

6 EASY WAYS YOU CAN HELP THE PLANET HERE ON MSJ'S CAMPUS

1) ADJUST YOUR THERMOSTAT

If you can't seem to get your dorm or office space to a comfortable temperature (too cold or too hot), put in a maintenance request. Log in to myMount, go to "Administrative Services", click on "Maintenance Requests", click on "Add a Request", then fill out the information.

2) RECYCLE

See the MSJ Recycling Guide for recycling guidelines of what can and can't go in the recycling bins and info on where to recycle items that can't go in the bins.

3) DON'T TAKE 10 NAPKINS IF YOU ONLY NEED ONE OR TWO

Every napkin you take is

- a little bit of a tree that was cut down,

- a little bit of electric, chemicals, and water used to create the napkin,

- a little bit of petroleum burned and greenhouse gases emitted to transport the napkin to MSJ.

All of those little bits add up to a lot of trees, electric, chemicals, water, and petroleum. Please only use what you need.

4) USE A REFILLABLE WATER BOTTLE

There are many places to refill the bottles on campus, including three water fountains with water bottle taps and 23 water filters/coolers.

5) TURN THE LIGHTS OFF IF YOU'RE THE LAST PERSON TO LEAVE A ROOM

If there's a light on, somewhere there's coal being burned and greenhouse gasses being emitted to create the electricity for that light.

6) GO MEATLESS ONE DAY A WEEK OR CHANGE THE KIND OF MEAT YOU EAT

Beef requires more land, water, and calories to "grow" the cow than pork, poultry, eggs, and dairy products require. (Cows also emit more greenhouse gases from their digestive systems.)

Fruits, vegetables, grains, nuts, and other foods that are grown in fields or orchards require much less water and energy inputs than any animal products require.



MOUNT ST. JOSEPH
UNIVERSITY
Sustainability Committee

Please contact Colleen McSwiggin, Sustainability Committee
Co-chair, (ext. 4864 or by email) if you have any questions