



Healthy School Initiative Green Buying Guidelines and Program Recommendations

At Cow Hollow School we are committed to improving the health of our children, staff, parents and the environment. Through our Healthy School Initiative, we recommend and implement strategies to promote cleaner air, water and food; reduce waste and promote sustainability; and encourage the use of environmentally responsible materials. Our goal is also to further enhance our program by guiding the children to be stewards of the earth and its resources, helping them care and become responsible members of their community, and to heighten their awareness of how people affect and are affected by their environment.

We consider the following when implementing our Healthy School strategies:

- Long-term and short-term costs
- Impact on the health of the children, staff and parents
- Impact on the environment
- Consistency with our school philosophy and values

Examples that we've implemented include: paint with low chemical emissions; sustainable, low-formaldehyde, solid-wood furniture; non-chemical pesticides and herbicides used indoors and outdoors; plans to compost our food waste; recycled paper products; non-toxic, biodegradable and chlorine-free cleaning products; solvent-free carpet cleaning service; new toys made of natural materials; sink-top water filter; and healthy snack requirements.

Building Materials

Category	Recommendations	Resources
Decking and fencing (and other outside furnishings such as planter boxes)	<ul style="list-style-type: none">• Use non-chromium/non-arsenic treated wood where treated lumber is necessary• Use certified or sustainably harvested wood	<ul style="list-style-type: none">• Green Home Guide (www.greenhomeguide.com) <p>At site: Pressure treating is ACQ (alkaline copper quaternary, no arsenic or chromium) is considered new generation of wood preservative along with borates. None of earlier pressure treated wood should be exposed to the exterior site areas or interior spaces.</p>

Wood used for kitchen cabinets, countertop base, shelving and stairs	<ul style="list-style-type: none"> • Use solid wood or certified exterior-grade plywood (with phenolic resins), or formaldehyde-free medium density fiberboard, instead of particleboard • Use certified or sustainably harvested wood 	<ul style="list-style-type: none"> • Green Home Guide (www.greenhomeguide.com) <p>At site: Cabinet doors, panels, and drawer boxes are all solid wood (painted maple) with no formaldehyde emissions. Cabinet boxes are constructed of medium density fiberboard that meets or exceeds ANSI A208.2 standards for formaldehyde emissions (0.30 ppm). MFD boxes are laminated with pressed membrane that reduces formaldehyde emissions to 0.015 ppm. Resulting formaldehyde emission is below the Greenguard Environmental Institute Emission Criteria for Children & Schools of 0.022 ppm. All other trim used throughout the building is either solid wood or MDO (Medium Density Overlay).</p>
Insulation	<ul style="list-style-type: none"> • Use recycled, formaldehyde-free fiberglass insulation or cellulose 	<ul style="list-style-type: none"> • Green Home Guide (www.greenhomeguide.com) <p>At site: Attic insulation: conventional fiberglass batt insulation already existed and was retained in place. Where exterior walls were opened for other work, added new fiberglass batt insulation.</p>
Paint, finishes, solvents	<ul style="list-style-type: none"> • Use low/no-VOC and formaldehyde-free • Look for water-based wood finishes, such as water-borne urethane and acrylic • Ventilate, especially during class times 	<ul style="list-style-type: none"> • Paul D'Orleans • Green Home Guide (www.greenhomeguide.com) <p>At site: Low-VOC Benjamin Moore Eco Spec and Kelly Moore Enviro-Cote paints were used for all interior painting with the exception of the areas where Flamort Latex Intumescent paint was used for the approved fire rating (exit corridors).</p>
Adhesives for installation of flooring, countertops, wall paper	<ul style="list-style-type: none"> • Use low or no-VOC and solvent-free • Ventilate, especially during class times 	<ul style="list-style-type: none"> • Green Home Guide (www.greenhomeguide.com) <p>At site: White carpenter's glue and "gorilla brand" water-borne urethane glue (non-VOC). Carpet at stairs tacked down with tack strips and dry adhesive tapes.</p>

