



Checklist for Sustainable Living

Electricity

- ✓ Use compact fluorescent light bulbs.
- ✓ Laundry in **COLD WATER**.
- ✓ Drying racks.
- ✓ Take the stairs!
- ✓ Use natural lighting.
- ✓ *Turn off power strips when not in use.*
- ✓ Do **NOT** bring a printer.

Water

- ✓ Use a reusable water bottle and coffee mug.
- ✓ Take shorter showers.
- ✓ Turn off the water when brushing teeth and shaving.
- ✓ Fill up a sink to wash dishes – don't leave the water running.

Food

- ✓ Don't use a tray.
- ✓ Reduce your meat consumption.
- ✓ Buy local or organic when possible!
- ✓ Research the environmental impact of your food choices on the Bon Appétit website.

Transportation

Carpool



Bike



Walk

CONSUMPTION

Shop at thrift stores or used good stores.

Purchase used books or rent your textbooks.

Avoid. Using. Plastic. Bags.

Donate unwanted items at the end of each semester (use Ole Thrift Shop or Goodwill).

Avoid eating with disposable items (utensils, plates, cups).

COMMUNITY

Bookmark the SustainAbilities page on your computer.

Follow environmental leaders on Twitter.

Keep up with environmental news sources.

Use your voice in democracy and elections to support environmental causes.

Talk to others about the kind of community you envision for your lives!