



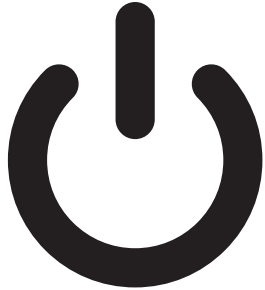
RezLife.

Sustainability Toolkit

Make purple more green!



In Your Room



Turn it off

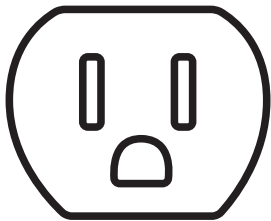
- Turn off all unnecessary lights
- If every student in residence left a light on unnecessarily for 2 hours a day, this would use 50 000 kWh, enough energy to power 4 average US homes for a year

Turn it down

- Throw on your favourite sweater and lower the thermostat
- Turning down your thermostat by 2° can lead to a 5% reduction in heating energy

Hang it up

- Save energy by hanging your clothes to dry
- It keeps them looking new!



Residence Unplugged

- Turn off and unplug electronics you don't need
- Chargers left plugged in can still consume energy, even when they are not working – this is called phantom power
 - Plug electronic equipment like TVs, computers, cell phone chargers and iPod docks into a power bar that can be turned off
 - This will save you the hassle of unplugging everything individually
 - And protects your electronics from power surges

Take the stairs

- It will save energy and work your glutes!
- The energy needed for an elevator to travel up 1 floor can power a light bulb for an entire day

The Beer Store reports a return rate of drinkable containers of 107% and in 2003 more than 1.5 billion refillable bottles were washed and reused.

Recycling aluminum cans saves 95% of the energy that would have been required to produce the same aluminum from virgin bauxite.

Reduce, Reuse, Recycle

Reduce

- Print only what you must, and print double-sided
- Bring your reusable own bags to the grocery store and only buy what you need

Reuse

- Get creative and find uses for old stuff
- Donate clothes you no longer wear

Recycle

- Remember to sort your waste into papers and containers (containers are anything made of plastic, glass, metal or carton that can hold water)

- Remember plastics # 1-7 are recyclable at Western
- All disposable coffee cups (even the Tim's cup in your hand) are also recyclable in the container stream
- Find battery and electric waste recycling bins in the recycling room, or the front desk

In the Washroom

Be water conscious

- Turn off the tap while brushing your teeth, washing your face, or shaving
 - Leaving the water on while brushing your teeth twice daily for 2 minutes wastes more than 15,000 litres of water a year
- Report leaky faucets/showerheads & running toilets. Those drips can add up to thousands of litres of wasted water each year. See a problem? Inform the front desk

Take a shorter shower (Try a 5 minute shower challenge – time yourself!)

- Shortening your shower by just 3 minutes could save over 10,000 litres of water over a year

Only flush the toilet when necessary

- And don't throw trash into the toilet, it's not a garbage can

Wait for a full load before doing laundry

- And use cold water instead of hot when washing
 - As much as 90% of a washers energy use is actually in heating the water

Store drinking water in the fridge

- This will make sure your water stays cold without running the tap

In the Dining Hall

BYOC – Bring Your Own Container!

- Bring your own mug for beverages and get a \$10 discount from Hospitality
- Use a refillable bottle for water
 - There are Rehydration Stations all across campus
- \$5 will also get you a reusable to-go container from the dining hall

Have a meat-free meal every week

- The average meat eater's yearly carbon "foodprint" is around 3.3 tonnes of CO₂ (60% of which come from meat product)
- Decreasing the amount of meat we eat can drastically decrease our carbon "foodprint"



Renewable water resources have declined in Southern Canada over the past three decades.





SUSTAINABILITY TOOLKIT

In 2007, an estimated 38% of solid food available for retail sale was wasted, the equivalent of 183 kilograms per person.



Buy local

- Locally sourced food can decrease environmental impact and help stimulate the local economy

Eat seasonally

- Seasonal produce does not need to be transported long distances, therefore decreasing the carbon footprint of the food
- It are also healthier, as it does not need to be sprayed with pesticides and preservatives for the long trip

Sort your waste

- Remember to separate the organic waste from recyclables and landfill waste
- This can reduce the total amount of waste going to landfills significantly and minimize our impact on the environment

Resources:

EnviroWestern

<http://www.usc.uwo.ca/envirowestern/>

Recycling at Western

http://sustainability.uwo.ca/initiatives/waste_reduction/recycling.html

Composting at Western

http://sustainability.uwo.ca/initiatives/waste_reduction/composting.html

Top Documentary Films: Environment

<http://topdocumentaryfilms.com/category/environment/>

The Story of Bottled Water (Video)

<http://www.storyofstuff.org/movies-all/story-of-bottled-water/>

The Nature of Things on CBC

<http://www.cbc.ca/natureofthings/>

Sir David Attenborough on BBC

<http://www.bbc.co.uk/nature/collections/p0048522>

Ecological Footprint Calculator

<http://myfootprint.org/en/>

American Water & Energy Savers

<http://www.americanwater.com/49ways.php>

Ithaca College Resource and Environmental Management Program

<http://www.ithaca.edu/remf/>

University of Delaware Guide to Sustainable Living

<http://www.udel.edu/sustainability/taskforce/greenguide.html>