

# Green Living

## AT COLLEGE

THE GEORGE  
WASHINGTON  
UNIVERSITY  
WASHINGTON, DC



## BATHROOM

- ▶ Take shorter showers
- ▶ Purchase green cleaning products
- ▶ Turn off the water while brushing your teeth
- ▶ Use a drying rack for your clothes instead of a dryer to save money and energy



## KITCHEN

- ▶ Buy organic, local, or fair trade food—check out GW's seasonal farmer's market Wed. 3-7pm
- ▶ Eat less meat—celebrate Meatless Mondays
- ▶ Use minimal packaging
- ▶ Plant herbs in your windowsill
- ▶ Consider composting food scraps and paper items where available



## ELECTRONICS

- ▶ Plug electronics into smart power strips
- ▶ Replace light bulbs with LED/CFL bulbs—they burn out less often
- ▶ Use rechargeable batteries
- ▶ Buy items with these labels: *biodegradable, energy efficient, recyclable, recycled content, reusable, and water efficient*
- ▶ Get into the habit now of turning off all lights and electronics whenever you leave your room



## REDUCE WASTE

- ▶ Wrap presents creatively—use newspaper or an old map
- ▶ Swap out reusable bags for plastic bags and protect local rivers while also saving money from the DC bag tax
- ▶ Think about your drinks—recycle your solo cups and carry a reusable bottle or mug for water and coffee

## DID YOU KNOW?



Switching to CFL light bulbs can prevent the emission of between 1,000-2,000 lbs of carbon dioxide and between 8-16 lbs. of sulfur dioxide (the cause of acid rain) from entering the atmosphere.



A report by *Food and Water Watch* says that 47.8% of all bottled water was derived from tap water. Don't pay a much higher price for something that you already have for free.



The Foggy Bottom FreshFarm Farmer's market takes GWorld.



Approximately 1,850 gallons of water are needed to produce a single pound of beef.



Washing laundry in cold water instead of hot saves 90% of the energy usage.

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