

TURN DOWN THE HEAT

THROW ON A SWEATER OR BLANKET INSTEAD!



During these chilly winter months, you may be tempted to turn the heat all the way up



Instead, try adding more layers - throw on a sweater or cozy up with a blanket



Studies show that every degree you lower your thermostat in the winter can save you 1-3% on your energy bill



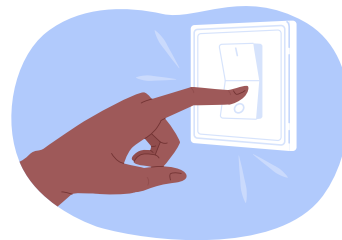
For more sustainability tips and information about sustainability initiatives on campus visit: carleton.ca/sustainability

BECOME ENERGY SMART



1

**Switch off the lights
when you leave**



**Use natural light
when possible**

2

3

**Pull the plug on
devices not in use**

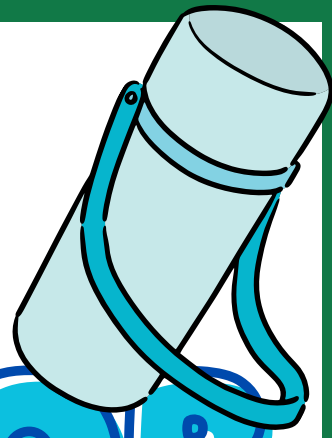


**Avoid personal heating
and cooling devices**

4

DO YOUR

PART: BYOB



(BRING YOUR OWN BOTTLE)

**85% of plastic bottles
are NOT recycled**



**Bottled water costs up
to 3000 times more
than tap water**



**Help eliminate 25 million tons
of plastic waste per year!**



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Happy

Earth Day

**TAKING PART IN
COMMUNITY CLEAN-UPS IS A
GREAT WAY TO CELEBRATE
EARTH DAY!**

**WHY LIMIT
YOURSELF TO
PARTICIPATING ONLY
ON EARTH DAY?**

**LOOK OUT FOR
COMMUNITY-WIDE
CLEAN-UPS THROUGHOUT
THE YEAR!**



OFFICIAL WEBSITE:
EARTHDAY.ORG

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Did You Know?

**A PHOTOCOPIER
LEFT ON STANDBY
OVERNIGHT WASTES
ENOUGH ENERGY TO
MAKE 30 CUPS OF TEA.**



**SWITCH IT OFF AND YOU'LL
NOTICE THE DIFFERENCE!**

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JUNE IS LET'S BIKE MONTH

**SWITCH UP YOUR COMMUTE AND
TRY CYCLING TO WORK OR SCHOOL**



**CHECK OUT OUR LET'S BIKE MONTH WEBPAGE FOR
MORE CYCLING RESOURCES AND STAY TUNED FOR
UPDATES ON CYCLING EVENTS ON CAMPUS!**

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Plastic-Free July



ARE YOU UP FOR THE CHALLENGE?

Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution.

THE CHALLENGE?

Work to actively reduce or refuse single-use plastics throughout the month of July (and beyond!)

BUT HOW?

FOLLOW THE 5 R'S OF ZERO-WASTE

REFUSE

Say no to things you don't need



REDUCE

Limit overconsumption of what you do need



REUSE

Extend the lifecycle of the product



RECYCLE

Learn the best way to sort your waste



ROT

Compost anything that remains



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TRY A



LITTERLESS LUNCH

REDUCE WASTE AND
SAVE MONEY AT
THE SAME TIME!



PRODUCE UP TO
89% LESS WASTE
& SAVE UP TO
\$550 PER YEAR!

**DON'T HAVE TIME TO PACK A LUNCH EVERYDAY DURING THE WEEK?
TRY PREPPING SOME LUNCHESS ON THE WEEKEND SO YOU CAN JUST
GRAB-AND-GO THROUGHOUT THE WEEK!**

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GREEN YOUR COMMUTE

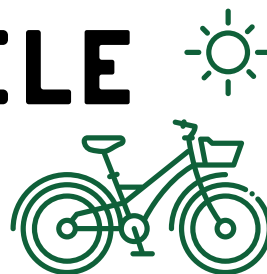
Transportation is responsible for 1/3 of Canada's air pollution

Challenge yourself to change up your usual commute to school or work!

