



University of Utah Green Living Guide



Can Lead With Small Deeds!




OFFICE OF SUSTAINABILITY
THE UNIVERSITY OF UTAH



green living
guide

CONTENTS

-  Why Sustainability Matters
-  Energy
-  Water
-  Recycling
-  Food
-  Transportation
-  Clothing, Shopping, & Cleaning
-  Learn More & Get Involved

SUSTAINABILITY



Why Should Care

The University of Utah is proud to be a leader in sustainability. The Wasatch Mountains are a constant reminder that we should all be good environmental stewards. If everyone does a little, we can achieve a lot!

The University of Utah signed the American College and University President's Climate Commitment on Earth Day, 2008 and committed the campus to achieving climate neutrality by 2050. Our Climate Action Plan contains a road map for achieving this significant goal.

Find it at:

www.sustainability.utah.edu

ENERGY



LIGHTING

Turn the lights off whenever you leave a room.

Replace incandescent light bulbs with compact fluorescents (CFLs) or LEDs, which use less energy and last longer.



The U of U has been retrofitting its lighting to be more efficient for many years. Look around for motion sensors, CFLs in canned lights inside, and LEDs in outdoor lights.

REFRIGERATORS

The best alternative is not to use a mini-fridge. Use the common refrigerator or share one with your roommate.

Clean and unplug refrigerators during vacation breaks.

HRE rents Energy Star mini-fridges for \$ 75/year.

Small fridges use up to 4 times the energy per volume of conventional size fridges. Select an Energy Star model and look for opportunities to share with others.

HEATING

Too hot or too cold?

You have access to your thermostat. Close your windows when the temperature is below 65° F or above 85° F. The buildings are designed to bring fresh air in naturally. Opening windows outside of that temperature range will cause the heating or cooling system to work harder.

COMPUTERS

Choose a laptop. Laptops use about 80% less energy than desktops. If you must use a desktop, LED monitors use less energy and last longer than LCD monitors.

Choose an energy-efficient computer.

EPEAT Gold certified computers meet strict environmentally friendly criteria.

Visit: www.epeat.net



Energy Star Qualified Computers use 30-60% less energy than similar products without the label.

Turn your computer off at night, rather than letting it idle.

Enable the power management features on your computer to save energy when you're not using it.

PHANTOM POWER

Phantom Power is electricity used by appliances and equipment while they are switched off or not performing their primary function.

Phantom power use is also caused by circuits that continue to be energized even when the device is off. Almost any product with an external power supply, remote control, continuous display (including an LED), or that charges batteries will draw power continuously.

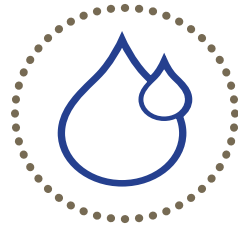
Sometimes there is no obvious sign of power consumption.

- Unplug electronics when not in use or plug appliances into a power strip and turn off the strip when the appliances are not needed.
- Use a Smart Strip power strip that will determine when appliances no longer need power.

Learn more at <http://standby.lbl.gov/>

Electricity is consumed even when appliances are not in use. Phantom Power can account for up to 10% of total home energy use.

WATER



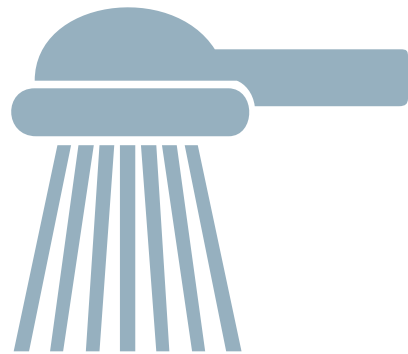
WATER USE IN HRE AND ON CAMPUS

- Report leaks! File a maintenance request through housing.utah.edu.
- Turn off the tap while brushing your teeth and shaving.
- When washing dishes by hand, don't leave the water running while scrubbing.
This can waste 8-15 gallons of water per day!
- Only run your dishwasher when full.
- Use a front loading washing machine, when available.
- Wash only full loads of laundry.
- Wash in cold water.
- Line dry laundry on racks in your room.

Front loading washing machines use 40%-60% less water, 30%-60% less energy & 50%-70% less detergent than top loading machines.