Carpet/rugs (carpet backing, padding, adhesives)	<ul style="list-style-type: none"> • Should be free of formaldehyde, PVC, toluene and styrene • Should be free of chemical treatments: stain repellants, mothproofing, fire retardants • 100% wool with natural backing and natural adhesive (more durable than synthetic, naturally stain resistant, naturally flame resistant, naturally soil and dirt resistant, naturally repels dust mites, is warmer in the winter and cooler in the summer, is a better noise insulator) 	<ul style="list-style-type: none"> • Nature's Carpet (www.naturescarpet.com) • Earth Weave • Shaw • Flor • Green Fusion Design Center (www.greenfusiondesigncenter.com) • Interface (www.interfaceinc.com) • Green Home Guide (www.greenhomeguide.com) <p>At site: Designweave "Indulgence"</p>
Kitchen and bathroom floors and counters	<ul style="list-style-type: none"> • Use natural linoleum (manufactured from wood resin and linseed oil) instead of conventional linoleum (made with PVC/vinyl that offgasses petroleum distillates and creates dioxins during the production and disposal). Natural linoleum is more durable and lasts longer. • Use recycled content tile 	<ul style="list-style-type: none"> • Green Fusion Design Center (www.greenfusiondesigncenter.com) • Green Home Guide (www.greenhomeguide.com) <p>At site: Linoleum (Armstrong Flooring, Marmorette), Tile (DalTile, Almond 135)</p>
Kitchen range venting	<ul style="list-style-type: none"> • Vent range hood to the outside (especially if gas) to prevent steams, gases, smoke and other combustion by-products (unburned hydrocarbons) to enter the indoor space 	At site: Yes

Furnishings

<i>Category</i>	<i>Recommendation</i>	<i>Resources</i>
Furniture	<ul style="list-style-type: none"> • Formaldehyde-free (no plywood, particleboard) • Low or no-VOC finishes • Recycled content or sustainably harvested • Fabrics should be free of stain repellent sprays • Stuffing should be naturally fire retardant 	<ul style="list-style-type: none"> • Community Playthings (ask for plywood/particleboard content of specific pieces and avoid those) • IKEA is a good alternative in terms of social and environmental responsibility. Their products do not contain PVC, contain very low formaldehyde levels in wood based products (even stricter in textiles), and most of the furniture is made from recyclable, biodegradable and easily renewable wood sources that are harvested from non-environmentally sensitive areas. IKEA has begun to phase out PBDEs (fire retardants) in fabrics, carpet and furniture. <p>At site: Community Playthings, IKEA</p>
Cabinets	<ul style="list-style-type: none"> • Made from certified or recycled wood • Clear, waterborne, low-VOC finishes or renewable natural oil, hard wax finishes • Interiors should be made with wheatboard instead of plywood (renewable and doesn't contain formaldehyde) 	<ul style="list-style-type: none"> • Neil Kelly Cabinets www.neilkellycabinets.com • IKEA

Window shades	<ul style="list-style-type: none"> Should be made from natural fibers, wood, matchsticks, etc. (avoid polyester or vinyl that off-gass when warmed by the sun) 	<ul style="list-style-type: none"> Earth Shade (www.earthshade.com)
Baskets	<ul style="list-style-type: none"> Petroleum-free coating 	<ul style="list-style-type: none"> IKEA
Homasote tack board	<ul style="list-style-type: none"> Homasote is usually made from 100% recycled paper, contains no formaldehyde or asbestos additives and is biodegradable (avoid covering with vinyl or stain-resistant fabric) 	

Outdoor Space

Category	Recommendation	Resources
Play area	<ul style="list-style-type: none"> Use integrated pest management (no pesticides or herbicides inside or outside the building) Plant an organic vegetable garden directly in the soil or in planter boxes Use a compost (contained in a box) to promote healthy soil and lessen the need for waste disposal at our site Buy outdoor furniture that is sustainably harvested Promote the importance of the natural environment 	<ul style="list-style-type: none"> Forever Redwood Furniture from Old-Growth Again Restoration Forestry (www.oldgrowthagain.org) Natural Learning Initiative (www.naturalearning.com) <p>At site: No chemical pesticides/herbicides have been used at site in past 3 years (indoors or outdoors), none will be used in future. Vegetable gardens can be planted in containers (terra cotta), not directly in soil. Need approval for larger (raised bed/planters) from Historic Compliance. Presidio encourages composting. Compost bins must be rodent-proof (no openings larger than 1/4") and well maintained. Only compost fruit/vegetable scraps (no meat, oil, pasta, bread, etc.) and use worms to speed the process.</p>

