORT YOUR WEEK 1 ACTIONS HERE

WEEK 2 DETAILS

RESEARCH YOUR COMMUTE

Did you know that in 2019. 74.8% of Cook County's transportation emissions came from employee commuting? That is a total of almost 35.000 metric tons of CO2 just from employees getting to and from work. There are many opportunities to reduce the environmental Impact of your commute, including working from home, walking or biking, taking public transportation, carpooling, avoiding rush hour and investing in an electric vehicle. This week we challenge you to research opportunities for reducing the environmental impact of your commute.

Here are some recommended resources to help you get started:



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TURN DOWN THE THERMOSTAT

Winter is here! And we know it is tempting to turn up the heat and snuggle in. But, did you know that you can save a significant amount of energy and money by turning your thermostat down in the winter (and up in the summer)? This week we challenge you to turn down your thermostat by a few degrees. The US Department of Energy suggests setting your thermostat to 68°F while you are awake and even lower when you are asleep or away from the house. Check out their <u>website</u> for more information.

CHOOSE ALTERNATIVE TRANSPORTATION

According to the Better Government Association, cars and trucks top coal as the biggest contributor to climate change in Illinois. We know it is cold out, but if you are able, completing your errands without a car, will make a huge impact for our planet. And it can be a great way to explore your local community and get some exercise! This week we challenge you to choose an alternative to driving to complete your errands. More from the Better Government Association here.

LISTEN

Listen to the <u>podcost</u> The Energy Gang for a weekly digest on energy, cleantech, and the environment.

SELF-REPORT YOUR WEEK 2 ACTIONS HERE

WEEK 3 DETAILS

UNPLUG DEVICES

Ever heard of Standby Power or Vampire Energy? These refer to the power, or energy, used when devices and appliances are switched off, but still plugged in. Read our vampire energy <u>blog post</u> for tips to make sure you don't pay for energy you aren't actually using. This week we challenge you to unplug devices in your office (and home!) when they are not in use. Video game consoles are a great place to start, since they suck up the most energy and provide the biggest opportunity for cost savings.

"NOTE: If you are working at your Cook County office, there are several devices that should not be unplugged. Please DO NOT unplug printer, monitor, computer tower, etc. Please DO unplug personal devices (cell phone, headphones, laptop, etc.), pencit sharpener, hole punch, stapter, kettle, coffee machine, microwave, personal lights, and so on when not being used. If you are not sure if a device is okay to unplug, leave it plugged in.

DO LAUNDRY WITH COLD WATER

The laundry room can be one of the biggest energy users in a home. There are several strategies for reducing energy consumption in the laundry room, and one of the easiest is to lower the temperature of the water you are using. The US Department of Energy estimates that using warm water rather than hot can cut a load's energy use in half, and using cold water will save even more. This week we challenge you to do your laundry using cold (or warm) water, rather than hot. For more tips on saving energy in the laundry room check out this <u>article</u>.

SPEND TIME AWAY FROM SCREENS

According to this <u>blog post</u> by Direct Energy, TV and Media Equipment is the §th largest energy use category in a typical home, accounting for about 4% of household energy on average. This week we challenge you to spend time away from screens. Consider checking out a new park or walking path in your neighborhood or choose an energy-free indoor entertainment option like reading or playing a board game!

ATTEND

Tuesday, January 19th | 5:30pm-7:30pm

Join Citizens Utility Board (CUB) and the Cook County Department of Environment and Sustainability for a free virtual utility bill consultation. CUB staff will provide a one-on-one analysis of your utility bills to help you better understand your bills and look for potential savings. Register here,

SELF-REPORT YOUR WEEK 3 ACTIONS HERE

WEEK 4 DETAILS

TURN OFF LIGHTS

Turning off the lights when you leave your (home) office for the evening can result in significant energy savings. You can also save energy by relying on natural light during the day and keeping the lights switched off. This week we challenge you to turn off the lights when they are not needed. For a more in depth look at the benefits of switching off the lights, read this <u>atticle</u> from the US Department of Energy.

REVERSE CEILING FAN

Did you know that your ceiling fan can be used for temperature control year round? In the winter, setting your fan to move in a clockwise direction at a low speed will produce an updraft forcing warm air near the ceiling to move down into the living space. You can turn down your thermostat while using the fan to reduce your energy consumption and keep your home more comfortable. This week we challenge you to reverse the direction of your ceiling fan. For more information on energy and ceiling fans check out this <u>article</u> by the US Department of Energy. And for guidance on how to reverse the direction of your fan, see this <u>video</u>.

RESEARCH RENEWABLE ENERGY

This challenge is about awareness. Cook County, in collaboration with several partners, is working toward several renewable energy goals in County buildings and in the community. This week we challenge you to spend time researching renewable energy in Cook County and/or your neighborhood. Let us know if you find anything particularly interesting!

Here are some suggestions for how to spend your hour

- Read Cook County's <u>Clean Energy Plan</u>
- Learn about solar energy options available in Cook County: <u>Community Solar</u> & <u>IL Solar For All</u>
- . For an overview of renewable energy types, look at this page by ComEd.

WATCH

Watch the 2017 renewable energy <u>documentary</u> Happening: A Clean Energy Revolution. Follow filmmaker Jamie Redford on a journey across the US to meet pioneers of clean energy technology.

CHALLENGE PROMOTION VIA EMAIL



COOK COUNTY GOVERNMENT

Toni Preckwinkle Cook County Board President

Introducing New Year, New You: Employee Sustainability Challenge

Hello from the Department of Environment and Sustainability,

As the New Year approaches, we are reflecting on how we can adjust our behaviors at work and at home to reduce energy use and save money on utilities. Making just a few small changes can significantly lower energy bills and minimize our environmental impact.

