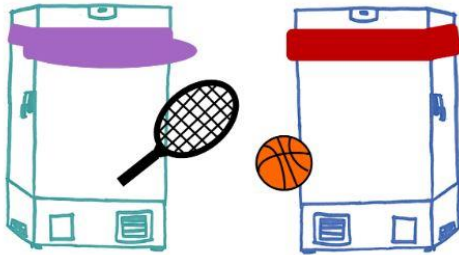


JANUARY 2021

Join the 2021 NIH Freezer Challenge!



The 2021 NIH Freezer Challenge is underway and will run from January 1, 2021 through April 1, 2021. This challenge encourages NIH labs to improve their freezer management in an effort to increase freezer reliability and reduce energy consumption. It's not too late to [sign-up for the 2021 NIH Freezer Challenge](#). Once registered, your lab can choose at least one freezer management initiative from a list of options. Complete that initiative (or more) and send in your results and your lab will have completed the 2021 NIH Freezer Challenge!

This is the 3rd year of the NIH Freezer Challenge, with very promising results from the first two iterations. The 2020 NIH Freezer Challenge featured the results from only 4 labs, but showed the great impact these initiatives can produce. A few examples include retiring 12 ULT freezers, changing 21 ULT freezers to operate at -70°C and discarding over 19,000 samples. All of these initiatives together resulted in an annual energy savings of approximately \$14,800 and an annual greenhouse gas reduction of 56 metric tons (CO₂ equivalent). The results from these 4 NIH labs show the large impact of freezer management at the NIH.

The 2020 NIH Freezer Challenge also earned international recognition for its results. Each year, the My Green Lab Organization and International Institutes for Sustainable Laboratories (I²SL) host the International Freezer Challenge. This event drew 218 competing labs, representing 88 research institutes from around the world. The NIH submitted its accomplishments from the NIH Challenge collectively to the International Challenge. The NIH won the 2020 International Freezer Challenge in the government organization category. Also, the NCI Laboratory of Cell Biology won the 2020 International Freezer Challenge in the individual government laboratory category.

Many labs at the NIH put great effort into their freezer management. The 2021 NIH Freezer Challenge can help your lab improve your freezer management even further! Please consider having your lab join the 2021 NIH Freezer Challenge!



TAKE ACTION



Make a Green Resolution for 2021

The start of a new year is a popular time for resolutions and often brings renewed dedication to making changes in our lives. This is a perfect time to make a resolution for the environment! We recap some articles from 2020 to help generate ideas for resolutions in 2021.

[LEARN MORE](#)

SPOTLIGHT



Photographs of Nature

Our Green Team Leads Council members were kind enough to contribute pictures of nature from their many outdoor exploits. These photos are sure to remind you of your favorite aspects of nature. The photos are also a nice reminder of a time when the weather wasn't quite so inhospitable!

[LEARN MORE](#)

NEMS TRAINING

Did you know? Ultra-low temperature (ULT) freezers are among the most energy-intensive lab equipment. Older ULT freezers can consume nearly as much electricity as an entire home! To learn more about energy conservation at the NIH, please visit the [NEMS Training webpage](#) to view a short (20 minute) NIH environmental awareness training video.