

STUDENT SUSTAINABILITY PLAYBOOK

In order to achieve the goals in the Sustainability Master Plan by 2030, we need your help! Think of this playbook as a guide to how you can live out the Plan.

Dress for the temperature.

Put on a sweater before turning up the heat or switch on a fan before cranking the AC.

CONSERVE ENERGY

Power down

lights and equipment when not in use, close windows when heating/AC are on, and set computers to turn off after 30 minutes of inactivity.

CONSERVE ENERGY

Always do full loads of laundry and use cold water.

Bonus points if you hang dry your clothes.

CONSERVE ENERGY

Swap your regular lightbulbs for LEDs.

Save energy and money on your electric bill.

CONSERVE ENERGY

Green your commute!

Explore ways to walk, bike, take public transit, or carpool to campus at least once per week.

DRIVE LESS

Eat fewer animal products.

Choose a vegetarian or vegan meal option in the dining hall or in your home kitchen at least once a week.

REDUCE WASTE

Prevent food waste.

Take only what you can eat and refrigerate leftovers. Check out stopfoodwaste.org for tips.

REDUCE WASTE

Drink tap water!

Utilize the filtered water bottle refill stations on campus instead of purchasing single-use bottles.

REDUCE WASTE

Keep a reusable mug, utensil set, container, bag in your backpack.

Tip: Set a "Mug and Utensil" alarm 1 minute before you usually leave for class.

REDUCE WASTE

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Eliminate junk mail

and opt-in to paperless billing for all your services.

Tip: check out stopjunkmail.org and the FTC's website.

REDUCE WASTE

Share stuff!

School supplies, dorm furnishings-coordinate with your roommate before move-in and check out the [Free Store](#) for gently used necessities.

REDUCE WASTE

Learn about what's recyclable at UT

with [this guide](#) to properly sorting your items both on campus and at the [Public Recycling Drop-Off](#).

REDUCE WASTE

Report leaks,

broken sprinklers, malfunctioning heating and cooling equipment to the Facilities One Call Line 865-946-7777.

SAVE WATER

Try a navy shower

and turn off the water when shampooing and shaving, or set a timer to see how short you can make your shower!

SAVE WATER

Major or minor

in one of the many sustainability-related degree programs at UT. Find a list [here](#).

LEARN & ENGAGE

Learn about it!

Take a class, schedule a training with the Office of Sustainability for your student org, or check out our [resource guide](#).

LEARN & ENGAGE

Join a sustainability-related student organization.

You can find some relevant orgs [here](#) or by selecting the "environmental" category on [VolLink](#).

LEARN & ENGAGE

Advocate for more.

Tell your professors, student org leaders, etc. that you want to see sustainability better integrated into your corner of campus.

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