

Follow these tips to go a step greener...

1. Switch off

Turn off lights when you leave a room. Turn appliances off at the mains, rather than leaving them on standby. It is estimated that if everyone in the UK turned equipment off standby we could shut down two power stations.



2. Recycle

There are facilities to recycle glass, cans, paper and some plastics on campus and in residences, but there are a whole host of other items that can also be recycled. Many charities accept mobile phones, ink cartridges, stamps and old coins either to sell on or recycle; items like batteries, clothes, textiles and shoes can all be recycled in recycling banks found on campus, in household recycling centres and in many supermarkets.



3. Take the stairs

Lifts use a huge amount of energy, so if you can, try taking the stairs instead. You'll be reducing the building's energy use and keeping fit at the same time! The same logic applies to the electronically assisted doors as well.



4. Mug for Life

Buy an Aston Mug for life to use in the catering outlets if you're grabbing a drink on the go. This will reduce the need for paper and plastic vending cups which can't be recycled.

5. Diet

Buy local, fresh produce where possible - it's healthier and reduces food miles from food being transported from abroad and is also a good way to support your local community. Eating less meat is good for you and much better for the environment, as it uses more energy and water to produce meat than to grow vegetables or cereals.



6. Reuse carrier bags

Reuse your standard carrier bags, buy a "bag for life" or use more durable cotton/material shopping bags. Say no to bags at the till.

7. Buy recycled/recyclable

Buy recycled toilet roll, tissues and computer/writing paper. Look out for recycled packaging on other groceries - some products have biodegradable packaging that can go into your compost bin. Choose items that can be easily recycled such as glass, tins or plastic bottles.

8. Wash at 30°

Doing your washing at 30° rather than a higher temperature saves you money and saves energy. Also, try hanging your washing out to dry rather than using a tumble-dryer.



9. Save water

Taking a shower instead of a bath uses around a fifth of the water, and you can reduce this even further by installing a low flow shower head. You can also use a 'hippo' water saver in the cistern of your toilet, make sure none of your taps are dripping and harvest rainwater to use in the garden.

10. Turn the heating down

Reducing the temperature of your heating by 1° can cut your bill by up to 10% and closing your curtains at night helps to keep warm air in and cold air out!



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