

# How to Live **Sustainably@Temple**

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It's an exciting time at Temple...we are going GREEN! Meaning we are THINKING about how our everyday actions will affect the environment, the people, and the planet for years to come.

*The Basics: Reduce Electricity/Water Use, Drive Less, and Throwaway Less Trash.*

Try these easy things around campus & in your home and you'll be able to brag about how green you are!

## **In Your Residence Hall, Workplace, or Home**

- Always turn your lights off when you leave a room to save energy, even if you're gone for *just 5 seconds*.
- Buy compact fluorescent bulbs (CFLs). They last much longer and use less energy than old ones!
- Buy a power strip and plug your electronics into it. Turn off the power strip when you leave or sleep to avoid phantom energy loss.
- Program your computer to Sleep mode after 10 minutes. (Powering down your computer will make it last longer!)
- Screen savers are a big waste of energy! Switch off your monitor for a 30% energy savings.
- Dress for the season indoors too! Go light on your heating and cooling to cut costs and pollution!
- Always shut off your water when not in use (i.e. brushing teeth, washing hands). Save 280 gallons of water in one month by turning off the water while you brush. (<http://www.epa.gov/WaterSense/water/simple.htm>)
- Participate in the recycling program and purchase goods with recycled materials.

## **Eating/Drinking**

- Carry your own plastic or aluminum water bottle and save money by filling up at the water fountains! At home, install a filter on your spigot if you don't like the taste of tap water.
- Get your own coffee mug. (Some vendors offer discounted drinks in your own travel mug!)
- Ask for 'no bag' when you buy food at a truck on campus. Over the year, you'll save a lot of materials.
- Only take what you are *really* going to eat. Food waste produces methane (a greenhouse gas) in a landfill.
- Eat less meat and cheese. Foods higher on the food chain take a lot more energy and land to produce. (<http://www.circleofresponsibility.com>)

## **Getting Around**

- Parking in the city is a PAIN! Go to [www.septa.org](http://www.septa.org) and click on "Plan My Trip" for the fastest way to get from here to ANYWHERE in Philly!
- For students join the *University Pass Program* and save 10% on SEPTA Passes. See Bursar's website.
- For University employees, use *Wage Works* to purchase public transit passes/tokens with pre-tax dollars.
- When going out shopping, always have a cloth bag so you won't need to take one at the store.
- Buy a bike to get around and use a secure lock.
- Leave your car at home. There are 8 Philly Car Share spots on main campus. [www.phillycarshare.org](http://www.phillycarshare.org)

## **For Class**

- Encourage teachers to use Blackboard and to accept electronic assignments; Always print double sided.

## **Be Alert**

- If you see energy being wasted (i.e. heat blasting, water running), please report it. Main Campus Residence Halls (1-2284, or 2732); Facilities Management (Main Campus: 215-204-1385; HSC: 215-707-4702; Ambler: 267-468-8010; Podiatric Medicine 215-625-5240).

- Please Contact us! [www.temple.edu/sustainability](http://www.temple.edu/sustainability). Email: [sustainability@temple.edu](mailto:sustainability@temple.edu)