

Green Rooms & Green Lifestyles Objectives Lists (Round 1)

Green Rooms Objectives (for students):

Energy

- I use compact fluorescent light bulbs (CFL) or light emitting diode (LED) bulbs for extra or alternative lighting in my room (ex. string lights).
- I use a power strip and turn it off/unplug it when my electronics are not in use (power cords left plugged in still consume energy even when electronics are not charging).
- I unplug my cell phone charger, laptop, or laptop charger when not in use.
- I do not stream movies, shows, or videos for more than 5 hours each week.
- I often open the shades to let in natural light during the day rather than turning on the lights.
- I only use the amount of light necessary when in my room rather than having multiple lights on.
- I turn the lights off when I leave my room.
- I attempt to reduce or stop my energy usage during peak hours in the day/afternoon (ex. do activities outside or in places with natural lighting).
- I utilize common spaces for studying and eating rather than doing so by myself and turning on lights or heat/AC.
- I use the fridge or microwave in the common area rather than having a personal one in my room.
- I do not have a fridge or microwave or kettle, and I share these items with my roommate rather than us both having them.

Water

- I turn off the water when not in use while brushing my teeth, washing my face, shaving, etc.
- I turn off the water while applying soap, shampoo, or shaving in the shower.
- I rarely exceed a shower time of 5-10 minutes.

Transportation

- I walk to get around campus rather than drive.
- I use my bicycle or skateboard on campus.
- I try to limit the amount of trips I take in my car/a friend's car off campus.
- I rarely use a car to get anywhere on campus.
- I generally limit my travel to and from home to only during breaks.

Recycling & Reusing

- I have a paper recycling bin in my room and I use it to recycle paper items properly.
- I have a container recycling in my room and I use it to recycling glass and plastic 1 and 2 containers properly.
- I use the paper recycling in the hallway or common room.
- I use the container recycling in the hallway or common room.
- I use scrap paper when possible.
- When I go to a store I bring my own bag or use a reusable shopping bag.
- I buy school supplies made with recycled materials.
- I have second-hand or thrifted furniture or room decorations.
- I buy/get a fair amount of my clothing and possessions from goodwill, free store, salvation army, or other forms of second-hand clothing.
- Instead of throwing away unwanted and/or unused items, I donate them to free store, Goodwill, the Salvation Army etc.

Electronics

- I have the sleep setting on my computer so it goes to sleep after 5 or 10 minutes of inactivity.
- I rarely print my class readings and opt to use electronic versions.
- When I do print, I print double sided.
- I turn my computer off overnight or when I'm not using it for two+ hours, rather than draining the battery.
- I buy electronic textbooks and books for my classes instead of paper copies.
- I only have to charge my phone and computer once a day.
- I do not leave my phone or computer plugged in overnight.

Laundry & Clothing

- I use cold water to wash my clothes.
- I use cold water to wash my sheets and towels.
- I use a drying rack or line instead of a dryer.
- I only wash full loads of laundry (or adjust the water setting accordingly).
- I use environmentally friendly laundry products free of synthetic fragrances and dyes, phosphates, bleach, and surfactant nonylphenol ethoxylate (or NPEs).
- I do not use fabric softener.
- I clean with rags or sponges instead of using paper towels.

- I use green cleaning supplies that are non-toxic, bleach-free, phosphate-free, free of synthetic dyes and fragrances, free of volatile organic com (VOC).
- I use natural air fresheners in my room rather than Febreze or other plug-in air fresheners.
- I make an effort when possible to use natural and chemical-free personal care products such as shampoo, conditioner, soap, hair products, makeup etc.
- Instead of using paper towels in my bathroom, I dry my hands with a towel.

Dining

- I use the reusable plastic cups at Peirce rather than the disposable paper cups.
- I use the mugs at Peirce or a reusable travel mug rather than the paper cups.
- I bring my Peirce cups, plates, and silverware back to Peirce by the next meal or I do not take them out in the first place.
- I have a reusable water bottle and bring it to class with me instead of buying disposable water bottles.
- I minimize food waste in Peirce by asking an AVI worker for a specific plate of food if I do not want something that comes on a pre-plated dish.
- I frequently/always choose vegetarian food options.
- I frequently/always choose vegan food options.
- I eat or purchase local foods when given the option.
- I rarely use items that are individually packaged such as K-cups, individually bottled drinks, or items that could be bought in bulk but are individually packaged.
- I make an effort when I can to buy local or organic foods such as from the Mount Vernon Farmer's Market or the Natural Food Store in Mount Vernon.

Other

- I have one or more plants in my room.
- While shopping I try to avoid products with large amounts of packaging.
- If there is an elevator or stairs, I opt for the stairs.
- I take sustainability-related courses.
- I am a member of club that has a focus on sustainability.
- I volunteer for a sustainability-related organization.
- I have recruited at least one person to pursue the Kenyon Green Room Certification.

