

MAKE **RED**
PRIDE **GREEN**
SUSTAINABILITY
GUIDE



Print me double-sided!

What is sustainability?

Environmentally speaking, sustainability is “the quality of not being harmful to the environment or depleting natural resources, and thereby supporting long-term ecological balance.”

Why is it important?

The environment and its resources are being depleted at alarming rates. If the world continues at this level of consumption the future will look bleak for earth, the environment, and mankind.

How can I help?

There are many ways to help without making life-changing commitments. This Sustainability Guide offers many things you can do to get started.

Resources

More Information

epa.org

Reduce Your Carbon Footprint

carbonfund.org

Water Efficiency

wateruseitwisely.com

Home Gardening

homegardeningforbeginners.com

Composting at Home

epa.gov/recycle/composting-home

Water

Avoid Letting Water Run

Fill plastic tubs or the sink with water for washing & rinsing dishes by hand.

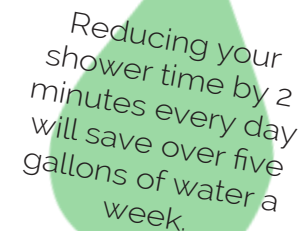
Take Shorter Showers

Dishwashers

Dishwashers, when run at full capacity, are more efficient than handwashing dishes.

Re-purpose Excess Water

Water plants, or use boiling water to kill weeds.



Reducing your shower time by 2 minutes every day will save over five gallons of water a week.

Laundry

Wash Full Loads

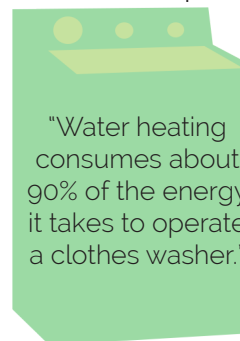
Using washers & dryers at full capacity makes use of energy & water more efficiently.

Use Cold Water

Cold water takes less energy to produce & costs less money.

Use A Clothesline

Let your clothes dry naturally on a clothesline outside or indoors.



Electronics

Go Flat

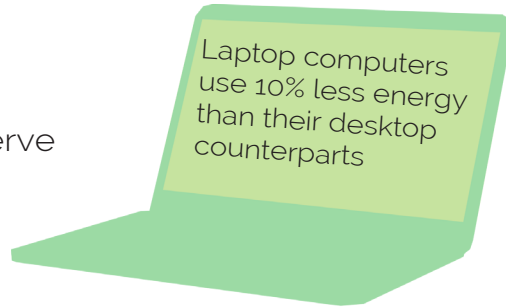
Flat screen monitors consume less energy, take up less space, & produce less heat

Avoid Screen Savers

They do not conserve energy!

Use Sleep Mode

Put your computers in sleep mode after 15 minutes of not being used



if it's not in use,
TURN IT OFF!

Use Advanced Power Strips

Power strips can save you energy and money. Activity monitor strips will automatically shut off after a set period of inactivity.



Unplug It!

Some electronics and appliances "vampire" energy if left plugged in

Transportation

Carpool

Bike

Walk

Take the Bus



Drive the Speed Limit

Every five mph over 60 mph makes your fuel mileage decrease and adds cost to the price of gas per gallon.

Recycle the Reusable

Recycle Old Reusable Bags

Reusable bags cost more energy & sometimes more materials to produce and are often thrown away

Recycle Plastic Bags

Many stores offer recycling receptacles for your used grocery bags



reduce, reuse,
and recycle
ALL THAT YOU CAN

Be Aware of Portions

Take, buy, or cook only what can be consumed

Eat More Vegetables, Less Meat

Meat consumes a great deal of water, energy, & space to produce

Eat at Home

Cooking at home reduces use of gas and resources and can save you money.

Compost

Instead of throwing away your food scraps or putting them down the disposal compost them.

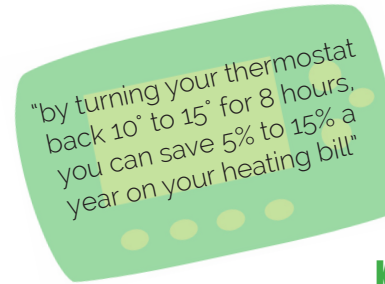
Plant a Garden

Growing food will save trips to the store, saving gas & energy. Compost can be used in place of commercial fertilizer.



Set That Thermo-stat!

Try to set your thermostat to 68 degrees in the winter and 76 degrees in the summer



Avoid Space Heaters

They are not energy efficient!

Keep Windows & Doors Closed

This will preserve the indoor temperature & reduce your electric bill.

Lights

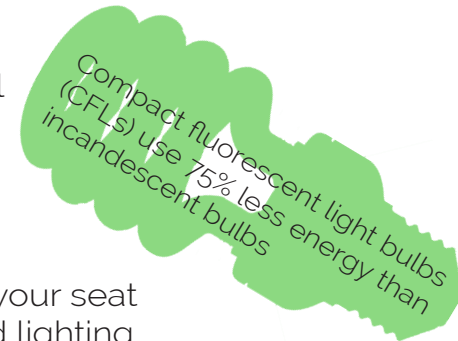
Avoid Incandescent Bulbs

Open Those Shades

Make use of natural light, it's free & energy efficient!

Use Task Lighting

Try using lamps at your seat instead of overhead lighting



Buy Local

Local goods use less resources to manufacture & distribute

Avoid Paper Tableware

Paper tableware cannot be recycled if food or water soaked, or coated in plastic and end up filling landfills

Shop at Thrift Stores

Buying gently used items at thrift or second-hand stores save resources and money

Avoid Excess Packaging

Excess packaging creates excess waste, try to buy in bulk when possible

Buy Certified Eco-Labeled Products

There are various "green" labels out there, but some may not be what they seem. Make sure that the ecolabel is certified and recognized either federally or by a credible organization.

The Energy Star requires products to uphold high standards of energy efficiency.



This eco-label certifies that a product meets the standard levels of biobased materials.

Water Sense has a partnership with the EPA in an effort to promote water efficient products and public education.



In order to receive this eco-label farms and handling facilities must demonstrate a protection of natural resources, biodiversity conservation, and use of only approved substances.

Products with this label are ensured to be cost-effective and contain more environmentally-friendly ingredients.

