

# Green Living Guide

Change Your State for a better you, NC State and world





Welcome to NC State's increasingly sustainable campus where a Wolfpack of forward-thinking lives, works, studies and plays. While you're here, seize every opportunity to leave a legacy that makes NC State a better place. A great place to start is with this Green Living Guide, a collection of simple, everyday actions you can do that will propel the Pack to be leaner, stronger and smarter than ever.



# Travel Smarter

Decrease how much you drive and you'll save money while also cutting your carbon pawprint (and probably a lot of parking tickets, too). Give these driving alternatives a try:



## RIDE LIKE A WOLF

Hop on the [Wolfline](#), a convenient network of campus buses powered by cleaner, low-sulfur diesel.



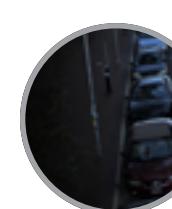
## CRUISE CAMPUS

Bike to class and shed roughly 50 calories per mile. If you don't have a bike, rent from [Wolf Wheels](#), located at the Outdoor Adventures desk in Carmichael Gym.



## WALK THE TALK

Allow extra time in your day and walk to class. A 180-pound person will burn about 100 calories per mile.



## PARK AND RIDE

There is such a thing as a free ride. At Carter-Finley Stadium, Westgrove and the Food Lion at Avent Ferry Shopping Center, you can [park for free and ride](#) to campus on the Wolfline.



## DIG DOWNTOWN

Use the [Wolfprowl](#) transit service to go downtown 9 p.m. to 3 a.m. on Thursday, Friday and Saturday.



## HOP ON RED

Take the [Red Terror](#) bus to football games and help reduce congestion at Carter-Finley Stadium. Plus, you'll be dropped off right at the stadium.



## WHEN YOU NEED WHEELS

Rent one of several campus [ZipCars](#) by the hour or use [Zimride](#) carpool matching to find a ride.



## GRAB A GOPASS

With the [GoPass](#), travel CAT and Triangle Transit buses for free. [Order yours online](#) and it will be mailed right to you.



# Eat Green

Choose foods that have the least environmental impact. Chew on these tips for more eco-friendly eating.

## HOMEGROWN

 Eating local food supports local farmers while also reducing the travel time and environmental impacts from the farm to your fork. Look for local food options in campus dining halls.

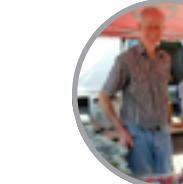
## WASTE WATCHER

 Don't bite off more than you can chew. Waste less food by only putting on your plate what you can eat.

## MIND THE MEAT

 It takes a lot of energy and water to produce a pound of meat. Try going meatless occasionally and filling your plate with other plant-based protein sources such as beans, nuts, seeds and peas.

## FRIEND A FARMER

 Find the freshest picks from local farms at the Campus Farmer's Market, Wednesdays on the Brickyard from 10 a.m. until 3 p.m.

## PACK & GO

 There's not always enough time to eat in the dining hall, so grab a reusable take-out container if you're on the go. Stronger than disposables, these containers have saved more than 85,000 Styrofoam containers from being used in NC State dining halls since 2009.

## FIND ECO EATS ON CAMPUS

Fountain, Clark and Case Dining Halls have 30% local food, trayless dining that saves 51,000 gallons of water per week, composting, and cooking oil recycling that turns used oil to biofuel. Port City Java offers Fair Trade, organic coffee. You can't get more local than Howling Cow campus churned ice cream and dairy. Or, try your hand growing your own food at the SOUL Garden.



# Save Energy

Propel power savings on campus through these easy tips.



## HIT THE SWITCH

Lighting accounts for 15 percent of electricity use. Help reduce energy in your residence hall and on campus by always turning off lights when leaving a room. Use natural or task lighting when possible.



## PULL THE PLUG

Did you know that your TV uses electricity even when turned off? Same goes for your game console, stereo, printer, coffee maker, and any other electronic or appliance that has a standby mode. Unplug these energy vampires when not in use, or especially before leaving for vacation. Better yet, buy a "smart" power strip that automatically turns off these gadgets when not in use.



