

# DO MORE TO SAVE MORE



## WATER

Brush your teeth without running water and save up to 3 gallons of water each day.

Wash full loads of laundry and conserve up to 25 gallons of water per laundry load.

Shorten your showers to 5 minutes and save up to 2 gallons of water per minute.

Ditch plastic micro beads in personal care products and reduce water pollution. Every day, eight trillion microbeads enter aquatic habitats in the United States alone!

Report leaks to facilities in toilets, sinks, or showers, and save gallons of water.



## ENERGY

Turn off your lights, computer monitor, speakers, and printer at night. Turned-off appliances plugged in still suck energy.

Launder thoughtfully: wash full loads and use cold water.

Plug electronics into a power strip so you can flip 1 switch to turn everything off and eliminate standby power consumption.

Replace your halogen desk lamp with a LED light and save up to 60% energy.

Turn off the heater when leaving your room and help reduce SU's greenhouse gas emissions.



## CONSERVE

Only take the food servings you can finish and help SU reduce its food waste.

Use a reusable water bottle and reduce plastic waste on campus.

Use a reusable mug and reduce waste on campus.

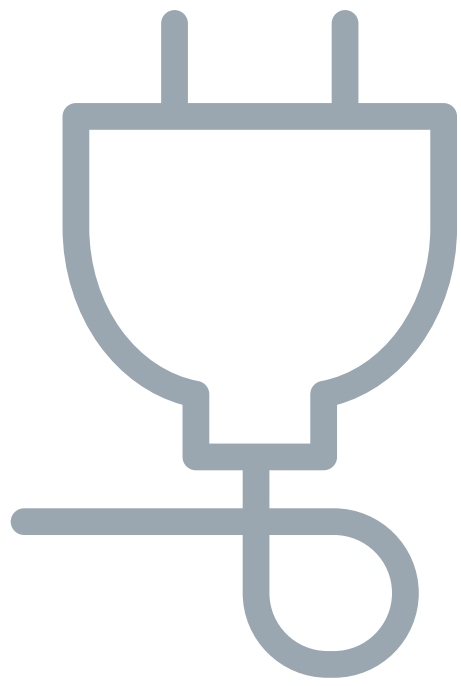
Bring your own mug to any campus eatery and get a 20 cent discount off hot drinks and soda.

Use reusable dishware instead of to-go boxes and reduce waste on campus.

Educate yourself on what materials are recyclable and compostable.

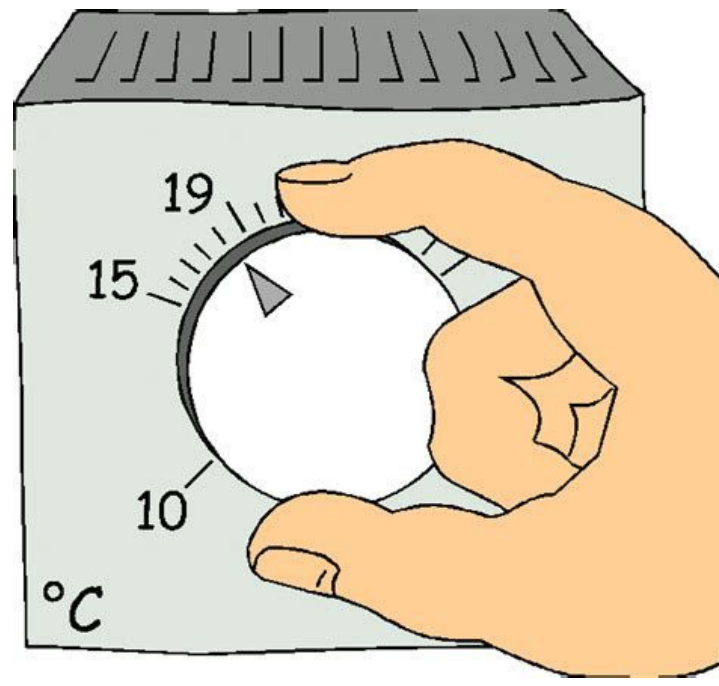
# Do More to Save More

What can I do to conserve more energy and water?



## Unplug!

Unplug and turn off computers, lights, and other electronics when not in use.



