YOU’LL GET UP EASIER KNOWING A FEW WAYS TO ERASE YOUR CARBON FOOTPRINT.

**Practice speed-showering.** Every minute cut saves 2 gallons—that’s 60 gallons a month when you shave just one minute a day.

**Leak the news.** Shower, sink, or toilet sprung a leak? Tell your housing supervisor. Leaks may seem like no big deal, but they can waste up to 600 gallons of water a month.

**Kill the lights.** A flick of your wrist when you leave the room saves energy effortlessly.

**Be a turn-off—in a good way.** Not using something? Turn it off and unplug it. That means your computer, TV, cell phone charger—anything. It’s easy with power strips. If all freshmen unplugged their stuff when not in use, they’d save about 59 tons of carbon emissions by graduation.

**Power savings**
Upgrades to Stanford buildings have saved roughly enough electricity in the past decade to power 22,000 California homes for a year. And estimated energy cuts of 28% are in the works for the top 25 energy-using buildings on campus.

**sustainable study habits**

**Put your computer to bed.** Set your monitor to sleep after 10 minutes of inactivity—this cuts energy from 100 to 5 watts. And turn off computers before bed; you and your roommate could save a ton of carbon this year—literally!

**Writing a paper?** Perfection doesn’t come on the first draft. That’s okay—toss rough drafts into the blue recycling bins. It’s a 29-year-old Stanford tradition—now more than 61% of Stanford’s trash gets recycled.

**Lighting matters.** Shine light on your work without the energy drain. Compact fluorescent lightbulbs use 75% less energy and last 10 times longer than incandescents. If all freshmen switched to CFLs, we’d save 188 tons of emissions a year.

**Green learning**
New buildings at Stanford are designed with sustainability in mind. Check out the Leslie Shao-ming Sun Field Station at Jasper Ridge (energy-saving technologies power 85% of its needs) and the Jerry Yang and Akiko Yamazaki Environment + Energy Building (expected to have 44% lower energy costs than a comparable standard building).
get smarter

STANFORD PROVIDES MANY WAYS TO LEARN MORE ABOUT SUSTAINABILITY AND ENJOY LIFE.

How well do you know the planet? Take an I-Earth course and get better acquainted.
Get back to nature in Stanford’s backyard. Hike the Dish trails or arrange a tour of Jasper Ridge Biological Preserve.
Team up with a professor. You’ll find professors researching environmental and sustainability subjects at the Woods Institute, Department of Civil and Environmental Engineering, Department of Biological Sciences, School of Earth Sciences, and other academic centers.

Leading the pack

In 2007 Stanford was one of four universities to earn the highest grade (A-) on the Sustainable Endowments Institute’s College Sustainability Report Card.

activists with benefits

MAKE FRIENDS WHILE WORKING FOR THE ENVIRONMENT.

Conserve competively. The annual Energy Bowl and Water Derby pits dorms against each other for total energy and water savings. Last year’s competitors cut utility use by 10%.
Don’t go solo. We get more done together. So join a student sustainability group—see the Resources section below for details.

Farm fresh

You can grow food for Stanford Dining or plant your own at Stanford’s one-acre Community Farm.

eat right

KEEP YOURSELF AND THE PLANET IN TOP FORM.

Eat organic. It just tastes better. Unless you like methyl bromide in the morning.
Eat locally grown. You’ll get the freshest bites and spare us all the pollution created by long-distance transportation.
Compost your leftovers. Tresidder Union and other university eateries even provide compostable tableware—make sure to toss your discards in the right bins to avoid cross-contamination.

Green dining

Stanford Dining puts green where your mouth is. It won the first Acterra Award for Sustainability and is certified as a green business.
chore list

KEEP IT CLEAN WHILE STAYING GREEN.

**Take a load off.** Do full loads of laundry. Don’t have more than 1 pair of pants? Combine loads with your roommate.

**Give trash a second life.** Recycle paper, bottles, cans, plastic, and food waste in the correct bins. Take electronics to the Recycling Office at 339 Bonair Siding.

**Green machines**

*Stanford’s low-flow washers use 50% less water—your efforts double the savings.*

shameless shopping

STAY GREEN—EVEN WHEN YOU’RE SPENDING IT.

**Shopping spree?** Take the Marguerite. Powered by 5% biodiesel, it’s fast and carries all your bags. Buy recycled stuff. It’s everywhere—including the Stanford Bookstore, which offers recycled notebooks, paper, portfolios, and more.

**Follow the Energy Star.** This handy logo means your appliance is energy efficient. Look for it on a refrigerator, monitor, or microwave near you.

getting off the farm

LEAVE TOWN WITHOUT LEAVING (MUCH OF) A TRACE.

**Heading for the city?** Let Caltrain, BART, and Muni do the driving. (You can bring your bike.)

**Got a plane to catch?** Get to the airport with a Caltrain + BART combo (San Francisco and Oakland) or Caltrain + VTA bus (San Jose).

**Don’t forget to unplug.** If you’re leaving town, get your room off the grid. You’ll leave no carbon footprints behind.
Resources

Sustainable Stanford: http://sustainable.stanford.edu

More tips on sustainable living: http://sustainablechoices.stanford.edu

Calculate your impact: http://ecofoot.org or http://climatecrisis.org

Recycling: http://recycling.stanford.edu

Marguerite schedules: http://transportation.stanford.edu/marguerite

Bay Area public transportation:
http://transportation.stanford.edu/alt_transportation/BayAreaTransit.shtml

Student groups: http://sustainable.stanford.edu/students.html

Green professors: http://environment.stanford.edu/search/dbsearch.html

I-Earth courses: http://iearth.stanford.edu


Energy and water conservation:
http://lbre.stanford.edu/sem/water_conservation
http://lbre.stanford.edu/sem/energy_conservation

Residential and Dining Enterprises:
http://www.stanford.edu/dept/rde/sustain.htm