

Sustainability Pledge

Take the pledge:

I pledge to lead a more sustainable lifestyle, which takes into account both the environmental and social impact of my actions.

I will strive within my home, community and place of work and/or study to reduce Northwest Missouri State University's environmental impact and paw print.

I will support and encourage others to take the pledge and, along with myself, to choose at least one action from each section below, and to continue to add new actions toward sustainability.

Please select one activity from each category:

I will....

...Reduce, Reuse and Recycle the waste I create by:

- Reducing the amount of resources I purchase, consume and discard.
- Using a reusable grocery bag when shopping.
- Using reusable silverware and dishes, mugs and water bottles.
- Conserving paper.
- Subscribing to online magazines, newspapers and periodicals, instead of hard copy paper formats.
- Editing papers and documents on the computer and saving to a disk rather than printing them.
- Sending and storing documents, emails and other items electronically rather than printing and filing them.
- Printing double-sided whenever possible
- Designating a box for scrap paper that myself and others can reuse.
- Reusing envelopes by placing a new label over the old address.
- Making recycling a habit, and not a nuisance.
- Learning what I can recycle from the student handbook and recycling brochures.
- Purchasing recycled or reused products, especially those that can be recycled again.
- Finding new uses for old things, like reusing a grocery bag as a trash bag.
- Keeping in mind the lifetime of a product, and trying to reduce my use of disposable items.

- Avoiding products with excessive packaging, and looking for packaging that is recyclable or reusable.
- Donating unwanted items that are still in good condition before throwing them away.

...Conserve Energy by:

- Not running the water while I brush my teeth or shave.
- Limiting my time in the shower and using hot water sparingly.
- Doing only full loads of laundry and dishes.
- Using self-foaming soap whenever possible, or using a minimal amount of water to get soap to foam, then turning the water (back) on to rinse my hands off.
- Turning off unused or unneeded lights whenever possible.
- Using natural lighting whenever possible.
- Using compact fluorescent bulbs whenever possible, which conserve electricity and transmit less heat than incandescent bulbs.
- Avoiding decorative lighting.
- Minimizing my computer usage.
- Turning off my computer when it is not in use.
- Not using power strips to turn on computers and other electronics, but turn them on individually, so as to not create a power surge.
- Minimizing the use of screen savers and enabling power management features such as hibernation, standby or sleep mode when my computer or other electronic devices are inactive.
- Turning off my monitor and speakers when not in use.
- Safely shutting down my computer, or having it hibernate every night.
- Purchasing Energy Star appliances whenever possible.
- Turning off and unplugging all energy consuming equipment (cell phone chargers, pencil sharpeners, etc) when not in use.
- Arranging my room to place my desk or chair next to the window so I can study/work in natural light.
- Drying my clothes (sweaters, jeans, etc) on a drying rack rather than in the dryer, or placing still damp clothes on a drying rack instead of re-setting the dryer cycle for a few items.
- Setting my thermostats higher in the summer and lower in the winter.
- Dressing appropriately for the season so as to not use more heating/cooling.
- Keeping windows and outside doors in temperature controlled environments closed.

...Eat Sustainably by:

- Eating locally when possible to save transportation costs and help the local economy.
- Taking only as much as I can eat at meals, or bringing leftovers home to eat later.
- Avoiding a high meat diet, and fill my plate with more vegetables.
- Avoiding the use of disposable plates, cups, utensils and trays.
- Avoiding take-out foods that are over-packaged.
- Eating organic foods whenever possible.

...Become an eco-friendly traveler by:

- Walking, or riding my bike, skateboard, etc. rather than driving—this will save on gas, reduce air pollution, reduce parking congestion, and will allow me to be healthier physically.
- Carpooling whenever possible.
- Turning off my car rather than leaving it idle for a long period of time.
- Having my car regularly serviced for emissions checks and performance.

...Experience sustainability within the community by:

- Encouraging others to take the pledge.
- Speaking out against those who litter, or negatively impact the environment.
- Volunteering time to educate those who do not know about sustainability and what they can do to help.