

**TV Thornton, Virgil (NIH/OD/ORF) [E] 0:04**

Why do you think the Green Labs Program is important and why did you complete it?

**WA Wiegand, Ann (NIH/NCI) [E] 0:18**

Well, we believe it's very important to follow the guidelines to reduce waste at all costs and it's crucial to the sustainability of our planet. We as a lab felt the need to complete the Green Labs Program since we inevitably generate a fair amount of waste in our lab practices. We really needed to be educated and updated on ways that we could reduce this through the helpful guidance of the program.

**TV Thornton, Virgil (NIH/OD/ORF) [E] 0:48**

I'm glad you brought up that part about the education, because the next question here was, have you learned anything from participating in the Green Labs Program?

**WA Wiegand, Ann (NIH/NCI) [E] 0:56**

Yeah, absolutely.

We've learned a lot from the Green Zone Newsletter in particular each month.

I love reading it because it provides helpful outlines of information that emphasize the importance of energy efficient equipment and laboratory operations. [This] has really helped direct our lab to reduce environmental consequences in our research.

**TV Thornton, Virgil (NIH/OD/ORF) [E] 1:24**

Oh, well, nice!

That's pretty ironic, because this is going to be in the Green Zone Newsletter! So, it's cool how that comes full circle. You were talking about differences in perspective and things. I wanted to dig a little deeper into that. What are some specific changes that you've implemented since taking the Green Labs Program?

**WA Wiegand, Ann (NIH/NCI) [E] 1:45**

Specific changes have come about and they've been really useful.

So we have diligently set up ways to reduce consumables by being more conscientious of plastic waste disposal. By doing this, we now have a new mechanical robot that eliminates the need for plastic pipette tips. Therefore, we have a lot less

waste.

In addition, with this robot, we've developed new assays and programmed it to use 384-well plates rather than our usual 96-well plates. [This] has drastically cut back on plastic waste, since now, instead of disposing 4 plates per assay, we're only disposing 1. [We're] also cutting back on reagents as well because the wells are so small. Another change was to make sure that we replaced any of our broken refrigerators that we've had for a while and our freezers with Energy Star compliant [alternatives]. [Some] have natural hydrocarbon refrigerants.

**TV Thornton, Virgil (NIH/OD/ORF) [E] 3:09**

I see. It's good to hear that you're switching over to Energy Star, and it's pretty impressive to hear that you're using robots! That's pretty cool!

**WA Wiegand, Ann (NIH/NCI) [E] 3:19**

Yeah, it's very helpful too. Now, we have new ones that work faster and [are] more efficient.

**TV Thornton, Virgil (NIH/OD/ORF) [E] 3:27**

Pretty cool!

Speaking of speed and efficiency, when you were completing the Green Labs Program, how difficult do you think it was to do so and why?

**WA Wiegand, Ann (NIH/NCI) [E] 3:39**

It wasn't too difficult. It's just a little challenging when it comes to the requirements of a BSL-2 lab, since we do need to be very alert when discarding and recycling anything in a lab that generates infectious waste.

These types of labs do have more disposable materials, unfortunately, such as gloves, shoe covers, lab coats, reagent containers, plates, centrifuge tubes, pipette tips, and the list goes on.

So, we do have to emphasize any safety concerns to eliminate any biohazard exposures and therefore, unfortunately, we have to throw a lot of things away instead of reuse them.

**TV Thornton, Virgil (NIH/OD/ORF) [E] 4:26**

[Understandable]

Well then, looking into the future, what do you hope to see the Green Labs Program do, or be involved with, moving forward?

**WA Wiegand, Ann (NIH/NCI) [E] 4:41**

We think it would be very helpful to create video tutorials and perhaps visual modules to [emphasize] the importance of the useful information regarding proper waste management and sustainability.

Also, [we'd like to see] more ways to be energy efficient. It can't hurt to have more! Links to catalogs and vendors that are selling biodegradable lab products [would also be helpful]. So if more vendors are selling something like that, we're highly interested and I think it would help all labs.

Also, more of the fun, interactive, creative games such as like the GREEN Bingo and the photo [submission] contest that the program has had in the past. This will keep people engaged while at the same time learning about all the benefits of being a green lab.

**TV Thornton, Virgil (NIH/OD/ORF) [E] 5:41**

That sounds awesome and sounds like a pretty bright future.

Hopefully we can get started on that soon.

Thanks so much for your time.

**WA Wiegand, Ann (NIH/NCI) [E] 5:47**

Thank you.