

Meeting-by Meeting: Meeting 11 and Beyond: “The Road Ahead is Green”

“Green” is now part of the culture of your office, clinic, or outpatient center. Congratulations! Look back at “Ten Reasons to Go Green”, and see if these have been true for you: <https://mygreendoctor.org/welcome-to-my-green-doctor/ten-reasons-to-go-green/>. My Green Doctor would

love to receive a brief email with your impressions and suggestions: tsack8@gmail.com.



The My Green Doctor Workbooks – we offer seven of them at MyGreenDoctor.org and MyGreenDoctor.es -- will be your guide for the next three years.

- My Green Doctor hopes you will continue to include a five minutes of My Green Doctor as part of every planning meeting of your office, clinic, or outpatient center. My Green Doctor offers more than 140 ideas for how to make your place of work and community healthier. You will never run out of fun, worthwhile, and money-saving Action Steps and Education Steps.

At Each Office, Clinic, or Outpatient Center Meeting:



1. Thank everyone for participating.
2. At each meeting, ask your Action Step leaders to review your progress with the Steps that you have adopted that still need attention.
3. At each meeting, try to adopt ONE new Action Step from the My Green Doctor Workbooks. Remember to include an Education component, such as an announcement for your office colleagues, a newsletter item, a waiting room brochure, a poster, or a “Tip of the Month” for your patients and their

families: <https://www.mygreendoctor.org/tip-of-the-month/>.

4. Here are a few ideas for Action Steps for your practice:
 - I. Energy Efficiency: “Complete an Office Energy Audit”, “Engage Your Office Neighbors”, or “Install Motion Detectors”
 - II. Renewable Energy: “Buy Renewable Energy”, and create a one-page handout telling your patients how they can also.
 - III. Water Efficiency: “Inspect Your Irrigation System” or “Turn Off Your Hot Water Heater”

IV. Solid Waste & Recycling: This workbook has 38 ideas that you can use in your practice, most of them easy. **Consider joining My Green Doctor's "Green Purchasing Program"** to buy products for your office that are as safe as possible for those in your office, for the environment, for the climate, and for the people who make the products that you buy.



- V. Drug Disposal & Chemicals: "Adopt a Green Chemicals Policy", deploy insect "bait stations" instead of chemical sprays
- VI. Transportation & Commuting: "Encourage Bicycle Use", "Calculate the office Transportation Carbon Footprint", "Educate Each other on Electric or Low-Emission Vehicles".
- VII. Healthy Foods for the Office: "Go Meatless", "Start a Garden", "Join a Local Food Box": <https://www.mygreendoctor.org/why-not-join-a-local-food-box-or-csa/>.