Limit showers to 5 minutes or less. Install a timer to let you know when your 5 minutes are up.

High Efficiency Shower heads, toilets, and faucets are being installed in many buildings on campus to conserve valuable water resources. Contact the Office of Sustainability for more information.



RECYCLING



RECYCLING IN HRE AND ON CAMPUS

HRE provides single stream recycling for residents. Blue bins are provided in all residence halls.

WHAT GOES IN THE BLUE BINS?

- Magazines, newspapers, envelopes (plastic windows are okay), paperback books, cereal and cracker boxes, notebooks (spirals are okay), folders, white paper, colored and glossy paper, small amounts of non-soiled cardboard (no pizza boxes) are all acceptable.
- All paper is recyclable. Don't worry about staples, paper clips, spirals, etc.
- Plastics 1-7 and all plastic bags and utensils all are acceptable. Food residue is okay.
- Cans (tin, steel, and aluminum) are all acceptable.
- Styrofoam is acceptable.

WHAT GOES IN THE TRASH BINS?

- Wax coated items such as milk or juice cartons
- Paper coffee cups
- Paper plates soiled with food
- Paper tissue, napkins or tissue paper

ELECTRONIC WASTE (E-WASTE)

- Cell phones, computers, monitors, printers, TVs, VCRs, and DVD players should be properly recycled since they contain mercury, cadmium, chromium and other hazardous metals and materials.
- The Office of Sustainability hosts e-waste recycling events each fall and spring (www.sustainability.utah.edu) and also hosts e-waste recycling bins for spring move-out in the residence halls.

CONSERVE PAPER

- Stop junk mail.
- Send a letter requesting that your name be removed from pre screen and marketing lists (include your full name and address).
- Mail Preference Service
Direct Marketing
PO Box 3008
Farmingdale, NY 11735-9008

Approximately 40% of our waste is paper. Each year 100 million trees are used to produce junk mail.



FOOD



EAT LESS MEAT.

Eating less meat will greatly reduce your negative impact on the environment. Animal protein needs a tremendous amount of water and energy to produce.

- Try Meatless Mondays and forgo meat one day per week.
- Buy organic or locally produced meat when at the grocery store

Visit: www.utahsown.org.

Each month our campus composts about 500 pounds of food.

CHOOSE ORGANIC OR LOCAL PRODUCE.

- Take advantage of the U of U Farmers Market each fall.
Visit: <http://sustainability.utah.edu/initiatives/farmers-market/index.php>
- Shop at other local farmers markets during the warmer months. They are generally open from June through October.
- Choose organic produce at the grocery store and choose stores committed to supporting local farmers and sustainable ingredients.
- Buy bulk foods at most grocery stores to save money and packaging.
- Chartwells collects pre-consumer food waste for composting in the Edible Campus Gardens and for transport to a commercial composting facility.
- Dine at local restaurants committed to supporting local farmers and sustainable ingredients.
- Buy Fair Trade certified products.



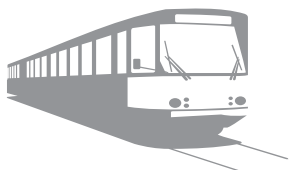
Fair trade products guarantee that farmers and workers received a fair price for their products. Every step has been monitored and certified by Transfair USA, a 3rd party certification agency.

TRANSPORTATION



BIKES

- HRE offers bike storage for \$10/semester for all residents, except those in the Donna Garff Marriott Honors Residence Scholars Community. Bicycle storage is offered for free to residents of that building.
- Commuter Services has installed Fix it Yourself Bike stations around campus for quick fixes. Visit: www.commuterservices.utah.edu.
- Commuter Services has a Bicycle Parking Map for navigating campus. Visit: <http://maps.google.com/maps/ms?msid=203834535348223879109.00048795229854c2805e8&msa=0&ll=40.765071,-111.837859&spn=0.0183,0.038109>.
- Facilities Management recently completed a Bicycle Master Plan for campus. Visit: <http://facilities.utah.edu/facilities-planning/master-plan/bicycle.php>
- Campus Security registers bikes on campus to help fight theft.