## COMPUTER CATNAP

Hibernate or "sleep" your computer instead of using screensavers, which use just as much energy as regular operation. And before you shut your eyes for the night, shut down your computer.



## POWER PURCHASE

Buy Energy Star electronics/appliances, EPEAT certified computers, laptops instead of desktops, and CFL or LED light bulbs – all of which conserve electricity.



## AIR TIGHT

Windows and exterior doors should be shut while air conditioning or heating is on. Often the outside temperature makes the heater or air conditioner work harder and waste energy.



## LEANER LAUNDRY

Residence hall washers and dryers are already highly efficient but save even more energy by washing clothes in cold water and only washing full loads.



[LEARN MORE](#)

# Waste Less

Don't be trashy. Help make NC State leaner and cleaner by reducing, reusing, recycling and composting.



## BYO BAG

Take reusable bags while shopping. Plastics bags take lots of resources to produce, are typically used just once, and don't decompose once they're trashed. Some stores give discounts for bringing your own bag.



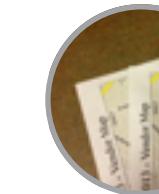
## BYO CUP

While we're on a BYO kick, go ahead and bring a reusable water bottle, too. You can keep better hydrated anywhere you go while also reducing waste created through disposable plastic bottles or cups.



## NOTED

This isn't high school. Try taking notes on your laptop or tablet instead of scribbling on sheet after sheet of paper. In addition to saving paper, you'll be able to electronically reference what you learned for years to come.



## PRINT LESS

Paper makes up more than a third of waste in the United States. Try paper-saving techniques such as printing double-sided, saving scrap paper for later use and buying recycled paper.



## RECYCLE

Know what you can and can't recycle on campus.



## REGIFT IT

If you don't want an item anymore but it still has useful value, such as magazines or clothes, consider giving it to a friend who will use it or donating it to a non-profit.



## SHOP SAVVY

Why buy new when you could buy secondhand, borrow or rent? Think thrifty to save resources and money.



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# Work on Wellness

Be a better you by living a well-balanced life.



## TAKE IT OUTSIDE

Exercise is one of the best things you can do for your body. Hit the campus greenway trails and walking paths with your bike or running shoes.



## STEP IT

Walking to class and taking the stairs instead of the elevator are easy, everyday ways to reduce your carbon pawprint and better your health.



## TOSS THE TOXINS

Some personal care or household products can be harmful to your health. Read labels and do the research to find healthier choices. If you live in a residence hall, no need to worry, University Housekeeping cleans your building with Green Seal certified products.



## PLANT POWER

An easy, green way to improve your indoor air quality is growing a potted house plant.



[LEARN MORE](#)

# Wise Up About Water

We all need water, but water shortages are becoming more common. Do your part to save this necessary but limited resource.



## SHORTER SHOWER

A 10-minute shower is about 25 gallons of water. Every minute you shorten it, you save 2.5 gallons.



## TURN OFF THE TAP

In the bathroom, turn off the tap while shaving or brushing teeth. And if you wash dishes by hand, slow the flow while you're scrubbing.



## FIX IT FAST

Small leaks can add up to gallons of water lost per day. Common types of leaks include leaking toilet flappers and dripping faucets. Find a leak in your residence hall? [Report it to Housing](#). Find a leak on campus? [Report it to Facilities](#).



## DON'T DUMP

Street drains often run into waterways, so don't dump anything there that would damage local streams, creeks and lakes.

## Connect

Want more tips for green living?

[go.ncsu.edu/ChangeYourState](http://go.ncsu.edu/ChangeYourState)

[Join the NC State sustainability e-newsletter](#)

[NC State Sustainability on Facebook](#)

[NC State Sustainability on Twitter](#)

[Sustainability.ncsu.edu](http://Sustainability.ncsu.edu)

[ncsu.edu/housing/](http://ncsu.edu/housing/)



## Greenest places to live on campus

**EcoVillage**, a living and learning community in Bragaw Residence Hall, focuses on sustainability.

**Wood Wellness Village**, a living and learning community in Wood Residence Hall, focuses on creating a better lifestyle for a better you.

**Wolf Ridge** on Centennial Campus will be LEED Certified for energy and environmental design.