

Lifestyle Campaigns

Guide

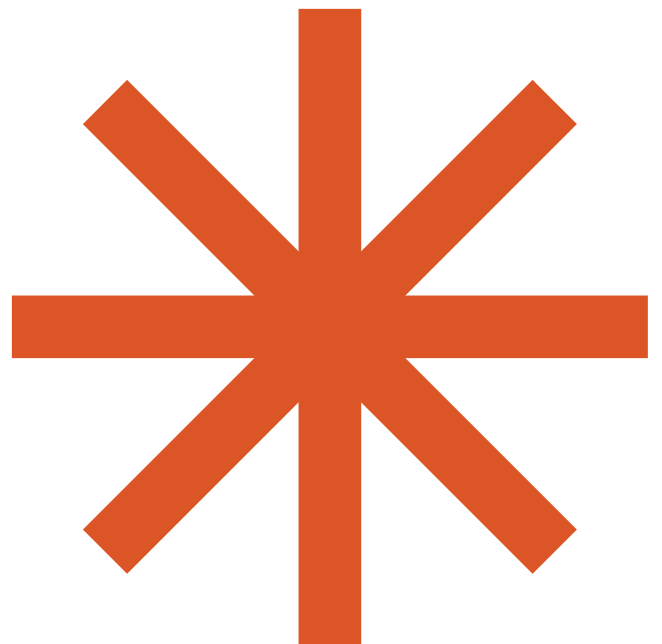


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Lifestyle Campaigns

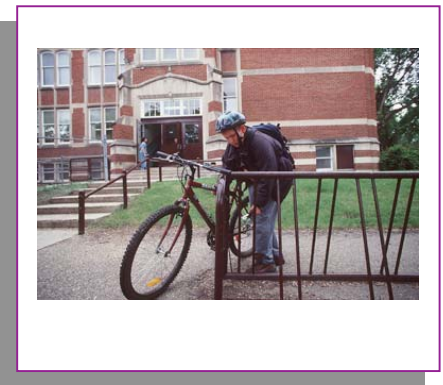
Introduction

Your school's conservation team's key involvement will be through the lifestyle campaigns.

Lifestyle campaigns encourage activities that help students and staff change their behaviors in order to help conserve energy and water, and manage waste. Your Conservation Team will identify the campaigns that are best suited for your school and then implement the campaigns. The Conservation Team will use pre-campaign and post-campaign audits to monitor the success of each lifestyle campaign.

There are 16 possible lifestyle campaigns to complete and these are grouped into three categories: energy, water and waste.

This module introduces you to energy, water and waste lifestyle campaigns, information on choosing and planning lifestyle campaigns, the suggested steps to completing these, and provides a checklist of the resources you will need to proceed.



See the document titled "Example Lifestyle Campaigns" for examples of successful campaigns from other schools who have participated in the program.

Energy Campaigns

Seven energy campaign options are provided, each focusing on a different energy use in your school:

1. Lights off
2. Bike to school
3. Carpooling and ridesharing
4. Turn it off – office equipment
5. Turn it off – computer equipment
6. Turn it off – electrical devices
7. Tree-planting



Water Campaigns

There are four water campaign options provided, each focusing on different areas where water is use in your school:

8. Dishwashers
9. Turn taps off tightly
10. Don't run the water
11. Water lawns wisely



Waste Campaigns

Five waste campaign options are provided, each focusing on different areas where waste is generated in your school:

12. Garbage-free lunch
13. Composting
14. Don't trash it – recycle it
15. Double your paper
16. Clean green



While a number of campaign options have been provided, your school may also develop their own campaigns to help your school reach its goals of reducing energy and water consumption and waste production.

Choosing Lifestyle Campaigns

There are a number of options for choosing the best lifestyle campaigns to implement in your school.

You are not limited to the campaigns listed in this manual – you may develop your own campaigns to help your school reach its goals for reducing energy use, water consumption and waste production. The Conservation Team members will have to develop their own pre-campaign and post-campaign audit to monitor their campaign.

