

IN THE KNOW

This weekly e-mail gives you the latest news and information about life at Brookwood Medical Center. All links are accessible on a Brookwood workstation or by VPN. Missed an issue? Check out the [Intranet archives](#).

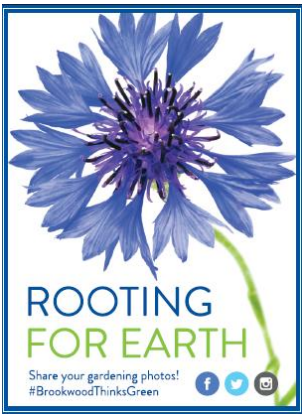
SPECIAL EDITION: EARTH WEEK

April 20, 2015

- Celebrate Earth Day with the Green Team
- Sustainability Award Winner
- Blend for Earth
- Reduce Your Environmental Impact at Starbucks
- Go Green, Win Green
- Don't Trash It, Compost It
- Nourishing People to Nourish the Planet
- Spring / Summer Produce Stand Begins Next Month
- Join the Green Team and Support Eco-Friendly Events

SAVE THE DATE

April 21	Pathway to Excellence Survey
April 22	Earth Day
April 24	Relay for Life
April 25	March for Babies



Celebrate Earth Day with the Green Team

Wednesday, April 22 | 11am to 2pm | Women's Classrooms

To celebrate the 45th anniversary of Earth Day this week, the Green Team presents a variety of sustainable activities on Wednesday:

- Create a healthy smoothie by pedaling on the smoothie bike.
- Purchase fresh, seasonal produce – credit and cash accepted.
- Experience the recycled art glass display by artist Andrew Tyson.
- Commit to being more eco-friendly and contribute to the communal pledge tree.
- Pick up a custom wildflower seed packet and share your gardening photos with us! #BrookwoodThinksGreen
- Recycle old electronics, including cell phones, digital cameras, laptops and MP3 players.



Practice Greenhealth's Partner for Change Award Winner

The Partner Recognition Award is given to health care facilities that have begun to work on environmental improvements, have achieved some progress and have at least a ten percent recycling rate for their total waste stream. As an award winner, our ongoing commitment to improving environmental performance has been recognized. We should continue to innovate and locally lead this valuable initiative.



Blend for Earth

Smoothies are a great way to get fruits and vegetables in your diet. They provide fiber and can be a great source of antioxidants. Check out the [Green Team smoothies](#) and make sure to choose locally grown, organic produce when available. Stop by the Women's Classrooms and purchase a smoothie on Earth Day.



Reduce Your Environmental Impact at Starbucks

Bring a reusable cup to Starbucks and get a refill on drip coffee for \$.82 all day, every day. Last Earth Day, more than 1.2 million people brought their own cup into Starbucks. And throughout 2010, people brought their own tumblers into Starbucks stores more than 32 million times, keeping nearly 1.45 million pounds of paper out of landfills.



Go Green, Win Green

Take an active role in making our planet a healthier place. Participate in HealthatTenet's Flex Your EnviroMuscle Challenge from April 15 - May 15 and become a greener you! Complete seven Earth-friendly activities and you'll be entered to win a drawing for a \$150 prize pack. To get started, visit the [My Wellness Center page](#), scroll to the bottom of the page and click the Flex Your EnviroMuscle link.



Nourishing People to Nourish the Planet

Alabama is the No. 6 hungriest state in the US. To help alleviate the food insecurity in our community, any excess perishable food from the Brookwood Café is donated to Magic City Harvest and distributed to community kitchens. To date, Brookwood has donated 1,200 pounds of food to help feed our local community.

Morrison Healthcare also participates in the Compass Group Sustainability Platform which includes:

- Use of local produce vendors to reduce our carbon footprint in the supply chain
- Use of certified cage free shell eggs and rBGH free milk and yogurt
- Partnerships with approved vendors to increase the supply of poultry produced without the routine use of human antibiotics

For more on healthy eating and café nutritional information, visit [Morrison Healthcare](#).



Don't Trash It, Compost It

Composting is the controlled decomposition of organic material such as vegetable food waste, leaves, twigs and grass clippings. Whether it's done on a large or small scale, composting helps to keep organic material out of landfills and turns it into a useful product — a rich, beneficial supplement for your garden and flowerbed soil.



Spring / Summer Produce Stand Opens Next Month

Tuesdays beginning May 19 | 9 a.m. to 1 p.m. | Courtyard
Spinks Farm will be on campus every Tuesday (weather permitting) selling fresh, local fruits and vegetables. Reduce your carbon footprint by supporting locally grown produce!



Join the Green Team and Support Eco-Friendly Events

As a member of the nationwide [Healthier Hospitals Initiative](#), Brookwood aims to create shared value for our patients, physicians and employees. Our Green Team at Brookwood leads sustainability initiatives on campus, like recycling, reducing medical waste and food recovery programs. If you're passionate about sustainability and want to make a difference, the Green Team wants your help! Contact [Kevin Simpson](#) at 877.5667.

In an effort to streamline communication and give your inbox a break, this weekly message consolidates all-user messages into one email. It's jam packed with information about the latest retail and cafeteria sales, community events, training schedules, facility maintenance updates, ongoing hospital initiatives and more. Want to include a future promotion? Check out the [submission guidelines here](#).

SUBMIT MESSAGES TO KRISTINA WILBURN BY 5PM ON WEDNESDAYS
FOR CONSIDERATION THE FOLLOWING MONDAY.

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