School Supplies

Category	Recommendation	Resources
Paper products, cups/plates, trash bags, office supplies	<ul style="list-style-type: none"> Recycled (highest possible post-consumer content or non-recycled paper products made from trees certified as sustainably harvested) Chlorine-free paper products (bleaching using chlorine creates toxic or carcinogenic byproducts, such as dioxin and formaldehyde) 	<ul style="list-style-type: none"> Spring (wholesale): Seventh Generation paper and toilet paper Green Earth Office Supply (www.greeneearthofficesupply) Green Home (www.greenhome.com) <p>At site: Recycled office paper purchase at new site. (specifics?)</p>
Light bulbs	<ul style="list-style-type: none"> Compact fluorescent bulbs provide as much light as regular incandescent bulbs while using just 1/4 the energy. (A 15-watt compact fluorescent bulb yields the same amount of light as a 60-watt incandescent bulb, and compact fluorescent bulbs last about 10,000 hours, or 10 times longer than incandescent.) 	<ul style="list-style-type: none"> Green Earth Office Supply (www.greeneearthofficesupply) Green Home (www.greenhome.com) IKEA
Cookware	<ul style="list-style-type: none"> Avoid Teflon coating (ammonium 	

	perfluorooctanoate)	
Food and water storage and packaging	<ul style="list-style-type: none"> Avoid polyvinyl chloride packaging (no PVC #3, #6, #7 to store water or food) 	<ul style="list-style-type: none"> IKEA does not carry PVC
Tablecloths	<ul style="list-style-type: none"> Use either natural fibers or acrylic (not PVC) 	<ul style="list-style-type: none"> Mimi the Sardine (www.mimithesardine.com) are Oeko-Tex certified, chlorine-free and use water soluble dyes (Hibbard family offered to donate.)
Candles	<ul style="list-style-type: none"> Avoid petroleum paraffin wax (refined gasoline) that emits toluene, benzene, formaldehyde and soot when burned, and avoid lead core wicks that volatilizes during normal burning, resulting in particulate matter lead in the air 	<ul style="list-style-type: none"> Soy wax or beeswax (usually have cotton wicks, burn longer, soy is a renewable resource)

Cleaning Supplies

<i>Category</i>	<i>Recommendation</i>	<i>Resources</i>
Liquid hand soap	<ul style="list-style-type: none"> Use non-toxic, biodegradable, chlorine-free, paraben-free soaps 	<ul style="list-style-type: none"> Pure castile soap Spring (wholesale): Deep Steep Foaming Hand Wash and Avalon Organics <p>At site: Seventh Generation, Method</p>
Dishwashing soap	<ul style="list-style-type: none"> Use non-toxic, biodegradable, chlorine-free, ammonia-free 	<ul style="list-style-type: none"> Spring (wholesale): Ecover Greenwood Naturals (www.greenwoodschool.org/naturals.htm) <p>At site: Seventh Generation</p>
Dishwasher detergent	<ul style="list-style-type: none"> Use non-toxic, biodegradable, chlorine-free, phosphate-free 	<ul style="list-style-type: none"> Spring (wholesale): Auto Dishwashing Detergent <p>At site: Seventh Generation</p>
Laundry detergent	<ul style="list-style-type: none"> Use non-toxic, biodegradable, chlorine-free, phosphate-free 	<ul style="list-style-type: none"> Spring (wholesale): Powder 100oz, Liquid 96 oz
All-purpose cleaner	<ul style="list-style-type: none"> Use non-toxic, biodegradable, chlorine-free, ammonia-free 	<ul style="list-style-type: none"> Spring (wholesale): Ecover APC, Greenwood Naturals (www.greenwoodschool.org/naturals.htm)
Scouring powder	<ul style="list-style-type: none"> Use non-toxic, biodegradable, chlorine-free, phosphate-free, ammonia-free 	<ul style="list-style-type: none"> Spring (wholesale): Bon Ami
Glass cleaner	<ul style="list-style-type: none"> Use non-toxic, biodegradable, chlorine-free, ammonia-free 	<ul style="list-style-type: none"> Spring (wholesale): Window Kleener by ECOS
Disinfectant, non-chlorine bleach	<ul style="list-style-type: none"> Use non-toxic, biodegradable, chlorine-free, cresol-free 	<ul style="list-style-type: none"> Spring (wholesale): Ecover
Carpet cleaner	<ul style="list-style-type: none"> Clean using solvent-free service or pure steam cleaner (no perchloroethylene or naphthalene) 	<ul style="list-style-type: none"> Spring (wholesale): For spots use ECOS Stain and Odor Remover For regular cleaning: Healthy Choice Carpet Cleaners, San Francisco, 415-681-5172 Steam cleaners are safe and effective and can be used on everything (floors, rugs, toilets, toys, desks, counter tops) <p>At site: Healthy Choice Carpet Cleaner service</p>

Furniture/floor polish	<ul style="list-style-type: none"> • Use non-toxic, free of phenol and nitrobenzene 	<ul style="list-style-type: none"> • Spring (wholesale): Ecover Floor Soap, Murphy's
Vacuum or steam cleaner	<ul style="list-style-type: none"> • Vacuum often using HEPA vacuum 	<ul style="list-style-type: none"> • Spring: Miele HEPA. (Benello family offered to donate.)