Once the team members have developed the list of lifestyle campaigns, they can prioritize, starting with the campaigns that will have the greatest benefit. Then they can determine how many lifestyle campaigns will be done in the current school year.

To increase success, have your Conservation Team choose the number of campaigns you feel they can manage. You will attain greater results by focusing on fewer campaigns, rather than trying to complete too many. If you complete all the lifestyle campaigns you selected ahead of schedule, you can go back to the prioritized list and choose some more. In the next school year, the list can still be used to determine which lifestyle campaigns to implement that year.

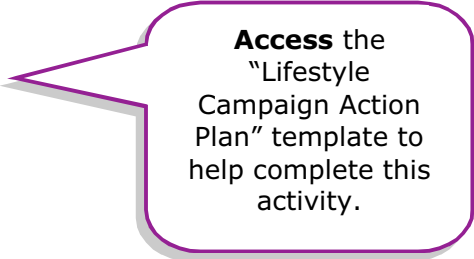
Campaign Options

1. The Conservation Team members can brainstorm ideas for lifestyle campaigns from information they already know about the school.
2. The pre-campaign audits can be done to help determine which lifestyle campaigns are required for their school.
3. The team can choose campaigns from the list of campaign ideas provided on your school's program web site.

Planning Campaigns

For each lifestyle campaign you have chosen to implement in the current school year, you will need to develop a lifestyle campaign action plan.

The purpose of the action plan is to help motivate students and staff to become involved in the campaign.



Access the “Lifestyle Campaign Action Plan” template to help complete this activity.

Four Planning Activities

1. **Gather Information...**The RESI website has many links to environmental sites that may be useful for background information on lifestyle campaigns. Topics like energy efficiency, worm composting, recycling programs and water conservation are included.
2. **Pre-Campaign Audit...**Complete the pre-campaign audit. This information is used to set a measurable objective and establish a baseline to determine the success of the campaign. Keep the pre-campaign audit for comparison with the post-campaign audit.
3. **Setting Objectives...**from the pre-campaign information, set a measurable objective. For example, if the lifestyle campaign is garbage-free lunch, the objective could be to reduce the amount of garbage thrown out during lunch from 15 garbage bags to 7 garbage bags.
4. **Brainstorming...** brainstorm some ideas for activities to support the lifestyle campaign in your school.



Remind the students that brainstorming means coming up with ideas without evaluating these as to whether they would work.

The following steps can be used to guide a brainstorming activity:

1. Select a recorder and a facilitator.
2. Restate the objective as a question (e.g. How can we reduce the amount of garbage thrown out during the lunch hour?).
3. The facilitator then asks participants to suggest activity ideas to help them attain the objective. Ideas are presented without defending or attacking ideas. Participants are only allowed to ask for clarification of an idea.
4. Participants then discuss the value of each activity idea without debating (e.g. I think this is good because..., I don't think this would work because...).
5. Finally, participants combine similar solutions (e.g. These activities seem to be saying similar things...).
6. Narrow the list to about four or five activity ideas.

Four Action Steps to Supporting Campaigns

One: Lifestyle campaign kick-off... determine which activity will kick off the lifestyle campaign. The goal of the kick-off is to motivate students and school staff to become involved in the lifestyle campaign, and to inform them of what they are expected to do during the campaign.

Possible kick-off activities could include: general assemblies, classroom presentations, poster campaigns and slogans.



Two: Keeping things rolling... plan regular campaign activities to help encourage and maintain a high level of enthusiasm. You might use morning announcements as campaign reminders, or present prizes for participating classes at a special assembly highlighting the school's energy savings.

Three: Calendar of events... once the activities have been determined, plan a calendar of events. This will help the Conservation Team members schedule their workload and ensure they have enough time to plan for each activity. The calendar can be included in the publicity plan.

Publicity ideas include: display information, articles in the school newspaper, notices on your school's website, public address system announcements, and video and classroom presentations.

Four: Publicity... develop a publicity plan for the campaign. This will ensure that the students and staff are aware of the current lifestyle campaign and will remind them to become involved.

