Students have the opportunity to become models of sustainable living when living off campus. You can have a large positive impact by reducing your energy consumption and waste in your personal living habits. This guide contributes to the goals of the University’s Sustainability Master Plan. It suggests tips to reduce your environmental impact in terms of power and water consumption, waste management, transportation and purchasing.

Table of Contents

Transportation 1
Power 2
Waste Management 3
In The Residence 4
Get Involved 8
Challenge Yourself 9

The Office of Sustainability Green Building Education Intern, Molly Schriber, created this guide during the 2010-2011 academic school year, and it was updated in summer 2015.
TRANSPORTATION

In 2014, a survey of off-campus students at Elon indicated that 43% of those surveyed carpool to get to campus at least once a week. 15% said they bike to get to campus at least once a week.

Walk

Enjoy the fresh air! 51% of off-campus students surveyed in 2014 walk to get to campus at least once a week. Walk as your mode of transportation. This is the perfect opportunity to enjoy Elon's beautiful gardens.

Bike

Campus Recreation rents bikes to students by the semester for $25. Elon's Cycling Club is a great information hub to learn more about purchasing bikes and maintenance.

BioBus

The Elon BioBus runs on B20 fuel which is 20% biofuel. See org.elon.edu/transit/biobus/ for schedule and route information. The routes service local apartment complexes and various places off campus.

Zimride

This program provides an Elon-specific online network to help users find carpool partners. The program is FREE to students, faculty and staff. See zimride.com/elon to join.

Car Share

Elon's Car Sharing program allows members to “rent” a car when they need one for hourly or daily use. On the Sustainability Web site, see Campus Initiatives, Transportation to become a member.

Train

The Amtrak station is located in downtown Burlington and stops at a number of locations including Greensboro, Charlotte, Raleigh, Winston-Salem and more. See amtrak.com for schedule information.

About 18.5 million barrels of oil are burned each day in the U.S. Three fourths of this is used for transportation. (eia.gov)
The average home in North Carolina consumes 1,077 kWh per month. Therefore, each home emits 13,388 pounds of CO₂ each year. This is the equivalent emissions of burning over 685 gallons of gasoline. Help reduce this amount by following the simple tips provided here.

**Thermostats**

Keep your thermostat on 76°F or higher on “cool” during warm months and 68°F or lower on “heat” during cold months. Make small adjustments to thermostat at first. Adjusting the thermostat to the season can cut energy consumption by 4% per degree.

Thermostats vary by building; please see the Physical Plant’s Web site elon.edu/physicalplant for an educational video on the appropriate settings for your thermostat.

**Benefits of CFLs**

- A compact fluorescent light bulb or “CFL” can save up to $40 throughout its lifetime.
- It uses 75% less energy, lasts 10x longer and produces 75% less heat than an incandescent bulb.

**Energy Saving Tips**

- Switch your light bulbs to CFLs
- When not in use, turn off lights and appliances, such as televisions, speakers and computers
- Unplug cell phones, computer chargers and appliances when not in use
- Keep the windows and exterior doors closed when the AC and heat are in use
- Use a fan whenever possible to cool a room before turning down the thermostat
- Close blinds or curtains on hot days to reduce room temperature increase
- Open blinds or curtains on cool/cold days to allow in sunshine to increase the room temperature
- Use less hot water: wash your clothes in cold water and take shorter and cooler showers
- When daylight is sufficient, do not use lights

**Phantom Loads**

Items that are plugged in still use energy even when they are powered off. The energy that is still being used while an appliance or charging cord is powered off but still plugged into the outlet is called a **phantom load**.

**2009 Average Energy Consumption of Homes in North Carolina**

- Lighting & Appliances: 33%
- Space Heating: 34%
- Refrigeration: 11%
- Water Heating: 16%
- Air Conditioning: 6%

Source: eia.gov Residential Energy Survey

The average U.S. household uses 909 kWh per month. (www.eia.doe.gov/tools/faqs/faq.cfm?id=97&t=3)
WASTE MANAGEMENT

**Reduce**

- Bring a coffee travel mug instead of using disposable cups and lids
- Use a reusable water bottle instead of bottled water
- Purchase fewer food items with excess plastic or paper wrappings
- Only print documents that are necessary to have in hard copy
- Set printing property settings to print double-sided (duplex)
- Purchase quality goods that will not go out of style or break quickly

