Green is the new black!

It’s cool, it’s smart, and it can get you a job. But what does it really mean? Going green doesn’t mean you have to make radical changes. The whole green idea is mostly about making conscious decisions about our resources. This means thinking about what you do in your everyday.

It’s a very simple idea that has the potential to make a major impact on the world that surrounds you. Keep reading to find out ways you can go green at UWG.

**CO₂ Pollution Released by Producing Your Favorite Foods**

- Potatoes: 1
- Apples: 2
- Chicken: 3
- Pork: 5
- Beef: 7

**Water Footprint of Selected Foods**

- Beef: 2000 liters/kg
- Pork: 4000 liters/kg
- Chicken: 6000 liters/kg
- Eggs: 8000 liters/kg
- Milk: 10000 liters/kg
- Nuts: 12000 liters/kg
- Cereals: 14000 liters/kg
- Fruits: 16000 liters/kg
- Vegetables: 18000 liters/kg

westga.edu/sustainability
**Transportation**

One easy way to go green at UWG is to swap that daily drive for another mode of transportation. Check out some of the options below to see how you can go green.

**Carpooling with friends is an easy way to go green.** Take turns driving so you don’t have to worry about splitting the cost of gas.

**Walking is a great way to get your daily exercise.** Many students live on campus or right off of campus, and so it really makes sense to just walk to class. Most people are not strained by walking a mile, which takes about 20 minutes if done at a leisurely pace. BONUS: Don’t worry about hectic parking.

**Biking is also a great way exercise, and it’s faster than walking.** There are bike racks all across campus. If you don’t have a bike rent one from the Zagster bike share or head to the CCAC for a $5 daily rental. Take the scenic way to school on the Carrollton Greenbelt.

**Bus it.** Take advantage of the free UWG bus system. In addition to the campus shuttle, UWG also has an apartment shuttle that visits The Flats at 316, River Pointe, The Reserve, Brumbelow Apartments, and West Woods. UWG offers a shopper shuttle for those without another way around town.

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**Food**

Food waste is one of the biggest problems in the United States. In our dining halls, one swipe of your card makes everything in these buffet-style eateries seem free, but keep in mind there actually is an environmental cost. Eating conscientiously is one of the biggest ways you can lower your ecological footprint.

**Take only what you can eat** Don’t grab that extra portion of food if you’re not sure you can finish it. The water, energy, and emissions required to bring that food to you is significant, so when you waste food, you’re taxing the environment for nothing.

**Go tray-less next time you visit the dining hall.** You won’t find any trays in East Commons, but you have the option to go tray-less at Z-6. Not only will you help cut down on wasted food, but you will also conserve the water that would have been used to wash that tray.

**Eat less meat** is another way to help cut down on waste. UWG Dining has delicious vegetarian and vegan dishes that are available everyday. If you don’t want to commit to being vegan or vegetarian though, opt for “Meatless Mondays!”

**Buy local** produce at the Cotton Mill Farmer’s Market in downtown Carrollton. If you buy local, it means less greenhouse gas emissions from transportation and an economic boost to our community!

**Choose organic** next time you go shopping. Organic foods are regulated and require the exclusion of all synthetic pesticides, antibiotics, fertilizers, irradiation, and genetic modification from food production.

**Voicing your requests** is a good way to make a positive change as well. UWG Dine West wants you to have a great experience in all of its operations, so let them know what you want!

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**Energy**

UWG creates 25,000 tons of CO2 on its campus and spends over $2 million for electricity each year. But you can help reduce this energy footprint if you follow some of these easy steps:

- Turn everything off when you leave your dorm or apartment. Lights are the main drain on energy.
- Use power strips and turn them off when nothing is in use. This reduces the amount of “vampire electricity,” which is the energy that appliances drain even when turned off.
- Reduce your dependence on heating/cooling systems. Turn your heating and cooling systems down when you leave. When home try to aim for these ideal temperatures:

<table>
<thead>
<tr>
<th>Season</th>
<th>Minimum Temperature in Room</th>
<th>Maximum Temperature in Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring &amp; Summer</td>
<td>78º – when in room</td>
<td>90º – when out</td>
</tr>
<tr>
<td>Fall &amp; Winter</td>
<td>68º – when in room</td>
<td>55º – when out</td>
</tr>
</tbody>
</table>

- Use sleep mode on your computer when you aren’t using it. This will reduce energy drain and battery use.
- Avoid using a screen saver on your computer. Not only does this use unnecessary energy, but it can also prevent your computer from entering sleep mode.

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If you are interested in starting your own garden, but don’t have the space to do so, check out UWG’s campus garden. It is open to faculty, staff, and students. You can also take courses to get involved in the garden, or join a student club!