

THE ECONAUTS' GREEN LIVING GUIDE



AY 2023-2024

UC San Diego
HOUSING • DINING • HOSPITALITY
Sustainability



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“As a globe, as a nation, it’s really critically important that we work to reverse the climate change that we’ve seen changing the ecosystem right before our eyes, and the university is meant to be a leader.”

— Michael V. Drake, UC President

Why be Sustainable?

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UC San Diego has implemented sustainable features and programs to help us reach UC-mandated sustainability goals, such as Zero Waste and Carbon Neutrality. Many of HDH's Dining locations, residence halls, and apartments are LEED certified for their energy, water, and resource saving design.

As a resident, you can contribute to sustainable efforts by using your space in the greenest way possible. Hopefully, this guide will assist you in finding easy ways to add sustainability into your everyday routine.

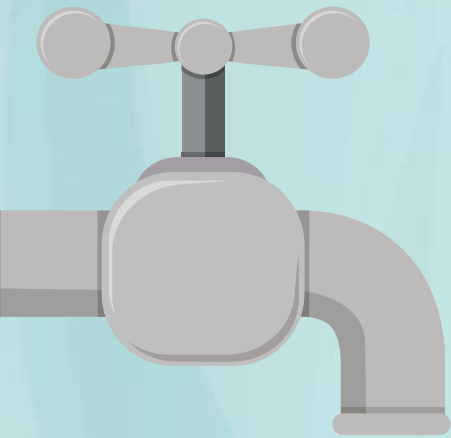
Meet the Econauts



The University of California is committed to reducing potable water consumption 36% by 2025.*

What we do:

- We are irrigating with reclaimed water to save millions of gallons campus-wide.
- We have installed low-flow showerheads, toilets, faucets and other fixtures to help conserve water!



What you can do:

Report leaks to maintenance immediately by calling 858.534.2600.

Take shorter showers. The average shower lasts 8 minutes and uses 18 gallons of water.

Turn off the faucet when brushing teeth/washing hands to minimize water consumption.

Run only full loads of laundry using cold water, and line dry laundry whenever possible.

*When compared to a three-year average baseline of FY 2005-06, FY 2006-07, and FY 2007-08.

UC San Diego's goal is to be Carbon Neutral by 2025. This means net zero greenhouse gases emissions from its buildings and vehicle fleet.

What you can do:

Although you are not directly paying for your utilities on campus, your utility usage factors into the Housing rates on campus.

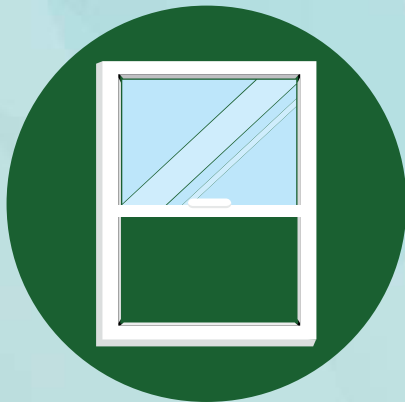
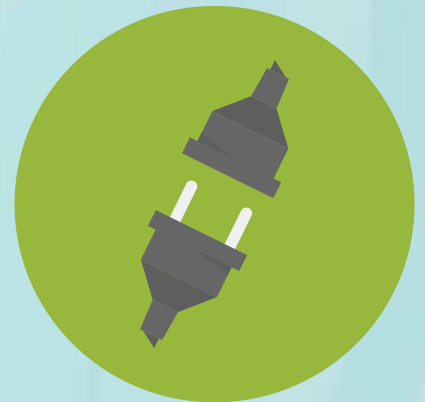
Help keep rates down!



Take advantage of natural daylight instead of turning on the lights.

Turn off lights and electronics when not in use.

Connect all of your electronics and appliances to a power strip to easily turn them all off when not in use and prevent phantom loads-energy consumption at such times (devices are still drawing power when you are not using them).



Open windows regularly to ensure proper airflow. This helps us stay cool naturally. During colder months, warm up with blankets and sweaters!

Over the years, UC San Diego has implemented many sustainable food efforts including: the Sustainability icon identifying low carbon foods, daily vegan and vegetarian options in Dining facilities, and supporting community gardens. Programs such as the Triton Food Pantry and healthy cooking classes by HDH Dining and The Zone help promote these sustainable actions campus-wide.



The Sustainability icon was introduced to UC San Diego Dining's menus to help guests identify and choose sustainable, low carbon meals.



Approximately **3,000** pounds of nonperishable food were donated to The Triton Food Pantry and The San Diego Food Bank during the 2022 on-campus move-out donation drive.

HDH purchased **40.4%** of its food from sustainable sources and **27.4%** of food purchased was plant-based in AY 2022-2023, surpassing its goal of 25% by 2030.

What you can do:

Opt for plant-based foods whenever possible! Eating lower on the food chain reduces the amount of land, energy, and water needed to sustain your diet. Plus, it's good for you!

