NIH Mindful Printing Campaign 2015:

Guide to Printing and Publication Services

Most NIH traditional printing and publishing procurement such as employee newsletters, pamphlets, brochures, advertisement, graphic art work, research posters and outreach materials etc., are readily adaptable to green printing practices – often at no or low cost. Many federal print contractors offer green printing services, if you ask! When considering a new print job, ask for the following:

* Responsible Paper Sourcing (see <http://www.rit.edu/upub/going-green-glossary-terms-and-marks>):
	+ Specify paper with 30% or GREATER post-consumer recycled fiber – PCW
	+ Use Processed Chlorine Free – PCF or Totally Chlorine Free – TCF paper (dioxin, a carcinogen is often used to bleach paper and lasts forever),
	+ Consider specifying certified papers with logo to indicate paper from well managed forests adhering to strict environmental standards, such as:
	+ Forest Stewardship Council (FSC), 
	+ Program for the Endorsement of Forest Certification (PEFC) 
	+ Sustainable Forestry Initiative (SFI) 
* Environmentally Friendly Inks:
	+ Vegetable oil-based inks that are made with < 3% volatile organic compounds (VOC) (still produces great images but pollutes less)
	+ Low VOC print processes e.g. solvent-free UV or water-based aqueous coatings
* Sustainability Messaging:
	+ Make the health and sustainability connection, enhance your product and acknowledge green printing with a foot note on the finished product.
	+ Example: “Promoting health through responsible printing: 100% Recycled Content, 100% post-consumer waste, processed chlorine free using low VOC vegetable based inks” [Include appropriate logos)

Green printing services will help NIH achieve its sustainability goals and promote the NIH mission of furthering public health. Federal sustainability requirements include:

* Reduce greenhouse gases
* Advance sustainable acquisition of products and services
* Promote and prevent pollution, and minimize the toxics acquired, used, or disposed
* Increase use of acceptable alternative chemicals
* Use 30% or > recycled content paper and reduce printing paper use