

Sustainability at Appalachian State

We are excited to welcome you to **Appalachian State University**! We love the beautiful Blue Ridge mountains we call home, and thrive on the sense of place one develops while living here. Please join us as we work collectively to create a more sustainable campus and community. We're all in this together, and it takes everyone being a part of these efforts to create lasting change.



When moving to campus, please be sure to keep sustainability in mind! Packing light is key, especially if you need to relocate or move away from campus early in order to ensure the health and safety of our community.

CONSIDER BEFORE MOVING TO CAMPUS

- Travel light- only bring what you need and try to minimize your stuff
- Pack in reusable containers rather than cardboard boxes- these will also come in handy when you need to pack up as well
- Be in contact with your roommate so you can share some of your resources instead of doubling up!- cleaning supplies, brooms, vacuums, area rugs, etc...
- Bring items from home and shop at thrift stores instead of buying new
- Hold off on big purchases until later in the year
- Develop a plan to sell or donate items at the end of the year rather than throwing away



LIVE SUSTAINABLY

- Minimize what you bring to campus- pack light
- Grow container plants for improved indoor air quality
- Bring your bike for a form of low carbon and physical distancing transportation
- Purchase eco friendly, sustainable options when you must buy something
- Bring your own reusable water bottle, cup, mug, straw, cloth napkin, and utensil set
- Bring your own reusable containers rather than ziploc bags
- Plan to use reusable linens such as towels and washcloths instead of disposables
- Save energy by using smart power strips
- Purchase energy efficient appliances and LED bulbs
- Go digital for all your organizing needs such as calendars and planning
- Choose plant based vegetarian or vegan options, which are low carbon healthy choices
dining.appstate.edu/dining/dining-facilities-menus/terra-verde
- Support local and choose some of the many local food options in our Campus Dining venues
dining.appstate.edu/sustainability



GET INVOLVED

- Green Appal Certification
sustain.appstate.edu/initiatives/residence-hall-certification/
- Eco-Reps Program
sustain.appstate.edu/get-involved/eco-reps/
- Volunteer and Service Opportunities
sustain.appstate.edu/get-involved/volunteers/
- Sustainable Clubs and Organizations
sustain.appstate.edu/get-involved/clubs/
- Don't Throw it Away and Big Sale
act.appstate.edu/dont-throw-it-away

THINK ZERO WASTE

- Recycling and composting services are available at each residence hall
sustain.appstate.edu/initiatives/zerowaste/recycle-guide/
- Recycling collection totes are provided in each room
- Be sure to bring a small container for compost- reused protein shake or yogurt tubs work well
sustain.appstate.edu/initiatives/zerowaste/composting/residence-hall/

For more information on campus sustainability efforts, please visit: **sustain.**
appstate.edu