

# 10 TIPS FOR A SUSTAINABLE LIFESTYLE AT THE U

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## Eat plant-based

Just choosing to cut out meat for one day a week or swapping to a milk alternative makes a big difference!

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## Become a Green Liaison

Volunteer to help your workspace become more sustainable.

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## Save energy

Put your computer on sleep mode and turn off unnecessary lights.

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## Buy products with recycled content

Third party certified: USDA Organic, Fair Trade, Energy Star, Forest Stewardship Council, Marine Stewardship, Green Seal, EPA Water Sense

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## Recycle right

Take your trash and recyclables to central bins, only recycle approved items, and flatten cardboard boxes.

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## Reduce transportation impacts

Try mass transit, carpooling, or biking.

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## Reduce single use

Avoid using disposable plastic, bring your own water bottle, mug, or food containers.

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## Travel less

Choose to meet over Zoom.

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## Reduce water consumption

Shorten showers, fully load dishwashers, and monitor leaks.

10

## Buy a plant

Purify the air and connect to nature by adding plants to your space.

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