Use your U Card for free access to UTA buses and Trax

CAR

- U Car Share provides access to a vehicle for short trips. Visit: <http://www.commuterservices.utah.edu/transportation/ucarshare.html>

FLYING

Some flying might be unavoidable, but we can minimize the impact:

- If you have the option of taking the train instead of travelling by airplane or car, take the train.
- If you can choose between local vacations or going someplace far away, stay local.
- If you must fly, buy carbon offsets. When you buy carbon offsets, you abstain from reducing your own emissions and pay someone to reduce their emissions instead.
- Visit: www.co2offsetresearch.org



13% of total global transportation-related carbon dioxide emissions is released by airplanes.

CLOTHING

- Shop smart. Ask yourself, "Do I really need this?"
- Buy used goods. Shop at thrift stores, yard sales and craigslist.org.
- Choose quality over price. When buying anything, choose durability (refillable pens/pencils, durable bags, long-lasting lightbulbs, higher quality appliances).
- Choose goods made out of high recycled content, preferably post-consumer waste.
- Look for items with less packaging.
- Use reusable shopping bags to carry groceries and other items.
- Don't purchase bottled water. Fill up at the water bottle stations located in the Union Food Court, Marriott Library, OSH and the Field House.
- Donate clothing to Big Brothers Big Sisters Bins located around HRE.

SHOPPING

Carry a refillable water bottle and/or mug for beverages. Chartwells offers \$.60 off a cup of coffee if you bring your own mug.

- Have a clothing swap with your friends.
- Purchase organic cotton, bamboo, hemp and/or fair trade brands.
- Purchase items made in the US and/or with recycled content.

CLEANING

Just because a product says it's natural doesn't mean it's non-toxic.

PURCHASE LESS TOXIC PRODUCTS.

LOOK FOR:

- Non-toxic (e.g. no ammonia)
- Not tested on animals
- Biodegradable
- Not solvent-based
- Ingredients from renewable resources (vegetable vs. petroleum)

Buy laundry detergent that is phosphate free. Detergents are released with sewage water. When phosphates are present they enter the environment and poison aquatic life.

GREEN CLEANING TIPS:

- Use baking soda to scrub your tub and sinks.
- Clean toilets, counters and floors with vinegar and water.

FOR MORE GREEN CLEANING TIPS VISIT:

- <http://www.thedailygreen.com/green-homes/latest/green-cleaning-spring-cleaning-460303>
- <http://www.treehugger.com/htgg/how-to-go-green-cleaning.html>

LEARN MORE

Donna Garff Marriott Honors Residence Scholars Community

The Donna Garff Marriott Honors Residence Scholars Community (DGM) is a LEED-Gold certified, 309 Bed residence hall on Mario Capecchi Drive with environmentally friendly design features.

The apartment-style dorm was opened in 2012.

The project team, motivated by the University of Utah's stated commitment to reduce greenhouse gas emissions, incorporated numerous sustainable technologies and design elements into DGM, including:

- 30% Energy Use Reduction--the building's design optimizes energy performance to achieve a 30% reduction in overall energy use.
- Water Reduction--Apartments, bathrooms and laundry have water efficient appliances, high efficiency showerheads and faucets, and dual-flush toilets.
- Reduce, Reuse, Recycle--a large percentage of the waste from the building site was recycled or salvaged with a waste management program.
- Improved Environmental Air Quality--flooring, adhesives, paints, and sealers were chosen because they are low zero volatile organic compounds (VOC).
The building is non-smoking.

GET INVOLVED

- Office of Sustainability offers student internships and volunteer opportunities: www.sustainability.utah.edu
- U Bike Collective: www.bicyclecollective.org
- ASUU Sustainability Board: www.asuu.utah.edu/asuu-sustainability-board
- Bennion Center Recycling: <http://sustainability.utah.edu/participate/student-involvement/bennion-recycling.php>
- Enviro Club: www.facebook.com/EnviroClub
- Edible Campus Gardens: <http://sustainability.utah.edu/green-campus/food/edible-campus.php>

Office of Sustainability
The University of Utah
1901 E. South Campus Dr.
Room 1024
Salt Lake City, UT 84112
Phone: 801-585-9352

www.sustainability.utah.edu

www.facebook.com/UofUSustainability

Twitter--@UofUOS



OFFICE OF SUSTAINABILITY
THE UNIVERSITY OF UTAH