

Green Living Guide

Your source to living sustainably on campus...and beyond

LIVING SUSTAINABLY AT COLBY-SAWYER

There are folks on campus working hard to update the college's overall infrastructure and operations to make them more sustainable. But, if we're going to reach our long-term sustainability goals we need your help, creativity and commitment to discover ways we can conserve energy, preserve resources, save money and maximize well-being.

This guide serves as a source of information about sustainability at Colby-Sawyer College and lists some possible ways you can contribute. If you have other sustainability ideas that you would like to share, please contact Director of Sustainability, Jennifer White at x3793 or jhwhite@colby-sawyer.edu.

For more info, visit https://colby-sawyer.edu/sustainability

2

Table of Contents

5 Water

6 Food

7 Well-Being

8 In Your Room

10 Zero-Sort Recycling

12 Green Purchasing

13 Computers and Offices

14 Laundry

15 Transportation

Is Your School Happy?



Check out the television in your residence hall and in the Ivey Science Center. Colby-Sawyer's well-being (and these fast facts) are a reflection of the energy being consumed. Use too much...get a lower performance grade. Learn to conserve...earn higher marks, decrease your environmental impact, and save money too!

Do what you can to make the school happy!

4

WATER



Fill a reusable water bottle with tap water instead of buying bottled water. EPA tap water health regulations are much stricter than FDA bottled water regulations - bottled water is no healthier than tap. Many water fountains on campus have been upgraded to include filtered bottle fillers. Take Back the Tap!

Keep showers short! About 75% of water used in most homes can be traced to the bathroom. A two-minute reduction in your daily shower time can save more than ten gallons of water.

Turn off the faucet in between brushing your teeth or doing the dishes, and use cloth towels instead of paper!

Report leaking toilets or dripping faucets to Facilities ASAP (x3699).



FOOD



Eating is something we need to do frequently, so making informed choices is a powerful way to reduce our impact on the environment. It is also a way to build a healthy local economy and support our personal health.

Select healthier, more sustainable options and favor organic, fair trade & local items. The average meal travels 1500 miles from its source to your plate.

Consider eating more vegetables and less meat! Meat requires large quantities of land, energy, and water.

Look for grass-fed, free-range products from animals raised humanely and without hormones or antibiotics.

Take only as much as you are able to eat. Approximately 40% of food in the U.S. goes to waste.

Pack your lunch in reusable containers and bring a reusable mug or cup to the dining hall and the Lodge.

Put food scraps in the compost buckets in the dining hall, or put them in a compost bin/pile.

Seek out whole foods that have been minimally processed, consumes less energy and are more healthful.

DID YOU KNOW?

The dining hall now serves over **20% local food** from within a 100 mile



6

WELL-BEING



Sustainable living helps us to lead healthy and happy lives. As you can tell from the list below there are many ways to enjoy life while maintaining health and happiness.

Actively practice work/life balance

Get plenty of rest. The recommended amount of sleep for teenagers is 9-10 hours per day, and adults should get 7-8 hours per day.

Avoid negativity. Be optimistic. Laugh often. Try meditating. Breathe deeply. Strive for inner peace.

Exercise regularly. Increased physical strength, stamina, and weight loss are a few of the obvious benefits of exercise. Adults will realize most of the possible benefits of being active if they are exercising at least 150 minutes each week, or 30 minutes a day. This should be a moderately intense aerobic activity, such as running, brisk walking, bicycling, playing basketball, dancing, and swimming.

Eat Healthy. In addition to a growing number of fast food options on campus, you can usually opt for healthier fare at a dining hall.



8

IN YOUR ROOM

REFRIGERATORS

Share a mini-fridge with a roommate, or use the communal fridge in your building's kitchen.

Be sure that your refrigerator is sealed properly. Close the door on a dollar bill. If you can pull the bill out easily, the seal needs to be fixed.

Keep the refrigerator between 35°F and 38°F and the freezer at 0°F.

HEATING & COOLING

Turn down the heat instead of opening windows, and check with your RA or RD if you need help adjusting the heat.

Make sure your windows and doors are tightly sealed.

Use blinds and shades to help adjust room temperatures. Closing blinds can help insulate the room.



Use natural day lighting whenever possible and turn off lights (in offices, labs, hallways, kitchenettes, classrooms and bathrooms) when not needed.

LIGHT BULBS

One of the easiest ways to reduce energy use is by turning off lights when not in use, and by choosing energy-efficient light bulbs.



Use CFLs or LEDs when possible. These bulbs provide the same amount of light as incandescent, but are able to do so using 75% less energy! They can also last up to 10 times longer than traditional bulbs and will save more than $20 in energy costs over three years.

