

Sustainability tips for Green Living

Adopting a sustainable lifestyle doesn't require drastic changes like giving up driving or stop using your smartphone. Simple changes, like reducing single-use plastic or opting for reusable products, can significantly decrease your environmental footprint. These easy green living tips and Griffith initiatives can help you conserve resources and save a few dollars!

Energy conservation

- **Unplug:** Unplug devices such as chargers and electronics when not in use.
- **Use shared spaces:** Utilise common areas for study sessions to minimise energy usage in individual rooms.
- **Promote natural light:** Consider using compact fluorescent lights (CFLs) instead of regular bulbs.
- **Advocate for change:** Participate in campus initiatives aimed at improving energy efficiency.



Waste reduction

- **Minimise paper use:** Submit assignments electronically and consider taking notes digitally.
- **Reuse and recycle:** Use reusable water bottles, coffee cups and food containers. Refrain from using foil or plastic wrap, it contains PVC and can't be reused. Donate your unwanted furniture, appliances, and clothing so that it can be reused. Give a new life to broken items.
- **Reduce and sort your waste:** Opt for natural materials over plastic. Properly sort waste into recycling, compost, and landfill categories.



Sustainable transportation

- **Bike or walk:** Choose biking or walking for short trips to and around campus.
- **Carpooling:** Consider carpooling or ride-sharing programs to reduce the number of vehicles on the road.
- **Public transport:** Use campus shuttles or public transportation and give your car a day off!
- **Hybrid or electric cars:** When possible, consider booking a hybrid or electric vehicle instead of driving a diesel one.



Sustainable food practices

- **Sustainable eating:** Choose locally sourced, organic and plant-based meal options.
- **Reduce food waste:** Plan meals to minimise waste and compost food scraps when possible.
- **Reusable utensils:** Use reusable cutlery, plates, and cups instead of disposables.
- **Grow your own produce:** You can start small! Try planting your own herbs such as basil, or tomatoes.



Water conservation

- **Short showers:** Turn off the tap while brushing teeth, and take shorter showers (4 min or less). One minute less saves 1 bucket of water!
- **Reuse water:** When washing fruits and vegetables, instead of running the tap, fill a bowl with water and rinse your produce. This same water can be used to water plants. You can also collect rain water!
- **Water-efficient fixtures:** Choose low flow faucets and showerheads to reduce the amount of water that comes out of the faucet.



Community engagement

- **Join or start a club:** Participate in or start sustainability-focused clubs or organisations.
- **Volunteer:** Engage with and volunteer in community service projects that focus on environmental conservation.
- **Peer education:** Educate your peers about sustainable practices and their importance. Join the Green Impact Program and learn more about the United Nations SDGs.
- **Lead by example:** Demonstrate and promote sustainable practices in your daily life and inspire others to do the same!



Learning new habits take time, but making small changes to our actions makes a big difference! If you are interested in learning more, contact Griffith Sustainability.



 www.griffith.edu.au/sustainability

 sustainability@griffith.edu.au

Find us on:



SUSTAINABLE DEVELOPMENT  GOALS