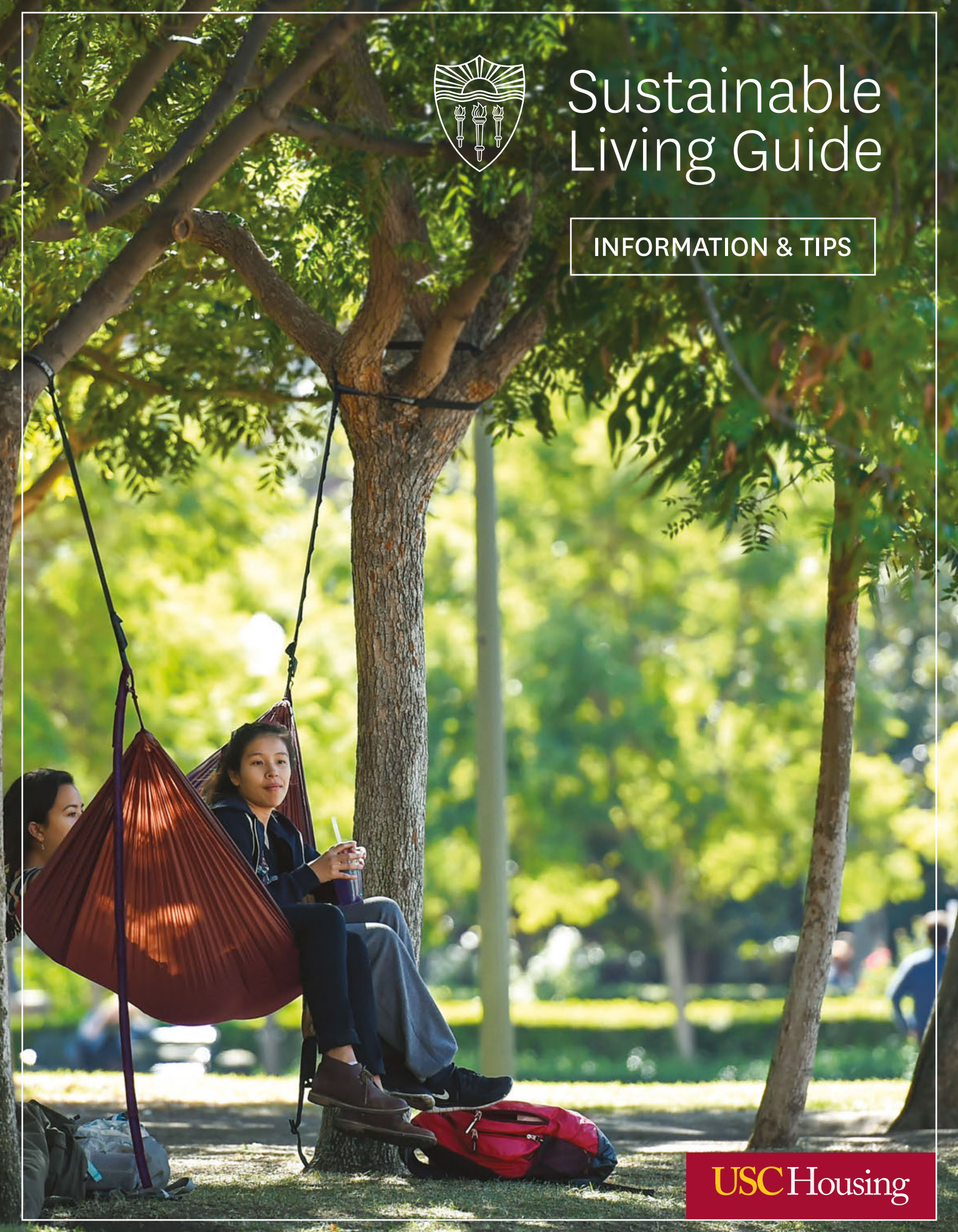




# Sustainable Living Guide

INFORMATION & TIPS



**USC** Housing



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# In Your Room

# ENERGY

## Want to be more sustainable?

The best place to start is in your room. There are many things you can do to decrease your energy usage and lower your environmental footprint while living in sunny, Southern California. Your room is your space, so let's get personal!



## NUMBERS

### ELECTRICITY USAGE

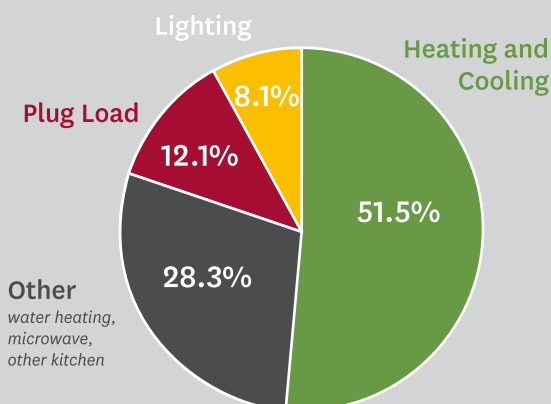
USC Housing residents use about **16.2 million kWh** of electricity each year – with energy equivalent to the fuel it would take to:

- Drive around the equator 1,100 times
- Cook breakfast for the populations of California and Texas
- Wash 194 million pounds of laundry

How much energy do some of the most common residence hall appliances use?