To this end, we are excited to introduce the **New Year, New You: Employee Sustainability Challenge!** This challenge will take place throughout the month of January and the theme is *energy*. We will be challenging you to take up to three energy-saving actions each week.

Get excited, because any employee who participates will be entered into a drawing to win a fabulous **PRIZE** funded by our Illinois Science and Energy Innovation Foundation (ISEIF) grant.

Interested? See below for more details. And save the date for a kick-off Lunch and Learn at noon on Wednesday, January 6, 2021.

A Sneak Preview of the Challenge

We will send full details in January, but for now, a preview. There will be three actions to take each week, along with a webinar to attend or a resource to check out. Don't worry – the actions are simple, the webinars informative, and the resources interesting (we promise!).

Actions will include:

- Take the <u>Conserve Cook County Pledge</u>
 - Pledge to take an action, not just today, but into the future to conserve resources and save on utility costs
- Turn down the thermostat
 - Turn your thermostat down a few degrees, especially when you are not at home, and see the reduction in energy use translate into savings on your energy bill
- Spend time away from screens
 - Spend a chunk of time away from screens. This could be time spent outside, playing a board game, reading a book, or anything you can imagine that doesn't involve a screen

It's as Easy as 1,2,3...



We REALLY want you to participate, so we have made this challenge as easy as 1, 2, 3!

All you will do is:

- 1. Take an action, attend a webinar, and/or engage with a resource
- 2. Self report your participation for the week via a Microsoft form
- Sit back and relax! When we receive your self-report, you will automatically be entered to win a prize funded by our Illinois Science and Energy Innovation Foundation (ISEIF) grant

Questions?

Keep a lookout for an email from us on January 4th with full details! If you have any questions in the meantime, please reach out to us directly at <u>katherine.carney@cookcountyil.gov</u>.

Have a great holiday season and we look forward to a fabulous challenge in the new year.

Yours,

The Department of Environment and Sustainability

JOINT PROMOTION OF CUB UTILITY BILL CLINIC FOR EMPLOYEES



Employee Sustainability Challenge: Utility Bill Clinic Tuesday, January 19th

Register for Our CUB Utility Bill Clinic

Tuesday, January 19th | 5:30-7:00pm

Don't forget the Citizens Utility Board (CUB) and the Cook County Department of Environment and Sustainability's free virtual utility bill clinic is Tuesday! CUB staff will provide a one-on-one analysis of your utility bills to help you better understand your bills and look for potential savings.

Register for the time that works best for you here.

It's as Easy as 1 ,2, 3 ...



We REALLY want you to participate, so we have made this challenge as easy as 1, 2, 3!

All you will do is:

- 1. Take an action, attend a webinar, and/or engage with a resource
- 2. Self-report your participation for the week via a Microsoft form
- Sit back and relax! When we receive your self-report, you will automatically be entered to win a prize funded by our Illinois Science and Energy Innovation Foundation (ISEIF) grant

Report your Week 1 participation here.

Report your Week 2 participation here.

Report your Week 3 participation here

Report your Week 4 participation here.

Questions?

If you have any questions in the meantime, please reach out to us directly at <u>katherine.carney@cookcountyil.gov</u>.

Let the challenge continue!

Yours,

The Department of Environment and Sustainability

Important Note

Please note that your participation in the New Year, New You: Employee Sustainability Challenge cannot be counted as work hours.

Additionally, all resources provided as part of the New Year, New You: Employee Sustainability Challenge are for informational purposes only. Cook County does not endorse any of these entities nor their services nor does Cook County make any warranties regarding the reliability or accuracy of this information.

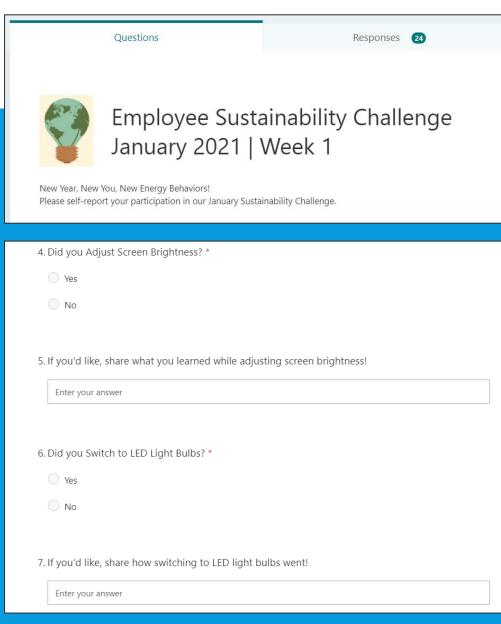
Department of Environment and Sustainability

69 West Washington Street - Room 1900 | Chicago, IL 60602 Phone: (312) 603-8200 | Email: environment@cookcountyil.gov

Mission

The Cook County Department of Environment and Sustainability (DES) works to improve the quality of the environment for all residents of Cook County.

TRACKING PARTICIPATION



8.	Did you take the Conserve Cook County Pledge? *
	Ves
	No
9.	If you'd like, share your feedback on the Conserve Cook County Pledge!
	Enter your answer
10.	Did you attend the Energy webinar with Cook County and Elevate Energy? *
	Ves
	No
11.	If you'd like, share your feedback on the webinar!
	Enter your answer
	Would you like to receive more information about the work the Department of Environm Sustainability is doing, including future employee engagement opportunities? *
	Yes



THANKYOU!