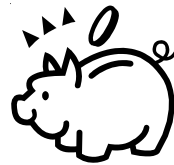


## GUIDE TO LIVING GREEN OFF-CAMPUS

### Resources

- **Campus Sustainability, University of Maryland**  
[www.sustainability.umd.edu](http://www.sustainability.umd.edu)
- **Campus Recyclemania Information**  
<http://www.sustainability.umd.edu/content/culture/recyclemania.php>
- **Student Affairs Sustainability Plan, University of Maryland**  
[www.studentaffairs.umd.edu/pubs/SustainabilityPlan.pdf](http://www.studentaffairs.umd.edu/pubs/SustainabilityPlan.pdf)
- **City of College Park Recycling**  
[www.collegeparkmd.gov/recycling.htm](http://www.collegeparkmd.gov/recycling.htm)
- **PG County Dept. of Environmental Resources**  
<http://www.princegeorgescountymd.gov/sites/environmentalresources/Pages/default.aspx>
- **Sign-up for daily green tips**  
Ideal Bite, a sassier shade of green  
[www.idealbite.com](http://www.idealbite.com)
- **Eco-GreenLiving**  
DC's Green & Fair Trade Home and living store  
[www.eco-greenliving.com](http://www.eco-greenliving.com)
- **Campaign Earth**  
Providing the path for a sustainable future, one step at a time  
[www.campaignearth.org/index.asp](http://www.campaignearth.org/index.asp)
- **Green Living Ideas**  
[greenlivingideas.com](http://greenlivingideas.com)
- **Household Emissions Calculator**  
Calculator provided by the EPA to calculate your household emissions and what changes can be made:  
[http://www.epa.gov/climatechange/emissions/ind\\_calculator.html](http://www.epa.gov/climatechange/emissions/ind_calculator.html)
- **Stop Global Warming**  
[www.stopglobalwarming.org](http://www.stopglobalwarming.org)
- **Local Harvest**  
Use this website to find sources of sustainably grown food in your area:  
[www.localharvest.org](http://www.localharvest.org)



### Cost-Saving Tips

As you develop your more sustainable lifestyle, you'll find many ways of saving money. Below are just a few ways that you can cut your living expenses:

- **Use a water filtration system instead of buying bottled water.**  
This not only cuts down on plastic consumption and trips to the store, but is much less expensive and saves space. You can use a water pitcher than you can leave in your refrigerator or one that attaches to your kitchen faucet.
- **Use reusable waterbottles and coffee mugs.**  
You can even get discounts in campus convenience stores!
- **Visit local thrift stores or other second-hand shops to find inexpensive household items.**  
Sites such as freecycle.com allow you to swap goods with no cost!
- **Print your school assignments on both sides of the paper.**  
Many professors will not mind (but ask first).
- **Purchase reusable batteries.**  
If you have numerous items with the same battery type, or products that run through batteries quickly, purchase reusable batteries and a charger.

### Local Recycling Centers

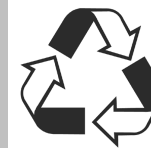
Most local counties have central locations to which you can take your recycling materials. Visit the websites below to view more specific information on how to do so.

- **Prince Georges County**  
<http://www.princegeorgescountymd.gov/sites/WasteManagement/Services/Recycling/>
- **Montgomery County**  
<http://www.montgomerycountymd.gov/SWS/programs/>
- **Howard County**  
[www.howardcountymd.gov/recycling.htm](http://www.howardcountymd.gov/recycling.htm)

## GUIDE TO LIVING GREEN OFF-CAMPUS

**It's easy being green!** Living off-campus provides you with many ways to reduce your carbon footprint and develop a more sustainable lifestyle. Use this guide to figure out how you can easily reduce your impact on the environment in ways that also can reduce the impact on your wallet!

### Reduce → Reuse → Recycle



Too often, we recycle and completely forego reducing and reusing. Always reduce your consumption when able, and reuse materials when possible. Use recycling as a last resort.

### Reuse

#### Ditch the Plastic!

Buy products with less packaging and recycle paper, plastic and glass to reduce your garbage which helps save 1,000 lbs. of carbon dioxide per year.

#### Purchase a water bottle.

2.5 million individual plastic water bottles are thrown away every hour in the US. Start using a reusable water bottle and just say no to plastic. On top of that, bottled water is more expensive than tap water, which can be filtered.

#### Avoid #5 Plastic.

The recycling process for #5 plastic is less efficient than other plastics. Because of the relative inefficiency, many recycling plants do not accept #5 plastic. College Park accepts #1-7 plastic; be sure to check with your local city to determine if you can recycle #5 plastics.

#### Bring a Bag.

Use reusable bags or a backpack at the grocery store to avoid using plastic bags. The U.S. uses 100 billion plastic shopping bags per year. That's roughly 333 bags per year per person -- nearly a bag per day!

### Around Your Home

There are many things you can do around your home to contribute to a "green" lifestyle. Some of the easiest to implement are listed below to help you get the most out of your household supplies and resources.



- **Keep windows closed when heat or air-conditioning is on.**  
Keeping your windows closed keeps the cool air inside. Every hour a window is open during the heating season, one pound of coal is burned, creating fumes that cause air pollution.
- **Keep your refrigerator full.**  
Your refrigerator uses less energy when it's full. Keep it stocked with fruit, bottled water, and your favorite snacks (try cold candy bars for a refreshing treat). You'll also save money by not eating out as much.
- **Eliminate paper/styrofoam utensils.**  
Buy reusable dishes instead of paper/plastic flatware and silverware for home use. This will also save you money.
- **Opt out of junk mail to eliminate paper.**  
Also, considering setting up electronic bill notifications to cut down on paper. Check with your service providers for details.
- **When moving in, check with your roommates to see what each of you should bring.**  
This will prevent unnecessary costs and duplicate items.
- **Donate/sell unused goods so they can be reused.**  
You can sell items using sites similar to Craigslist and eBay, or donate them to local thrift stores (many are operated by charities).

