

GREEN MOVE-IN



SUSTAINABLE LIVING GUIDELINES >> GREEN MOVE-IN

The Sustainability Committee of Ramapo's Student Government Association is encouraging students to consider sustainability as they prepare to move into their Residence Halls each fall and spring. The following guidelines outline the ways students can reduce their carbon footprint not only on move-in day, but beyond with the items they choose to bring.

SHOP CRITICALLY

Less is more! By shopping critically, you can buy less items that will last longer, or realize you may not need some products at all. The first of the three "R's" is *reduce*, which can be the most critical in avoiding waste. Here are some things to consider while shopping:

- Do your research! Search online for what brands best suit your needs and are environmentally conscious
- Invest in high quality, reusable products that will last all years of residence hall living
- Look for ENERGY STAR® certifications on electric items.
- When shopping for school supplies, look for items that are made from post-consumer or recycled materials, or materials that can be composted. A great resource for these materials is Wisdom Supply Co.

REDUCE PACKAGING

Another place to reduce while shopping is in packaging. Ways to reduce packaging include:

- Use reusable moving containers rather than trash bags or boxes, and pad items inside with soft items like clothing or blankets rather than newspaper or foam
- Buy in bulk to avoid extra packaging
- Buy local; buying in person allows the opportunity to use reusable bags and buy items all at once rather than ordering items individually. Ordering online requires packaging in each box and the added carbon of shipping.

- Bring from home instead of buying new! Rather than owning two of everything, use the items you already own.
- Wait to buy.

REDUCE ENVIRONMENTAL IMPACT

The second of the three "R's" is *reuse*, so shopping second-hand or borrowing is a great option whenever you can. This can be anything from textbooks, to winter clothes, to extra room storage items. This can also be achieved by bringing items from home rather than buying new and having doubles.

When buying new items is necessary, look for those made out of sustainable materials or with reduced impact in their use. This can include:

- Cleaning supplies: search for non-toxic or plant-based cleaners
- Laundry:
 - Clothes drying racks: air dry clothes after washing to reduce energy used in dryers.
 - Laundry detergent: choose chemical free detergents, cold water detergents or powder detergents.
- Electronics:
 - LED lamps.
 - ENERGY STAR® approved items.
 - Surge protectors with timers, to save energy (check prohibited items list in the Guide to Community Living first).
 - Natural air fresheners rather than chemical ones, such as dried lavender, or bring a plant for cleaner air!



- Bedding: Look for organic cotton products. Foam mattress pads can be replaced with organic cotton ones.
- Kitchen: Post-consumer paper towels, cloth towels, beeswax wraps.

Environmentally friendly products such as organic cotton can be investment products that will last longer than others, which saves money and plastic in the long run.

SUSTAINABLE ITEMS TO HAVE ON CAMPUS

A few key items can help you to continually reduce your impact on the environment:

- A portable set of non-plastic utensils and a refillable water bottle, choosing a stainless steel one if possible.
- Reusable shopping bags.
- High quality Tupperware, which can be used for leftovers at events.

Be aware the multiple recycling systems on campus. Pay attention to what can and *cannot* be recycled in residence halls.

This document provides you with basic information and tools to participate in a more sustainable residence move-in. Should you have any questions or want to take sustainability a step further email ramapogreen@ramapo.edu.

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