On & Off Campus Sustainability

Green Shopping.
Buy Less Stuff. Purchasing environmentally-friendly products is good, but not purchasing any products is significantly better. Make a list before you go and save yourself money and additional trips. And you can also shop online!
Buy Local Goods. From office equipment to vegetables, buy products that are produced locally. Doing so promotes a healthy local economy and reduces fuel consumption from the transportation of goods.
Bring Your Own Bag. Use a reusable bag at the grocery store to avoid using plastic bags. The U.S. uses 100 billion plastic shopping bags per year. Some places even give discounts for bringing your own bag! And remember to recycle any bags you do use!

Turn It Off! Turn off lights, lamps, computers, printers, TVs, radios, and any other equipment when not in use.
Use Natural Light. If you don’t need your lights on, don’t turn them on. Also, most hallway lights in resident halls can be switched off during daylight hours. This includes the majority of lounges and bathrooms.

Unplug It! Many electronics such as TVs, computers, cell phone chargers, electric razors, etc. still use power (phantom power load) when they are plugged in.
Use a power strip. Simplify unplugging electrical devices by using a power strip. One push of a button and you are already saving energy.

Use Fans! Since ceiling fans use only about as much electricity as a light bulb, they use about 2% of the electricity required by a central air system.
Air Condition Naturally. When it is cooler than 80°F outside; open 2 windows. Open one at the highest point of your house and the other on the shady side of the ground floor. This will create a natural airflow through your house. Cover south-facing windows with light colored shades or blinds to reduce solar heat gain.

Use a Programmable Thermostat. This way you can avoid running the A/C or heat during the day when no one is home, but set the system to turn on before you get home. Set the thermostat and leave it. Constantly adjusting the temperature causes the system to remain on and using electricity.

Use Less Water. Wash clothes only when they need to be washed and only run full loads. Use energy efficient machines if available.
Water plants in the morning. If you water during the hottest part of the day, 90% of the water is lost through evaporation.
Take shorter showers. This saves both a tremendous amount of water but energy as well.

Do NOT Use Disposables. Always use a ceramic plate, glass, and silverware when dining in. There are times when polystyrene containers are the only options. In these cases, you bring your own reusable container to the dining halls.
Take Only What You Will Eat. Help reduce the amount of waste and excessive consumption by only taking what you know you will eat. This will help everyone save money.

Eat Healthier. For your own sustainability, eat well balanced meals. If everything on your plate is the same fried food brown, then you need to make a change.

Eat Less Meat. The average American eats enough meat to get the amount of protein recommended for Olympic athletes. A meat intensive diet is hard on the environment because livestock requires lots of land area and resources to grow. Many large livestock operations also release harmful pollutants to our waterways.

“For Here.” When given the option of “for here or to go,” reduce unnecessary waste by dining-in.