

10 Simple Ways for UIS Students to be **GREEN**

1. Turn off Lights and Appliances When Not in Use

How: Conserve; Simply turn off appliances, computers and lights rather than leaving them idle. Unplug cell phone chargers and electronics when not using them; they can drain small amounts of electricity from the wall even when they're not turned on.

Why: To reduce unnecessary electricity consumption. Besides saving you money, doing so will help cut down on pollutants released from coal power plants and reduce global warming.

2. Turn off the Tap

How: Conserve; Keep showers to 5 minutes or less, and turn off the faucet while brushing or shaving. These small changes in routine can save many gallons of water a day!

Why: While the earth is mostly made of water, only 3% of it is actually freshwater that we can drink and shower in. Water is our bodies' most necessary nutrient, which is important to remember as the earth's population passes 6 billion and water becomes increasingly scarcer. Don't let it go to waste!

3. Participate in Campus Recycling

How: Recycle items such as office paper, cereal boxes, cardboard, plastic bottles and aluminum cans can be recycled on campus.

Why: Recycling has numerous benefits, including the creation of jobs, conservation of natural resources, and waste reduction. Plus, compared to making products out of virgin material, using recycled material typically requires less energy and thus creates less pollution.

4. Turn down the Heat and A/C

How: Conserve; Nudge your programmable thermostat down a degree or two from your usual temp in the winter, and a few degrees up when it's warm out.

Why: While you'll become more acclimated to the season, those few degrees will make a big difference in your energy consumption since polluting power plants won't have to work as hard.

5. Use Durable products as much as possible instead of Disposable ones

How: Reuse; Use a coffee mug instead of a plastic cup and cafeteria plates instead of Styrofoam products. Take a tote bag instead of using plastic bags at the store.

Why: While they may be convenient, disposable products like plastics or Styrofoam can often take hundreds of years to decompose in landfills.

6. Take a Walk or ride a Bike

How: Reduce; Get some exercise! If you need to go somewhere on campus, walk or ride, don't drive. If you're traveling further, use public transportation like the bus system and Amtrak whenever possible.

Why: Besides saving you money at the pump, avoiding unnecessary time behind the wheel cuts down on the pollutants associated with driving and helps reduce global warming.

7. Buy Recycled products

How: Seek out and buy recycled products whenever possible, such as recycled ink cartridges, or toilet and computer paper with a high % of recycled paper content.

Why: Recycling is only half the battle. You must *buy* products made with recycled materials, giving businesses an incentive to use recycled content in their products. This is “completing the cycle” of recycling!

8. Buy Local / Organic food

How: When at the store, check the country of origin label on food and seek out those that have been grown closest to home. Choose organic labeled food whenever possible. Food Fantasies store on Wabash Avenue is an excellent source of organic, natural and locally grown food. And if you drink coffee, Fair Trade organic is available at Capitol Perks!

Why: These days, food can often travel hundreds or thousands of miles to get to your plate, which means more pollution added to the environment from its transportation. Buying food grown closer to home not only helps reduce that pollution, but you will be supporting your local farmers and community as well, and the food will probably taste better! As for organic food, while it can be a bit more expensive, it is grown without the use of synthetic pesticides and chemicals, which are very detrimental to human health and the health of the environment.

9. Drive Slower and Car-pool

How: Drive less aggressively by speeding up and slowing to a stop more gently; keep max driving speed under 70 mph and use cruise control on highways.

Why: To reduce fuel consumption. Carpooling, as well as driving slower and smarter, saves gas for your car and money for yourself.

10. Reduce, Reuse, Recycle

We’ve all probably heard this saying before in our lives, and for good reason. Listed in the order of importance, it is a great environmental saying that essentially encompasses all ways to go green and be more eco-friendly. A fourth “R” could be added: **Rethink**. By keeping these tips in mind as you make your everyday choices, you can make a real difference in protecting and improving the world we live in!

Additional Resources

Campus Sustainability Site	www.uis.edu/sustainability
➤ Recycling information	
Springfield Mass Transit District	www.smtd.org
➤ Maps & schedules	
Amtrak	www.amtrak.com
➤ Schedules & ticketing	
Springfield Bicycle Club	www.spfldcycling.org
➤ Springfield bicycle maps	
Downtown Springfield, Inc.	www.downtownspringfield.org
➤ Farmers Market Information	
➤ Local shops and products	
➤ Local events & nightlife	www.downtownrediscover.com