

Purchases

Splurge-Save Money Guide to ethical grocery shopping

Grocery List Item	Splurge! (Whole Foods & Sprouts)	Save! (Safeway & Trader Joe's)	Buy Local! (Farmer's Market & Forge Farmstand)
Animal products (meat, cheese, eggs, etc.)	Yellow	Red	Green
Produce (fruits & vegetables)	Yellow	Red	Green
Grains (oats, rice, quinoa, lentils, etc.)	Yellow	Green	Red
Key: Best Option Second Best Third Best			

The Bottom Line: Shop Local

Take advantage of California's produce by visiting farm stands. These offer the most fresh, local produce you can find, often at great prices.



Saturdays 9:00-1:00 @ Franklin

Sundays 8:30-12:00 @ Jackson St. between 6th and 7th

Cleaning Supplies

Use Cleaners that are...

- Baking Soda and Vinegar based
- Made of recycled materials

Ex. Dr Bronner's and 7th generation



To learn more visit the EPA

Get Involved!

Join LOCALS, an off-campus student liaison group that has monthly, potluck-style socials focused on a sustainability-related topic to discuss and enact changes (like the ones in this pamphlet) in our homes.

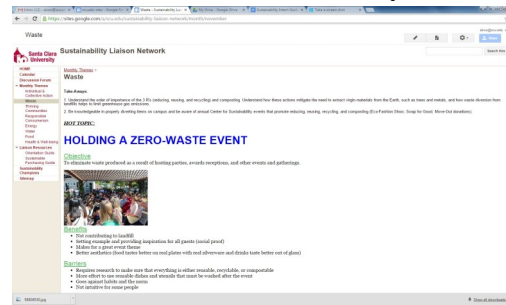


LOCALS meets at students' homes every month!
We encourage everyone join the discussion on sustainability and meet some great people at the same time!

Come to the Forge Farm Stand, a donation based market, for the cheapest, freshest produce around!
Every Friday 11:30-1:30



Join our liaison network to access our Google site, our most comprehensive resource for you, complete with: sustainability guides, discussion forums, file sharing, and calendar for all sustainability events!



To learn more, be sure to e-mail Megan at sustainability@scu.edu or visit our SCU webpage: www.scu.edu/sustainability

The Quick Guide to Sustainable Living Off-Campus at SCU



Brought to you by the Center for Sustainability

Water Use



California is in one of the most severe droughts on record, so here are some ways you can fight the drought and conserve water in the home!

- Take navy-style showers and only use 3 gallons! It's easy:

- Get wet quickly
- Turn off the water
- Soap up
- Rinse off
- Repeat



FACT: 10 min. shower = 20-50 gallons

- Use your dishwasher!

- Turn off "heated dry" to cut down energy usage!



FACT:
A fully-loaded dishwasher uses 1/6 the amount of water as a full load washed by hand in the sink.




- Fill an old bottle w/ water and put it in your toilet tank to displace the water level to reduce 1/2 a gallon of water per flush, saving you 350 gallons per month!



Energy Use

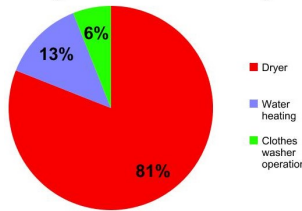
The average home in California emits ~17,000 pounds of CO₂ a year (equal to burning 840 gal. of gas).
Use these tips to save energy and \$\$\$!!!

- ♦ Use CFLs and/or LEDs to light your home to **SAVE BIG** on electricity!

60 watt Incandescent	14 watt CFL	12 watt LED
		
Yearly Operating Cost - \$12.92	Yearly Operating Cost - \$3.01	Yearly Operating Cost - \$2.58
Energy Usage - 80w	Energy Usage - 14w	Energy Usage - 12w
Brightness(Lumens) - 800	Brightness(Lumens) - 800	Brightness(Lumens) - 800
Bulb Lifetime- 750 Hours	Bulb Lifetime - 10,000 Hours	Bulb Lifetime- 50,000 Hours +
		4everled

- ♦ Wash clothes in cold water AND hang dry clothes!

Energy used for residential clothes washing



- ♦ 90% of the energy for washing is the heating; water heating and drying account for 30% of your energy usage. Save up \$ 17 a month!

- ♦ **AVOID THE THERMOSTAT AT ALL COSTS.** Space heating/cooling makes up half of your energy usage. Instead...

- ♦ Open your windows and use fans when it's hot
- ♦ Close blinds/curtains on hot days to block out the sun (vice-versa on cold days)
- ♦ Keep windows closed when heating/AC is in use
- ♦ Layer up in the winter for free heating!



Waste



The average American contributes over 1,500 pounds of trash to landfills every year, To combat this problem think:

Reduce, Reuse, Recycle.

Reduce

- * Compost food waste w/ a worm compost bin from the Forge or build your own!
- * Don't buy food w/ excess packaging (i.e. pre-packaged produce).
- * Get off of mailing lists for junk mail.



Reuse

- * Reuse your worm compost to nurture a home garden, or bring your compost to the Forge.
- * Buy reusable grocery bags or reuse old paper ones. Santa Clara County charges for every grocery bag now!



Recycle

- * You should have a blue recycling bin that you put out every Monday night provided by Recology.
- * Be sure to get one of our off-campus recycling guides w/everything you need to know about acceptable items!

