

The Sustainability PLEDGE

By committing to do at least one action in each of the following categories, I am joining others to help create a more sustainable SCU.

I pledge to reduce my energy use

- Turn off lights and appliances when I'm not using them
- Unplug appliances that I don't often use
- Replace my regular light bulbs with compact fluorescents
- Change my thermostats a few degrees (down in the winter, up in the summer)
- Combine my errands to reduce car trips
- Take public transportation/walk/bike/carpool to campus at least one day a week
- Take Caltrain to San Francisco instead of my car
- Learn how to power my home with "Green" power - and do it!

I pledge to reduce the waste I produce

- Use scratch paper for notes and print/copy double-sided
- Take my own shopping bags to the grocery store
- Use my own water bottle and coffee mug every day
- Buy items in bulk and items with minimal packaging
- Recycle everything that I can and responsibly dispose of my electronic waste
- Sign up to receive all my bills online, rather than in the mail
- Sign up for the Directmail.com National Do Not Mail List
- Provide and encourage recycling at the events I plan (meetings/meals/parties)

I pledge to develop more sustainable habits

- Eat vegetarian more often, and reduce my consumption of meat and seafood
- Buy organic produce, and visit the farmer's market near SCU or my home
- Think twice about making a purchase - "do I really need more stuff?"
- Buy products composed of organic and/or recycled material
- Use less water when I wash dishes/brush teeth, take shorter showers
- Learn how to offset the CO₂ emissions I produce by driving/flying - and do it!
- Support Fair Trade, shade grown, and organic coffee
- Learn as much as I can about sustainability and teach others

I pledge to lead by example!

Signature

Date