



Sustainable Student **TOOLKIT**

Eco friendly tips for Busy Students

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**THERE IS NO SUCH THING AS
"AWAY". WHEN YOU THROW
SOMETHING AWAY IT MUST GO
SOMEWHERE.**

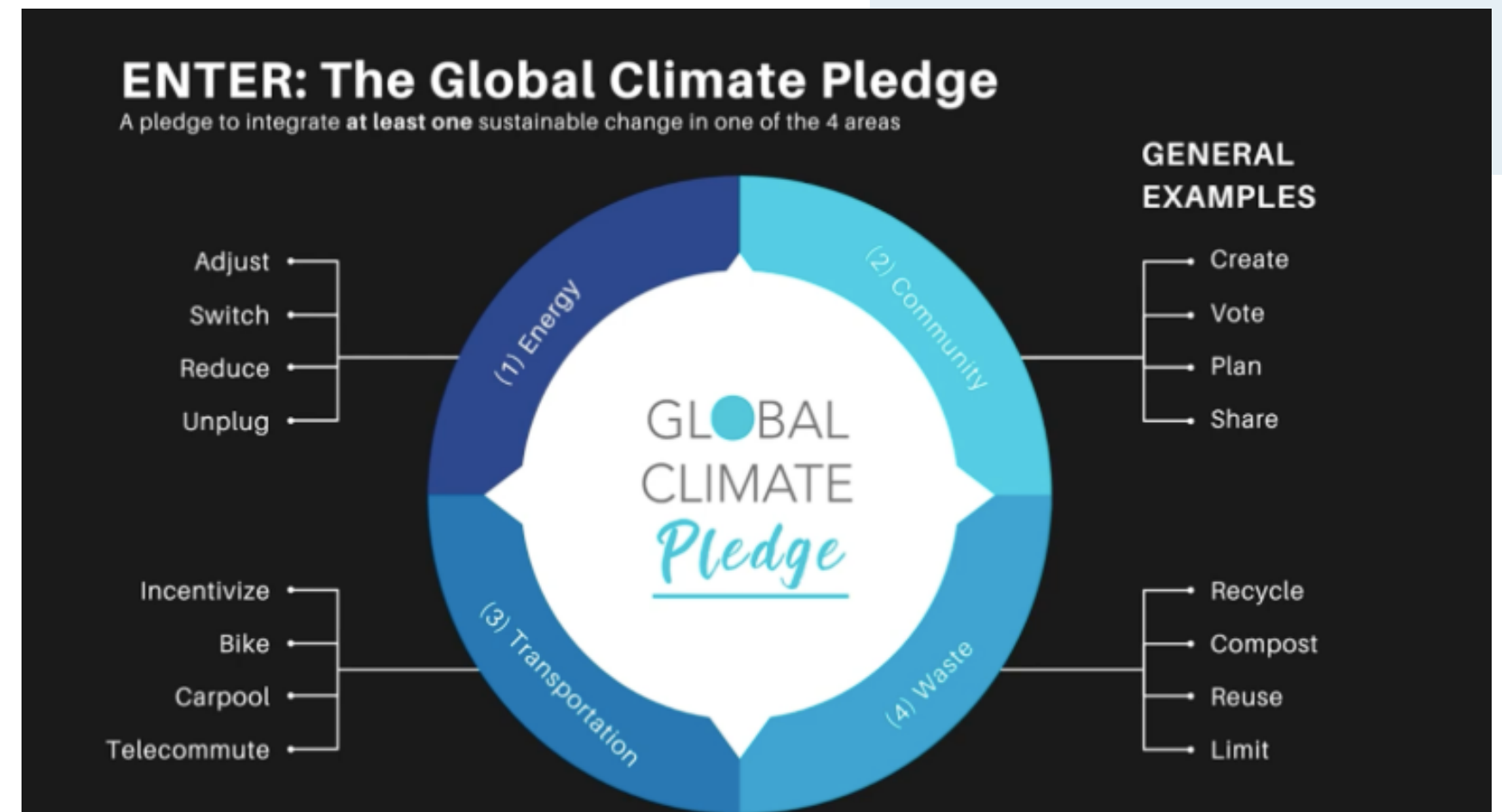
ANNIE LEONARD



Making every day Earth Day

STEP 1: SIGN AND PLEDGE YOURSELF WITH THE GLOBAL CLIMATE PLEDGE

- PEOPLE ARE 80% MORE LIKELY TO FOLLOW THROUGH IF THEY MADE A PLEDGE
- MAKE YOUR COMMITMENT TO YOURSELF NOW AT WWW.GLOBALCLIMATEPLEDGE.COM