Microwave (active) = 1,500 watts  
TV (active) = 339 watts  
Mini fridge = 33 watts  
Laptop (active) = 25 watts  
Printer (active) = 15 watts  
Phone charger (charging) = 2.6 watts

### FLUOR TOWER ENERGY BREAKDOWN



## TIPS & ACTIONS

### 1. USE NATURAL LIGHTING DURING THE DAY

Open those blinds and use natural lighting during the day. When you do need to turn on lights, use desk lamps instead of overhead lamps. This is called “task lighting.” Not only does task lighting use less energy, it also increases productivity.

### 2. ADJUST TEMPERATURES SEASONALLY

Adjust your heating and cooling to better align with outdoor temperatures (68° in the winter and 78° in the summer). Better yet, dress for the weather and wear a jacket in the winter and lighter fabrics in the summer to avoid turning on heating or cooling altogether.

### 3. USE CFLS & LEDS

Replace the incandescent bulb in your desk lamp with a more energy efficient option like a CFL or LED. These bulbs use half as much electricity as an incandescent bulb AND last 10-15 times longer.

### 4. UNPLUG ELECTRONICS

Did you know that your electronics use energy when they're plugged in, even if they aren't on? This is called “vampire power”. Cut down on vampire power by unplugging your electronics when they aren't in use.

*Purchase an area rug for your room. Not only will it look good, it'll add warmth underfoot meaning you'll be less likely to turn on the heat.*



# In the Laundry Room & Bathroom

# WATER

Next stop on our sustainability tour? The laundry room and bathroom!

These two areas are resource hogs, consuming both water and energy. Let's get started, so you can green up while you clean-up.

## NUMBERS

### WATER USAGE

Housing residents use approximately **68 million gallons of water a year**, that's enough water to:

- Fill 2,300 backyard pools
- Cover the Coliseum in 11 feet of water

### ENERGY FOR HEATING WATER

Not only is water used in the bathroom, energy is also used to heat water. It takes **1.7 kWh of electricity for a 7 minute shower**. This is enough electricity to power a lightbulb for 14 hours.

### WATER SAVED BY TAKING SHORTER SHOWERS

You will save **5,500 gallons of water a year** by taking a 5 minute shower. If all USC Housing residents did this, we would save **35.5 million gallons of water a year** - enough to do laundry for the entire state of Nebraska. **H<sub>2</sub>WOAH!**

## TIPS & ACTIONS

### Laundry Room

#### 1. ONLY WASH FULL LOADS OF LAUNDRY

Get the most out of your wash by only washing full loads of laundry. If you only have enough laundry for a half-load, offer to share the wash with a friend.

#### 2. USE COLD WATER

It takes energy to heat water, so try using cold water to wash your clothes. Check out 'Numbers' above for more information about the amount of energy needed to heat water.



Avoid microbeads - those tiny plastic particles in your personal care products. Instead, choose cosmetics with natural ingredients like walnut shells or sugar.



### Bathroom

#### 3. TURN OFF FAUCET

Shaving? Washing your face? Brushing your teeth? Turn off the faucet when you aren't actively using it.

#### 4. TAKE SHORTER SHOWERS

We love showers just as much as you, but cutting your shower time by 2 minutes every day can save 28 gallons a week.

#### 5. REPORT LEAKS TO MAINTENANCE

A small faucet leak can waste up to 20 gallons a day. Report leaks to Housing Maintenance by submitting a work order at [hsmtma.usc.edu](http://hsmtma.usc.edu).

#### 6. USE ECO-FRIENDLY PRODUCTS

Many personal care products contain potentially harmful ingredients. Skip the sulfates and buy natural alternatives. Your body and the environment will thank you!

# In the Trash Room

# WASTE

NUMBERS



## HYDRATION STATIONS

There are 71 hydration stations throughout USC residence halls. These **hydration stations prevent the disposal of over 850,000 plastic bottles** a year. There are also 8 refillable bottle stations throughout campus.

## USC ANNUAL WASTE GENERATION

USC generates **11,000 tons of waste** annually - that weighs as much as 52 blue whales. Luckily, 53.5% of this waste is recycled.

What does the **average household waste** stream look like?



