

THINK **BIG** - THINK **GREEN!**

Tips for Living Sustainably in Residence

To combat climate change, people all over the world are changing the way they live to try to minimize their carbon footprint. Let's join them by starting NOW in residence! University is a time to grow and experiment. "Going Green" feels good, so let's do it!

- Participate in the annual **Residence Energy Challenge (REC)** along with your fellow residents (for the past two years, *the REC has saved about \$4000 worth of energy each year?*)
- **Don't waste food!** (Food takes tremendous amounts of energy and resources to produce)
- **Take the stairs** instead of using the elevator (It's healthier for you too!)
- **Grow a plant** and improve air quality! (Don't use those toxic chemical air fresheners)
- **Wash clothing with cold water** (use the "bright colors" setting on residence washing machines)
- **Air dry clothes** instead of using the drier.
- Replace incandescent/halogen bulbs in your room with **compact fluorescent lightbulbs** (contact "project porchlight" for more information - <http://www.projectporchlight.com/kingston-ontario>)
- **Compost** your own organic waste by renting out a *personal Vermicomposter* for less than 15 bucks per year! Visit: <http://livingcitiescompany.ca/waste/REScue.html>
- **Re-use and Recycle** – Not just bottles and paper, but furniture and appliances as well! Visit <http://www.froshfurniture.com/> to get used furniture! **Decorate your room with paper** instead of plastic so that you can recycle them later. **Print on both sides** of the paper before recycling it.
- **Walk, bus, or bike** instead of driving or taxiing. You can rent bikes at low prices with *YellowBike Action*: <http://yellowbikeaction.googlepages.com/index.html>
- **Use a water filter** instead of thousands of plastic water bottles.
- Use a "**smart**" **power strip** to reduce your appliances' phantom electricity drain.
- **Buy local** furniture, food, and other products (to reduce the carbon footprint of transportation)
- **Share fridges**, or use the common room fridge. If you have to get your own, make sure it is the most energy-efficient kind!
- Buy products with **less packaging** and made via **fair trade**.
- **Close windows** when they don't need to be open in winter.
- Try taking **shorter, cooler showers**.
- **Turn off lights** that serve no purpose

Want to get more involved and make a bigger contribution to change? Join the **MCRC Green Team!** Visit:

<http://www.mcrcweb.org/v10/sustainability.php>

<http://www.facebook.com/home.php?#/group.php?gid=25355543619>

A message from your '09-'10 MCRC Sustainability Coordinator, Yan Yu
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