GLOBAL CLIMATE PLEDGE FOR UNIVERSITIES

IN SCHOOL: LESS PAPER,
ONLINE TEXTBOOKS, ECO
FRIENDLY SCHOOL SUPPLIES

AT HOME: PLANT BASED
DIET, SUSTAINABLE
CLOTHING, UNPLUGGING
ELECTRONICS, VOTING,
RECYCLING, COMPOSTING,
GARDENING

A
SUSTAINABLE
STUDENT

ON THE WAY TO SCHOOL:
WALKING/BIKING TO CLASS, RIDE
SHARING, AND UNPLUGGING
ELECTRONICS WHEN LEAVING

OUTSIDE OF SCHOOL:
SUSTAINABLE STUDENT ORGS,
ECO FRIENDLY GATHERINGS,
TALKING ABOUT CLIMATE
NEWS IN MEETINGS AND
NOMINATING A
SUSTAINABILITY CHAIR



Cut your bathroom waste by

80%

ZERO WASTE BATHROOM IDEAS

BATHROOM BASICS

Things we can **stop buying:**
q-tips, cotton balls, and makeup wipes

*our skin and ears don't like them and
neither does the planet*

Switching to reusable cotton rounds are
better for your skin, the Earth, and your wallet!

**One time purchase, but not a single use
item!** Use them, throw them in the
hamper, and wash them on laundry day!



BATHROOM BASICS

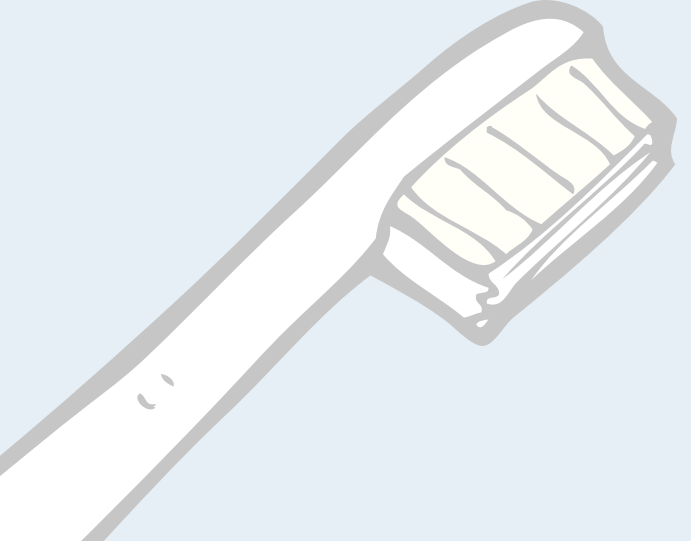
Another item to **skip** on:

- toothbrushes made of plastic
- instead opt for **bamboo toothbrushes**

(plastic-based toothbrushes end up in our landfills!)

- bamboo brushes decompose in 6 months
- compared to plastic which is at 1000 years






Toothpaste in plastic tubes are OUT

- They can't be recycled at all
- And we can never really get every last drop out



Choose Toothpaste Tabs

- glass containers that can be recycled
 - no wasted product
 - more travel friendly
- 



Cleaning up our shower routines

- Shampoo, conditioner, and body wash all come in **non-recyclable** bottles
(so every time you finish a bottle it goes to our landfills or oceans)

But you have options!

- Finding a store in your city where you can BYOC (*bring your own container*) and fill up!

OR

- Switching to bar soaps! They are just as cleansing but without the plastic waste!



Switch to a safety razor

A step to plastic-free living

- These razors are all metal
- The blades are cheaper and get a closer shave
- no plastic waste! no rusting!





Sustainable Kitchen Swaps

Easy and cost friendly

The Kitchen

Tired of buying so many paper towels? ziplocs? Us too!

SWAP IN MICROFIBER CLOTHS

these clean up your messes and can be laundered when soiled!