Art Supplies

<i>Category</i>	<i>Recommendation</i>	<i>Resources</i>
Crayons, glue, chalk, clay, watercolor paper, art pads	<ul style="list-style-type: none"> • Avoid dry-erase markers and Sharpies • Avoid clay in dry form, powdered paints, glazes, pigments, wheat paste, aerosols (spray, paints, fixatives) • Avoid solvent-based products (rubber cement, thinner, turpentine, paint thinners, solvent-based markers), use water-based • Avoid materials that contain lead or other heavy metals (some paints, glazes, enamels) • Avoid cold water or commercial dyes • Ventilate well during art and craft projects 	<ul style="list-style-type: none"> • Natural Play (www.naturalplay.com) • Green Earth Office Supply (www.greeneearthofficesupply.com) • EcoArtWorks (www.ecoartworks.com) • NaturalPlay (www.naturalplay.com) • The Playstore (www.playstoretoys.com) • Rosie Hippo (www.rosiehippo.com)

Toys

<i>Category</i>	<i>Recommendation</i>	<i>Resources</i>
	<ul style="list-style-type: none"> • Avoid certain plastics (PVC #3, #6, #7) • Buy naturally finished wood and washable fabrics • Buy natural, sustainable materials produced with minimal environmental impact • Buy from small, family-based businesses 	<ul style="list-style-type: none"> • The Playstore (www.playstoretoys.com) • Our Green House (www.ourgreenhouse.com) • A Toy Garden (www.atoygarden.com) • Rosie Hippo (www.rosiehippo.com) • Natural Play (www.naturalplay.com) • Worldwide Child (www.worldwidechild.com) • Koukla Toys (www.kouklaonline.com) • Poppywood Toys (www.poppywood.com) • Bella Luna Toys (www.bellalunatoys.com) • Childsake (www.childsake.com) • Island Treasure Toys (www.islandtreasuretoys.com) • NaturalPlay (www.naturalplay.com) • North Star Toys • (www.waldorfresources.net/nstoy) <p>At site: Toys made of natural materials purchased for new site. (specifics?)</p>

Food and water

<i>Category</i>	<i>Recommendation</i>	<i>Resources</i>
Drinking/cooking water	<ul style="list-style-type: none"> • Test kitchen water and install appropriate filter to eliminate the dry-cleaning solvent tetrachloroethylene that has been detected in Presidio water, as well as lead, chlorine 	Advanced Water Filters, Inc. offers a 3-stage activated carbon/carbon block/sediment system that mounts beneath sink (\$169). This includes first set of 3 filters (replacement set of 3 filters is

	and other chemicals, particulates and microorganisms.	<p>\$38, and will need to be replaced every 2,500 gallons). Flow rate through the filters is ½ gallon/minute. This system filters water routed to a drinking water sink-top tap (\$100). Total start-up is \$269. (www.advancedwaterfilters.com)</p> <p>At site: Advanced Water Filters 3-stage carbon filter. (Presidio does not offer any additional treatment beyond what is performed at the plant, which meets or exceeds Ca Dept of Health. Tetrachloroethylene is routinely found in Lobos Creek, however when treated water was tested several years ago, Presidio found no detection. Presidio is required to test for lead in the treated water every three years, and levels have been found to be below action level. Chlorine is used as a disinfectant and Presidio must maintain a chlorine residual of at least .2 parts per million. The system average is 1.1.)</p>
Goals	<ul style="list-style-type: none"> • Have meals together to promote a sense of community, conversation, connection, reflection, establish traditions • Plant and care for an organic garden • Prepare food carefully (avoid microwaving plastic) • Avoid polyvinyl chloride packaging and tablecloths (no PVC #3, #6, #7 around food) • Avoid Saran Wrap (contains PVC) • Create a compost to promote healthy soil and reduce waste • Establish and communicate healthy school snack/lunch guidelines 	<ul style="list-style-type: none"> •
Guidelines for lunches, snacks and events	<p>When choosing snacks to bring to the classroom, consider snacks that:</p> <ul style="list-style-type: none"> • Come from the garden (fresh fruits and vegetables, smoothies, vegetable soups) • Contain little or no refined sugar (plain yogurt sweetened with honey or organic raisins, muffins and applesauce sweetened with fruit juice) • Contain good fats (avocados, olive oil, nut butters, no hydrogenated oils) • Are organic (especially meats and dairy products, always wash produce carefully) • Are whole grain (breads, tortillas, brown rice, cereal, oatmeal, pasta) • Are high in fiber (fruits, vegetables, whole-grains, beans and legumes) • Are high in protein (eggs, whole beans, cheese, nut and seeds) • Are creative (those that the children can help prepare: muffins, pizza, breads, 	<ul style="list-style-type: none"> • Farmer's Markets • The Real Food Company • Whole Foods • Rainbow Grocery <p>At site: CHS snack guidelines given to parents</p>

