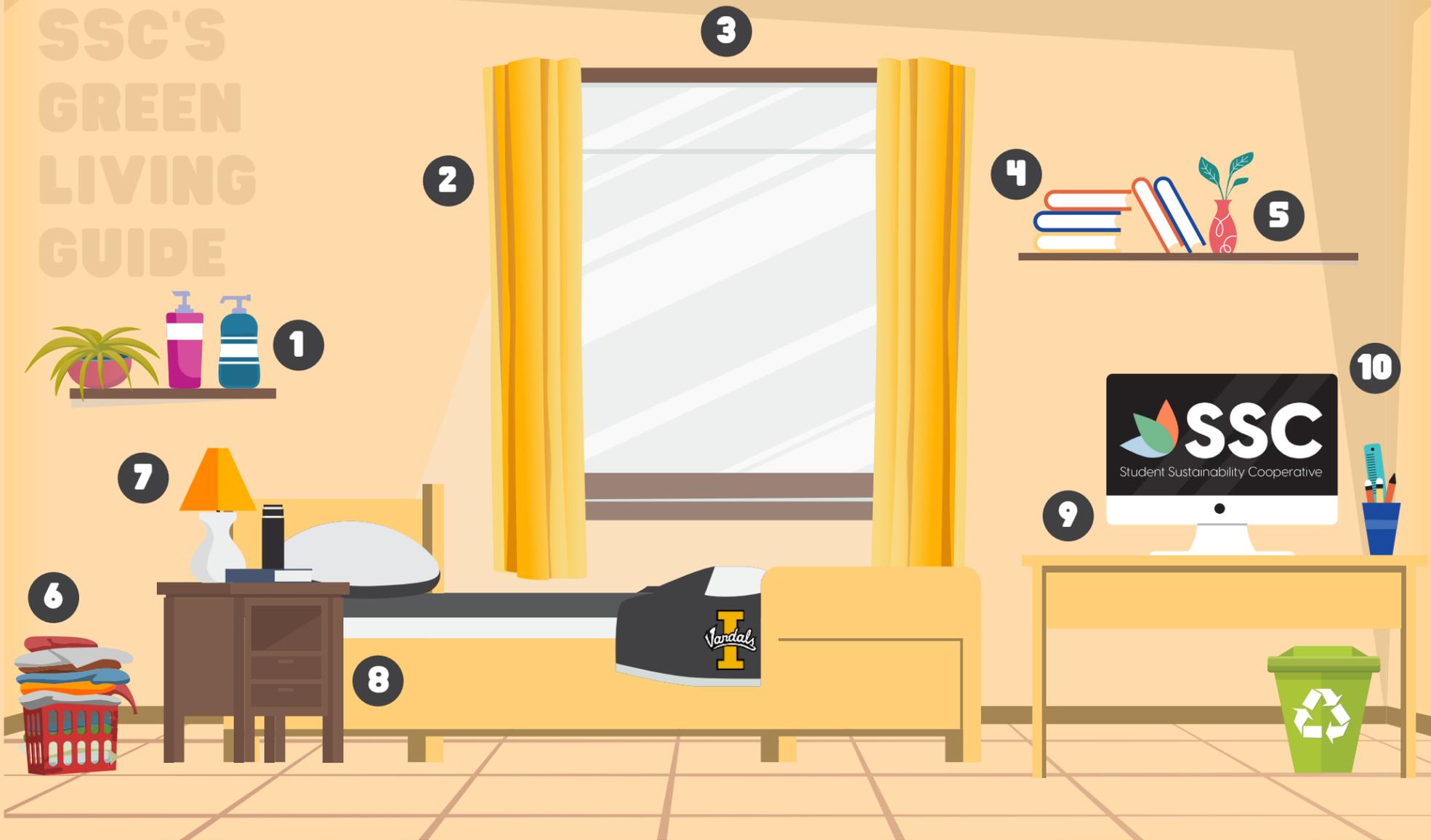


# SSC'S GREEN LIVING GUIDE



## 1 ECO CLEANERS

Check your cleaning supplies for the EPA's Safer Choice label. These products are certified to be safer for you, your family, pets, and the environment without sacrificing performance.

## 2 CURTAINS AND SHADES

Window curtains are a simple way to help insulate your room. Keep them closed in the winter to combat drafts or use black-out shades in the peak of summer to beat the heat.

## 3 NATURAL LIGHTING

When the weather allows, keeping your shades open and using natural light helps us avoid harsh indoor lighting. There are also many health benefits from using natural light.

## 4 USED TEXTBOOKS

Used textbooks can save paper, money, and emissions when sourced locally. Seek out second-hand books when possible and consider donating unwanted books at the end of each semester.

## 5 PLANTS

Research has shown that houseplants could have the power to help improve indoor air quality, reduce stress levels, and boost your productivity.

## 6 LAUNDRY

Washing machines use an average of 20 gallons of water per load. Save water and only wash full loads of laundry. You can also reduce single-use waste and drying time by using wool dryer balls instead of dryer sheets!

## 7 LED BULBS

LED bulbs are far more energy efficient than standard incandescent bulbs and can last much longer. When you can, switch lamps and light fixtures over to ENERGYSTAR qualified LED bulbs.

## 8 SECONDHAND FURNITURE

Shopping secondhand when decorating your space supports the local economy, prevents unnecessary shipping emissions, and saves money.

## 9 POWER SAVE SETTINGS

Power-saving settings help conserve energy by switching off unused devices and lowering screen brightness, which can also help reduce eye strain.

## 10 GET INVOLVED!

Getting involved with the Student Sustainability Cooperative will help you engage in UI sustainability through volunteerism, educational events, and leadership opportunities.