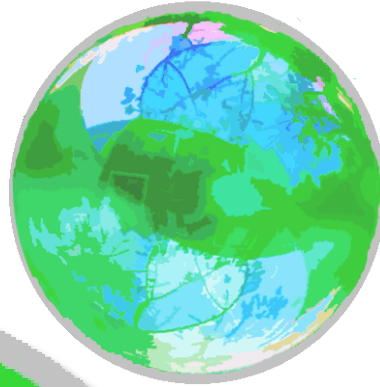
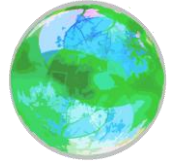


First Edition



# RESIDENTIAL NEIGHBORHOODS Sustainable Living Guide



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Students have the opportunity to become models of sustainable living in campus residential housing. 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.

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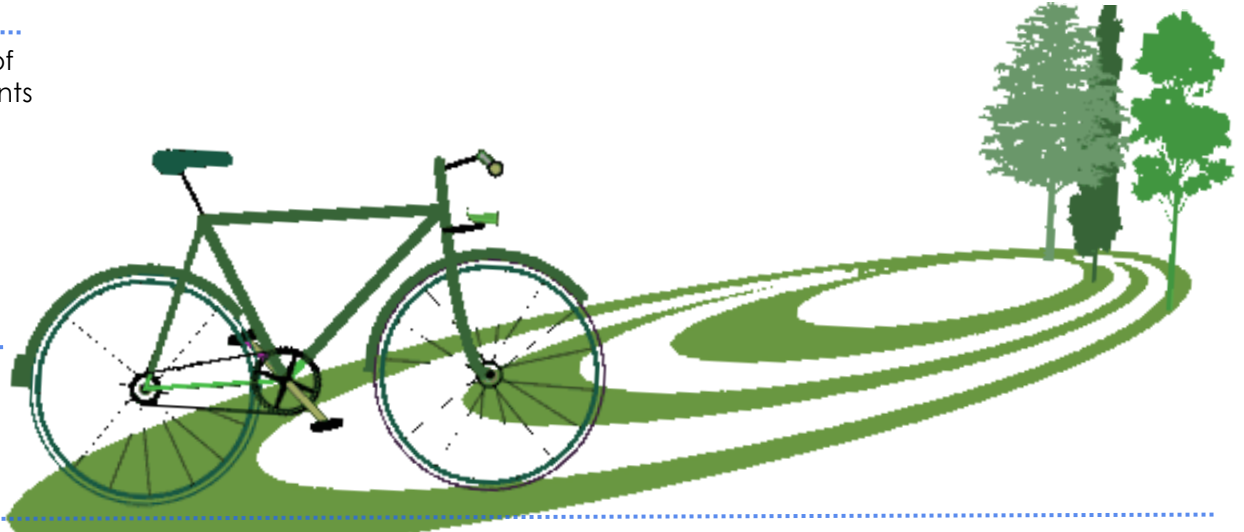


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# TRANSPORTATION

In 2010, a survey of on-campus students at Elon indicated that 55% of those surveyed carpool when they leave campus. 12% said they bike to get around campus.



## Walk

Enjoy the fresh air! 82% of on-campus students surveyed in 2010 walk while on campus. Walk as your mode of transportation. This is the perfect opportunity to enjoy Elon's beautiful gardens,

## 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 [www.zimride.com/elon](http://www.zimride.com/elon) to join.

## Bike

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

## Zipcar

This car sharing program allows users to "rent" a car when they need one for hourly or daily use. See [www.zipcar.com/elon](http://www.zipcar.com/elon) to become a member.

## Bio-Bus

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

## Long Distance Bus

Looking to go to Boone, NC? The Mountaineer Express travels from Chapel Hill to Boone. Greyhound Buses go to over 40 locations in North Carolina alone. See [www.greyhound.com](http://www.greyhound.com) for schedules and stations.

## 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 [www.amtrak.com](http://www.amtrak.com) for schedule information.