Post-campaign Audit

Complete the post-campaign audit to monitor the success of the campaign. For example, did your school reduce lunchtime garbage from 15 to 7 garbage bags? The post-campaign survey questions will help the students determine student and staff reactions to the campaign.



Celebration

After each campaign, use the RESI display to recognize school participation and inform the school of the success of the campaign. The media should also be informed. Plan a year-end celebration for all the lifestyle campaigns or mini-celebrations for each lifestyle campaign. Celebration ideas might include a picnic with awards for involvement, or a pizza party for the classroom that had the greatest success in the campaign.

Next Step...

...see Appendix B for a checklist of items you will need to proceed with completing your school's lifestyle campaigns.

Appendix A: Glossary

A

Aerators

These water-saving devices reduce the flow of water through a faucet by adding air. A low-flow faucet aerator can reduce the flow of water from your tap by 25 percent without being noticeable to you.

Air Conditioning System

An air conditioning system is used to cool air in the school. A building gets hot when:

- the sun heats the building
- equipment and people heat the inside of the building
- hot air enters the building through open doors, open windows, leaks and cracks.
- air conditioning systems can be made more efficient by:
 - using automatic timers to turn it off when the building is unoccupied
 - setting the temperature above 79 °F (26 °C)
 - keeping windows and doors closed
 - ensuring doors are not left open for long periods of time
 - closing blinds on south and west windows

Air-Tight

Air-tight means that no air can penetrate an item. For example, an air-tight door means that no air penetrates between the door and the door frame. Weather-stripping is used on doors and windows to prevent air leakage.

Automatic Defrost Refrigerator and Freezer

These refrigerators and freezers use electricity to thaw ice before it builds up inside. Ice buildup reduces the efficiency of the appliances. Automatic defrost models use more electricity to keep them ice-free. They are less efficient than frequently defrosted manual models.

Automatic-Flush Urinals

Automatic timers can be used to flush urinals at pre-set times. This reduces the amount of water used. Timers can be set so that urinals do not flush during the night, on weekends or during holidays.

Automatic Setback Thermostat

This type of thermostat can be programmed to automatically change the temperature setting at certain times, such as the beginning and end of the school day. For example, during the heating season it can raise the temperature to 70 °F (20 °C) at 7:30 a.m. and lower it to 60 °F (15 °C) at 4:30 p.m. When cooling it can adjust the temperature from 75 °F (24 °C) during the day to 85 °F (30 °C) at night. This saves energy because the furnace or air-conditioning system is not used as much when the building is unoccupied. The advantage of automatic thermostats is that no one has to remember to adjust the temperature settings every day.

Automatic Thermostat Switch

These switches are connected to thermostats and allow power to flow only when the temperature reaches a set point. When attached to outside plug-ins, for example, they will only send power to the plug-in when the temperature drops below the set point. This way, cars that are plugged in will only get power when it is cold enough to affect engine start up.

Automatic Timers

Automatic timers can be used to start and stop electrical devices or irrigation systems at pre-set times. They are especially useful with vehicle block heaters or lights. For example, instead of manually turning block heaters on in the evening and leaving them on all night, timers can be set to turn the block heaters on in the middle of the night for only the time required.

B**Bicycle Racks**

Bicycle racks come in many different shapes and sizes. More people will ride bikes if there are enough bicycle racks to accommodate all the bikes and if they are easy to lock bikes to. If theft is a concern, having a locked, fenced enclosure around the bicycle racks makes it safer to bring bikes to school. A locked enclosure could be kept open when people arrive in the morning, locked until lunch time, left open during the lunch hour and then locked until school ends for the day.

Block Heaters

In areas with very cold winters, block heaters are used to keep the temperature of a vehicle's engine block sufficiently warm to allow the vehicle to start easily on cold winter days. Engines do not require heating when the outdoor temperature is above 19 °F (7 °C). Below 19 °F, engine heaters only need to be on three hours before the vehicle is used.

Boxboard

This type of dense paper is made of cellulose wood fiber and is used in making packaging boxes (e.g. cereal boxes). It is usually made of a single layer, unlike cardboard, which is multi-layered.

