

THE ECONAUTS' GREEN LIVING GUIDE



UC San Diego

HOUSING • DINING • HOSPITALITY
Sustainability



Why be Sustainable?



Water



Energy



Food



Cleaning & Maintenance



Waste Management



Recycle



Get Involved!

“At UC we combine education, research, operational sustainability, cutting-edge entrepreneurship, and public service in a way that uniquely positions us to help take on both the local and global challenges of climate change.”

— UC President Janet Napolitano

Why be Sustainable?

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UC San Diego has implemented sustainable features and programs to help us reach UC-mandated sustainability goals, such as Zero Waste and Carbon Neutrality. The majority of HDH's Dining locations, residence halls, and apartments are LEED certified for their energy, water, and resource saving design.

As a resident, you can contribute to sustainable efforts by using your space in the greenest way possible. Hopefully, this guide will assist you in finding easy ways to add sustainability into your everyday routine.

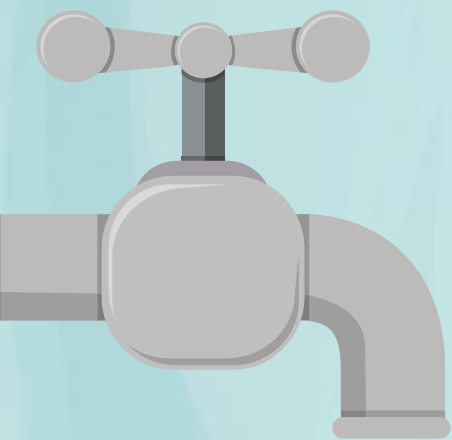
Meet the Econauts



UCSD is committed to reducing its potable water use by 20% by 2020.

What we do:

- We are irrigating with reclaimed water save millions of gallons campus-wide.
- We have installed low-flow showerheads, toilets, faucets and other fixtures to help conserve water!



What you can do:

Report leaks to maintenance immediately by calling 858.534.2600.

Take shorter showers. The average shower lasts 8 minutes and uses 18 gallons of water.

Turn off the faucet when brushing teeth/ washing hands to minimize water consumption.

Run only full loads of laundry using cold water, and line dry laundry whenever possible.

UC San Diego's goal is to be Carbon Neutral by 2025. This means net zero greenhouse gases emissions from its buildings and vehicle fleet.

What you can do:

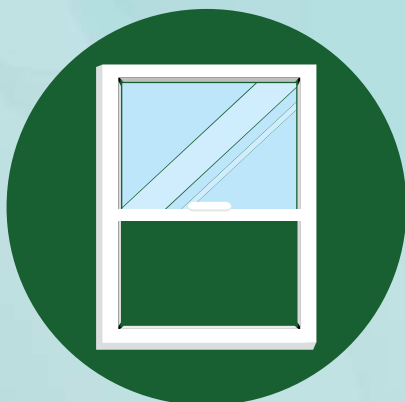
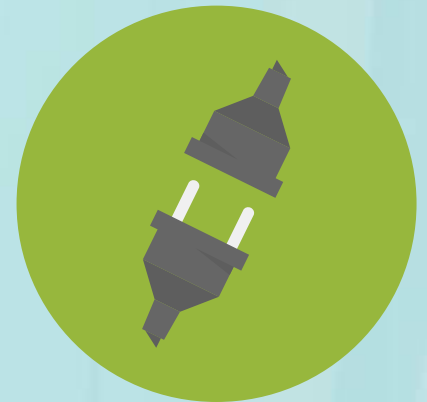
Although you are not directly paying for your utilities on campus, your utility usage factors into the Housing rates on campus.

Help keep rates down!



Take advantage of natural daylight instead of turning on the lights.

Connect all of your electronics and appliances to a power strip to easily turn them all off when not in use (devices are still drawing power when you are not using them).



Open windows regularly to ensure proper airflow. No need for A/C or heating!

Over the years, UCSD has implemented many sustainable food efforts including: a weekly farmers market, daily vegan and vegetarian options in Dining facilities, and supporting community gardens. Programs such as the Triton Food Pantry and healthy cooking classes by HDH Dining and The Zone help promote these sustainable actions campus-wide.



Over **4,000** pounds of nonperishable food were donated to the Triton Food Pantry during the 2018 on-campus move-out donation drive.

HDH purchases **19%** of its food from sustainable sources, and is on track to reach **30%** by 2020. This includes products that are Fair Trade, organic, local, and others that sustain the environment and global communities.

What you can do:

Opt for plant-based foods whenever possible! Eating lower on the food chain reduces the amount of nutrients, energy, and water needed to sustain your diet. Plus, it's good for you!

