

## Conserve and Protect Water Resources

*Not only do Utahns use nearly twice the national per capita average of municipal water, but we use more water per person than residents of Denver, Phoenix, Las Vegas, Seattle, Portland, Los Angeles, or San Diego.*

*- Utah Rivers Council*

### Conservation tips:

- **Turn off the faucet** when not using the water.
- Install low-flow sinks, showers, and toilets. Check for rebates or discounts from stores or companies.
- Only run full loads of dishes and clothes.
- Water your lawn and garden at night to minimize evaporation.
- Consider using water efficient alternatives to decorate your yard.
- Grow water-wise, drought-tolerant, or adaptive plants.



### Tips to reduce water pollution:

- Reduce or avoid the use of toxic chemicals. Use a biodegradable, non-toxic alternative. *A simple mix of water, vinegar, baking soda can clean lots of things!*
- Be careful about what goes down your sink or toilet. Do not allow toxic chemicals or litter down the drain.
- For more information and other helpful hints, visit: <http://www.conservewater.utah.gov/> or [www.epa.gov/watersense](http://www.epa.gov/watersense).

## Shop Green

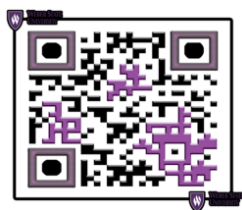
Shopping sustainably does not have to be difficult or expensive. Well-made items will last longer and do not need to be replaced as often.

### Quick sustainable-shopping ideas:

- Buy reusable or rechargeable products meant for **multiple uses**.
- Avoid disposable products unless compostable.
- Print documents double-sided, if possible on recycled paper.
- Buy vintage or consignment clothing and furniture.
- Instead of throwing away old clothes, donate them or plan a clothing swap.
- Choose **organic** or **local** products when possible.

### Did you know?

*1 million plastic bags are used each minute. About 500 billion to 1 trillion are used each year.*



For more information, please visit the Weber State University Sustainability Website:

[www.weber.edu/sustainability](http://www.weber.edu/sustainability)

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# Weber State University Sustainability Guide



ENERGY &  
SUSTAINABILITY  
— OFFICE —



Environmental Issues Committee

## Save Energy

Reducing energy use saves money; it also reduces air pollution because the majority of electricity we consume in Utah is generated by coal-fired power plants, which are high sources of CO<sub>2</sub> and mercury emissions.



### What can I do?

- **Adjust your thermostat** so the temperature is lower in the winter and higher in the summer. A programmable thermostat is also useful for when you are not home.
- Turn off lights not being used.
- Replace incandescent light bulbs with more energy-efficient compact fluorescent light bulbs or LED bulbs.
- **Unplug** appliances and computers or **turn off** power strips when not in use. Set your computer to sleep/hibernate when inactive.
- When possible, replace appliances with ENERGY STAR appliances. For more information, visit [www.energystar.gov](http://www.energystar.gov).
- Air-dry clothes and dishes.
- There are many resources available from utility companies when making your home more energy efficient. Visit [www.dsireusa.org](http://www.dsireusa.org) for rebate/tax credit information.

### A little bit adds up...

Unplugging your cell phone charger when not in use saves \$70 a year and reduces greenhouse gases by 190 lbs.

## Reduce Air Pollution

A majority of WSU's community drives to school in **single-occupancy vehicles**. This emits a large amount of pollutants that are harmful to our health and environment.

### Did you know?

A student commuting 20 miles daily in a car getting 26 MPG would save \$870.30/year (at \$3.30/gallon) on gas alone by taking public transit! Calculate your own cost savings at: <http://www.publictransportation.org/tools/Pages/default.aspx>.



### Use alternative transportation!

A UTA Pass for registered students and full-time faculty and staff is only \$20. It is good on all UTA buses (except Ski Buses), Frontrunner, and TRAX. Get your Education Pass, route information, and schedules in the Union Building. Visit <http://rideuta.com> for more information.



### What can I do?

- Walk or ride a bike.
- Carpool. Visit: [www.utahrideshare.com](http://www.utahrideshare.com).
- **Stop idling.** Do not sit in your car with the engine idling.
- Upgrade your car to more efficient and low-polluting models: [www.epa.gov/greenvehicles](http://www.epa.gov/greenvehicles).
- Visit the Ogden Bicycle Collective website: [bicyclecollective.org](http://bicyclecollective.org) to learn about biking in the Ogden area.

## Reduce Waste

In 2013, WSU threw out 900 tons of waste! Of this, **75%**, or **675 tons**, **could have been recycled**. Here are some tips for reducing your waste stream:



### Reduce:

Avoid buying easily ruined or broken items. Also, try to avoid excessive plastic packaging and paper materials.

- Remove your name from paper junk mail lists: [www.dmaconsumers.org/offmailinglist.html](http://www.dmaconsumers.org/offmailinglist.html).

### Reuse:

Instead of throwing items away, fix or mend them. You can also trade or sell your items.

- Do it yourself (DIY) projects are available for almost any item: [www.reuseit.com](http://www.reuseit.com).
- You can find free quality items throughout your community: [www.freecycle.org](http://www.freecycle.org).

### Recycle:

There are many recycling locations on campus and around Weber State.

- Recycle all soft **plastics #1-7**, aluminum, steel, tin cans, paper/newspaper/junk/mail/magazines, cardboard, paperboard (think cereal boxes), and egg cartons. **Do not put trash/food in recycling bins!**
- Recycle glass in the community recycling drop-off station located at the Stewart Stadium.
- For a complete list of recyclable items, visit: <http://earth911.com/recycling>.
- Consider composting food and other waste at home.