C**Caulking**

Caulking is a putty-like substance that is squeezed into cracks to seal them. It is used to prevent heat loss from a building by plugging cracks around window and door frames. Caulking can only be used to plug cracks on non-moving parts.

Chlorofluorocarbons (CFCs)

CFCs are human-made chemicals consisting of chlorine, fluorine and carbon. They are used as a coolant in refrigerators and air conditioners. When released into the atmosphere, they act as a greenhouse gas and contribute to the thinning of the ozone layer. Alternatives to these harmful chemicals are available.

Computer-Controlled Thermostat System

A computer-controlled thermostat system is similar to an automatic setback thermostat. Several schools are hooked up to a computer-controlled system which is operated out of the district maintenance center. The advantage of a computer-controlled system is that it can be adjusted to the specific requirements of each school without having to continually reprogram timers.

Coniferous Trees

Coniferous trees are cone-bearing, with needle-shaped leaves (e.g. pine, spruce, fir or juniper). They keep their needles all year, so they provide good winter protection from winds. Planting coniferous trees on the north and west sides of a building will reduce heat loss on cold and windy winter days.

D**Deciduous Trees**

These types of trees are broad-leafed and usually lose their leaves in the fall. Ash, elm, poplar and maple are some examples of deciduous trees. Deciduous trees planted on the south and west sides of the school can save energy by shading buildings in the summer, reducing air conditioning costs. In the winter when the leaves have fallen, sunlight can enter through windows, helping to warm and light the building.

De-lamped

De-lamping is the process of removing light bulbs or tubes from lighting fixtures in places where less artificial light is needed; for example, removing light tubes from fixtures near windows or removing tubes in hallways where less light is required.

Dot matrix printer

This type of computer printer has a printer ribbon and prints each letter using dots of ink. Dot-matrix printers usually use tractor-fed paper which has a series of holes along each side and comes in long, folded sheets that you tear apart after printing. This type of printer is more energy efficient than a laser printer.

Drafts

Drafts entering buildings through cracks around windows and door frames can create a lot of heat loss. Heated air escapes through these cracks and cold air enters the building. This adds to the heating costs of the building and increased use of natural resources.

Draft detector

Draft detectors can be used for checking drafts around windows, doors and electrical outlets. One way to make a draft detector is to glue a feather onto the end of a toothpick and place the other end into a piece of plasticine. Another method is to tape a piece of toilet or facial tissue to a pencil, so about 4 inches (10 cm) of tissue hangs from the pencil. By holding the draft detector beside doors and windows, you can see if drafts are entering the school.

Dripping taps

If a tap is turned off tightly it should not drip. If it continues to drip, it means that the washers in the faucets are worn out and need replacing. A dripping tap can create a lot of wasted water and increase utility bills. If the hot water tap is dripping, this also means energy used for heating the water is being wasted.

E**Electrical outlet**

Electrical outlets or switches on outside walls can allow heat to escape outside and cold air to enter the building. Insulation covers can be purchased to place under the plastic outlet or switch cover. Electric switch insulators look like the plastic electric switch cover and are made from a soft foam material.

Electricity

Electricity is the flow of electrons. Electricity is produced from huge generators, often long distances away, and transmitted to homes through power lines. Electricity is used for many things in our daily lives: lighting, fridges, freezers, stoves, washers, dryers, dishwashers, toasters, microwave ovens, hair dryers, computers, photocopiers, televisions and stereos. In some homes and schools, electricity is also used for heating.

Electricity is produced in many ways. Non-renewable fossil fuels such as coal, oil or natural gas can be used to heat water to create steam; while nuclear power stations use nuclear reactions to heat the water to steam. The steam is used to turn turbines which turn the generators to produce electricity. Wind power stations use the force of the wind to turn turbines, while hydroelectric generating stations use the force of water flowing through dams.

Energy efficiency

Energy efficiency means the degree to which the energy used by an appliance or machine is applied directly to its purpose. For example, an incandescent light bulb is energy inefficient because 90 percent of the energy it uses produces heat and only 10 percent produces light. Energy-efficient refrigerators consume less energy than others by using better insulating materials and cooling processes.