DITCH PLASTIC ZIPLOCS

purchasing **reusable ziploc bags** saves you money and reduces your plastic waste

NEED SOMETHING STURDY?

stainless steel and **glass containers** are freezer friendly and will keep your food fresh! And they are dishwasher safe!



SWAP IN FOOD STORAGE WRAP MADE FROM BEES WAX

These are reusable food storage that can be washed and reused countless times

SAY NO TO SPONGES

Instead- buy brushes composed of durable plant fibers that are *tougher* than the “scrubbing” side of a conventional kitchen sponge



Our Coffee Routines need an update

DITCH THE K-CUPS

they are wasteful!

OPT FOR A TRADITIONAL COFFEE MACHINE

tastes better and almost zero waste

FEELING BOLD?

Switch to a non-dairy creamer!





**Try cooking more
and carrying out less**

**YOU WILL BE MAKING A
HEALTHIER CHOICE FOR YOU
AND THE PLANET (THINK ABOUT
ALL THE WASTE PRODUCED BY
CARRYOUTS)**



This is an easy one

**DITCH PLASTIC BOTTLES
AND STRAWS!**

**REUSABLE BOTTLES KEEP
YOUR WATER COLD AND
COFFEE HOT!**

**A REUSABLE STRAW
WON'T END UP IN YOUR
OCEANS BUT A PLASTIC
ONE MIGHT!**



A hand is shown holding a black plastic bag, which is being placed into a green trash bin. The background is a soft-focus green, suggesting foliage. A large grey rectangular box is overlaid on the left side of the image, containing white text. The text is in a bold, sans-serif font. The overall composition is clean and modern, with a focus on the plastic bag as a symbol of waste.

PLASTIC BAGS ARE PERHAPS THE GREATEST SYMBOL OF OUR THROWAWAY SOCIETY.

ZAC GOLDSMITH

Rethinking Our Trash



Switching Up How and What We Eat

Meal plan and save!

REDUCING YOUR WASTE

Not eating out is good for your wallet, your health, and cuts back on the amount of waste you create.

CURB YOUR CONSUMPTION OF PLASTIC

Pledge to use less plastic in your everyday life by investing in a lunchbox that will last longer!

DID YOU KNOW THAT **50%** OF
THE PLASTIC PRODUCED IS
SINGLE USE?



Reducing Meat & Dairy

Shrinks Carbon Footprint and Water usage

SIMPLE IDEAS

- Meatless Mondays
- Ditching red meat
- Switching to non-dairy milks

VEGAN / VEGETARIAN

- Plant based options have a carbon footprint 12x smaller
- It also uses ~50% less water
- Can cut your grocery bill down

TIPS

- Swap one food out at a time
- You don't need to cut it out completely!
- Try to buy more whole foods than packaged - outer ring of store

