


## Sustainability – Internal Webpages for Staff

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**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

CHILD

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## Sustainability

Initiatives ▾

Strategic Environmental Mgmt. Plan

Join the Green Team!

If you have a passion for sustainability and environmental efforts, this team's for you!

Join the Effort to Reduce Paper Use!

Learn what you can do to support Children's Paper Reduction Initiative...

Increase Recycling and Reduce Trash

Learn how you can support the Recycling Refresh Initiative...

## Sustainability

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### People. Planet. Promise.

Seattle Children's has long been a leader and a believer in sustainability, and we are proud of the work we have already accomplished in many areas like recycling, transportation and green building. In May 2015 we were awarded the [Practice Greenhealth Top 25 Environmental Excellence Award](#), their highest honor. We want to build on this strong foundation, but we want to do more. These are the main focus areas: energy, water and waste reduction; green purchasing; healthy food and sourcing; alternative transportation methods; and greenhouse gas emission reduction.

### What is Sustainability?

Sustainability simply means, "The ability to meet the needs of the present without compromising the ability of future generations to meet their own needs." *United Nations Brundtland Commission 1987.*

We love that definition, it is used throughout the world. We also define sustainability from the perspective of a triple bottom line, which takes into account social, environmental and financial concerns:

1. **People:** We are committed to improving the health and well-being of our patients, families, workforce and our local and global community.
2. **Planet:** We will work to promote a healthy environment to further our mission to prevent and eliminate pediatric disease.
3. **Promise:** We will support our promise to care for every child who needs us – regardless of their family's ability to pay – by implementing sustainable practices that enhance patient care, reduce costs and minimize our environmental footprint.

### Current Initiatives

#### Recycle Refresh

We produced over 900 tons of trash in 2014 and much of that trash could have been recycled. Our trash costs 50% more per ton than recycling. [Learn how you can get recycling!](#)

#### Paper Reduction

## Green Team Webpage

### Initiatives

Green Team

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## Green Team

**People. Planet. Promise.**

**Do you have a passion for sustainability and environmental improvements? Then this team's for you!**

### Focus Areas for Change - FY 2016:

1. Energy and water reduction
2. Waste optimization - increased recycling and less trash
3. Green purchasing
4. Healthy food and sourcing
5. Alternative transportation for commuting
6. Employee engagement in Sustainability work

### Our Mission Statement:

*SCH Green Team will lead, educate, inspire and empower our workforce in safeguarding the health and preserving the resources of present and future generations. We endeavor to reduce both environmental impact and hospital costs through efficient, sustainable work practices.*

### What is the commitment?

1. You can attend monthly meetings, or review the meeting notes. Meeting are held on the **Third Friday** of the month at noon on the main campus. Next meeting: Friday, March 18th from 12-1pm in Room OA.5.341. We will discuss Earth Day planning. Need directions? [Children's Room Directions](#)
2. Taking the work of the Green Team to your department and beyond. Some members share highlights from the Green Team at their staff meetings.
3. Spreading the word for sustainability at Children's.

Interested? Email Colleen Groll, Sustainability program manager, at [sustainability@seattlechildrens.org](mailto:sustainability@seattlechildrens.org).

### Learn More about Green Teams:

- The Sustainability Roadmap for Hospitals is a great resource for building sustainability teams: <http://www.sustainabilityroadmap.org/strategies/greenteam.shtml>
- University of Washington has Green Teams at their hospitals, labs and campus: <http://green.uw.edu/uw-green-teams>
- Harvard has well established Green Teams throughout their organization: <http://green.harvard.edu/programs/green-teams>

## Paper Reduction Webpage

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Paper Reduction

## Paper Reduction

**People. Planet. Promise.**

**FY 2016 Goal: Reduce paper usage by 3% per Adjusted Patient Day.**

### Why should we reduce paper consumption?

It takes thousands of trees and millions of gallons of water to make our paper, and the manufacturing process produces greenhouse gases and air-polluting particles. It's these fine particles that contribute to asthma issues.

Asthma and asthma-related issues are one of the most common reasons for admission to Children's. In January 2014 Children's changed to 30% recycled-content paper. But to have the greatest impact, we need to decrease our paper usage.

### 6 things you can do to reduce paper and toner use:

1. **Print less.** Ask yourself, "Do I really need to print this?"
2. **Use large, multi-function printers.** It's **6 to 10 times more expensive** to print to a small, desktop printer due to toner costs! Instead, send print jobs to your department's multi-function printer.
3. **Conduct paperless meetings.** Email agendas and meeting-related documents ahead of time for people to review; write agendas on white boards, or project agendas and documents using computer equipment, rather than printing copies.
4. **Print double-sided.** Set your computer default to print double sided in non-clinical areas. Don't know how? Read instructions for [PCs and laptops](#) or [VDI machines](#). Won't work? Submit an [IS Help](#) request.
5. **Turn in your desktop printer** and use your department's multi-function printer instead. To have yours removed, submit an [IS Help](#) request.
6. **Send large print jobs to the Ricoh Copy Center**, which has the most cost-efficient machines. [Visit their site](#) to learn more.

Invite **Colleen Groll** to your next staff meeting to learn about the Sustainability program and brainstorm ways you can reduce paper and toner use.

### Learn more

- The Forest Stewardship Council is a certifying body that protects forests by ensuring that wood products like paper are responsibly sourced: <https://us.fsc.org/mission-and-vision.187.htm>
- Practice Greenhealth - Case Study: How Minnesota HealthPartners reduced their overall paper consumption:

## Recycle Refresh Webpage

### Initiatives

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## Recycling Refresh Initiative

**People. Planet. Promise.**

**FY 2016 Goal: Increase Recycling by 3% Over Baseline. Reduce Trash by 3%.**

### 5 tips to increase recycling:

1. Reducing trash is job #1. Buy yourself a re-usable coffee mug and water bottle and bring to work. Did you know that River Starbucks gives out over 300 plastic water cups per day?
2. Remember "Clean and Empty" for recycling. Our vendor will reject contaminated loads.
3. Learn what can be recycled: non-PHI paper; newspapers; cardboard; glass and plastic bottles; aluminum and tin cans; empty coffee cups and lids; clean and empty plastic food containers; caps and lids larger than 3 inches.
4. What not to recycle: food waste and food contaminated containers; styrofoam.
5. Make sure you have the **new signage** for your breakroom recycling containers. Need a sign or a large recycling container? Call Environmental Services at 7-2151.

**Seattle Children's Hospital produced more than 930 TONS of trash in FY 2014. Some of that trash could have been recycled.**

Landfills produce methane gas, one of the most powerful greenhouse gases, and this contributes to climate change. Children are most vulnerable to the effects of climate change, including air pollution. Our patients, families, staff and community can benefit from cleaner air, so let's do what we can to minimize trash!

### What Can We Recycle?

It's often unclear exactly what materials can be recycled. The visual below may help; you can also download this as a flyer and post it in your area!



**Plastic Bottles and Cups**



**Aluminum Cans**



**Drink Containers and Lids**



**Plastic Food Containers**



**Paper Products**



**ALL  
ITEMS  
EMPTY  
AND  
CLEAN!**



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Questions? Contact Environmental Services at (206)967-2151 (ext. 1632) or email [sustainability@seattlechildrens.org](mailto:sustainability@seattlechildrens.org)

Learn how to reduce your Carbon Footprint at home and at work:  
<http://www.carbonfund.org/reduce>