Plan out meals or create a food budget in advance to minimize food waste and any related emissions.

Donate non-perishable food you don't want (think Triton Food Pantry) throughout the year to help reduce food waste.

Dispose of any compost in an available compost bin, accepting community garden, or available compost drop off site.

Look for labels that indicate your food is sourced sustainably:

- **Fair Trade:** fair deal for farmers and environmental stewardship
- **Rainforest Alliance:** protects biodiversity
- **Organic:** cuts down pesticide use



Cleaning and Maintenance

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What we do:

HDH Custodial Services uses green standards and cleaning products that are environmentally safe and non-polluting to reduce the impact on both the environment and human health.

What you can do:

Avoid sending harsh chemicals into the environment. Look for natural and biodegradable cleaning products in the Markets.

Use biodegradable dish sponges or bamboo dish scrubbers.

Use reusable towels or rags to clean surfaces or dry your hands.

Read the label on cleaning products to see the suggested amount to use. Usually, a little goes a long way. Also, remember some empty cleaning product containers are still recyclable!

DIY Air Freshener

- Fill a jar $\frac{1}{4}$ full with baking soda
- Add 5-10 drops of your favorite essential oil
- Make sure air can get through the lid and leave in an open space!



DIY Surface Cleaner

- Mix equal parts vinegar and tap water in a spray bottle
- Enjoy your non-toxic everyday surface cleaner!



What we do:

HDH Dining is actively reducing the number of single-use plastics used in the Dining halls and Markets. By offering reusable options instead, we have observed over a 36% reduction in single use items since AY 2020-2021.

There are over **110** Hydration Locations installed all around campus for you to fill up your water bottle with free, clean, filtered drinking water.

Since Academic Year 2017-18, HDH has eliminated **3 million** single use containers, **2.8 million** single use utensils, **1.2 million** single use cups, and **409,000** plastic straws.

Since Academic Year 2017-18, HDH has **eliminated all single-use plastic bags** in Markets.

UC San Diego community gardens that compost are able to minimally compost **35lbs of organic waste per week.**

The Triton2Go reusable container program specifically saved **945,695** single use containers since its launch in November 2020.

What you can do:

Bring your own reusable bag to avoid the 10 cent charge for a paper bag at the Markets.



Choose to reuse!
When eating in, refuse single-use plastic, paper coffee cups, and "To-Go" cutlery. Instead, use reusable stainless-steel cutlery (grab your own set at an HDH Market).



Bring your own mug or cup to the HDH coffee stations to receive a 10 cent discount on in-person orders.



Learn to properly sort waste. More details on the next page.

What you can do:



Recycle!

Ever wonder what happens after you put recyclables in the blue bin?

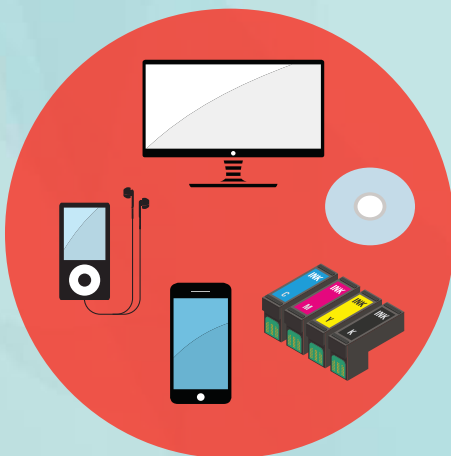
Find out here: [HDHRecycling](#)

You can recycle:



- Rigid plastics
- Clean paper products
- Glass
- Aluminum

**It is best and ideal to wipe or clean items before recycling them.*



E-waste

Electronic waste is accepted at the UC San Diego Bookstore, EH&S Campus Services Complex, and DAV Donation bins.

Batteries are separate and accepted at the UC San Diego bookstore.

Click here for the: [Comprehensive Waste Sorting Guide](#)

UC San Diego has several campus gardens and one San Diego community garden that promote education and the growth of sustainable food and local produce. Click [HERE](#) for more info!



Do you have a green idea? Need resources to get off the ground? HDH provides Green Grants: Click [HERE](#) for more!

Contribute to a sustainable attitude on campus! Hold yourself and your friends accountable for **ACTIONS** that **AFFECT** the **ENVIRONMENT**. Remind each other to turn off lights, faucets, and to bring your water bottle, mug, straw, etc. with you when you head out to class for the day!



Get Involved

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Join a student sustainability organization! Find an aspect of sustainability that speaks to you and reach out to the organization to see how you can get involved. All of the organizations have information posted on the UC San Diego Center for Student Involvement (CSI) website.

CSI: <https://studentorg.ucsd.edu/>

Think you've got what it takes to live sustainably?

Reach out to the HDH Econauts to get more involved and learn more sustainability tips!

Contact us at: econauts@ucsd.edu

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