

How to go Green!

A USF Student Handbook



Written by USF Students

A Prayer For Our Earth

*All-powerful God,
you are present in the whole universe
and in the smallest of your creatures.
You embrace with your tenderness
all that exists.*

*Pour out upon us the power of your love,
that we may protect life and beauty.*

*Fill us with peace that we may live
as brothers and sisters, harming no one.*

*O God of the poor,
help us to rescue the abandoned and forgotten
of this earth, so precious in your eyes.*

*Bring healing to our lives,
that we may protect the world and not prey on it,
that we may sow beauty, not pollution and
destruction.*

*Touch the hearts of those who look only for gain
at the expense of the poor and the earth.*

*Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united with
every creature*

as we journey towards your infinite light.

*We thank you for being with us each day,
encourage us, we pray, in our struggle
for justice, love, and peace.*

- Pope Francis, *Laudato Si'*

Message from the Sustainability Committee

Dear USF Students,

Thank you for signing the Sustainability Pledge today.

We, as a Catholic, Franciscan community are committed to Care for all of God's creation and for preserving resources for you and future generations. If you are interested in learning more, consider joining the Council for Environmental & Scientific Awareness (CEA) Club.

There are exciting sustainable activities all around campus. Watch for the new Sustainability website in another month which will highlight events happening on our campuses.

Questions or comments?

Janine Hicks

jhicks@stfrancis.edu or
Room 320 (Motherhouse)

Together we can make a difference! -Janine

- 1 Know what to recycle:
 - Empty Bottles
 - Empty Cans
 - Clean Paper
 - Plastic (except for #6)
 - Clean Cardboard
 - Ink Cartridges
 - Batteries
 - Glass Items
- 2 Join CEA & Rec Club
- 3 Host Green Events
- 4 Stay on Campus instead of going home in between classes
- 5 Turn off the bathroom lights in the dorms when you leave
- 6 Type your notes instead of writing them
- 7 Bring your own reusable Coffee Mug or Bottle to Campus
- 8 Use the Green Baskets when eating in the Bistro Area
- 9 Get reusable containers & bottles for "To-Go"
Options available at the Café & Bistro
- 10 Take cooler & shorter showers
- 11 Turn off the water when you are brushing your teeth, washing your hair & shaving
- 12 Use biodegradable coffee filters
- 13 Use reusable everything: water bottle, lunch bag, silverware, cups, plates
- 14 Use products made from recycled materials
- 15 Use less toilet paper
- 16 Use scoopers to pick up after your dog instead of baggies
- 17 Use plastic grocery bags and trash can liners
- 18 Make Plarn (plastic yarn) creations!
- 19 Make your own deodorant, toothpaste, household cleaners, and laundry detergent
- 20 Use grass clippings and leaves as mulch

- 21 Reuse old tires for a flower garden, tire swing, furniture, etc.
- 22 Use egg cartons as biodegradable flower pot
- 23 Wear Hand-me-downs
- 24 Repurpose old clothing, water bottles, scraps, trash, etc. (Check out Pinterest!)
- 25 Shop at thrift stores, eco, and animal friendly companies
- 26 Donate clothing and your hair
- 27 Use a hemp or canvas leash for your pets
- 28 Reuse cardboard boxes for packaging
- 29 Rent books instead of buying new
- 30 Don't wear makeup or make sure it isn't tested on animals
- 31 Don't use pesticides or fertilizers
- 32 Don't use Styrofoam
- 33 Don't flush medication
- 34 Don't litter, and pick up litter
- 35 Use natural light during the day and candles at Night (except in the dorms)
- 36 Use fluorescent or LED bulbs instead of incandescent
- 37 Open the windows in your house and car instead of using the A/C
- 38 Insulate windows in the winter (towels or newspapers work well)
- 39 Use a blanket, sweater, or snuggle with your dog to keep warm instead of turning up the thermostat
- 40 Run all errands in one trip
- 41 No joy riding in your car
- 42 Don't go on cruises
- 43 Ride a bike or a horse instead of driving
- 44 Carpool/use mass transit
- 45 Walk more often
- 50 Drive a hybrid car (Prius/Tesla)

- 51 Switch to solar powered energy: lights for your porch, phone chargers, panels, roadways
- 52 Switch to wind energy: put up windmills
- 53 Use Energy Star rated appliances
- 54 Use a phone with a longer battery life
- 55 Unplug your charger and other appliances when not in use to stop energy vampire
- 56 Turn off power strips, lights, TV, computer, game consoles, etc. when not in use
- 57 Use exercise equipment to charge electronic device
- 58 Air dry your clothes instead of using the dryer
- 59 Let your hair air dry
- 60 Tankless water heater
- 61 Run outside instead of using the treadmill
- 62 Use both sides of notebook paper, printing paper, post-its, etc.
- 63 Reuse old papers for crafts
- 64 Scan papers, use electronic files, instead of printing out everything
- 65 File your taxes electronically
- 66 Buy E-Tickets
- 67 Use hand dryers or cloth instead of paper towels/napkins
- 68 Make your own paper
- 69 Plant a tree
- 70 Email instead of sending letters
- 71 Be the Lorax! Speak for and protect the trees!
- 72 Be conscious about your water usage
- 73 Fix leaky faucets
- 74 Only flush when necessary
- 75 Use toilets with different water usage settings
- 76 Reuse shower water by putting a bucket in there and use it to flush the toilet
- 77 Shorter wash cycles
- 78 Re-wear clothes and wear fewer articles of clothing to reduce loads to wash
- 79 Let the rain wash your car

- 80 Wait until the dishwasher is full to start a load
- 81 Use a rain barrel for gardening
- 82 Use water left in bottles to water plants
- 83 Don't waste food: eat everything on your plate
- 84 Donate food
- 85 Eat less beef
- 86 Eat a vegetarian or vegan meal once (or more) a week
- 87 Buy food locally grown
- 88 Use aquaponics
- 89 Eat from more sustainable food chains
- 90 Compost food waste
- 91 Plant your own food garden
- 92 Reuse frying oil
- 93 Bring your own reusable to-go box
- 94 Use a charcoal grill instead of heating up the oven (and your house)
- 95 Collect seeds to plant instead of buying them
- 96 Buy potted plants instead of cut flowers
- 97 Use the cardboard from the pizza box as a plate
- 98 Use a reusable lunch bag
- 99 Make your own décor instead of buying it
- 100 Use a Tupperware instead of plastic baggies
- 101 Educate people in your life about living sustainably
- 102 Adopt children
- 103 Adopt pets instead of buying them from breeders
- 104 Green burial instead of a coffin or cremation
- 105 Volunteer for natural restoration projects
- 106 Live a zero or minimal waste life
- 107 Be green by saving green: don't waste money
- 108 Donate your body to science
- 109 Be an organ donor
- 110 Vote for sustainable legislation