

10 Ways to Start Living Green!



Purchase With Purpose

10

FACTS

- Packaging makes up 30-50% of municipal waste.
- On average, food on the dinner table traveled 400 miles.

WHAT CAN I DO?

- 1) Learn about green products and companies.
- 2) Look for local food in the dining centers.
- 3) Shop locally.



Green Your Ride

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FACTS

- Burning 1 gallon of gas emits 20 gallons of CO₂ into the atmosphere.
- Cars consume about 8.2 billion barrels of oil daily.

WHAT CAN I DO?

- 1) Walk or ride your bike.
- 2) Carpool. Take a look at ISU's Rideshare program.
- 3) Ride CyRide.



Unplug the Unused

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FACTS

- Electronics use 75% of their power in sleep/stand-by.
- Small appliances can equal 40% of your electricity bill.

WHAT CAN I DO?

- 1) Unplug small appliances after use.
- 2) Unplug chargers when devices are finished charging.
- 3) Plug electronics into a power strip and turn the strip off when not in use.



Make Your Flow Low

7

FACTS

- Reducing your shower by 1 minute saves 4 gallons of water.
- Fixing a leaky toilet can save up to 1,000 gallons of water a month (about 16 loads of laundry).

WHAT CAN I DO?

- 1) Turn off water for teeth brushing or shaving.
- 2) Get cold water from the refrigerator.
- 3) Save dish washing and laundry for full loads.

Power Down

6

Facts:

- Sleep mode saves \$25-\$75 per computer annually.
- Gaming consoles (Xbox, PlayStation, Wii) can cost \$250 a year.

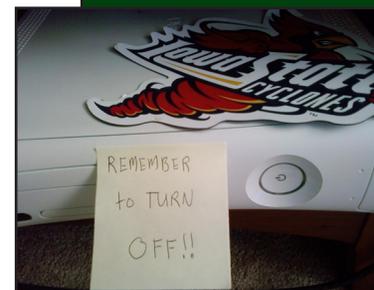
WHAT CAN I DO?

- 1) When not using your computer or game console, turn it off.
- 2) When you do need these items in "stand-by" mode, make sure you enable the low power modes.

Here is a step-by-step guide:

<http://www.nrdc.org/energy/consoles/contents.asp>

- 3) Avoid using the DVD player on your game console. A stand-alone DVD player uses 24 times less energy.





Not Around, Turn It Down

FACTS

5

- Adjusting your thermostat at night can save 5-10% of your heating bill.
- Ceiling fans use 90% less energy than a cooling system and lower room temperature 7-10 degrees.

WHAT CAN I DO?

- 1) Turn your thermostat down when you are gone.
- 2) Get a programmable thermostat that automatically adjusts the temperature throughout the day.
- 3) Choose fans or blankets before changing your thermostat.



Green Bag It

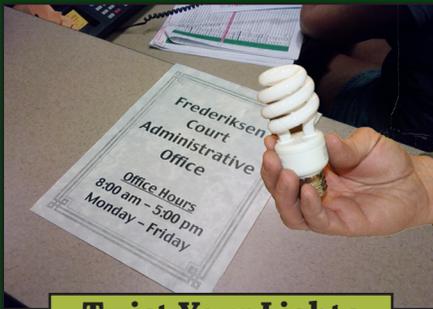
FACTS

4

- Worldwide, more than 500 billion plastic bags are used each year, and only about 1-3% are recycled.
- The annual plastic bag consumption cost could send nearly 75,000 students to college for 4 years.

WHAT CAN I DO?

- 1) Bring Your Own Bag (BYOB) to reduce personal disposable bag demand.
- 2) Don't use a bag at all, if you don't need one.
- 3) If you need a bag, reuse it.



Twist Your Lights

FACTS

3

- Compact fluorescent lights (CFLs) use 75% less energy and last 10 times longer than regular incandescent bulbs.
- Lights account for 5-10% of energy use.

WHAT CAN I DO?

- 1) Replace incandescent light bulbs with CFLs.
- 2) If you live in Frederiksen Court, take advantage of the light bulb exchange program.
- 3) Live off-campus? Look into city rebates.



Bring Your Own Bottle (or Mug or Cup)

FACTS

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- The oil used to supply the American demand for bottled water could fuel 100,000 cars for the year.
- Each disposable cup you replace with a personal mug saves 1.25 pounds of CO₂ emissions.

WHAT CAN I DO?

- 1) Bring your own water bottle or canteen to refill.
- 2) Bring your own mug or cup for to-go drinks.
- 3) Stores often discount for bringing your own mug. ISU Dining offers a \$0.35 discount at all their retail locations.

Remember the 4 Rs Reduce, Reuse, Recycle, Rethink

FACTS

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- Recycling 1 aluminum can conserves enough energy to power a TV for up to 3 hours.
- Recycling 1 plastic bottle conserves enough energy to light a 60-watt light bulb for up to 6 hours.

WHAT CAN I DO?

- 1) Make use of local recycling programs.
- 2) Consider a reuse opportunity such as Goodwill.
- 3) Before throwing away, ask yourself: Can it be used again or recycled?

