

ENERGY

Energy Habits

- Plug air leaks in windows and doors to increase energy efficiency
- Unplug electronics when they are not in use
 - They can still draw “phantom loads”
- Turn off the lights if they aren’t needed, or if there is enough natural light
- Open the blinds on a cold day to let in the sunlight, but close them on a warm day to keep it cooler
- Get rugs to retain heat
- Line-dry your clothes instead of using a drying machine
- Wash your clothes in cold water
 - 90% of energy used washing clothes goes towards heating the water¹

Items to help

- Use power strips for your electronics and turn them off when they are not in use
 - [SMART STRIP](#) power strips manage your energy use for you
- Replace old appliances with energy efficient models and light bulbs
 - [Duke power](#) will give you LED’s if you apply for them
- Ask your apartment complex about energy sourcing and if you can purchase “green” or clean energy for an added fee (even just your interest in that will send a message to them)

¹<https://www.cleaninginstitute.org/industry-priorities/outreach/cold-water-saves>

FOOD

Eating Habits

- Use a refillable water bottle and coffee cup
 - All Starbucks locations will give a \$0.10 discount for the use of a personal cup
- Avoid pre-heating the oven with nothing in it. Unless you need a precise baking temperature, start heating your food right when you turn on the oven
- Freeze fresh produce and leftovers to stop them from going bad
- In campus dining halls:
 - Only take as much as you can eat
 - Instead of taking it to-go, eat at the dining hall and cut down on paper/carboard use (use the boxes only when you need to)

To avoid and to seek out

- Eat a vegetable rich diet, cutting down on dairy and meat
- Buy from local vendors/farms when you can
- Shop for foods that are in season in your area
- Check to see if the fish you are thinking about buying is sustainably sourced with the “Seafood WATCH” app
- Check for labels like Fair Trade to make sure your purchase is socially sustainable

TRANSPORTATION

- Walk, bike, or take a bus to places off campus
 - Download the “my.Clemson” app for updates on CATbus routes
 - Use the Clemson [BikeShare](#) system
- Carpool if you have to drive somewhere
- Get your car checked out regularly
 - If it runs well, it will be more efficient
- Keep your tires pumped up to an appropriate pressure
 - This could improve your fuel efficiency by as much as 3%²

²<https://www.autosimple.com/blog/check-tire-pressure-inflate-tires/>

PURCHASING

- Buy minimally packaged goods
 - Avoid items packaged in styrofoam/plastic
- Don't buy single use products if you can avoid it
- Buy products second-hand or used
- Use the "Buycott" app to avoid products that have negative environmental or social impacts
- Bring your own reusable bag when you shop or even just skip the plastic bag if you can carry everything

WASTE

Buy less

- Avoid single-use items (particularly plastics) and buy reusable items
- Evaluate if you really need something before buying it

Try to give or reuse before throwing away

- If you have something that you don't want, try to share it with someone instead of just throwing it away
- Donate used items to a thrift shop

Pursue alternative disposal methods

- Compost
 - Drop compost off in one of the bins in Brackett Hall, Fike, Cooper Library, Long Hall, Sikes Hall, Jordan Hall, or the High Rises
- Recycle
 - Learn more about what and where you can recycle on Clemson's campus on the Recycling Webpage

WATER

- Take shorter showers
 - An average shower head uses 2.5 gallons per minute³
- Install a water-efficient shower head
 - If you talk to your landlord, they may be able to help with this
- If you use a dishwasher, don't rinse your plates before you run the machine
- If you see a drip, get it fixed by talking to your landlord

³<https://green.harvard.edu/tools-resources/green-tip/4-ways-measure-5-minute-shower>

SOCIALLY

- Stay informed
 - Follow reputable sources like the [AP News](#)
- Mentor young people
 - It can be a powerful way to influence change in the next generations of environmentalists
- Share articles or posts about issues that you think are important
- Have respectful discussions about environmental issues using [this guide](#)
- Vote for candidates that prioritize environmental issues
- Write to your local representatives or gather with others to make petitions

TAKING INVENTORY

- Take a sustainability assessment and plan how to improve
 - Use [this carbon footprint assessment](#) to find out easy ways to improve
 - Use [this assessment](#) to take inventory of your behaviors and see you could even save money by being more sustainable
- If you want to make a trip or activity carbon neutral, research ways to offset your carbon emissions