Conservation tips from the Office of Environmental Sustainability

Reduce your waste
- Bring a refillable coffee mug to get your morning coffee. Each dorm resident received one; check in your dorm office if you did not get yours. Mugs are also available for purchase at the Outtakes Store and the Corner Café. Refillable mug users get a discount on their coffee!
- Turn off your computer before going to bed, unplug your cell phone charger when not using it and turn off the lights when leaving the room.
- Turn off the water when brushing your teeth. It can save up to six gallons of water a day!
- Instead of buying bottled water, buy a refillable one and fill it at fountains.
- Use reusable bags when shopping.

Recycle
- Create your own recycling center in your room. Check the dollar store for small trash bins. Set up one for paper and one for glass, aluminum and plastic. Empty into the larger bins provided in trash rooms.
- Recycle your batteries and ink jets. Look for the receptacles by the dorm office.

Reuse
- Reuse paper, when possible print on both sides of the paper.
- Trade in unwanted video games, swap with friends instead of buying new.
- Shop in the second hand stores and donate your old clothes.

Spread the word
- Influence others to take action and ask your representatives what they are doing to create a more sustainable world.
- Remember that even the smallest actions add up to a lot when everyone helps.

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Get involved by joining a Sustainability Council or the UAlbany Students for Sustainability group
Visit us online at:
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