Green Rooms & Green Lifestyles Objectives Lists (Round 1)

Green Lifestyles Objectives (for faculty & staff):

Energy

- I use compact fluorescent light bulbs (CFL) or light emitting diode (LED) bulbs for extra or alternative lighting.
- I use a power strip and turn it off/unplug it when my electronics are not in use (power cords left plugged in still consume energy even when electronics are not charging).
- I unplug my cell phone charger, laptop, or laptop charger when not in use.
- I do not stream movies, shows, or videos for more than 5 hours each week.
- I often open the shades to let in natural light during the day rather than turning on the lights.
- I only use the amount of light necessary in a room rather than having multiple lights on.
- I turn the lights off when I leave a room.
- I attempt to reduce or stop my energy usage during peak hours in the day/afternoon (ex. do activities outside or in places with natural lighting).
- I use the fridge or microwave in the common area rather than having a personal one in my office.

Water

- I turn off the water when not in use while brushing my teeth, washing my face, shaving, etc.
- I turn off the water while applying soap, shampoo, or shaving in the shower.
- I rarely exceed shower times of 5-10 minutes.

Transportation

- I walk to get around campus rather than drive.
- I try to limit the amount of trips I take in my car beyond essential trips.
- I rarely use a car to get anywhere on campus.
- I generally limit my out of town travel to business or special occasions.
- I have purchased a carbon offset as part of an airline ticket.
- I carpool to and from campus.

Recycling & Reusing

- I have a paper recycling bin in my office and I use it to recycle paper items properly.
- I have a container recycling in my office and I use it to recycle glass and plastic 1 and 2 containers properly.
- I recycle at home.
- I use the paper recycling in the printing/mail area of my building.
- I use scrap paper when possible.
- When I go to a store I bring my own bag or use a reusable shopping bag.
- I buy/use office supplies made with recycled materials.
- I pre-cycle by limiting luxury purchases and buying only those things I need.
- Instead of throwing away unwanted and/or unused items, I donate them to free store, Goodwill, the Salvation Army etc.

Electronics

- I have the sleep setting on my computer so it goes to sleep after 5 or 10 minutes of inactivity.
- I rarely print materials and rather use electronic versions.
- When I do print, I print double sided.
- I turn my computer off overnight or when I'm not using it for two+ hours, rather than draining the battery.
- I buy electronic books instead of paper copies.
- I only have to charge my phone and computer once a day.
- I do not leave my phone or computer plugged in overnight.

Laundry & Clothing

- I use cold water to wash my clothes.
- I use cold water to wash my sheets and towels.
- I use a drying rack or line instead of a dryer.
- I only wash full loads of laundry (or adjust the water setting accordingly).
- I use environmentally friendly laundry products free of synthetic fragrances and dyes, phosphates, bleach, and surfactant nonylphenol ethoxylate (or NPEs).
- I do not use fabric softener.
- I clean with rags or sponges instead of using paper towels.
- I use green cleaning supplies that are non-toxic, bleach-free, phosphate-free, free of synthetic dyes and fragrances, free of volatile organic com (VOC).
- I use natural air fresheners in my room rather than Febreze or other plug-in air fresheners.

- I make an effort when possible to use natural and chemical-free personal care products such as shampoo, conditioner, soap, hair products, makeup etc.
- Instead of using paper towels in my bathroom, I dry my hands with a towel.

Dining

- I use reusable plastic cups rather than disposable paper cups.
- I use a mug/travel mug rather than paper cups.
- I have a reusable water bottle instead of buying disposable water bottles.
- I minimize food waste by preparing smaller meals or meals where the leftovers will actually be consumed.
- I pack a lunch in reusable containers.
- I frequently/always choose vegetarian food options.
- I frequently/always choose vegan food options.
- I eat local (before industrial) foods when given the option.
- I rarely use items that are individually packaged such as K-cups, individually bottled drinks, or items that could be bought in bulk but are individually packaged.
- I make an effort when I can to buy local or organic foods such as from the Mount Vernon Farmer's Market or the Natural Food Store in Mount Vernon.

Other

- I have one or more plants in my home.
- I drive a fuel-efficient hybrid or electric vehicle.
- I have invested in alternative energy at my home.
- I have invested in "green" stocks, sustainable stocks, cleantech stocks, etc.
- I maintain a productive garden at home.
- I plant native plant species on my property and manage my lawn with a minimum of mowing.
- I maintain livestock for personal/family use.
- I freeze or can food in the fall.
- While shopping I try to avoid products with large amounts of packaging.
- If there is an elevator or stairs, I opt for the stairs.
- I contribute to or am a member of an organization that focuses on sustainability or environmental protection.
- I volunteer for a sustainability-related organization.
- I have recruited at least one person to pursue the Kenyon Green Lifestyle certification.
- I have recruited at least one person to pursue the Kenyon Green Lifestyle Certification.