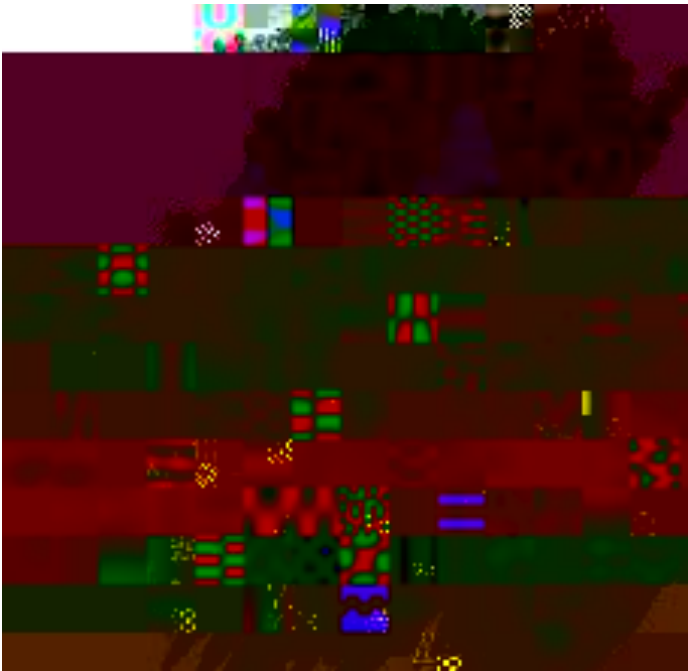


How to go

Green!

A USE Student Handbook



www.usf.edu/sustainability

A Prayer For Our Earth

All-powerful God,

You embrace with your tenderness
all that exists.

Pour out upon us the power of your love,
that we may protect life and beauty

others and sisters, harming no one, as if
O God of the poor

help us to rescue the abandoned and forgotten.

Bring healing to our lives,
that we may protect the world and not prey on it,
that we may enjoy beauty, not pollution and
destruction.

Touch the hearts of those who look only for gain
at the expense of the poor and the earth.

Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united with
every creature

and to urge your infinite wisdom and love

We thank you for being with us each day,
encourage us, we pray, in our struggle



Message from the Sustainability Committee

Dear USF Students,

Thank you for signing the Sustainability Pledge today.

We, the University of San Francisco community, are committed to caring for all of our communities and for preserving resources for present and future generations. If you are interested in learning more, consider joining the Council for Environmental & Scientific Awareness (CEA) Club.

There are exciting opportunities available around campus. Watch for the news.

Sustainability website in a paper month
up by you! It's a chance to make a difference on our campuses.

Questions or comments?

Janine Hicks

Director of Sustainability
or
Room 320 (Motherhouse)

Together we can make a difference! -Janine



- 1 Know what to recycle:
Empty Bottles
~~Clean Paper~~
Plastic (except for #6)
Clean Cardboard

Batteries
~~Clean Items~~
- 2 ~~Join CEA & Rec Club~~
- 3 ~~Host Green Events~~
- 4 ~~Sign up as a greener and nominate greener~~
between classes
- 5 ~~Turn off the lights & unplug the computers~~
when you leave
- 6 ~~Turn your notes instead of writing them~~
- 7 ~~Bring your own water, Coffee, Milk, Juice~~
to Campus
- 8 Use the Green Baskets when eating in the
Bistro Area
- 9 Get reusable containers & bottles for "To-Go"
Options available at the Café & Bistro
- 10 Take cooler & shorter showers
- 11 Turn off the water when you are brushing
your teeth, washing your hair & shaving
- 12 Use biodegradable coffee filters
- 13 Use reusable everything: water bottle, lunch
bag, silverware, cups, plates
- 14 Use products made from recycled materials
- 15 Use less toilet paper
- 16 Use scoopers to pick up after your dog instead
~~of a bag~~
- 17 Use plastic grocery bags and trash can liners



- 21 Reuse old tires for a flower garden, tire swing, furniture, etc.
- 22 Use egg cartons as biodegradable flower pot
- 23 Wear Hand-me-downs
- 24 Buy used or old furniture, books, clothes, etc. as trash, etc. (Check out Pinterest!)
- 25 Clean out closets, drawers, and other storage areas
- 26 Don't buy plastic or metal toys
- 27 Use a hemp or canvas leash for your pets
- 28 Reuse cardboard boxes for packaging
- 29 Rent books instead of buying new
- 30 Don't wear makeup or make sure it isn't tested on animals
- 31 Don't use synthetic or chemical fertilizers
- 32 Don't use pesticides
- 33
- 34 Don't litter, and pick up litter
- 35 Use natural light during the day and candles at Night (except in the dorms)
- 36 Use fluorescent or LED bulbs in dorm rooms
- 37 Use fans instead of air conditioning instead of using the A/C
- 38 Insulate windows in the winter (towels or newspapers work well)
- 39 Use a blanket, sweater, or snuggle with your dog to keep warm instead of turning up the thermostat
- 40 Run all errands in one trip
- 41 No joy riding in your car
- 42 Don't go on cruises
- 43 Buy local or organic products when possible
- 44 Carpool/use mass transit
- 45 Walk more often
- 50 Eat, drive, fly, or (Scar) Phis!



- 51 Switch to solar powered energy: lights for your porch, phone chargers, panels, roadways
- 52 Switch to wind energy: put up windmills
- 53 Use Energy Star rated appliances
- 54 Use a phone with a longer battery life
- 55 Unplug your charger and other appliances when not in use
- 56 Turn off fluorescent lights, TV, computer, game consoles, etc. when not in use
- 57 Use exercise equipment in a non-electronic device
- 58 Air dry your clothes instead of using the dryer
- 59 Let your hair air dry
- 60 Tankless water heater
- 61 Run outside instead of using the treadmill
- 62 Use both sides of notebook paper, printing paper, post-its, etc.
- 63 Reuse old papers for crafts
- 64 Stop printing out everything
- 65 File your taxes electronically
- 66 -Tickets
- 67 Use hand dryers or cloth instead of paper towels/napkins
- 68 Make your own paper
- 69 Plant a tree
- 70 Email instead of sending letters
- 71 Be the Lorax! Speak for and protect the trees!
- 72 Be conscious about your water usage
- 73



- 80 Wait until the dishwasher is full to start a load.
- 81 Use a rain barrel for gardening.
- 82 If a water leak in the home is not repaired, it can waste 100 gallons of water a day.
- 83 Donate food.
- 84 Eat less beef.
- 85
- 86 a week
- 87 Buy food locally grown.
- 88 Use aquaponics.
- 89 Eat from more sustainable food chains.
- 90
- 91 Plant your own food garden.
- 92 Reuse frying oil.
- 93 Bring your own reusable to-go box.
- 94 Use a charcoal grill instead of heating up the oven (and your house).
- 95 Collect seeds to plant instead of buying them.
- 96 Buy potted plants instead of cut flowers.
- 97 Use the cardboard from the pizza box as

