

Arizona State University is advancing sustainability through its practices in a big way... installing solar panels—the largest installation by a university in the nation—implementing green purchasing policies, and reducing our carbon emissions to fight global warming, to name a few.



YOU are a member of the 80,000+ sustainable solution known as the ASU community – please join our commitment to sustainability and together we'll make a difference! Make a change, create an impact, and pass it on....



Recycling is good. Reducing and reusing is better. This guide contains simple actions you can take to reduce your personal impact on our planet.



ASU GLOBAL INSTITUTE
of SUSTAINABILITY
ARIZONA STATE UNIVERSITY

Pocket Change was developed in partnership with
University Student Initiatives
<http://students.asu.edu>

**POCKET
CHANGE**

small actions can make
big green impacts

A drop in the bucket?

Bottled water is convenient, but is it the best choice? Learn why bottled water is more than just a bottle and some water...

1. On average, 1,000 liters of tap water costs \$1. That's less than the cost of a bottle of water.

Plastic bottles are made from petroleum and natural gas which must be mined, refined, and transported to a manufacturing facility.

2. Manufacturing and molding a one-liter bottle requires 1 kWh of energy – the equivalent of running a vacuum cleaner for an hour.

On average it takes 3 liters of water to create a one-liter bottle of water. In the U.S., bottling water was responsible for approximately 2.5 million tons of carbon dioxide emissions in 2006.

3. A bottle of water may travel hundreds or even thousands of miles: from mine, to manufacturer, to distributor, to store, to your home, and finally to a recycling center or landfill.

Burning one gallon of gasoline or diesel fuel releases 20-22 pounds of carbon dioxide (CO₂) into the atmosphere.

4. About 75% of water bottles that could be recycled end up in landfills.

In 2006, unrecycled water bottles in the U.S. required more than 7 million cubic yards of landfill space – roughly enough to fill six Sun Devil Stadiums!

pass it on...

email Pocket Change to a friend at:
<http://sustainability.asu.edu/pocketchange>



What are you doing to advance sustainability in our world?



Be part of the solution—commit to an action below and add to ASU's collective impact towards a sustainable future.

turn it off

Conserve water—turn off the faucet while brushing/shaving and shorten your shower.

swap it out

Replace incandescent bulbs with energy-efficient CFLs.

adjust and save

Save energy by adjusting your thermostat by only a few degrees.

fill it up

Save water and energy by washing only full loads of laundry and dishes.

sort it out

Keep recyclables out of the waste stream; separate trash from recyclables.

make a switch

Switch to environmentally safe cleaning products, toiletries, and cosmetics.

pull the plug

Save energy by unplugging appliances and switching off unused lights.

opt out

Reduce junk mail by opting out of unwanted mailing lists.

choose organic

Avoid soil, ground, and water contaminants by choosing organic products.

buy local

Reduce impacts of transporting goods by purchasing local or in-season products.

bring your own

Reduce plastic bag waste by bringing your own reusable tote when shopping.

pedal in

Reduce pollution by biking, walking, or skateboarding to your destination.

catch a ride

Carpool with friends, take the bus or campus shuttle.

lug your mug

Save money and reduce waste by bringing your own reusable water jug or mug.

mix your own

Avoid waste of individual bottles by mixing your own juices or powdered energy drinks.

use the back

Set your printer preferences to print double-sided and reuse backs of scrap paper for notes.

let it rest

Conserve power by shutting down your computer when not in use.

recycle it

Recycle batteries, print cartridges, computer components, and cell phones.

recharge it

Minimize the waste of used batteries—try rechargeable ones.

toss it in

Make an effort to find a recycle bin for your bottles, cans, and paper.

refill it

Reduce plastic waste by purchasing refillable printer cartridges.

ease up

Drive at or below the speed limit to save gas.

DID YOU KNOW?

► About 75% of the electricity consumed by home electronics occurs while they are turned off but still plugged in.

► Recycling one aluminum beverage can will save enough energy to run a 100-watt bulb for 20 hours.

Sources for you at ASU

ASU Campus Sustainability—find out what's going on:
<http://sustainability.asu.edu/campus>

Catch a ride—transportation options:
<http://pts.asu.edu/commuteroptions>

Recycling—what and where:
<http://recycle.asu.edu>

Hungry? Check out what's being served at ASU:
<http://www.campusdish.com/en-us/CSMW/ArizonaState>

Join the dialogue—attend a sustainability lecture or event:
<http://sustainability.asu.edu/events>

Participate in a sustainability student organization or club (or launch your own!):
<http://www.asu.edu/studentaffairs/mu/clubs>

Lead the way—take a class at ASU's School of Sustainability:
<http://schoolofsustainability.asu.edu>

Other Stuff...

Want info on environmental choices?
www.ucsus.org

Share your perspective or read sustainability news and commentary at:
www.grist.org

Calculate your personal carbon emissions at:
nationalgeographic.com/preserve-our-planet

DID YOU KNOW?

- Each year Americans use about 100 billion plastic bags — these may take up to 1,000 years to decompose.
- 40% of American trash is paper.
- Tempe is a designated Bicycle Friendly Community with 165 miles of bikeways.

Global Institute of Sustainability...the hub of ASU's sustainability initiatives; advancing research, education, and business practices for an urbanizing world.

<http://sustainability.asu.edu> or 480-965-2975

We want to hear from you... have a comment or idea for Pocket Change? Email us at sustainability@asu.edu

SPECIAL THANKS TO:

