

Sustainable Lifestyle Choices

Where Can I Be More Conscience?	What Should I Know? What Can I Do?	What About My Economy?
<p>Water – Where and when do you use water during the day/week? How can you reduce your water use?</p>	<p>How much water do you think you use in a day? Faucets: 3 g/min, Shower: 3.5 g/min, Laundry: 40 g</p>	<p>Refill your water bottle at the hydration station and save \$1.50 with each fill vs. bottled water</p>
<p>Energy –Do you remember to turn electronics and lights off when you are not using them? Do you unplug chargers when not in use?</p>	<ul style="list-style-type: none"> - Ride the Link instead of driving between campuses! - Unplug appliances when they are not in use 	<ul style="list-style-type: none"> - Electricity produced on campus is generated through coal combustion and costs 8 cents/kilowatt hour - Save on gas! \$30-\$50 a tank
<p>Food- Where is it from? Is it healthy? Is it highly processed? Eating -meals, snacks all day, in a rush? How much meat do you eat?</p>	<p>Meat production contributes to air and water pollution, as well as greenhouse gas emissions</p>	<p>Fresh produce is tasty, but frozen fruits and veggies can supplement your diet to stretch your funds</p>
<p>Material Consumption</p> <ul style="list-style-type: none"> • Clothing • Paper • Books 	<ul style="list-style-type: none"> - Buy second hand clothing, books, goods - Only print what you need - Stop buying useless knick-knacks 	<p>If you reduce the goods you buy and increase the amount of second hand goods you buy – you will be rolling in the pennies!</p>
<p>Waste</p> <ul style="list-style-type: none"> • To-go products • Packaging • Recycle 	<ul style="list-style-type: none"> - Buy in bulk - Donate unwanted instead of throwing them in the garbage - Recycle aluminum, tin, paper, cardboard, and plastic 	<p>- Buying bulk items is usually cheaper than buying as needed</p>
<p>Relationships – How much time do you spend in the company of nurturing friendships?</p>	<p>- Spending time with friends is a great way to reduce stress</p>	<p>Find a mutual interest with a friend and share items to increase friendship and reduce product use?</p>