

Sustainable Living Program Certification Application: Checklist of Actions

The Sustainable Living Program is a voluntary, self-guided program coordinated by the Eco-Rep Leadership Program. It is designed for students in residence halls and Greek houses to take the lead in making their living spaces more sustainable. The certification process includes specific questions that address day-to-day living habits in various categories including energy, water, purchasing, recycling, food & dining, involvement, and innovations.

Please fill out this form to be considered for a Sustainable Living Certification for your room.

By taking action in a variety of topic areas, you can reduce your environmental impact, be a responsible steward of the university's resources, and contribute to Lehigh's sustainability goals (Campus Sustainability Plan 2020) and commitments.



1. **Full Name:** *

2. **Are you...** *

Mark only one oval.

- Applying by yourself
- Applying with your roommate(s) - enter the number of roommates (including yourself) in the "other" option below
- Other: _____

3. **Lehigh Email Address:** *

4. **Class Year:** *

5. **Building (be specific): ***

6. **Room Number: ***

7. **Phone Number (if you would like to be contacted via text to set up a certification):**

8. **Do you give us permission to take a photo of you with your door medallion at your certification? ***

Mark only one oval.

Yes

No

9. **If you selected yes, do you give us permission to post the photo on our Lehigh Eco-Reps Facebook and Instagram accounts?**

Mark only one oval.

Yes

No

10. **If you selected yes, please give us your Instagram and/or Facebook username so that we can tag you in the post.**

The 10 REQUIRED Actions for Certification

These 10 habits are MANDATORY in order to receive the first level (bronze) and all levels of certification. If you cannot check all, we encourage you to apply again when you can check all 10 habits!

11. **Please check all that apply: ***

Check all that apply.

- I practice good recycling habits by recycling all uncontaminated plastic products (1,2,4,5,7), cardboard, paper, and glass.
- I have a recycling bin inside my individual bedroom or apartment to practice proper recycling.
- I unplug chargers when not in use so they don't use unnecessary energy OR I plug my cords into a power strip and turn it off when they are not in use.
- I own a reusable water bottle/don't buy bottled water and use it as often as possible instead of buying bottled water to save money and eliminate plastic bottles from ending up in landfills.
- I turn off my lights when not in the room to save energy and money.
- I minimize my food waste by making or taking portions that are appropriate for me to avoid being wasteful and saving money.
- I use energy-efficient light bulbs, CFLs or LEDs (no incandescent bulbs), to save energy and money on any lighting I brought to Lehigh. If you did not bring any lighting and/or this question is not applicable, then please check the box.
- I bike, take the bus, carpool or walk to class and do not drive my personal vehicle to save energy and money, when possible.
- I turn off the faucet when brushing my teeth, washing my face and shaving to conserve water, if applicable.
- I have my computer set to a power saving mode to reduce my electricity consumption to save energy and money.

Optional Actions

The following actions are habits that go above and beyond! In order to receive a certification higher than the base level of bronze, you must complete a certain amount of these actions. Good news, you already have 10 points from the required actions section!

Bronze: 10-24 action items (first 10 are required for any certification)

Silver: 25-39 action items

Gold: 40-54 action items

Platinum: 55+ action items

12. Energy

Check all that apply.

- I only use the amount of light necessary for the task at hand (i.e. avoids decorative lighting such as stringed lights or decorative lamps) and use natural light instead of overhead lighting to save energy and money whenever possible.
- I plug most/all of my electronics and appliances into a power strip and turn it off when not in use to save energy and money.
- I set thermostats (or air conditioning unit) within energy guidelines if possible or turn fans off or to a low setting when leaving the room to conserve energy and save money.
- I keep the windows closed when the air conditioning/heating is on to save energy and money.
- Before I leave for breaks, I unplug my appliances and electronics, close my windows, and turn off all lights to save energy and money.
- I use a drying rack to dry my laundry to save energy and money when possible.
- I avoid letting the dryer run for the full time period and pull out clothing as it dries to save energy and increase clothing longevity.
- I take the stairs instead of the elevator to save energy and exercise, if possible.
- Other: _____

Check all that apply

13. Water

Check all that apply.

- In the case of a leak or any sort of problem resulting in water waste, I submit a work order in a timely manner to lessen the waste of water and result in saving money.
- I take shorter showers of 5 minutes or less to conserve both water and the energy required to heat the water.
- I turn off water while applying soap, shampoo, or shaving in the shower to conserve water, if applicable.
- I wait until I have a full load of laundry before washing to reduce water and electricity consumption.
- I use the cold water (AKA bright colors) setting on the washing machine to save energy by not requiring the water to be heated.
- Other: _____

Check all that apply

14. Food & Dining

Check all that apply.

- I am signed up for and use reusable take-out containers from the dining halls for when I am on the go to eliminate the wastefulness of paper or plastic containers.
- I am vegan, vegetarian, or make an effort to reduce the amount of meat and dairy I eat daily to conserve resources and reduce Carbon emissions.
- I use reusable plates, cups, and utensils instead of disposable alternatives to conserve resources whenever possible. For occasions where this is not possible, I use recycled paper products instead of disposable plastic materials and Styrofoam.
- I seek out restaurants, food establishments, and eateries that serve local, organic, or sustainable foods to support the local economy, conserve resources needed to transport the goods, and make healthy choices for my body and the environment.
- I buy foods that have been certified organic or Fair Trade to support sustainable economies and to make healthy choices for my body and the environment.
- I utilize the Reusable Dishware Program at Rathbone for hall, house, or campus events.
- I live in a Greek house that has a composter and use it to divert my food waste.
- I buy "ugly" produce that would otherwise be thrown out.
- When purchasing food, I practice smart grocery shopping habits and buy only the amount of food I will use to avoid food waste and save money.
- Other: _____

Check all that apply

15. Purchasing

Check all that apply.