**Reuse**

- Get creative!
- Make that glass bottle your new water bottle
- Make a notepad out of your old documents or drafts of papers
- Save those glass food containers for storing leftovers; do not heat in the microwave or oven
- Reuse cardboard boxes as designated in room recycling containers

**Recycle**

- Paper (all kinds & colors)
- Magazines
- Newspaper
- Cardboard
- Plastic #1- #7
- Glass
- Aluminum and Steel/ Tin cans
- Batteries
- Printer Cartridges
- Small Electronics

**What is it recycled into?**

- Polar fleece, tote bags, furniture, carpet
- Laundry detergent bottles, oil bottles, pens, recycling containers

**Where do you recycle oddities?**

- **Cardboard** locations: Anywhere there is a paper recycling bin. Break cardboard down and place it behind or next to the paper recycling bin
- **Printer Cartridge** locations: Moseley Center, near the mailroom
- **Household Battery** locations: Moseley Center, near the mail room; Belk Library, main stairwell; McEwen Communications, room 105; Center for the Arts, by the elevator on the first floor
- **Small Electronics** locations: Moseley Center, near the mail room; Belk Library, main stairwell; Mooney, stairwell; McEwen Communications, room 105

Please see the Office of Sustainability’s Web site for a complete list: elon.edu/sustainability.

In 2013, the average U.S. citizen generated 4.4 pounds of trash per day; 1.5 pounds of that waste was recycled or composted. (epa.gov)
IN THE RESIDENCE

Bedroom

- Turn off and unplug items when not in use
- Use CFLs in light fixtures
- Keep windows closed if using air conditioning or heat
- When purchasing new bed linens, consider buying organic cotton or other eco-friendly products such as hemp or bamboo
- When cleaning out closets consider donating items to local charities and thrift stores
- Clean your room to increase indoor environmental quality leading to improved productivity and happiness
- Consider buying clothes from local second-hand shops
- Designate a paper recycling bin or basket for unwanted papers and magazines
- Use a desk lamp or natural light when possible, instead of overhead lighting

Kitchen

- Turn off the water if not in immediate use
- Use cold water when possible as hot water requires a large amount of energy
- Use the dishwasher only with full loads
- Use an electric tea pot to heat water rather than a stove top
- Unplug kitchen appliances such as a toaster, coffee maker, electric tea pot and others when not in use
- Buy a water filter pitcher to fill a reusable water bottle rather than buying bottled water

Go to epa.gov/epawaste/education/lunch.htm to learn how to make a waste-free sack lunch.

- Buy less paper napkins, use more washable cloth napkins
- To decrease temperature fluctuations in the refrigerator allow hot food and container to cool first before moving to the refrigerator
- Designate a recycling bin to put next to the indoor trashcan
- Stock up the freezer, less available space in the freezer uses less electricity to cool

For every minute a refrigerator door is open, it will take three minutes for it to regain its temperature. Don’t leave the door open.
• Report all faucet leaks and faulty toilets to Physical Plant by completing a work request via FIXit
• Take shorter and cooler showers
• Turn off the shower or faucet water while you shave and brush your teeth
• Avoid using the toilet as a waste bin - put feminine products and old medications in the trashcan
• Buy a long lasting shower curtain that does not need to be replaced frequently
• Unplug hairdryers, electric razors, straighteners and curling irons when not in use
• Leave bathroom door open after showering to prevent mold growth
• Use washcloths to avoid face pad and cotton swab waste
• Think about purchasing more environmentally friendly toiletries and make-up
• Keep your bathroom clean to prevent mold growth, illness and to improve quality of life

Living Room

Unplug devices such as TV, DVD player, stereos, Xbox, Playstation and others when not in use
Use lamp lighting and natural lighting as much as possible, rather than overhead lights
Purchase electronic devices with the Energy Star label

Track your energy
With Building Dashboard, you can monitor most residence hall energy consumption daily, monthly and annually. Compare residences and see how many pounds of carbon are emitted. Visit buildingdashboard.net/elon/. According to the USGS, the average U.S. citizen uses 80 to 100 gallons of water per day. (http://ga.water.usgs.gov/edu/qa-home-percapita.html)

Computer Tips
Laptops use 50% less energy than desktops
• Allow your laptop computer to almost completely drain its battery before charging again
• Unplug laptop charger when not in use
• Shut down all computers when you are away from them
• Remember screen savers do not save any energy and actually use more
• Enable energy saving settings on your computer
• Research the more energy efficient and environmentally aware computer companies before purchasing a new computer. See energystar.gov.
Why Use Green Cleaning?

