



Sustainable

Student Living

For dorms, apartments, houses, and
more

Table of Contents



- Bathroom Tips p. 4, 5
- Water Usage p. 6
- Laundry p. 7
- Kitchen/Food Tips p. 8-10
- Compost p. 11-13
- Electronics 14, 15
- Decor/Home Updates p. 16, 17
- Green Chapter/Sisterhood p.18-20



**“THE GREATEST THREAT TO OUR
PLANET IS THE BELIEF THAT
SOMEONE ELSE WILL SAVE IT.”**

ROBERT SWAN



Bathroom Updates

IDEAS THAT WON'T BREAK
THE BANK



Bathroom Supplies



- There are plenty of **eco-friendly** toilet paper and paper towel options
- **Buy Bamboo-Biodegradable Plastic-Free**
- **Rags** are much less wasteful than paper towels

Water Usage

When it comes to sinks, showers, dishwashers, and washing machines

- **Adding** 5 minute **shower timers**
- **Waiting** to do a **larger load** of dishes/laundry
- **Turn off** the **sink** when washing your hands/dishes/face and brushing your teeth



Fun Fact: Air-drying your clothes can reduce the average household's carbon footprint by a whopping 2,400 pounds a year.



Speaking of Laundry...

Problem: Chemicals travel from our washing machines into our **local bodies of water/agriculture**

Solution: A plant based detergent free of chemicals, toxins, fillers, and carcinogens

Problem: micro-plastics in our clothes **released** into water systems and therefor our oceans/lakes/more.

Solution: Laundry bags meant to filter and trap the micro-plastics inside (rather than in the ocean)

The Sustainable Kitchen

GOING GREEN IN THE KITCHEN IN MORE WAYS THAN VEGGIES



Eating for the Earth.

EAT IN SEASON

Enforce a rule to only eat foods that are in season (the further your foods grow the larger their carbon print)

MEATLESS MONDAY

Implement this new rule for your house to reduce your methane footprint.



I dont talk trash. I talk compost.

BACKYARD COMPOST

Select an area that is shady and cool to start, then routinely moisten the compost and add everything from clippings to food scraps!

INDOOR COMPOST

Purchase a tightly sealed bin that will keep the smells from escaping and compost away!

WHY IS COMPOSTING THE WAY TO GO?

Reduces methane emissions from landfills and lowers your carbon footprint.





What can go in compost?

