
Reduce Your Carbon Footprint

- Switch off the lights in unoccupied rooms
- Use LED bulbs in lamps; they use 90% less electricity than incandescent bulbs and last up to 40 times longer!
- Plug electronics into a power strip, and then switch off your power strip when not in use. Some electronics can still use electricity even after they're turned off.
- Unplug your laptop charger after the battery is fully charged, not only will it save energy but it will preserve your battery as well.
- Keep windows closed when the heat is on. If your room is uncomfortable contact [Housing](#).
- Use [EKU's U-Capture account](#) when making online purchases. Simply register and install the plug-in and begin offsetting your carbon footprint each time you make a purchase at zero cost to you!
- Purchase [Energy Star](#) appliances for your room. Try to consolidate inefficient mini-fridges and be sure to empty them and unplug them before breaks.
- Bike to class and around campus. You can rent a bike from [Campus Rec](#) or even borrow a [Maroon Bike](#) at any given bike rack.
- Leave your car at home! Ride the Big E Transit around campus and on Sundays to get groceries.

[Learn more about EKU's commitment to carbon neutrality!](#)

Save & Protect Water

- Take short showers and turn the faucet off while brushing your teeth.
- Report any leaks. Drippy faucets can waste thousands of gallons each year, a toilet leak can waste up to 200 gallons of water per day! To report a leak file a [maintenance request](#) immediately.
- Do not litter or dump waste into storm drains. Storm drains carry pollutants directly into our waterways harming the environment and wildlife.

EKU Resident Sustainability Checklist



Reduce Waste & Increase Recycling

- Don't buy bottled water. Use the Hydration Stations located across campus to refill your reusable water bottle and bring your own filtered pitcher or faucet attachment to your room. By 2050 it is estimated that the amount of plastics in the ocean will outweigh fish!
- Recycle as much as possible and avoid single use products like plastic utensils and plastic bags. Learn "[What goes Where?](#)" and place your recyclables in the proper bins. If you see litter, pick it up!
- Reduce printing and print double sided whenever possible. When buying paper for personal printers be sure to purchase that with a high percentage of recycled content.
- Donate to your unwanted textbooks in drop-boxes located across campus and donate your unwanted clothes and furniture to local charitable organizations like Goodwill and the Salvation Army.

Eat Local & Sustainable

- Did you know that 1,850 gal of water are needed to produce a single pound of beef compared to only 39 gal to produce one pound of vegetables? Eating lower on the food chain can also be healthier for your heart and lighter on your wallet. Try switching out just one meal a week to start, or you can even commit to [Meatless Mondays!](#)
- Shop local and purchase fresh food at the campus [Farmers Market](#).
- Choose natural and organic food, personal care products, cleaners, and fabrics.
- Support environmentally-conscious companies, but beware of "greenwashing"! Look for verified labels such as [USDA Organic](#), [ASC Certified](#), [MSC Certified Sustainable Seafood](#), and [Fair Trade Certified](#) to name a few.
- Shop for clothing at consignment or thrift stores. Give that old sweater new life – classics never go out of fashion!
- Clean up your indoor air with live plants to help breathe easier.

Get Involved!

- Speaking of air... Take a hike! Get outside and enjoy the Campus Beautiful and the scenery of Eastern Kentucky. Get involved in one of the organizations on campus like [Green Crew](#) that support sustainability on campus.
- Join the Office of Sustainability in its many campus events and activities throughout the year. Follow us on [Facebook](#), [Twitter](#), and [Instagram](#) to stay up to date on ways to participate.