# GUIDE TO LIVING GREEN OFF-CAMPUS

## Water Conservation

### **Hand wash dishes or fill dishwasher completely**

When washing dishes by hand, fill the sink basin or a large container and rinse when all of the dishes have been soaped and scrubbed. Only run your dishwasher with a full load, and use low power and low water modes.

### **Turn off the water when brushing teeth**

and save a gallon of water each time you brush.

### **Take shorter showers**

Showers account for 2/3 of all water heating costs. Cut back on shower time and save 350 lbs. of carbon dioxide and \$99 per year.

### **Install a low-flow shower head**

Using less water in the shower means using less energy to heat the water. Save 350 lbs. of carbon dioxide and \$150.

### **Use a commercial car wash that recycles water.**

The runoff from washing your car at home drains directly into storm drains, which can contaminate local water sources with dangerous chemicals. Commercial car washes are able to minimize water use as well as treat water before it is released.

## Saving Electricity

### **Use compact fluorescent light bulbs**

Replace 3 frequently used light bulbs with compact fluorescent bulbs and save 300 lbs. of carbon dioxide and \$60 per year.

### **Use natural light**

When possible, leave the lights off.

### **Turn out the lights when you leave the room**

Save electricity and money on your electric bill.

### **Adjust your thermostat**

Move your thermostat down two degrees in winter and up two degrees in the summer, and save 2000 lbs. of carbon dioxide and \$98 per year.

### **Air dry clothes**

Line-dry clothes in the spring and summer instead of using the dryer and save 700 lbs. of carbon dioxide and \$75 per year. If using a washing machine, only run full loads using cold or warm water instead of hot.

### **Put your computer monitor to sleep and turn off screen savers**

Your computer monitor uses more energy than your hard drive, and screen savers increase energy consumption. Put your computer in sleep mode when not using a screen saver, however, as it could burn an image into the screen.

### **Shut down your computer at night**

Turn off your computer when you're not using it and save 200 lbs of carbon dioxide.

### **Turn off TVs and other electronics when not in use**

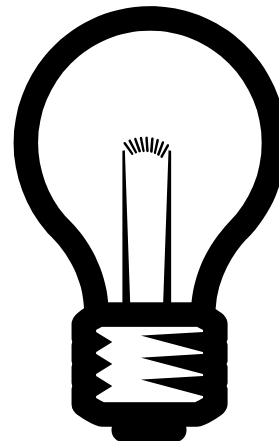
Even when electronics are not in use, they consume energy. Turn them off and save over 1,000 lbs of carbon dioxide and \$256 per year.

### **Unplug chargers when not in use**

Chargers consume a small amount of energy anytime they're plugged in—even if they're not charging electronics. Unplug them and save over 1,000 lbs of carbon dioxide and \$256 per year.

### **Energy Star**

Another way to save is buying energy efficient products. They use less energy and are better for the environment. They will generally have an Energy Star symbol on them.



# GUIDE TO LIVING GREEN OFF-CAMPUS

## Transportation

### **Walk**

If you live close enough to campus, walk. It's free and gives you an opportunity for daily exercise!

### **Ride a Bike.**

The bicycle remains the most efficient form of personal transportation ever invented and, of course, it uses no fossil fuels!

### **Take Public Transit.**

A train or bus requires much less energy per person than a single-occupancy automobile.

### **Carpool When You Can**

Own a big vehicle? Carpooling with friends and co-workers saves fuel. Save 790 lbs. of carbon dioxide and hundreds of dollars per year.

### **Don't Idle In Your Car**

Idling wastes money and gas, and generates pollution and global warming causing emissions. Also, you only need about 30 seconds to warm your car before driving. So, you can save money, emissions, and time if you just get in & go!

### **Don't Drive Your Car Around Campus**

Once you're on campus for the day, park your car. Use Shuttle-UM or walk to get to various locations on campus.

### **Drive the Speed Limit.**

Most vehicles get the best gas mileage around 55 mph. Every mile per hour above 55 requires increasingly more fuel since wind resistance becomes the limiting factor.

### **Inflate your Tires**

Keep the tires on your car adequately inflated since tire pressure is important to fuel economy. Check them monthly. Save 250 lbs. of carbon dioxide and \$840 per year.

### **Maintain Your Vehicle.**

Changing your oil, replacing the air filter, and doing all the other recommended maintenance will keep your car running efficiently and help it last longer.

## Shopping Tips

### **Buy local!**

There are many farmer's markets you can visit to purchase produce, meats, and other goods.

### **Use reusable shopping bags for your grocery trips.**

Use reusable bags or a backpack at the grocery store to avoid using plastic bags. The U.S. uses 100 billion plastic shopping bags per year. That's roughly 333 bags per year per person -- nearly a bag per day!



### **Buy in bulk quantities to reduce extra packaging**

Avoid single-use items like drinks and snacks. Transfer the products to your own reusable containers.

### **Buy paper over styrofoam.**

Purchasing paper materials gives you the option of recycling later.

### **Plan your shopping trips**

Be sure to combine trips with any other errands, saving grocery shopping for last if you plan to purchase items that need to be refrigerated or frozen. If you are only picking up a few items, consider walking or riding your bike.