Energy-efficient lights

- *Compact fluorescent lamps*
These lamps produce the same amount of light as an incandescent bulb, but use about 75 percent less electricity. They cost more to buy than incandescents, but because they use much less energy, the cost over the lifetime of the bulb is much lower. A good rule is to use a compact fluorescent bulb to replace any incandescent that is on for more than three hours per day.
- *Fluorescent tubes*
Inside a fluorescent tube, electricity passes through a gas to produce ultraviolet radiation. The radiation hits a special coating on the inside of the tube that then gives off light. Because they do not waste a lot of electricity by producing heat, fluorescent lights use

an average of 75 percent less electricity than incandescent bulbs to produce the same amount of light.

- *Standard fluorescent tubes*
Standard fluorescent tubes, called T12 tubes, use 40 watts of electricity. Newer, more energy-saving tubes use 34 watts of electricity instead of 40 watts.
- *T8 fluorescent tubes*
The most efficient fluorescents are the new T8 tubes. These use less energy than standard fluorescent tubes, plus they provide more light, have no noticeable flickering, do not hum and produce a better quality of color.
- *High-pressure sodium*
These energy-efficient bulbs give off a golden-white light. They are usually used for outdoor lighting and in warehouses or storage rooms. They require from one to 15 minutes to reach full light output.
- *Low-pressure sodium*
This is the most energy-efficient type of lighting available. Low-pressure sodium lights last a long time and give off a muddy yellow light. They are used in places where the color of items is not important and are usually seen along highways. They require from one to 15 minutes to reach full light output.
- *Mercury vapor*
These lamps are similar to fluorescent lamps except that they use mercury vapor to produce light. They produce a very intense light even though they use little energy. They must be disposed of properly because they contain mercury which is a toxic material. They are often used in warehouses and other high-ceiling locations like sport facilities. They require from one to 15 minutes to reach full light output.
- *Metal halide*
These produce a warmer light than mercury vapor and are the most efficient type of lighting for producing white light. They are usually found in high ceiling areas like sporting facilities. They require from one to 15 minutes to reach full light output.

F

Fine paper

Single-sheet paper that is used in photocopiers, laser printers and ink-jet printers. The paper is of a high bond (at least 20 pound bond) and comes in different colors and sizes. It is usually purchased in packages of 500 sheets.

Flushometer

This is a type of toilet with a metal rod for hand flushing and no water tank. These toilets can be set to use less water than a tank style. An ultralow flow model is the most efficient type.

H

Halon

Halons are similar to chlorofluorocarbons (CFCs) and are used in fire extinguishers. Halons are very effective in putting out fires. When

released, halons move upward through the atmosphere and eventually break down. As they break down they release chlorine atoms, which destroy ozone molecules, contributing to the thinning of the ozone layer.

Hard-water scale

Scale is a deposit of calcium carbonate that forms when hard water is heated. The dissolved minerals in the hard water are removed and stay behind as a white, flaky deposit called scale. Scale can build up in water heating systems, kettles and other heating devices, reducing their efficiency.

Hazardous waste

Hazardous waste is potentially harmful to living organisms because it is corrosive, flammable, reactive or toxic. It should be disposed of at special hazardous waste depots or facilities and should never be put in the regular garbage. Nontoxic alternatives are available in place of many hazardous products.

Heating coils

Refrigerators have heating coils located on the back of the appliance. Sometimes heating coils are enclosed. If heating coils are not enclosed, they should be regularly cleaned to remove dust build-up. Vacuuming the coils is the easiest way to clean them.

Hot water pipes (insulated)

Hot water pipes can be wrapped with a special insulating material that prevents or reduces the loss of heat as the hot water travels through the building. Insulated pipes reduce the amount of time it takes for hot water to reach the taps.

Hot water pump

A hot water pump assists in pumping hot water over long distances in large buildings like schools. This decreases the amount of water that is run waiting for hot water to come out of the faucet.

I**Inflated tires**

Properly inflated tires decrease tire wear and increase the fuel efficiency of the vehicle. Reducing tire wear decreases the number of tires entering the waste stream.