Avoid Incandescent Light Bulbs - conventional light bulbs that are very inefficient. They lose 85-90% of electricity to heat and have a shorter life!

Avoid Halogen Lights, which are inefficient and

10

ZERO-SORT RECYCLING



Zero-Sort means that you can put all approved recyclables into one bin, no "sorting" required!

WHERE TO RECYCLE?

Every building on campus has a Zero-Sort Recycling Center located on the main floor

Residence halls have recycling on every floor, with the exception of Rooke Hall.

WHAT TO RECYCLE IN ZERO-SORT BINS?

Cardboard: Cereal boxes, paper towel and toilet paper cores, milk and soy cartons, pizza boxes, and cardboard egg cartons

Paper: Newspapers, Junk Mail, Envelopes, Magazines, Soft Cover Books, Brown Bags

Plastic: Containers #1 - #7 (Milk Jugs, Bleach, Detergent, Shampoo Bottles, Etc.)

Metals: Aluminum, Tin, Steel Kitchen Cans, Aluminum Pie Plates/Trays/Foil

Glass: Bottles and Containers (Any Color)

For more details, visit
https://www.colby-sawyer.edu/about/sustainability/recycling

HARDER-TO-RECYCLE ITEMS

Colgate Hall



Room B2 on the ground floor
Styrofoam peanuts & Bubble wrap

Side entrance near Shepard Hall
Printer Cartridges

Landing between ground floor and first floor
Batteries

Dining Hall

Main Entrance
CDs, Batteries, Laptops & cartridges

ZERO-SORT "NO-NO'S!"

Recyclables containing food waste

Beverages

Plastic bags or wrap

Hazardous Material

Ceramics

Styrofoam

Paint or Oils



12

GREEN PURCHASING



It's not possible to live on Earth without consuming natural resources, but it IS possible to use those resources wisely so that our rates of consumption aren't faster than the rates at which they can regenerate.

Buy all-natural, organic, Fair Trade, local products!

Join a Community Supported Agriculture (CSA). Receive a weekly box of seasonal produce and support local food!

Think about durability and packaging when purchasing goods. Buy recycled products, products in bulk to reduce packaging, and items that will last a long time.

Look for the Energy Star seal when purchasing appliances: www.energystar.gov/certified-products

Buy rechargeable batteries for electronics instead of single use batteries.

Buy used goods! Reusing materials and goods saves resources, energy, and landfill space! Visit the ReChargers sale on campus or local thrift shops.

Subscribe to magazines and newspapers online and try e-books!

Try using eco-friendly cleaning products! These products are generally nontoxic and biodegradable.



COMPUTERS AND OFFICE



Enable power-saving features on your computer. Activating your computer's power management modes can save up to $75 in electricity each year.

Screen savers do **NOT** save energy!

Set your screen to sleep when inactive for **15 minutes.** Sleep mode uses 70% less energy!

If you're away for **20 minutes**, turn your monitor off! If you're away for **2 hours**, turn your computer off

Recycle ink cartridges, toner, CDs and DVDs.

Print double-sided and use narrow margins. Recycle or reuse printing mistakes as scratch paper or print on the other side. Conserve ink by changing settings to economy or draft mode.

Use a smart strip for office equipment! Smart strips act as any surge strip would by providing more outlets and sure protection, but they also prevent energy vampires from wasting energy when not in use.



14

LAUNDRY



If all American households switched to cold cycles, we could save the energy equivalent of 100,000 barrels of oil a day. And it helps lower your utility bill!

Use lower temperature settings, such as warm or cold, for the wash cycle, and only cold for the rinse cycle. Washing cold saves 90% in energy use compared to using hot water.

Load the washing machine to capacity when possible. Washing one large load will take less energy than washing two loads on a low or medium setting.

Don't add wet items to a dryer load that is already partially dry! Take clothes out when they are still slightly damp to reduce the need for ironing.

TRANSPORTATION



Nearly one-third of U.S. greenhouse gas emissions come from transportation, according the U.S. Environmental Protection Agency.

Walk, bike, skateboard, rollerblade, or ride a scooter to class when the weather is nice.

Carpool and take fewer trips by combining errands whenever possible. Ask yourself if the trip is really necessary before getting behind the wheel in the first place.

Tune-up your vehicle for maximum efficiency. Keep your tires fully inflated and accelerate slowly to improve gas mileage.

Choose ground shipping instead of air shipping when that option is available.

16

You can make a difference, on and off campus.

Learn more about our sustainability initiatives and find more resources on the Office of Campus Sustainability website.

https://www.colby-sawyer.edu/about/sustainability

Colby·Sawyer College

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