# POWER



The average residence hall consumes 14,241 kWh per month. Therefore, each residence hall emits 145,458 pounds of CO<sub>2</sub> each school year. This is the equivalent emissions of burning over 7,300 gallons of gasoline. Help reduce this amount by following the simple tips provided here.

## Thermostats

Keep your thermostat on 76 or higher on "cool" during warm months and 68 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 website [www.elon.edu/physicalplant](http://www.elon.edu/physicalplant) for an educational video on the appropriate settings for your thermostat.

## Benefits of CFLs

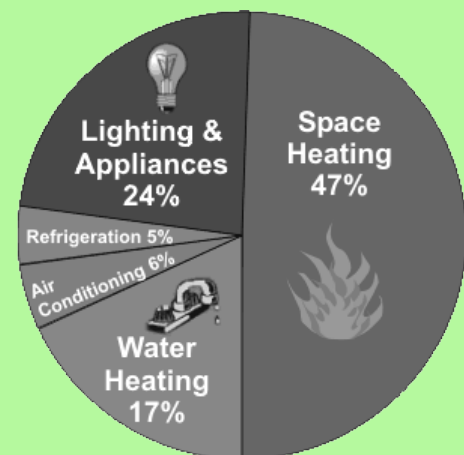
- A Compact Fluorescent Lightbulb or "CFL" can save up to \$40 throughout its lifetime.
- It uses 75% less energy, lasts 10x longer and produces 75% less heat than an incandescent bulb.

## Energy Saving Tips

- Switch your light bulbs to CFLs
- Turn off lights when not in use or where natural light is sufficient
- Turn off appliances when not in use, such as televisions, speakers and computers
- Unplug appliances, such as cell phone and computer chargers 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

## Phantom Loads

This is the energy that is still being used while an appliance or charging cord is powered off but still plugged in. In other words, items that are plugged into the outlets are still using energy. This amount of energy is called a *phantom load*.



Source:  
<http://www.pasolar.ncat.org/images/graph02.gif>



# WASTE MANAGEMENT

## Reduce, Reuse, Recycle



### How can you 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 hardcopy
- Set printing property settings to print double-sided (duplex)
- Purchase quality goods that will not go out of style or break quickly



### How can you 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

### Where do you put recycling oddities?

Locations listed in closest proximity to Moseley Center

Cardboard locations: Residential buildings - next to recycle bins; Dining Halls and Moseley Center - trailer behind buildings

Printer Cartridge bin locations: In or near your Area Office, Moseley Center - outside Phoenix Card Office

Household Battery bin locations: Moseley Center - outside Phoenix Card Office, Belk Library – main stairwell, McEwen Communications - Room 105 and Danieley Center – Daniel Commons

Please see the Office of Sustainability's Web site for a complete list: [www.elon.edu/sustainability](http://www.elon.edu/sustainability).



### What can you recycle?

- Paper (all kinds & colors)
- Magazines
- Newspaper
- Cardboard
- Plastic #1 and #2
- Glass
- Aluminum cans
- Steel/Tin cans
- Batteries
- Printer Cartridges

### What is it recycled into?



Polar fleece, tote bags, furniture, carpet



Laundry detergent bottles, oil bottles, pens, recycling containers



In 2008, the average U.S. citizen created 4.5 pounds of trash per day; 1.1 pounds of that waste was recycled. ([www.cleanair.org](http://www.cleanair.org))

# IN THE RESIDENCE

## Bedroom

- Turn off and unplug items when not in use
- Use CFLs in all 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 electricity
- 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 <http://www.epa.gov/osw/education/pdfs/lunch.pdf> 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





## Bathroom

- Report all faucet leaks and faulty toilets to Physical Plant (336-278-5500)
- Take shorter and cooler showers
- Turn off the shower or faucet water while you shave and brush your teeth
- Avoid using your toilet as a waste bin whenever possible - 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

According to the USGS, the average U.S. citizen uses 50 to 80 gallons of water per day. ([ga.water.usgs.gov/edu/qahome.html](http://ga.water.usgs.gov/edu/qahome.html))

## Lounge

- Unplug devices such as TV, DVD player, stereos, Xbox, Playstation 3 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

### Keep track of your energy

With Building Dashboard, you can monitor residence hall energy consumption daily, monthly and annually. Compare residences and see how many pounds of carbon are emitted. Visit <http://www.buildingdashboard.net/elon/>

## 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 <http://www.energystar.gov>



Conventional washing machines can use 40 gallons of water per wash. Energy Star washing machines are 37% more energy efficient and use less water.

