**Checklist for Sustainable Living**

### Electricity
- Use compact fluorescent light bulbs.
- Laundry in **COLD WATER**.
- Drying racks.
- Take the stairs!
- Use natural lighting.
- **Turn off power strips when not in use.**
- Do **NOT** bring a printer.

### Water
- Use a reusable water bottle and coffee mug.
- Take shorter showers.
- Turn off the water when brushing teeth and shaving.
- Fill up a sink to wash dishes – don’t leave the water running.

### Food
- Don’t use a tray.
- Reduce your meat consumption.
- Buy local or organic when possible!
- Research the environmental impact of your food choices on the Bon Appétit website.

### Transportation
- Carpool ➔ Bike ➔ Walk

**CONSUMPTION**

- Shop at thrift stores or used good stores.
- Purchase used books or rent your textbooks.
- **Avoid. Using. Plastic. Bags.**
- Donate unwanted items at the end of each semester (use Ole Thrift Shop or Goodwill).
- Avoid eating with disposable items (utensils, plates, cups).

**COMMUNITY**

- Bookmark the SustainAbilities page on your computer.
- Follow environmental leaders on Twitter.
- **Keep up with environmental news sources.**
- Use your voice in democracy and elections to support environmental causes.
- Talk to others about the kind of community you envision for your lives!