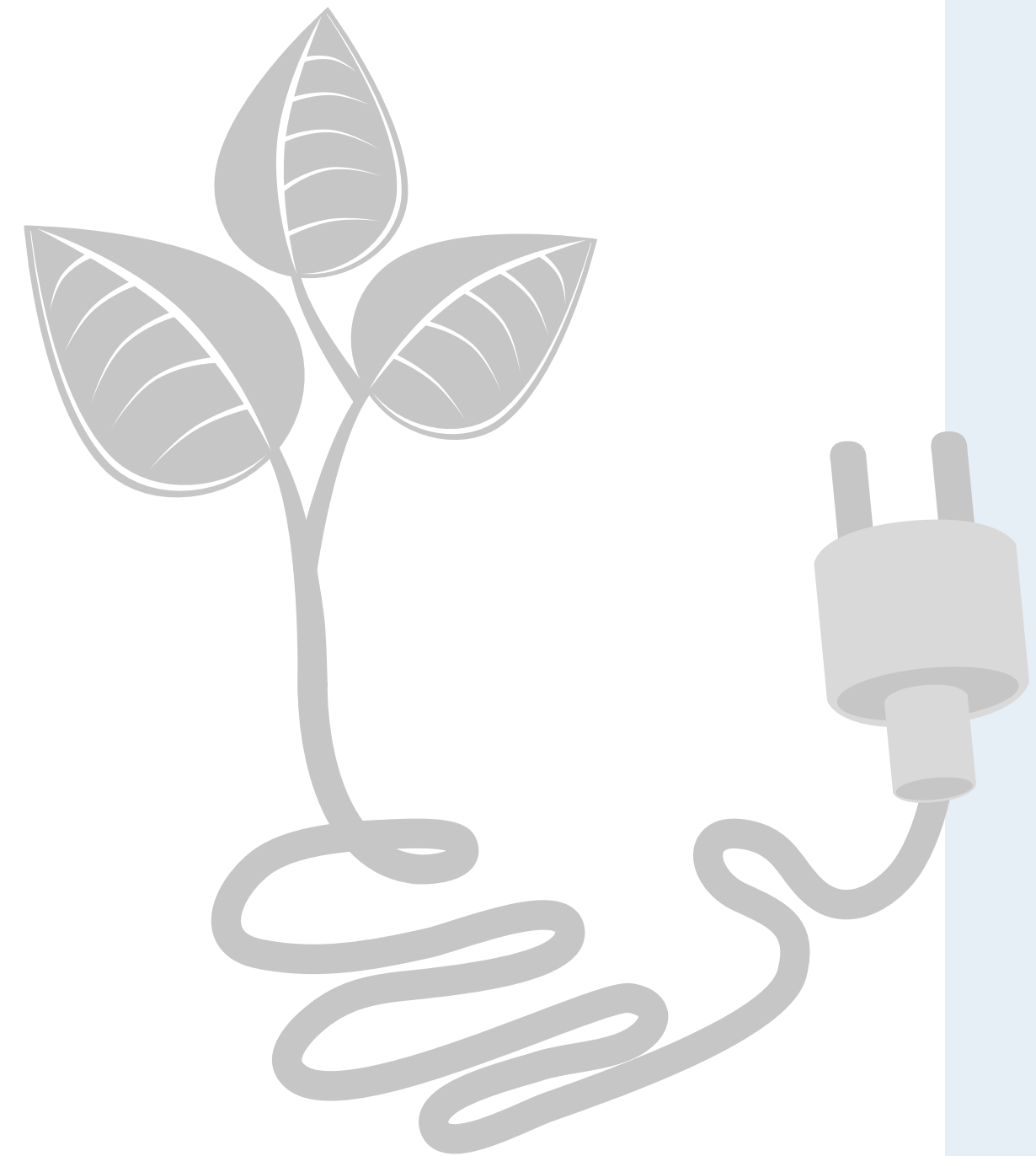




Being Green on the Way to School

REMINDING YOU TO UNPLUG, RIDE-SWAP, AND RIDE SHARE

- **Vampire Electronics:** When alliances use power and energy when turned off, but still plugged in. (This can be the cause of more than **20% of your electricity bill!**)
- Rather than driving to school/work/extracurriculars try **walking**, **biking**, or taking your public **bus** system
- Carpooling and **ride-sharing** is another great energy saving option!



Making School Ecofriendly

**SWAP PAPER TEXTBOOKS FOR
EBOOKS!**

**CHANGE YOUR COMMUTE TAKE
PUBLIC TRANSPORT, CARPOOL,
OR EVEN TELECOMMUTE WHEN
POSSIBLE!**

**BE AWARE OF THE ENERGY YOU
ARE USING SHUT COMPUTERS
OFF, SWITCH TO LED'S, THINK
TWICE ABOUT PRINTING!**



MOST OFFICE SUPPLIES HAVE AN ECOFRIENDLY SUBSTITUTE THAT YOU CAN FIND WITH A QUICK GOOGLE SEARCH

- 100% RECYCLED NOTEBOOKS
- WHITEBOARDS
- BIODEGRADABLE PENCILS
- REFILLABLE PENS
- ZERO WASTE STAPLER
- SCISSORS MADE FROM BIOPLASTICS
- ERASERS MADE FROM RECYCLED RUBBER



Search Before You Buy

Sharing your climate actions with your friends!