WALK



CYCLE



**BUS/
TRAIN**

**ELECTRIC
SCOOTER**



CARPOOL

**BENEFITS OF GREEN
TRANSPORTATION**

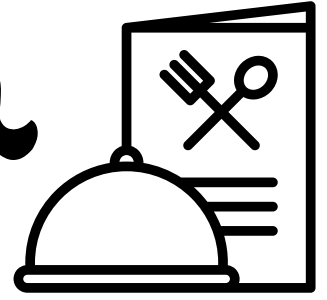
**REDUCE YOUR
CARBON FOOTPRINT**

**SAVE TIME
& MONEY**

IMPROVE HEALTH

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On the Menu



LOCAL

FAIRTRADE

SUSTAINABLE

COMPOSTABLE

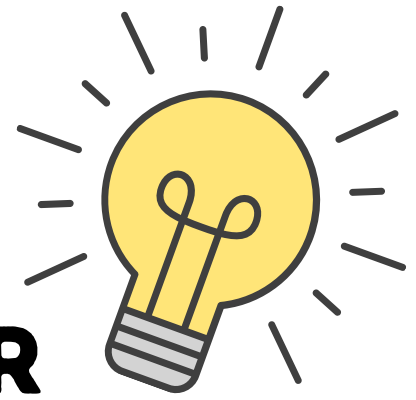
- ▶ **DINING SERVICES SUPPORTS LOCAL FARMERS BY PURCHASING PRODUCE IN SEASON**
- ▶ **CARLETON IS A FAIRTRADE CERTIFIED CAMPUS**
- ▶ **3-STAR CERTIFIED GREEN RESTAURANT - THE CAF**
- ▶ **CERTIFIED ZERO-WASTE - THE FOOD COURT & THE CAF**



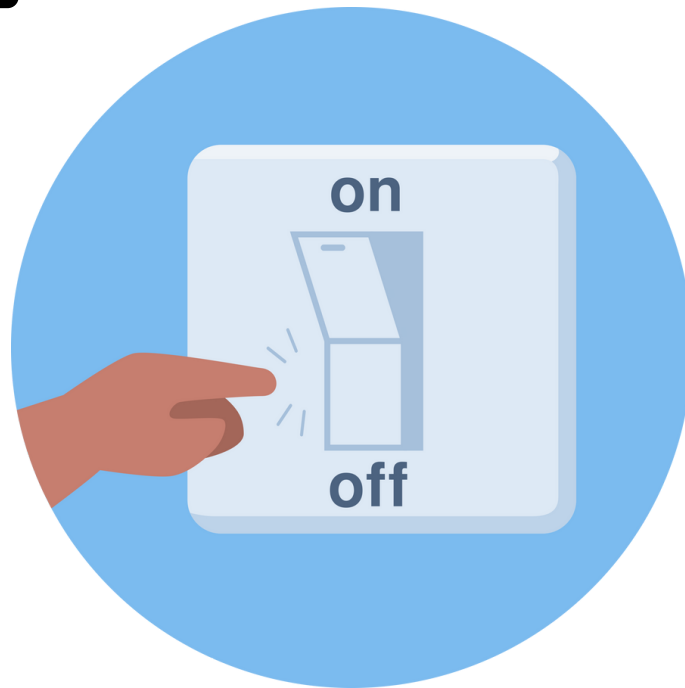
When ordering food for events on campus, look to purchase the local menu and highlight initiatives such as compostable packaging & cutlery, non-bleached napkins and Fairtrade coffee.

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**OFFICE LIGHTS LEFT
ON OVERNIGHT USE
6439 KWH EACH YEAR**



**THAT'S ENOUGH ENERGY
TO HEAT A HOME FOR
ALMOST 5 MONTHS!**



**SWITCH THEM OFF AND YOU'LL
MAKE ALL THE DIFFERENCE**

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PRE-HOLIDAY CHECKLIST



Use this checklist before you go to keep up with your sustainability efforts even when you are away!



LOWER THERMOSTATS TO 60°F/ 15°C, IF POSSIBLE



CLOSE CURTAINS/BLINDS FOR MORE INSULATION



UNPLUG ALL APPLIANCES NOT PLUGGED INTO POWER STRIPS



MAKE SURE ALL FAUCETS ARE TURNED OFF AND REPORT ANY LEAKS



CLEAN OUT FRIDGE TO PREVENT FOOD SPOILAGE



SHUT OFF POWER STRIPS



WATER ANY PLANTS



TURN OFF ALL LIGHTS

HAVE A SAFE AND HAPPY HOLIDAY!

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