	<p>fruit and vegetable salads; and those that have interesting toppings or sauces)</p> <ul style="list-style-type: none"> • Have little or no packaging (to reduce waste and preservatives) • Can be served/cleaned up by the children (provides an opportunity to learn self-help skills and table manners) • Can be prepared without using the microwave 	
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Sustainability

<i>Category</i>	<i>Recommendation</i>	<i>Resources</i>
Reduce, reuse, recycle	<ul style="list-style-type: none"> • Reduce purchase of new items (reuse, ask for item donations) • Buy products that last longer and don't need to be replaced frequently • Buy items in bulk and with less packaging • Buy items containing the highest content of recycled materials • Buy products made from, and packaged in, materials that are recyclable • Print and copy using both sides of paper • Use email/website instead of paper copies • Clearly label all garbage, compost and recycling bins • Buy natural and non-toxic alternatives • Buy simple products with the least amount of bleaches, dyes, and fragrances • Buy energy-efficient appliances and light bulbs • Support companies with good environmental records • Be awareness of drop-off/pick-up routine to discourage idling cars near site • Encourage public transportation, carpooling, walking if possible 	<p>At site: Water conserving toilets; very high efficiency (>90%) Munchkin boiler system and HW supply, exceeds CA Title 24 efficiency criteria; metering of utilities to monitor use and aid in conservation; natural ventilation and daylight maximized through operable windows, caulked and sealed; mechanical ventilation only in areas required by code (bathrooms, kitchen); capped chimneys; energy efficient lighting fixtures; photosensor controls on all exterior lighting fixtures; light pollution to exterior environment minimized; backflow prevention devices installed on all equipment connected to water system; low-irrigation, non-invasive, drought-tolerant, low-maintenance plants (including lawn) consistent with the Presidio Vegetation Management Plan; automatic controlled irrigation system; recycling program participation; non-permeable paving minimized; transit/pedestrian friendly site planning; adaptive reuse (through minimal alteration) of existing structure for a new use, preserving historic character of 100+ year-old building.</p>
Become "carbon neutral" by offsetting the amount of greenhouse gasses we generate during our day-to-day operations	<ul style="list-style-type: none"> • Purchase renewable energy certificates. RECs are created when renewable energy sources (i.e., wind turbine farms) generate electricity. The RECs are then sold to individuals and companies who purchase conventionally generated (i.e., coal or gas-fired) electricity from our utilities. The credits assist in the funding of future production of clean renewable electricity, thus offsetting the quantities of carbon dioxide and other greenhouse gases to which we contribute. 	<ul style="list-style-type: none"> • 3 Phases Energy Services, The Presidio, 6 Funston Ave. (www.3phases.com)

Message in Curriculum

<i>Category</i>	<i>Recommendation</i>	<i>Resources</i>
Educate parents	<ul style="list-style-type: none"> • Incorporate message into marketing materials, parent handbook, website • Promote parent education through Parent Eds, updates 	<p>Lunchbox/lunchbag suggestions: Mimi the Sardine lunchbag (non-PVC coating) from Whole Foods, \$20. Center for Environmental Health has worked on getting PVC and lead out of the paint and coatings of lunch boxes. Julie will ask them for list of acceptable lunchboxes and we'll email to parents.</p> <p>At site: Parent Education night about the Healthy School Initiative with Green School Initiative director, Deborah Moore</p>
Help teachers	<ul style="list-style-type: none"> • Help teachers find ways to incorporate message into classroom projects, fieldtrips (composting, recycling, • Help teachers connect children with the natural world through programs and projects outside the classroom, such as school gardens, habitat restoration, recycling and communicating their experience in nature 	<ul style="list-style-type: none"> • Center for Ecoliteracy (www.ecoliteracy.org) • The Edible Schoolyard (www.edibleschoolyard.org) • Green Teacher (www.greenteacher.com) • National Marine Sactuary Visitor Center • Presidio Reuse, Recycling and Education Center <p>At site: Recycling bins in each classroom, composting bin in kitchen</p>
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