Most conventional cleaning products are petroleum based and high in toxic chemicals that cause health problems. Green cleaning uses natural products and methods that are effective in the battle on dirt and germs and do not have adverse side effects. In addition to improving indoor environmental quality, green cleaning practices reduce transmission of toxic chemicals to our outside environment. The EPA states that indoor air pollutants can be 100 times higher than outdoor pollutants. Breathe easy and stay healthy with green cleaning.

- Look for the labels and seals above to help you decide which products are best to use
- Purchase cleaning products that feature concepts such as biodegradable, non-toxic, chlorine bleach-free, etc.
- Buy washable cloths rather than using disposable wipe cloths or paper towels
- Use old t-shirts, boxers and wash cloths as cleaning cloths
- Need to save money? Make your own cleaning products.
  - All purpose cleaner: ½ cup of vinegar, ½ cup of baking soda and 8 cups of water
  - Carpet cleaner: Equal parts of vinegar and warm water and 1 tsp. of soap to remove stains and odors
  - Toilet Bowl Cleaner: ¼ cup of baking soda and ½ cup of vinegar

Learn more at ecocycle.org/hazwaste

In 2013, paper and paperboard accounted for 27% of municipal solid waste generated in the U.S. (epa.gov)
Purchasing

Make careful and thoughtful consumer choices. Support recycled clothing, buy from local vintage or thrift stores. Don’t be fooled by ambiguous terms on labels and packaging such as 100% natural; it’s not always true. Try to buy items that will be long-lasting rather than one-time use or go out of style quickly; purchase for quality. See climatecounts.org for a comprehensive list of the companies that are taking strides to reduce climate change and their environmental impact.

Be thoughtful when creating organization souvenir t-shirt orders. Think about reducing the frequency of t-shirt orders; frequent t-shirt orders have large environmental impacts. If orders are necessary, consider local and more sustainable t-shirt options.

Food

Food for Thought

- Try to buy local in North Carolina but keep in mind that driving to a distant farmers’ market might be farther and expend more energy than the nearest coop or grocery store.
- Combine your trip or carpool with a friend to the farmers’ market. Go to localharvest.org for nearby markets.
- Look for the organic label but remember that some farmers choose not to pay the certification fees but are still practicing organic. Don't be afraid to ask a farmer about his or her practices.
- Buy Fair Trade whenever possible, it ensures that the farmers are paid a fair price for their product. While market prices go up and down, the farmers receive a more consistent price for their product always hovering above the average market price.
- Buy seasonally. This reduces the environmental footprint of food grown out of season and the need for transportation. View a seasonal food chart compiled by the NC Department of Agriculture at ncagr.gov/markets/chart.htm.
- Be thoughtful when choosing to eat out at restaurants. Go to eatwellguide.org for ideas of nearby sustainable restaurants, bakeries and more.

Environmental Impact of Bags

- Paper and plastic grocery bags both have their consequences, so avoid them all together when possible.
- Remember to bring a reusable bag with you or leave a collapsible bag in your school bag or purse.

Plastic bags can take up to 1,000 years to break down. (worldwatch.org)
Sustainable Organizations On Campus

These are examples of organizations on campus that have activities related to sustainability.

**Eco-Reps**
This is a peer-education group that promotes awareness of sustainability issues and efforts. Eco-Reps teach lessons for Elon 101 and other classes and also work with Residence Life staff on sustainability-themed programs.

**Sierra Club**
This group is dedicated to sustainable causes and service in the name of sustainability. Activities include volunteering at local environmental organizations and in the Elon Community Garden, clean-ups and enjoying the wild places of the earth.

**Students for Peace & Justice (SfPJ)**
SfPJ is a student run social activism organization that strives to educate and act to create a better world for all.

**Enactus**
Enactus focuses on mobilizing university students to make a difference in their communities while developing the skills to become socially responsible business leaders.

**Project Pericles**
Many Periclean Scholars classes focus on sustainability issues and activism.

**Elon Community Garden**
This garden was initiated by an Environmental Ethics class and is now maintained by students giving them the opportunity to learn about gardening and community food sustainability. The garden is located next to the Powell House, behind the tennis courts.