## Turn Down!

Turn off your heater when you leave the room. Pro tip: wear layers to keep heater usage to a minimum.



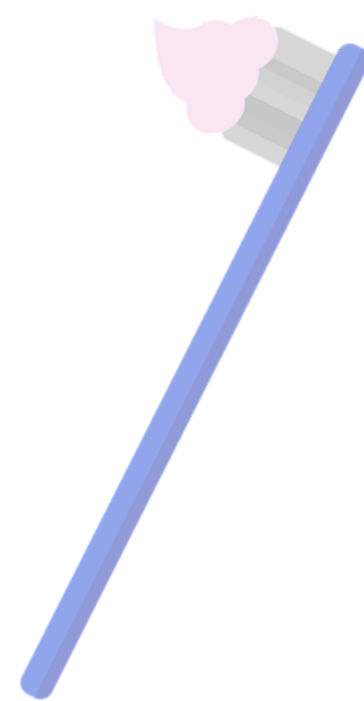
## Shorten!

Shorten your showers to 5 minutes and save up to 2 gallons of water per minute.



## Full Load!

Wash full loads of laundry, use cold water, & air dry your clothes when needed.



## Brush Dry!

Turn off the water while brushing your teeth. Wet your toothbrush before and after you brush.



## Report!

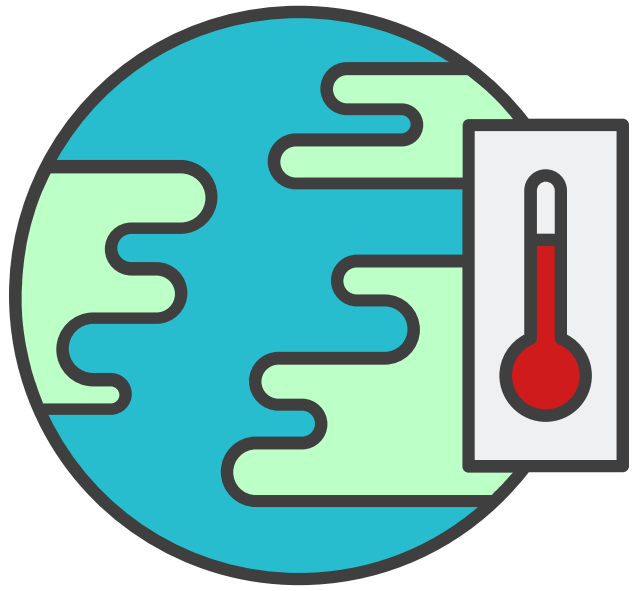
Report any leaks or faulty heating systems to facilities by filing a work order.

Learn more about **S**ustainability here:  
[www.seattleu.edu/sustainability](http://www.seattleu.edu/sustainability)



# Why Should I Care?

Why is the amount of energy and water I use relevant?



## Climate Change

Scientists warn that we need to cut carbon emissions from buildings ASAP if we want to curb the negative effects of climate change.



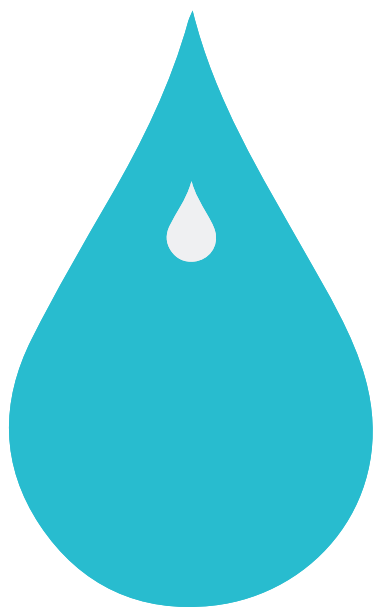
## It's Your Money

Higher energy and water use means that more of SU's budget is allocated towards utilities instead of other programs.



## SU Cares

SU Facilities has taken steps to reduce energy and water usage, such as installing LED lights and low-flow aerators & shower heads in all res halls.



## Fresh Water Is a Limited Resource

The availability of the water for human consumption is limited. Freshwater comprises only 3% of water on Earth and only about 1/5th of that is accessible to us.