## Participation

- Learn about Eco Hawks at sustainability.uiowa.edu, and sign-up!
- Encourage a friend to sign-up to be an Eco Hawk!
- Attend the semi-annual Eco Hawks training.
- With your roommate(s), use the Eco Hawks toolkit to identify areas to improve in your living space.
- Attend one sustainability lecture or event or volunteer opportunity once per year.
- If you’re in a student organization, use the toolkit to identify opportunities to practice sustainability.

## Energy

- Turn out lights when leaving an unoccupied room.
- When possible, use stairs instead of elevators.
- Set your computer and printer to sleep or standy when it is not being used.
- Unplug power vampires (e.g. phone or battery chargers that are not charging).
- Turn off computers every night.
  - “Power down” before holidays and breaks.
- Ensure windows are tightly closed during heating and cooling season.
- Report outdoor lights that are “on” during the daytime.
- Keep refrigerator at least 1” from the wall to allow for proper heat exhaustion.
- Turn off TVs, DVD players, and video game consoles when not in use.

## Transportation

- When possible, use human power to get to class, work, or meetings (walk, bike).
- Register for Zip Car and have a car available for errands or a weekend trip, and leave your car at home.
- Sign up for the Coralville and Iowa City bus systems to do your errands, and take fewer car trips.

## Recycling and Waste Reduction

- Visit recycle.uiowa.edu, learn the basics of recycling, and ensure your roommate knows them, too.
- Use reusable mugs, bottles, and bags whenever possible on campus.
- Print and copy on both sides of a page.
- In the residence halls, recycle small electronics at the front desks.
- Collect used plastic bags, liners, and bubble wrap and bring to City Carton’s drop-off site.
- For meetings, events, or just pizza night with friends, plan to reduce waste and recycle. Visit recycle.uiowa.edu with questions on what to recycle and how.
- Support RecycleMania activities. We earned 2nd in the Big Ten last year! Get us to 1st this year!
- Strive to waste ZERO food.
The Details and Resources

Participation

Learn about Eco Hawks at sustainability.uiowa.edu, and sign up!
- Why? The University of Iowa’s pursuit of sustainability will be achieved when resources, experts, and actions are widely dispersed across campus, and each of your creative and local energies are utilized.
- How? Head to sustainability.uiowa.edu/ecohawks for a program description, FAQs, and how to sign-up. When signing up, you can list the person that encouraged you to sign-up, if applicable.

Encourage a friend to sign-up to be an Eco Hawk!
- Why? Fostering a culture of sustainability is important. The best way to do this is to talk about it and show others that you care.
- How? Helping a friend sign-up and guiding them through it is the most effective way. How to do it is your choice, though. If you encourage someone to sign-up, that person can list you with the “assist.”

Attend the semi-annual Eco Hawks training.
- Why? The training session is the best way to be an informed, ambitious Eco Hawk.
- How? Students can sign up for the Eco Hawks training session at sustainability.uiowa.edu

With your roommate(s), use the Eco Hawks toolkit to identify areas to improve in your living space.
- Why? The toolkit identifies practices that should be consistently pursued across campus to reach our 2020 sustainability vision.
- How? Pick one or two, make them a habit, and then move on to more.

Attend one sustainability lecture or event or volunteer opportunity once per year.
- Why? Stay knowledgeable, and connect to a community that cares.
- How? The Eco Hawks list-serve will inform you of upcoming events, as will sustainability.uiowa.edu

Energy

Turn out lights when leaving an unoccupied room.
- Why? It’s a simple action. Start making this a habit and then the norm in your organization.
- How? Flip that switch. Consider communicating this as an expectation.

When possible, use stairs instead of elevators.
- Why? It’s good for you! And, it doesn’t use any electric power.
- How? Make it a habit, and forget about the alternative.

Set your computer and printer to sleep or standby when it is not being used.
- Why? If it’s not in use, save some coal from being burned.

Unplug power vampires (e.g. phone or battery chargers that are not charging).
- Why? The plugged in charger is using energy. Up to 10% of electricity bills are “vampire.”
- How? You got this. Make it a habit, and then you won’t think anything of it.

Turn off our computers every night.
- Why? Don’t burn energy at night if you don’t need it.
- How? Hit that “shut down” button, and make it a habit.

“Power down” before holidays and breaks.
- Why? Unplug chargers, and turn off equipment.
- How? Put a reminder on your computer. The Office of Sustainability sends out a reminder. Share this message with your colleagues. Consider an email communicating this as an expectation among your organization.