**Elon Outdoors**
This office is a branch of Campus Recreation, located in Koury Athletic Center, which organizes outdoor trips including hiking, white water rafting, rock climbing and ski trips.

**Sustainable Living Learning Community**
These students live together in a learning community focused on exploring what it means to personally live a more sustainable lifestyle.

**Elon’s Habitat for Humanity Chapter**
Habitat for Humanity focuses on homelessness and poverty housing by pledging to raise funds to build one house in Alamance County each year.

**Campus Kitchen**
This program utilizes un-served food from the campus dining facilities and donations to make and deliver meals to those in need in the community.

Contact the Kernodle Center for Service Learning & Community Engagement as a resource for service learning opportunities with sustainability themes for your organization and personal involvement. Visit elon.edu/servicelearning.

---

**Sustainability Education**

The Department of Environmental Studies offers the following degrees:
- Environmental Studies (B.A. and B.S.)
- Environmental and Ecological Science (B.S.)
- Environmental Studies/Environmental Engineering (B.S. with Engineering).

There is also an environmental and sustainability studies minor. A number of departments offer sustainability and environmentally themed courses. The Center for Environmental Studies encourages students to conduct environmentally focused research, coordinate and participate in community outreach, organize conservation projects and publish their research in Visions Magazine.

Elon University established the Elon University Forest in the fall of 2010, dedicating 56 acres as a land and nature preserve.
If you are already following most of the sustainable living tips featured in this guide, challenge yourself to try these, too. If you still want more, brainstorm with your friends about what else you can do.

5 ways to reuse a glass jar

- Organize your desk supplies: pencils, pens, paper clips, etc.
- Storage container for leftover food
- Flower vase
- Water glass
- Organize your bathroom: cotton ball, razor or toothbrush holder

Small Steps, Big Changes

- Always use the microwave instead of the oven; microwaves use less energy.
- Try going vegetarian, a diet that does not include animal meats, for one day or a week. Livestock production generates large amounts of methane, a powerful greenhouse gas.
- Go vegan, a diet that does not include any animal products including dairy and eggs, for one day or a week. Large-scale egg-laying hen and dairy cow farms have substantial environmental impacts.
- Buy products with minimal to no packaging.
- Go paperless with online bill pay and bank statements. Talk to your bank!
- Get creative with gift-wrapping. Reuse shopping bags, newspaper, cereal boxes and magazines.
- Be informed about environmental issues; start a weekly documentary night with your friends.
- Enjoy nature - spend time outdoors!
- Contact your local park service to ask about tree planting programs.
- Communicate with your legislature to see your sustainability ideas put into action locally or nationally.

Calculate your carbon footprint

How many planets would we need if everyone in the world lived like you? To understand your environmental impact, calculate your carbon footprint. See earthday.net/footprint.

4-Week Sustainability Challenge!

Challenge yourself by keeping track of waste, energy, food and transportation. Dare your friends to try this with you.

Week 1: Keep track of everything you throw away. At the end of the week, if your waste seems like a lot, think about what you can do to cut that amount of trash in half.

Week 2: Keep track of how much energy you think you’re using - rough estimations. Remember you use energy when you turn on the faucet and heat up water. Record how many times you flipped a switch to turn something on.

Week 3: This week keep a food diary. What kind of foods are you eating, are they in packaging, where did they come from, how many people did it take to get them to you? At the end of the week, think about what you can do to eat more locally, seasonally and less processed foods.

Week 4: On the last week, record the amount of times you get in a car, on a bus, train or plane. How many miles did you go? How much gas did you use? Is there a way to reduce this, too?

Share your Challenge experience with us!

Recycling one ton of paper saves 7,000 gallons of water. (epa.gov)
5 SUSTAINABLE LIVING TIPS TO MAKE A DIFFERENCE

1. Increase your time with friends; commute together to off-campus places of interest.
2. Limit the use of disposal cups and plates -- Encourage your friends and guests to “Bring Your Own”.
3. Encourage green habits at social events -- recycle and consider composting.
4. Print wisely and reuse -- reduce text size or print duplex to use as few pages as possible; reuse old syllabi, tests and papers to make grocery lists, notes and more.
5. Take the Elon Sustainability Pledge.

Elon University
Sustainability Pledge

Take the Sustainability Pledge. Individual action makes a difference! Your pledge can be renewed each semester. Pledge now at elon.edu/sustainability/pledge.