Donate non-perishable food you don't want (think Triton Food Pantry) throughout the year to help reduce food waste.

Look for labels that indicate your food is sourced sustainably:

- **Fair Trade:** fair deal for farmers and environmental stewardship
- **Rainforest Alliance:** protects biodiversity
- **Organic:** cuts down pesticide use



What we do:

HDH Custodial Services uses green cleaning products and standards to reduce the impact on both the environment and human health.

What you can do:

Avoid sending harsh chemicals into the environment. Look for natural and biodegradable cleaning products in the Markets.

Use reusable towels or rags to clean surfaces or dry your hands.

Take a look in the Markets for other environmentally-friendly cleaning options!

Read the label on cleaning products to see what's the suggested amount to use. Usually a little goes a long way, and remember some empty cleaning product containers are still recyclable!

DIY Air Freshener

- Fill a jar $\frac{1}{4}$ full with baking soda
- Add 5-10 drops of your favorite essential oil
- Make sure air can get through the lid and leave in an open space!



DIY Surface Cleaner

- Mix equal parts vinegar and tap water in a spray bottle
- Enjoy your non-toxic everyday surface cleaner!



What we do:

Most HDH Dining establishments will no longer be offering single-use plastic utensils. This will potentially eliminate over 500,000 forks, spoons, and knives from the landfill each year. Dining restaurants and markets now offer paper straws in lieu of plastic. In one year, 64 Degrees alone has saved over 17,000 plastic plates and 22,500 plastic cups by introducing reusable dish ware.

There are over **70** Hydration Locations installed all around campus for you to fill up your water bottle with free, clean, filtered drinking water.

All “To-Go” containers from Tapingo and Dining are now recyclable. This will reduce over **170,000** paper to-go containers from ending up in the landfill each year!

In 2017-2018, HDH Started charging for bags, reducing single-use bag consumption by **48%** (**60,000 bags**)

Napkin caddies were replaced, saving over **1,000,000** napkins from the landfill.

What you can do:

Bring your reusable bag and receive a 10 cent discount at the Markets.



Choose to reuse! When eating in, refuse single-use plastic, paper coffee cups, and “To-Go” cutlery—instead, use reusable stainless-steel cutlery (grab your own set at an HDH Market).



Use your own mug or cup in the Markets or Dining restaurants and get a 20 cent discount.



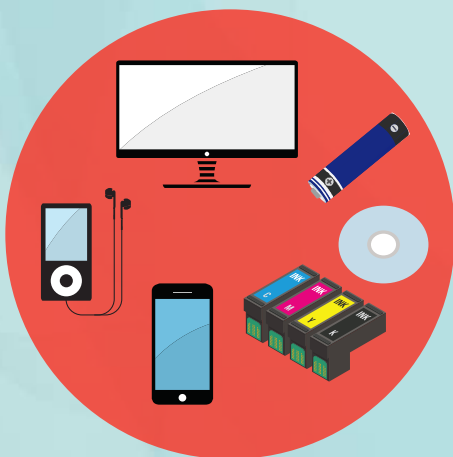
What you can do:



Recycle! Last year 250 tons of recycling were diverted from the landfill.

You can recycle:

- Rigid plastics (even if dirty!)
- Clean paper products
- Glass
- Aluminum



E-waste (like batteries and electronics), ink cartridges, writing utensils, water filters, and air cushions can be recycled through the Green Outlet program in ResLife offices or at the Sustainability Resource Center in PC.

Pledge #mylasttrash! Help UCSD reach its Zero Waste by 2020 goal: Click [HERE](#) to take the Pledge!



Do you have a green idea? Need resources to get off the ground? HDH provides Green Grants: Click [HERE](#) for more!

Contribute to a sustainable attitude on campus! Hold yourself and your friends accountable for **ACTIONS** that **AFFECT** the **ENVIRONMENT**. Remind each other to turn off lights, faucets, and to bring your water bottle, mug, straw, etc. with you when you head out to class for the day!



Join a student sustainability organization! Find an aspect of sustainability that speaks to you and reach out to the organization to see how you can get involved. All of the organizations have information posted in the Sustainability Resource Center and on the Inter-Sustainability Council website.

ISC: <http://iscucsd.wixsite.com/main/member-orgs>

SRC: <https://sustainability.ucsd.edu/about/src.html>

**Think you've got what it takes to live sustainably?
Reach out to the HDH Econauts to schedule a
Green Living Audit!**

Contact us at: econauts@ucsd.edu.

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