

# GREEN YOUR DORM

Follow these steps to make your living space more sustainable!

## Reduce Energy

	Switch off the lights in unoccupied rooms.
	Make use of <b>natural light</b> during the day.
	Replace incandescent bulbs with <b>LEDs</b> , which can last more than 40 times longer and use <b>90% less electricity</b> .
	Plug electronics into a <b>power strip</b> and switch off the power when they are not in use; some electronics continue to draw energy even after they're turned off.
	Enable <b>sleep mode</b> (vs. a screen saver) on your computer, and turn off your monitor when it's not in use.
	Keep <b>windows closed</b> when the heat is on (if it is still uncomfortable, call your resident assistant or your off-campus housing building manager).
	<b>Adjust the temperature</b> if you have a thermostat. UMass Boston's guidelines specify heating rooms to 68°F degrees in the winter and cooling rooms to 78°F degrees in the summer.
	Look for the <b>Energy Star</b> when purchasing appliances and electronics.
	Bike to class and around campus, and always wear a helmet!

## Save Water

	<b>Don't let the water run.</b> Turning a showerhead on before you get in or letting a faucet run while you brush your teeth can waste more than a gallon every minute.
	Take <b>fewer and shorter</b> showers. The average 15 minute shower uses 22.5 gallons of water; a 25 minute shower uses nearly 40 gallons. And shorter showers also mean you can wake up later!
	<b>Report any leaks.</b> Drippy faucets can waste more than 3,000 gallons each year; a leaky toilet can waste about 200 gallons each day. To report a leak, call your resident assistant or your off-campus housing building manager.
	Plug electronics into a <b>power strip</b> and switch off the power when they are not in use; some electronics continue to draw energy even after they're turned off.
	Wash only <b>full loads of laundry in cold water</b> ; each washer load uses ~40 gallons of water. Air dry your clothes to save energy.

## Reduce Waste and Increase Recycling

	Carry a <b>reusable</b> water bottle or mug. Use one of the many water stations around the dorms and campus.
	Buy <b>second-hand</b> furniture, books, and clothing for big savings. Search on-line exchange sites that are just for college students such as <a href="#">CURBBED</a> and <a href="#">UNITIQUES</a> for discount and second-hand items and Boston's numerous local thrift and consignment stores for deals on books, furniture, electronics and more.
	Follow the UMBeGreen <a href="#">Recycling Guidelines</a> and learn how to properly recycle plastic, paper, cans, bottles, and more!
	<b>Donate</b> to end-of-the-year drives (books, food, furniture, and school supplies). Trash increases significantly at the end of each academic year.
	Reduce paper use by only <b>printing double-sided</b> . UMass Boston uses 30% post-consumer, chlorine-free recycled printer paper.

## Shop Greener

	Opt for <b>natural and organic</b> locally produced food, natural and organic personal care products, textiles (i.e. bedding and towels) and cleaners. Check out the campus bookstore and the many farmer's and fish markets in the City.
	When dining out go to certified <a href="#">Green Restaurants</a> . Boston has numerous options for a variety of palettes.
	Choose <b>reusable</b> over disposables for dishware, silverware, shopping bags, mugs and water bottles. Campus cafés offer discounts to people who bring their own mugs. Get reusable bamboo utensils to avoid using plastic when eating on the go.
	Shop for clothing in <b>consignment or thrift stores</b> . Boston has amazing consignment and thrift options just a bike ride or quick trip down the red line from campus.
	Decorate with <b>live plants</b> to help filter indoor air pollutants. View a list of common houseplants that have been found to be effective in cleaning indoor air.