

Participation

- Sign-up for Eco Hawks, a one-stop shop for sustainability education, campus action, and opportunities. Use this toolkit to see what you can do to improve. Lots of it is common sense!
- Bring this toolkit to meetings to ask “How can we improve as a group? How can we raise the bar?”
- Attend one of several Eco Hawk trainings throughout the year or a special Eco Hawks field trip.
- Get involved in an organization that cares about environmental and social issues. It will feel purposeful, and you can build leadership skills and meet people with common interests.
- Stay informed on environmental policies. Connect with elected officials on issues you care about.
- Visit sustainability.uiowa.edu to learn more!

Energy

- Turn off lights when leaving an unoccupied room.
- Use stairs instead of elevators.
- Unplug power vampires (e.g. phone or battery chargers that are not charging).
- Turn off computers every night.
- Ensure windows are tightly closed during heating and cooling season.
- Report outdoor lights that are “on” during the daytime. Contact professor-therm@uiowa.edu.
- 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.
- Weatherize your living space. Windows can be leaky in the winter; plastic wrap can stop those.
- Turn off water when brushing your teeth.
- It takes energy to pump water and water to make electricity. Use less of each to reduce use of both.

Transportation

- Use human power to get to class, work, or meetings (walking, biking!).
- 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.
- Do not idle your car when parked if you drive. It’s always beneficial to turn it off if you’re parked.
- Keep tires properly inflated on your bike or car; it takes less energy to move with good tire pressure.

Recycling and Waste Reduction

- On campus, recycle empty cans, plastic containers, cardboard, and paper. Do not recycle glass and plastic bags/wrap. Visit recycle.uiowa.edu for more, and help others learn!
- Print and copy on both sides of a page.
- In residence halls, recycle electronics at front desks. Staff and faculty, recycle electronics with Surplus.
- Collect used plastic bags, liners, and bubble wrap and bring to a drop-off recycling site.
- For meetings, events, or just pizza night with friends, plan to reduce waste and recycle.
- Strive to waste ZERO food. Buy what you need, but eat what you buy!
- Keep clothes, furniture, and appliances in circulation. Don’t landfill these! Donate it when done with it.
- Unsubscribe from junk mail. It all adds up.
- Use reusable mugs, bottles, and bags. Use “disposable” items as little as possible.