FROM EGGSHELLS,
COFFEE GROUNDS,
FRUITS, VEGGIES, &
BREAD

TO DRYER LINT AND EVEN
OLD WINE

ALL CAN COMBINE AND
TURN INTO SOIL



Earth-saving alternatives

ELECTRONIC ALTERNATIVES
THAT WILL SAVE MONEY AND
ENERGY



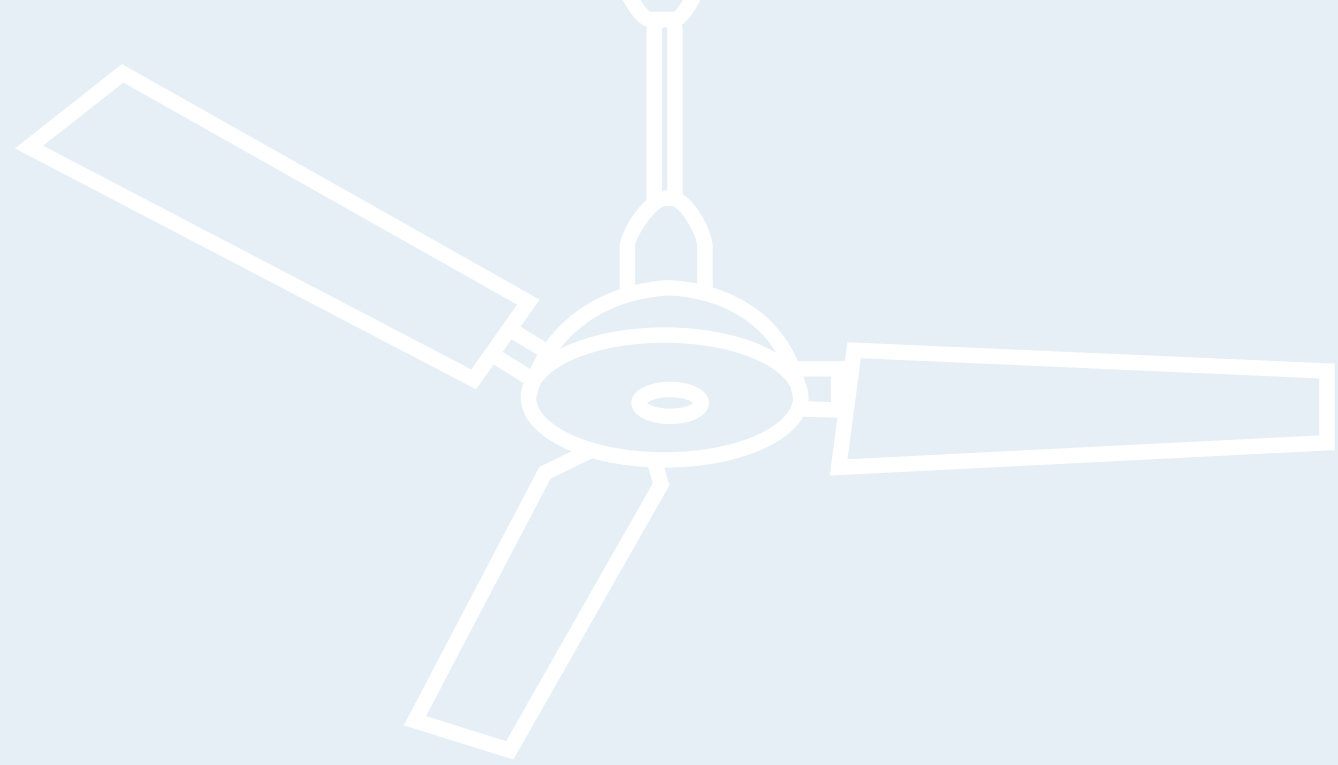


LIGHTING

AND BRIGHT IDEAS

DID YOU KNOW THAT EVEN IF AN APPLIANCE IS OFF IT CAN STILL BE USING ENERGY IF ITS PLUGGED IN? THIS IS CALLED A **VAMPIRE ELECTRONIC**

- **LED lightbulbs** are another money and energy-saving purchase (**75% less** energy!)
- Use **natural light**! Open up those blinds this is good for your wallet, **carbon footprint**, and mental health!
- **Add** motion sensing lights to the house to reduce unnecessary energy usage
- **Post** a sign under each light switch, "Turn off when not in use"



HVAC IS COOL

ALTERNATIVES TO TURNING UP YOUR HEATING AND COOLING SYSTEMS

- **Before** turning down your A/C, use fans as an alternative way to keep it cool
- **Keep** your thermostat at 78 degrees in the summer
- The optimal range for winter is between **68-72 degrees**
- **Use** *ENERGY STAR* qualified programmable thermostats to regulate heating and cooling usage
- **Remember** to replace and maintain your HVAC systems if they are over 10 years old

- **Buy from vintage** shops and repurposing are cheap, unique, and eco-friendly easy to decorate a space
- **Plants** are an awesome way to fill an empty space while turning **Carbon Dioxide** into **Oxygen**!
- **Donate** excess decor, clothing, and more to local thrift stores or charities to help others in your community as well as reducing waste in **landfills**.



Redoing your house? think on the side of eco friendly

- **Utilize low flow showerheads** will dramatically decrease water usage
- **Implement automatic hand driers** to eliminate paper waste. Saving you money that would have been spent on paper towels.
- **Think Renewable:** Minimize your carbon footprint by adding solar powered roof panels



SIGN THE



GLOBALCLIMATEPLEDGE.COM

BE APART OF THE FUTURE