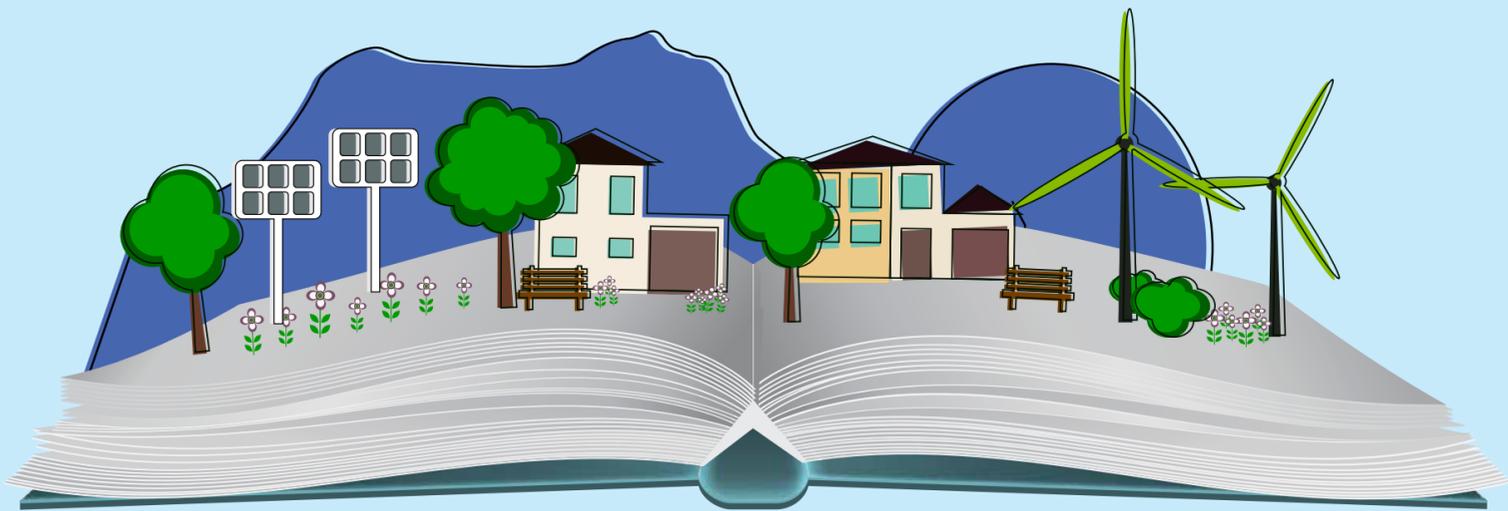


A GENERAL'S GUIDE TO EASY ENERGY EFFICIENCY & SUSTAINABLE LIVING



YOUR THERMOSTAT AND YOU

Set Cooling at 74° or above

Set Heat at 72° or below

Leaving for the day, or longer?
Widen the range!

Keep Fan mode in “auto” so it will
only come on when needed

The “Emheat” mode indicates auxiliary heat
and is extremely energy intensive. Avoid it!



MAKE YOUR WASH LOW-WASTE

Only run your washer/dryer with full loads.

Hot water is not necessary for most
loads of laundry. Unless it's really gross,
choose “warm” or “cold” settings.
Added benefit of using cold water: you
don't have to separate colors.

When possible, skip the dryer and
air-dry your clothes on a rack.



DON'T SEND SAVINGS DOWN THE DRAIN

Turn off water while you brush your
teeth, shave, scrub dishes in the sink
etc. Turn it back on to rinse.

Keep your shower short. These
fixtures use 2.5 gallons per minute
— every minute counts!

Report leaks to Facilities Management

REAL WORLD TIP: You save 3% on
energy costs for every degree you go
down in heat mode or up in cool mode.
But everything in moderation – don't go
lower than 55° for heat or higher than
85° for cool. Letting temperatures get
too extreme can be counter-productive

REAL WORLD TIP: Clothes dryers are
usually the most expensive appliance
in a house. Limiting dryer use can
save you hundreds of dollars a year.

REAL WORLD TIP: A dripping
faucet, a running toilet, and letting
water run while you brush all seem
like small things, but each of these
things can waste hundreds of gallons
of water a month. Practice now for
when you start paying the bill.



BEWARE OF EXHAUSTION

Run bathroom exhaust fans only when
necessary. They are designed to replace
100% of the air in a space. This cycle
uses a lot of energy. In these units your
bathroom exhaust fan is tied to the light
switch. Be extra attentive to having this
light on only when it's really needed.



MANAGE YOUR BLIND SIDE

Hot Outside? Close the blinds
during the day to keep the sun
from adding heat to your space.
Cold Outside? Leave blinds open during
the day to let solar heat in, and close
them at night to help keep it in.



GET SOME FRESH AIR

Mild weather? Turn your
thermostat to OFF and open
doors and windows. Remember
to close them again before
turning the thermostat back on.

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THINK GLOBALLY, EAT LOCALLY

W&L's dining halls and several Lexington restaurants source food locally. Look for signs that point to produce from our own campus garden. Visit the Farmer's Market to fill up with nutritious foods and help the local economy.



BLUE BIKES, TRAVELLER, TRAILS, AND CARPOOL... OH MY!

Do you really need to drive your car? Can you get a Blue Bike? Or walk? Or use Traveller? Or ride together? Think before you drive to Red Square and Davidson Park... there are better, healthier (for you and for the planet) ways to get there.



REDUCE, REUSE, RECYCLE!

Think about your waste in this order: First, refuse extra stuff that you don't need. Then reduce what you are using. If you can reuse it, then do so. If not, then recycle it (you've been provided with a recycling bin). Once you've gone through this process, only then should you dispose of waste.

REAL WORLD TIP: Bring reusable water bottles and bags with you to reduce the amount of plastic cups you might use in a day. You can recycle plastic, tin/aluminum, and mixed paper/cardboard... get a crew to help you sort things after a party.



IF IT'S GREEN, IT'S CLEAN

Think about the toxins you're putting into your living space with your cleaning products. Green cleaning supplies will clean just as well and don't leave toxic chemicals behind.

REAL WORLD TIP: Check out www.nsf.org/consumer-resources/green-living/green-cleaning-tips Don't buy expensive cleaners when cheap pantry items might do (think baking soda!)

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