Insulation

Insulation reduces the amount of heat loss in a building. Different types of materials have different insulating values (referred to as R values). Typical insulating materials are pink fiberglass, cellulose fiber (recycled newspaper) and polystyrene. Increasing the thickness of the insulation increases the R value. Increasing the thickness of insulation also increases the building cost, as thicker walls must be built to include more insulation. Drapes and blinds can be used to insulate windows to prevent heat loss especially at night. Insulated exterior doors can also be purchased to reduce heat loss.

L**Laser printer**

This type of computer printer uses a toner cartridge to produce high-quality printed copies using heat to “burn” the printed words onto the paper. They use much more energy than a dot matrix printer. This is the kind of printer usually found in the school office.

Leaking Toilets

Leaking toilets waste a lot of water. Sometimes it is hard to detect leaking toilets. One of the best ways to determine if toilets are leaky is by placing food coloring in the toilet tank. If the water in the toilet bowl changes color, then you will know that the toilet is leaking water. Regularly checking your school’s water bill can provide indications of large leaks.

Low-flow shower head

A low-flow shower head reduces the area of water flow in the shower head and focuses the spray pattern. This increases the velocity of the water out of the shower head so that the reduced flow of water per minute is not noticeable.

M**Motion Activated Taps**

Motion activated sensor taps are used to automatically control water flow. A faucet using this technology will only run water when motion is sensed within the sink.

N**Natural gas**

Natural gas is a fossil fuel composed almost entirely of methane, but also including small amounts of other gases including ethane, propane and butane. Natural gas is used in furnaces and boilers to heat homes and buildings. Burning natural gas produces fewer emissions than burning coal, gasoline or diesel. Carbon dioxide and water vapor are released. These are both greenhouse gases. Nitrogen oxides and a small amount of sulfur dioxide are also released. These gases contribute to acidic deposition. The use of natural gas is increasing in North America.

O**Occupancy sensors**

Occupancy sensors are used to automatically control lights. They turn lights on when a person enters a room, and turn the lights off shortly after the room is unoccupied. Occupancy sensors use heat, high frequency sensors or a combination of both to determine if anyone is in a room. Occupancy sensors are best suited for use in areas that are not occupied for long periods of time (e.g. restrooms, stairwells, corridors).

Oil

In some areas, oil is used in furnaces to heat homes and buildings. Oil is also refined into many different products including gasoline, diesel, motor oil, kerosene, lubricants and wax. When oil is burned, carbon dioxide is

released into the atmosphere. A large amount of the human-made carbon dioxide emissions results from the use of transportation fuels such as gasoline and diesel. Combustion of transportation fuels also releases nitrogen oxides and sulfur oxides, which contribute to acidic deposition.

Oil-based paints

Oil-based paints are more hazardous than water-based latex paints because they emit harmful solvents while they dry. Oil-based paints require paint thinners for cleaning brushes. Paint thinners are also a hazardous product.

P**Photocell control**

A photocell control measures the level of natural daylight present at any particular time. It automatically switches the lights off and on according to the preset light level. When daylight provides sufficient light, the lights switch off. At sunset or during extremely cloudy periods, the lights switch on.

Pilot light

A pilot light is a small flame in a gas furnace or water heater that burns at all times. When the thermostat signals the need for heat, the pilot flame lights the gas burners that heat the water in the tank or the air in a forced-air heating system. The burners turn off when the desired temperature has been reached, but the pilot light remains lit.

Power-saver cord

This is a thermostat-controlled extension cord that delays the operation of a car block heater until the car block cools enough to require heating. Recent tests show that by using a power-saver cord at -2 °F (-20 °C), the car block heater operated less than one-third of the time and the test car still started with ease pressure-type urinal control valve

These are commercially manufactured valves that regulate the frequency of urinal flushing to occur only when the school is in use. The urinals turn off when the school is vacant. Savings from reduced water consumption easily pay for the cost of installing these valves.

Printer ribbon

Printer ribbons for dot-matrix printers can be reinked instead of purchasing new printer ribbons. This reduces the amount of printer ribbons entering the waste stream.