## Laundry

- Use the washing machine with full loads of clothes
- When small loads are necessary adjust the water level accordingly
- Do laundry less often
- Set the water temperature to Cold/Cold which reduces energy consumption
- Use laundry detergent with the high efficiency symbol, when applicable (Front loading washing machines require high efficiency detergent to minimize soapsuds in the machines.)
- Also look for phrases such as non-toxic, biodegradable, chlorine-free, non-petroleum based
- Hang clothes on a drying rack or outside whenever possible

## LABELS TO LOOK FOR

High Efficiency Detergent



Sierra Club Seal



EPA: Design for the Environment



Green Seal Certified



## Green Cleaning

### 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.



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: <http://www.ecocycle.org/hazwaste/recipes.cfm>
- Use old t-shirts, boxers and wash cloths as cleaning cloths



## 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 [www.climatecounts.org](http://www.climatecounts.org) for a comprehensive list of the companies that are taking strides to reduce climate change and their environmental impact.



Energy Star



USDA Certified Organic



Fair Trade Certified



Forest Stewardship Council



Made from Recycled Materials



Animal-Free Testing

### 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.

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 the farmer's 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 farmer's market. Go to [www.localharvest.org](http://www.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 [www.ncagr.gov/markets/chart.htm](http://www.ncagr.gov/markets/chart.htm).
- Be thoughtful when choosing to eat out at restaurants. Go to [www.eatwellguide.org](http://www.eatwellguide.org) for ideas of nearby sustainable restaurants, bakeries and more.

# GET INVOLVED

## 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 environmental issues and sustainable efforts. Eco-Reps teach lessons for Elon 101 and other classes and also work with Residence Life staff on sustainability-themed programs.

### Sierra Student Coalition

This group focuses on environmental awareness and activism. As a student organization they plan educational events such as environmental film festivals, clean-ups and activities during Earth Week.

### Students for Peace & Justice

SfPJ is a student run social activism organization that strives to educate and act to create a better world for all.

### Elon Volunteers! Green Team

These students focus on environmental service experiences. See Elon Volunteers! for more information, which is housed in the Kernodle Center for Service Learning & Community Engagement.

### 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 behind the Truitt Center for Religious & Spiritual Life.

### 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 environmental issues.

### 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 to 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 [www.elon.edu/servicelearning](http://www.elon.edu/servicelearning)

## Sustainable 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.



# CHALLENGE YOURSELF



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, paperclips, etc.
- Storage container for leftover food
- Flower vase
- Water glass
- Organize your bathroom: cotton ball, razor or toothbrush holder

## What else?

- Always use the microwave instead of the oven; microwaves use less energy.
- Try going vegetarian for one day or a week, a diet that does not include animal meats. Livestock production generates large amounts of methane, a powerful greenhouse gas.
- Go vegan for a week, a diet that does not include any animal products including dairy and eggs. 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 magazine pages.
- Be informed about environmental issues; start a weekly documentary night with your friends.
- Participate in a community garden and reap the rewards of free food.
- Educate yourself about the types of trees at Elon. There is a Tree Tour available at the Moseley Information Desk.
- 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](http://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 could 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 could 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?

Have an enlightening Sustainability Challenge experience? Share it with us! Email your story to the Office of Sustainability at [sustainability@elon.edu](mailto:sustainability@elon.edu).

## 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 [www.elon.edu/sustainability/pledge](http://www.elon.edu/sustainability/pledge).

Office of Sustainability  
Alamance 111  
2285 Campus Box | Elon, NC | 27244

[www.elon.edu/sustainability](http://www.elon.edu/sustainability)  
[sustainability@elon.edu](mailto:sustainability@elon.edu)

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