WAYS TO LEARN AND SPREAD THE GREEN OUTSIDE OF SCHOOL (CLUBS, SPORTS TEAMS, GREEK LIFE, AND MORE)

- Join **environmental clubs** at your school to learn about local opportunities and news! sustainable student orgs
- Encourage your club/chapter to nominate a **sustainability chair**
- Plan **eco friendly gatherings** (Bring your own drinks, sustainable crafts, spending time in nature)
- Talk about **climate news** in meetings to spark sustainable and progressive conversations



PARTY? INTERVIEW? OR GRADUATION COMING UP?

SAY NO TO FAST FASHION
ASK TO BORROW FROM A FRIEND, GO TO
A SECOND-HAND STORE, OR BUY FROM
CLOTHING SWAP APPS LIKE DEPOP!



Search Before You Buy

Bedroom Updates

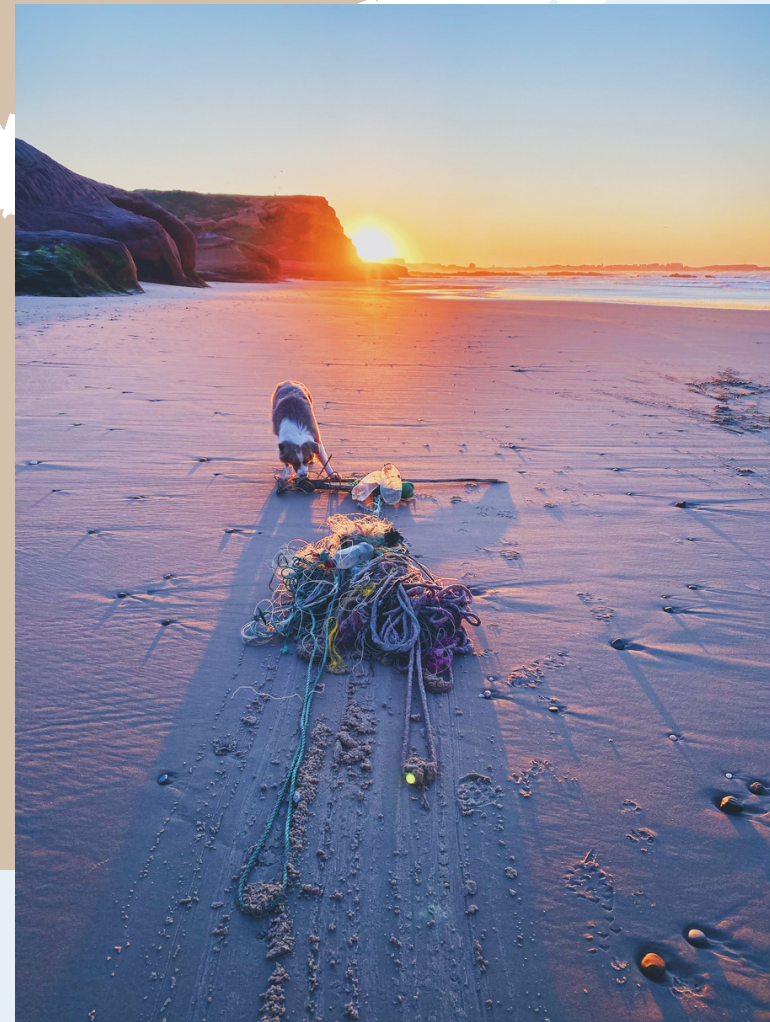
YOU CAN MAKE CHANGES
TO YOUR HABITS!

- **POWER STRIPS WITH AN ON/OFF MINIMIZE VAMPIRE ENERGY**
- **OPEN BLINDS DURING THE DAY AND TURN OFF THE LIGHTS**
- **CHOOSE ECO FRIENDLY CANDLES**
- **ADD PLANTS FOR DECOR INSTEAD OF SHORT TERM "KNICK-KNACKS"**



REMEMBER WE DON'T
NEED 10 PEOPLE
PRACTICING
SUSTAINABILITY
PERFECTLY, BUT
7 BILLION PRACTICING IT
IMPERFECTLY





FINAL NOTES

- **FINISH CURRENT ITEMS
BEFORE PURCHASING NEW
SUSTAINABLE ITEMS**
- **TACKLE ONE THING AT A TIME**
- **START THINKING LONGTERM
ABOUT YOUR HABITS AND
PURCHASES**

SIGN THE

GLOBAL
CLIMATE
Pledge

BE APART OF THE FUTURE