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/bulbs with energy efficient models/bulbs
- Try to collaborate with Eco-Reps to discuss this with Clemson Housing
- You could also apply for a grant from the Sustainable Energy Fund to gain funding for a project like this

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

- Ditch the minifridges and just use the refrigerator in your hall if you have one
  - A minifridge uses more energy per volume than a full-sized refrigerator

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

²https://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 when they aren’t necessary
- Buy products second-hand or used
- Use the “Buycott” app to stay away from 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 with the [CU Recycling Webpage](http://example.com)
WATER

- Take shorter showers
  - An average shower head uses 2.5 gallons per minute\(^3\)
- Install a water-efficient shower head
  - Try to collaborate with Eco-Reps to discuss this with Clemson Housing
- If you use a dishwasher, don’t rinse your plates before you run the machine
- If you see a drip, get it fixed using the maintenance request found here

\(^3\)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 how 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