



## LIVING GREEN OFF-CAMPUS

**It's easy being green!** Living off-campus provides you with many ways to reduce your carbon footprint and develop a more sustainable lifestyle. Use this guide to figure out how you can easily reduce your impact on the environment in ways that also can reduce the impact on your wallet!

### **Reduce → Reuse → Recycle**

Too often, we recycle and completely forego reducing and reusing. Always reduce your consumption when able, and reuse materials when possible. Use recycling as a last resort.



### **Reuse**

#### **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.

#### **Purchase a water bottle.**

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, which can be filtered.

#### **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. College Park accepts #1-7 plastic; be sure to check with your local city to determine if you can recycle #5 plastics.

#### **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!

## Around Your Home

*There are many things you can do around your home to contribute to a "green" lifestyle. Some of the easiest to implement are listed below to help you get the most out of your household supplies and resources.*

### **Keep windows closed when heat or air-conditioning is on.**

Keeping your windows closed keeps the cool air inside. Every hour a window is open during the heating season, one pound of coal is burned, creating fumes that cause air pollution.

### **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.

### **Eliminate paper/styrofoam utensils.**

Buy reusable dishes instead of paper/plastic flatware and silverware for home use. This will also save you money.

### **Opt out of junk mail to eliminate paper.**

Also, considering setting up electronic bill notifications to cut down on paper. Check with your service providers for details.

### **When moving in, check with your roommates to see what each of you should bring**

This will prevent unnecessary costs and duplicate items.

### **Donate/sell unused goods so they can be reused.**

You can sell items using sites similar to Craigslist and eBay, or donate them to local thrift stores (many are operated by charities).

## Resources

- **Campus Sustainability, University of Maryland**  
[www.sustainability.umd.edu](http://www.sustainability.umd.edu)
- **Campus Recyclemania Information**  
<http://www.sustainability.umd.edu/content/culture/recyclemania.php>
- **Student Affairs Sustainability Plan, University of Maryland**

[www.studentaffairs.umd.edu/pubs/SustainabilityPlan.pdf](http://www.studentaffairs.umd.edu/pubs/SustainabilityPlan.pdf)

· **City of College Park Recycling**

[www.collegeparkmd.gov/recycling.htm](http://www.collegeparkmd.gov/recycling.htm)

· **PG County Dept. of Environmental Resources**

<http://www.princegeorgescountymd.gov/sites/environmentalresources/Pages/default.aspx>

· **Campaign Earth**

Providing the path for a sustainable future, one step at a time

[www.campaignearth.org/index.asp](http://www.campaignearth.org/index.asp)

· **Household Emissions Calculator**

Calculator provided by the EPA to calculate your household emissions and what changes can be made:

[http://www.epa.gov/climatechange/emissions/ind\\_calculator.html](http://www.epa.gov/climatechange/emissions/ind_calculator.html)

· **Stop Global Warming**

[www.stopglobalwarming.org](http://www.stopglobalwarming.org)

· **Local Harvest**

Use this website to find sources of sustainably grown food in your area:

[www.localharvest.org](http://www.localharvest.org)

Cost-Saving Tips

*As you develop your more sustainable lifestyle, you'll find many ways of saving money. Below are just a few ways that you can cut your living expenses:*

**Use a water filtration system instead of buying bottled water.**

This not only cuts down on plastic consumption and trips to the store, but is much less expensive and saves space. You can use a water pitcher than you can leave in your refrigerator or one that attaches to your kitchen faucet.

**Use reusable waterbottles and coffee mugs.**

You can even get discounts in campus convenience stores!

**Visit local thrift stores or other second-hand shops to find inexpensive household items.**

Sites such as [freecycle.com](http://freecycle.com) allow you to swap goods with no cost!

**Print your school assignments on both sides of the paper.**

Many professors will not mind (but ask first).

**Purchase reusable batteries.**

If you have numerous items with the same battery type, or products that run through batteries quickly, purchase reusable batteries and a charger.

Local Recycling Centers

*Most local counties have central locations to which you can take your recycling materials. Visit the websites below to view more specific information on how to do so.*

· **Prince Georges County**

<http://www.princegeorgescountymd.gov/sites/WasteManagement/Services/Recycling/>

· **Montgomery County**

<http://www.montgomerycountymd.gov/SWS/programs/>

· **Howard County**

[www.howardcountymd.gov/recycling.htm](http://www.howardcountymd.gov/recycling.htm)