Tightly close windows during heating and cooling season.
- Why? This allows our Heating, Ventilation, and Cooling equipment to optimally operate.
- How? Use those muscles!

We report outdoor lights that are “on” during the daytime.
- Why? The sun can do that work.
- How? Report to FM (main campus) or UIHC (hospital staff) Work Control Center.

We make sure hot beverage appliances are shut off at night, weekends, and during breaks.
- Why? Another energy-sucker.
- How? Communicate this as an expectation to staff. Add a small note on the appliance indicating that it should be shut off before the nights and weekends.
Unless a meeting immediately follows, we turn off all meeting room electronic equipment (computers, TVs, projectors, etc.).
- Why? Lots of motors running on this equipment...
- How? Shut it off, and be a steward of our resources.

Keep refrigerator at least 1” from the wall to allow for proper heat exhaustion.
- Why? If the unit is too close to the wall, it can overheat and run inefficiently.
- How? Make sure there’s a 1” gap at least. 2” or 3” would be fine, too.

Turn off TVs, DVD players, and video game consoles when not in use.
- Why? You use resources when you leave them on, but you’re not using them, so why do it?
- How? Hit that power button.

Transportation
When possible, we use human power to get to meetings, class, or work (walk, bike).
- Why? Get those wellness points. They are redeemable in enhanced longevity!
- How? Start doing it once or twice per week. Keep building it until it’s your norm.

Register for Zip Car and have a car available for errands or a weekend trip, and leave your car at home.
- Why? Chances are, you’ll save hundreds of dollars by leaving your car at home.

Sign up for the Coralville and Iowa City bus systems to do your errands, and take fewer car trips.
- Why? If you’re not in it and trying to stay warm, do the right thing and turn it off. Idling for a minute consumes more energy than turning it on again.
- How? You are a practiced motorist and are an expert at turning that key.

Recycling and Waste Reduction
Visit recycle.uiowa.edu, learn the basics of recycling, and ensure your roommate knows them, too.
- Why? Answers are out there! The majority of your recycling and waste reduction related questions can be answered at recycle.uiowa.edu.
- How? Recycle.uiowa.edu, spread the word!

Use reusable mugs, bottles, and bags whenever possible on campus.
- Why? We send so much stuff to the landfill. This stuff isn’t waste, it’s a resource! Why bury it forever?
- How? Try not to produce waste in the first place, or know how to recycle it.

Print and copy on both sides of a page.
- Why? The majority of our campus is set up for double-sided printing. This has reduced paper usage on campus by 150,000 sheets weekly.
- How? If a computer lab printer does not print double-sided by default, contact its-helpdesk@uiowa.edu.

In the residence halls, recycle small electronics at the front desks of Quadrangle, Burge, Hillcrest, Currier, and Mayflower.
- Why? Electronics have recycle-able metals in them that are hazardous to landfills.
- How? Take these items to the front desk. The full list of items is available at recycle.uiowa.edu.

Collect used plastic bags, liners, and bubble wrap and bring to City Carton’s drop-off site.
- Why? These items are not accepted in our single-stream recycling program.
- How? For some, it is very easy to collect these items in a bag and recycle them once every month or two. Take them to the City Carton drop-off site located on Capitol and Benton St.

For meetings, events, or just pizza night with friends, plan to reduce waste and recycle. Visit recycle.uiowa.edu with questions on what to recycle and how.
- Why? Part of planning an event is planning for the responsible disposal of waste.
- How? Identify items that the event will use. Identify if items belong in trash or recycling, and communicate this information to meeting attendees.

Support RecycleMania activities. We earned 2nd in the Big Ten last year! Get us to 1st this year!
- Why? We want to be the best in the Big Ten! Last year we got 2nd to Purdue, and this year we’re going for number one. The competition is a great way to spread awareness and action.
- How? Check out recycle.uiowa.edu. The competition runs February – March, and there’s a new activity each week and a way to win to keep the excitement and learning high!

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Strive for ZERO food waste!

- Why? 30% of the world’s agricultural land is used to grow food that is not used. Is this the system that will feed a population of 9 billion by 2050? With all this waste, one in five Americans is food insecure.
- How? Be mindful, and make it a point to eat-in to finish your food. Don’t buy more than you need, and don’t lose food in the back of the fridge. Always get a to-go bag for leftover food when you do eat out.