R**Rain collector**

Rain collectors can be placed at the bottom of down-spouts from eavestroughs. When it rains, the water runs off the building's roof into eavestroughs or drains. The rain water can be collected in barrels or other containers and used to water flower beds etc. Using rain water to water plants instead of tap water reduces the school's water consumption. There are a number of different types of rain collectors that can be purchased.

Rechargeable batteries

Rechargeable batteries use electricity to "recharge" for reuse. It usually takes six to eight hours to recharge batteries. Rechargeable batteries can be reused as many as 500 times, unlike disposable batteries which, when depleted, are thrown away. Manufacturing disposable batteries can take up to 50 times the energy they contain. In addition, all batteries contain toxic metals which should not be thrown out in the regular garbage.

S**Scrap metal**

Scrap metal can be collected and recycled. Scrap metal would mainly be found in schools with industrial arts programs (e.g. automotives). Examples of scrap metal are tin, aluminum and steel. A vast amount of energy is needed to create these items from virgin metal.

Serviced

Keeping vehicles properly serviced through regular tune-ups reduces the emissions they produce and also increases their fuel efficiency.

Solar energy

Solar energy is energy from the sun. Solar energy can be used to heat buildings or to heat water. Systems used to capture the solar energy for heating can be active or passive. An active system, such as solar paneling, uses mechanical equipment to collect, store and transfer the solar energy. Passive systems do not use mechanical equipment (e.g. south facing windows).

Space heater

Portable electric space heaters are often used to heat small spaces within buildings that are not brought to comfortable temperature because of problems such as faulty thermostats, poor insulation, or leaky windows and doors. Electric space heaters use a lot of electricity and are not an energy efficient way to heat a room. Adjusting the HVAC system or making other repairs may be more effective – discuss with the school custodian or District Facilities Representative.

Speed (55 mph)

Reducing the speed at which vehicle travels reduces the amount of fuel used. For highway travel, 55 miles per hour (90 kilometers per hour) is the recommended speed for maintaining a higher level of fuel efficiency.

Spring-operated, self-closing taps

Spring-operated, self-closing taps automatically turn off when your hand releases the tap. This reduces the amount of water used because people cannot accidentally leave the tap on.

T**Thermal paper**

Thermal paper is a special kind of heat-sensitive paper used in some fax machines. It is thin and comes in a roll. Due to its coating, thermal paper cannot be easily recycled.

Thermostat

A thermostat is a temperature-measuring device that can switch a circuit on or off at pre set temperatures. The thermostat will turn the furnace or heater on when the room temperature drops below the set temperature and off when the temperature rises above the set temperature.

Thermostats are also used to regulate air conditioners and water heaters.

Toilet dams

Toilet dams are commercially produced, water-saving devices that hold back some of the water in the toilet tank when flushed. They can save between 25 percent and 40 percent of the water normally used in a standard toilet.

Toner cartridge

Toner cartridges are used in office equipment such as photocopiers and laser printers. A cartridge is a container for the powdered printing ink. There are companies that refill or re-manufacture toner cartridges for photocopiers and laser printers. This reduces the number of toner cartridges entering the waste stream.

W**Water-based (latex) Paints**

Water-based paints are less hazardous than oil-based paints. They also require no hazardous products for cleaning brushes. Soap and water can be used to clean the brushes and the used water can be poured down the drain.

Weather-stripping

Weather-stripping is used to prevent heat loss from a building by plugging cracks around windows and doors. Weather-stripping is used to prevent air leaks on the moving parts of the doors and windows. Several varieties are available at hardware stores. Weather stripping should be checked at least once a year and the worn parts replaced.

Window Awnings

Awnings are fabric or metal covers that are installed above windows and doors to keep the sunshine from shining through windows on hot summer days. This shading helps to keep the school cool.

Appendix B: Campaign Items Checklist

To complete the Lifestyle Campaigns you will need the following items:

√	Lifestyle Campaigns
	Lifestyle Campaign Manual
	Example Lifestyle Campaigns
	Campaign Action Plan Checklist
	Lifestyle Campaign Worksheets