**27% Paper**  
**15% Food**  
**14% Yard Trimmings**  
**13% Plastics**  
9% Metals  
9% Rubber/Leather/Textiles  
6% Wood  
5% Glass  
3% Other

Did you know that USC has a goal of **75% waste diversion by 2020**? Meaning 75% of campus waste will be donated, reused, recycled, or composted instead of being sent to a landfill.

## TIPS & ACTIONS

### 1. REDUCE, REUSE, RECYCLE

This clever alliteration is the most important rule to consider when it comes to diverting materials from landfills.

#### Reduce

First, reduce what you purchase. Before buying something think, "do I really need that?"

#### Reuse

Secondly, reuse what you have. Find a second life for something you would normally throw away.

#### Recycle

Thirdly, if you do need to get rid of something, recycle it. Recycling reduces waste sent to landfills, saves energy, and conserves natural resources.



### 2. FAMILIARIZE YOURSELF WITH RECYCLING AND COMPOSTING PRACTICES ON CAMPUS

Recycling and composting practices vary from city to city and state to state. To learn more about composting and recycling, take a look at USC's recycling guidelines at [housing.usc.edu/index.php/sustainability](https://housing.usc.edu/index.php/sustainability)

### 3. PURCHASE REUSABLE GOODS

Purchasing reusable goods, such as bags, water bottles, and flatware, decreases the need for single-use items that will end up in a landfill.

### 4. SHARE, DONATE, OR SELL

Got something that you no longer want but still has a usable life? Find someone else who can use it. Try any of the following methods: donate to a thrift shop, join a clothes swap program, visit the flea market, or sell it online.

*Keep your reusable bags in your car or backpack to make sure you never forget them while shopping!*



Changing your diet is one of the more significant ways you can decrease your overall environmental impact due to all of the land, water, and energy it takes to grow our food. With that in mind, USC has a 14-point food philosophy that can help guide you on your way to making environmentally friendly food choices.

## TIPS & ACTIONS

### 1. CHOOSE LOCAL, ORGANIC, AND SEASONAL FOODS

Local foods cut down on food-miles traveled; organic foods are grown without harmful pesticides; and seasonal foods are fresher and packed with more nutrients. Check labels at the dining halls to find local foods.

### 2. FOCUS ON MINIMALLY-PROCESSED FOODS

Processed foods are higher in fat, sugar, and salt. Plus, they require more energy to produce and more packaging for transport. Help your body and the environment by choosing minimally processed foods –which can be found in the dining halls and in many restaurants on campus.

### 3. ONLY TAKE WHAT YOU KNOW YOU WILL EAT

Reduce food waste by taking appropriate portion sizes. Still hungry? You can always go back for seconds, or thirds, or fourths...

### 4. THINK “PRODUCE FIRST” TO EAT LOWER ON THE FOOD CHAIN

Eating a plant-based diet saves energy and water, and cuts down on carbon dioxide emissions. If eating more vegetables intimidates you, you can start small by eating chicken instead of red meat once a week.



## NUMBERS

### PLANTS IN THE USC TEACHING GARDEN

Two on-campus urban farms produce **3,520 plants**. Using aeroponic technology, these plants use **90% less water** than traditional farming. Look out for these greens on the menu at EVK and the restaurants of USC.

### SUSTAINABILITY 2020 GOAL

USC has a goal to purchase **20% of food from sustainable sources** by 2020.

### WASTE FROM NEKTAR

**“0”** – the amount of waste sent to landfill from Nektar. The pulp and fruit skins from Nektar go into the vermiculture bin (a.k.a. worm composting) at the community garden behind Parkside, making **Nektar an almost zero waste facility**.

Questions about dining on campus? Contact Lindsey Pine, USC’s Registered Dietitian at [lpine@usc.edu](mailto:lpine@usc.edu) or 213.740.9901.

## USC Hospitality



*Lettuce, tomatoes, and beets OH MY!*

Check out the Trojan Farmers Market, every Wednesday from 11AM - 3PM at McCarthy Quad.

# TRANSPORTATION



Leave your car at home, USC Transportation has you covered. Partnerships with ZipCar, Enterprise, and Uber make it easy to get access to a vehicle.



## TIPS & ACTIONS

### 1. WALK OR BIKE

Best way to reduce your transportation emissions? Walk or bike to your destination. Help the environment and burn some calories at the same time.

### 2. USE PUBLIC TRANSIT

USC buses, Campus Cruiser, the Metro, LA DOT, there are so many ways to get around without a car! With the Expo Line, you can go from campus to Santa Monica beach in 35 minutes.

### 3. USE UBER OR CAMPUS CRUISER

Need a ride home late at night? Get a free ride with Uber or Campus Cruiser - covered by USC Transportation. P.S. Campus Cruiser vehicles have bike racks, so you can ride your bike during the day knowing you don't have to ride home at night.

### 4. CARPOOL

Driving? Take a friend. Take two friends. The more the merrier when it comes to carpooling. USC's own Zimride community can help set you up.

