

LIVING GREEN OFF-CAMPUS



It's easy being green! Follow these simple tips to reduce your carbon footprint and save money!

Reduce → Reuse → Recycle

Recycling as the last resort

Too often, we recycle and completely forego reducing and reusing. Always reduce your consumption when able, and reuse materials when possible.



Electricity

Use natural light

When possible, leave the lights off.

Turn out the lights when you leave the room

Save electricity and in turn, money on your electric bill.

Use compact fluorescent light bulbs

Replace 3 frequently used light bulbs with compact fluorescent bulbs and save 300 lbs. of carbon dioxide and \$60 per year.

Keep your refrigerator full

Your refrigerator uses less energy when it's full. Keep it stocked with fruit, bottled water, and your favorite snacks (try cold candy bars for a refreshing treat). You'll also save money by not eating out as much.

Keep windows closed when heat or air-conditioning is on

Every hour a window is open during the heating season, one pound of coal is burned, creating fumes that cause air pollution.

Adjust your thermostat

Move your thermostat down two degrees in winter and up two degrees in the summer, and save 2000 lbs. of carbon dioxide and \$98 per year.

Electronics

Put your computer monitor to sleep and turn off screen savers

Your computer monitor uses more energy than your hard drive, and screen savers increase energy consumption. Put your computer in sleep mode when not using a screen saver, however, as it could burn an image into the screen.

Shut down your computer at night

Turn off your computer when you're not using it and save 200 lbs of carbon dioxide.

Turn off TV's and other electronics when not in use

Even when electronics are not in use, they consume energy. Turn them off and save over 1,000 lbs of carbon dioxide and \$256 per year.

Unplug chargers when not in use

Chargers consume a small amount of energy any-time they're plugged in—even if they're not charging electronics. Unplug them and save over 1,000 lbs of carbon dioxide and \$256 per year.

Saving Water

Turn off the water when brushing teeth

and save a gallon of water each time you brush.

Take shorter showers

Showers account for 2/3 of all water heating costs. Cut back on shower time and save 350 lbs. of carbon dioxide and \$99 per year.

Install a low-flow shower head

Using less water in the shower means using less energy to heat the water. Save 350 lbs. of carbon dioxide and \$150.

Hand wash dishes or fill dishwasher completely

Only run your dishwasher with a full load, and use low power and low water modes.

Air dry clothes

Line-dry clothes in the spring and summer instead of using the dryer and save 700 lbs. of carbon dioxide and \$75 per year. If using a washing machine, only run full loads using cold or warm water instead of hot.

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Transportation

Take Public Transit.

A train or bus requires much less energy per person than a single-occupancy automobile.

Ride a Bike.

The bicycle remains the most efficient form of personal transportation ever invented and, of course, it uses no fossil fuels!

Drive the Speed Limit.

Most vehicles get the best gas mileage around 55mph. Every mile per hour above 55 requires increasingly more fuel since wind resistance becomes the limiting factor.

Inflate your Tires

Keep the tires on your car adequately inflated since tire pressure is important to fuel economy. Check them monthly. Save 250 lbs. of carbon dioxide and \$840 per year.

Maintain Your Vehicle.

Changing your oil, replacing the air filter, and doing all the other recommended maintenance will keep your car running efficiently and help it last longer.

Carpool When You Can

Own a big vehicle? Carpooling with friends and co-workers saves fuel. Save 790 lbs. of carbon dioxide and hundreds of dollars per year.

Don't Idle In Your Car

Idling wastes money and gas, and generates pollution and global warming causing emissions. Also, you only need about 30 seconds to warm your car before driving. So, you can save money, emissions, and time if you just get in and go!

Other Tips and Tricks

Ditch the Plastic!

Buy products with less packaging and recycle paper, plastic and glass to reduce your garbage which helps save 1,000 lbs. of carbon dioxide per year.

Not all plastic is recyclable!

2.5 million individual plastic water bottles are thrown away every hour in the US. Start using a reusable water bottle and just say no to plastic. On top of that bottled water is more expensive than tap water.

Avoid #5 Plastic.

The recycling process for #5 plastic is less efficient than other plastics. Because of the relative inefficiency, many recycling plants do not accept #5 plastic.

Bring a Bag.

Use reusable bags or a backpack at the grocery store to avoid using plastic bags. The U.S. uses 100 billion plastic shopping bags per year. That's roughly 333 bags per year per person -- nearly a bag per day!

Energy Star

Another way to save is buying Energy-Efficient Products. They use less energy and are better for the environment. They will generally have an energy star symbol on them.

"Green" Cleaning Products

To tell if it is a green cleaning product read the labels and check online for their MSDS: Material Safety Data Sheet.

*All facts were taken from
www.stopglobalwarming.com

Other Resources

Here is a list of other websites that show how to live eco-friendly.

Campus Sustainability, University of Maryland
<http://www.sustainability.umd.edu/>

Sign-up for daily green tips
Ideal Bite, a sassier shade of green
<http://www.idealbite.com/>

Eco-GreenLiving
DC's Green & Fair Trade Home and living store
<http://www.eco-greenliving.com/>

Living Green
Actions for healthier and more sustainable lives
<http://www.livinggreen.org/actions.cfm>

Campaign Earth
Providing the path for a sustainable future, one step at a time
<http://www.campaignearth.org/index.asp>

Green Living Ideas
Keep Going Green Down to Earth
<http://greenlivingideas.com/>

Creative Citizen
Creative Solutions > Global Effects
<http://www.creativecitizen.com/>