



Sustainable Living in your Residence Hall

UConn Office of
Environmental Policy
Spring 2013

Why is sustainability important?

- Choosing to **live sustainably** means you can reduce your impact on the environment and protect the world you live in.



Energy Conservation

- **Climate change** affects UConn even now, leading to changes in our water supply and more extreme weather events like Hurricanes Irene and Sandy.
- Reduce your carbon footprint to do your part!



Energy Conservation



- Ride your bike or walk instead of driving
- Unplug appliances when they're not in use
- Use a power strip so you can turn all unused electronics off at once
- Hang your clothes to dry
- Keep windows closed when the heat is on
- Swap incandescent light bulbs for CFLs
- Shut your lights when you leave your room

Water Conservation

- UConn takes its water from **local rivers** that also provide water to the nearby communities
- Be aware of your water usage, it has effects far beyond campus!





Recycling and Waste Reduction

- **Landfills** take up a lot of space, take thousands of years to degrade content, and may leach toxins into the nearby soil and water
- Even properly disposed of waste can have harmful effects on the environment and its inhabitants
- **Single use products** still require a large input of energy and resources, although they are quickly thrown away

Recycling and Waste Reduction

- Avoid items with excess packaging
- Be mindful of overconsumption
- Use reusable bottles or a water filter rather than single use plastic bottles
- Reusable food containers are available in the Union Marketplace



Dorm Room Recycling

- UConn is on a **single stream recycling program**:
 - ALL recyclable items go in ONE recycling bin.
 - This includes: printer paper, newspaper, magazines, junk mail/envelopes, cereal boxes, soda cans and cartons, soft cover books, milk and juice cartons, aluminum foil, paper cups, staples
- Remember: food- or grease-contaminated products **cannot** be recycled



Dorm Room Recycling

- UConn also has Electronic Waste recycling
- Recycle old cell phones, ink cartridges, rechargeable batteries (nickel cadmium, nickel metal hydride, lithium ion)
- Receptacles are available in the Student Union, the Co-Op, and the Homer Babbidge Library



Dorm Room Recycling

- Save your sneakers! The Office of Environmental Policy hosts a sneaker recycling drive every spring semester
- Previous collaborators include Nike Reuse-a-Shoe and UConn-student-run Kicks for Africa



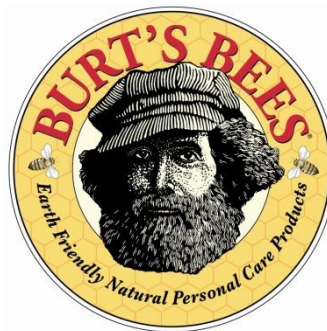
Environmental Toxins

- Our food and product purchases have a significant impact on the **chemicals** affecting our bodies and our environment



Environmental Toxins

- Use safe, natural body products if possible (Burt's Bees, JASON, Lush, and Kiss My Face are examples)
- Grow plants in your dorm to purify the air in your room
- Eating organically reduces the fertilizer needed to produce food – try Whitney Dining Hall on East Campus!



Learn More!



- Interested in the environment? Join UConn's **EcoHusky** student group, or apply to live in **EcoHouse** in Sprague Hall
- For more information on living green, environmental events on campus, and more:
 - **Visit:** ecohusky.uconn.edu
 - **Like us on Facebook:** facebook.com/uconnoep
 - **Read our blogs:** uconnoep.wordpress.com and today.uconn.edu/sustainable-uconn
 - **Call us:** 860-486-5773