### 5. TRAVEL LIGHTLY

While it might be tempting to take 5 gameday outfit options for the Weekender in San Francisco, choose only 1 instead. The lighter you pack, the less fuel you use while traveling.

## Beep, beep, there goes the bus!

Did you know that transportation accounts for 26% of U.S. greenhouse gas emissions? Cut down on these emissions by utilizing sustainable modes of transportation. Thankfully, being a USC student makes this easy.

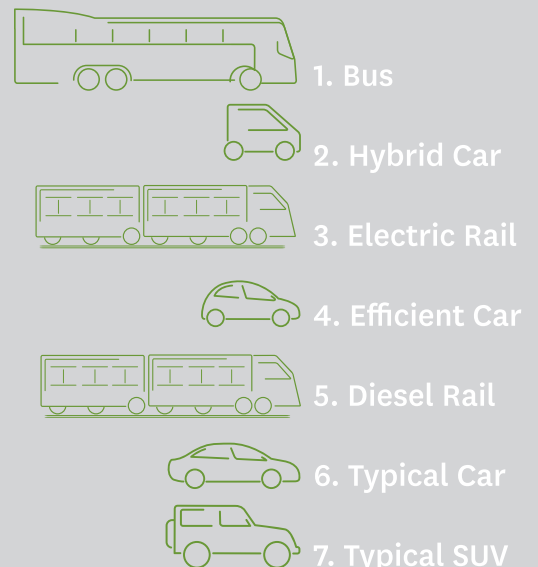
## NUMBERS

### USC BUS ROUTES

With **11 different bus routes** throughout USC campuses, you're sure to be able to get where you need to go.

### HIERARCHY OF CO<sub>2</sub> EMISSIONS

Trying to take the most carbon efficient form of transportation? See below for a hierarchy of emissions per mile for various forms of transit (listed in order of most efficient to least efficient).





# On Game Day

# COLISEUM



**Game day.** Where Trojans take titles, and you take time to conserve natural resources, decrease carbon emissions, and lower your environmental footprint. Okay, maybe that's not your main focus, but that doesn't mean it can't be part of game day.

## TIPS & ACTIONS

### 1. KNOW GAME DAY ZERO WASTE PROCEDURES

The Los Angeles Memorial Coliseum implemented a Zero Waste program at the stadium prior to the 2015 football season that strives to divert 90% or more of waste materials generated on game day from the landfill. You can help the Coliseum achieve this zero waste goal by placing your waste into the proper bin (Recycle or Compost). If you have any questions, just look for the signage around the stadium to help you make the right choice!

### 2. WALK TO TAILGATES & GAMES

Seems obvious, right? You'd be surprised... we've heard of students Ubering to the Coliseum...

### 3. BUY FOOD & DRINK IN BULK

Hamburgers? Hot dogs? Veggie dogs? Buying in bulk minimizes packaging, so grab that friend with a Costco card and get shopping.



*Make your tailgate sustainable by grilling up turkey burgers instead of hamburgers!*

## NUMBERS

### PLASTIC BOTTLE RECYCLING

Americans recycle **32% of plastic** bottles.

Help increase this number by placing plastic bottles in blue recycling bins.

### AVERAGE USC FOOTBALL GAME ATTENDANCE

An average of **73,272 fans** show up at the Coliseum for USC football games.

LOS ANGELES MEMORIAL  
**COLISEUM**

# In The Classroom

# CAMPUS

As a student at the University of Southern California, your primary job is to learn. Learn from your professors, learn from your peers, learn from yourself. **Start learning how to be a sustainable student by reading the tips and actions below.**



## TIPS & ACTIONS

### PAPER COMES FROM TREES

One tree provides roughly **8,333 sheets of paper**. Replacing 1 ton of virgin paper with 1 ton of 50% post-consumer content paper **saves 12 trees**.

### NUMBER OF SUSTAINABILITY RELATED MAJORS AND MINORS

There are currently **7 sustainability related majors** and **7 sustainability related minors**.

#### 1. THINK BEFORE YOU PRINT

Consider natural resources and think before you print. If you do need to print, consider printing double-sided, single spaced with small margins, or printing multiple pages on the same piece of paper.

#### 2. TAKE NOTES DIGITALLY

If you already own a laptop or tablet, try using it to take notes. Not only will you save paper, you won't ever have to worry about losing your notes – just make sure you don't lose your laptop!

#### 3. TAKE A SUSTAINABILITY RELATED COURSE

With numerous majors and minors with an environmental focus, sustainability related courses are easy to find here at USC. Plus, because sustainability is so interdisciplinary any student can find a class to take, regardless of major.

*Take a trip with your friends to The USC Wrigley Institute for Environmental Studies on Catalina Island. The center welcomes public visitors throughout the year, just call (310) 510-0811 and book an appointment.*



# NUMBERS





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