I use a reusable coffee mug, thermos, or bottle instead of a disposable cup when I purchase to-go drinks at food establishments to save money and eliminate the item ending up in a landfill. Lehigh offers some great discounts for bringing your own mug!

I buy locally by shopping at the Bethlehem Farmer's Market or choosing locally-grown foods at the grocery store to support the local economy, conserve resources needed to transport the goods, and make healthy choices for my body and the environment when possible.

I purchase products with a high percentage of recycled content material, such as paper towels, tissues, etc. to conserve resources and energy when possible.

I reduce the waste I produce by buying in bulk to reduce excessive packaging and save money when possible.

I often shop at stores or on websites that sell second-hand products rather than purchasing new belongings which adds to the waste stream. ex. consignment, thrift, or vintage stores.

I use green cleaning supplies (i.e. are non-toxic, bleach-free, free of phosphates, free of synthetic dyes or fragrances, free of volatile organics compounds) to make healthy choices for my body and the environment.

I bought an indoor air quality friendly plant (such as Aloe or Bamboo) as opposed to spray or plug-in chemical air fresheners to make smart choices for my body and the environment while saving money.

I utilize duplex or double-sided printing setting to use less paper while also saving money.

I use recycled paper for printing (If you print from Lehigh Public Computing Sites you already do this!) to save trees, energy, water, and landfill space while protecting forests.

I buy Energy Star certified appliances and electronics to save energy and money in the long run, if applicable.

I use green laundry products free of synthetic fragrances and dyes, phosphates, bleach, and surfactant nonylphenol ethoxylate or NPEs to make smart choices for your body and the environment.

I avoid cosmetic scrubs and products that contain plastic microbeads that ultimately end up polluting oceans.

I avoid "fast fashion" (constantly buying new clothes and/or accessories to only wear them once or twice).

Other: _____

Check all that apply

16. **Reduce, Reuse, Recycle**

Check all that apply.

I use electronic versions of documents/readings instead of printing to conserve paper and the associated waste when possible.

I use scraps of paper and reuse paper that only has text on one side whenever possible to save money and consciously consume paper to eliminate waste.

I refuse plastic bags and instead use reusable shopping bags at the store to reduce consumption of plastic which ultimately ends up in landfills or oceans.

If I have clean plastic bags or plastic film products, I properly recycle them in specially marked Plastic Film bins on campus or at home.

I reuse school supplies (binders, folders, notebooks, paper, pens, pencils, etc.) to eliminate waste associated with production and to save money.

I donate all used clothes or unwanted items to a charitable organization (Goodwill, Salvation Army, etc.) or sell the items to a local consignment store to have a new life instead of ending up in landfill.

I have or will donate to the Move Out Sale run by the Community Service Office at the end of the academic year to eliminate those items ending up in landfills and contributing to the sustainability of the South Bethlehem community.

When I purchase food from Upper Court, Common Grounds, Global Cafe, or Pandini's I choose not to take a bag.

Other: _____

Check all that apply

17. Involvement

Check all that apply.

- I talk to family and/or friends outside of the Lehigh community about sustainability and/or environmental issues.
- I encourage friends to participate in the certification process in order to foster a community of sustainability at Lehigh.
- I “like” the Sustainability at Lehigh University and Lehigh University Eco-Reps pages on Facebook and “follow” them on Instagram and Twitter for environmental tips and updates.
- I take time to explore the South Side of Bethlehem.
- I take initiative to learn more about “going green” by attending environmentally-minded speakers, classes, lectures, events, etc.
- I take/have taken a sustainability-focused or a sustainability-related course at Lehigh.
- I am a member of an environmental club (Beekeeping, Community Growers- Garden Club, Eco-Reps, Engineers without Borders, Green Action, or Society of Environmental Scientists) or have volunteered for an environmental community service activity.
- I know who the Eco-Reps in my building are, and I know how to contact them with ideas, questions, and comments regarding sustainability initiatives on campus.
- I have applied for and/or received a Green Fund grant for a sustainability project on campus.
- I have participated in the Community Service Office Environmental SpringSERVE trip to contribute to environmental sustainability in another community.
- I applied to live in the Eco House to further learn about environmental issues and practice sustainability alongside other like-minded students.
- I have participated in the Office of Sustainability’s SustainabLEHIGH PreLUision Program to learn about sustainability at Lehigh and in general.
- Other: _____

Innovations

18. **Is there anything else that you do that is environmentally friendly that is not captured above? We would love to hear about your innovative behaviors!**

Mini-Quiz

Please answer these questions to the best of your ability to show us what you have learned about the 10 required actions from the beginning of the survey.

19. **What number plastics are recyclable at Lehigh? ***

Mark only one oval.

- 1,2,4,6
- 1,2,4,5,7
- 2,3,6
- 3,4,5,7

20. **What kind of light bulbs are most energy-efficient? ***

21. **True or False: Recyclables must be uncontaminated and clean before being put into a recycling bin. ***

Mark only one oval.

- True
- False

Signature

22. **As we select an Eco-Rep to send to you to certify your room, is there anything else we should know about? ***

Check all that apply.

- No
- Yes (please explain below)
- Other: _____

23. **Please type your full name below to authorize that the information you provided in this form is accurate. ***

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