

# NOVEMBER SUSTAINABILITY CHALLENGE

## Being a Conscious Consumer

For the final week of the challenge, we'll focus on how we can be a conscious consumer here on campus and through the technology we use.

### ON CAMPUS

#### In the LAB:

- Purchase **more energy efficient equipment** such as Energy Star. HSC Sustainability helps lab buy more efficient freezers.
- When using and purchasing lab supplies, "**right size**". For example, if you're doing something with 10mL of liquid, use a small tube rather than a 50mL conical tube.
- Sterilizing equipment? Try **reusable sterilizing containers** rather than single-use bags.

#### In the OFFICE:

- Purchase paper, notepads, pens, etc. **made from recycled material**. Office Depot even has a [Greener Office](#) site.
- Have you been able to work with **less stuff**? Try carrying that forward as we get back to a new normal.
- Don't order office supplies for yourself? **Talk to the person that does** and let them know about greener office supplies!

#### In the BREAKROOM:

- Purchase more **eco-friendly breakroom items** such as wooden stir straws and more. [Eco-Products](#) is a great resource.
- **Recycle those K-cups**. HSC Sustainability has a few devices to help you (just contact us).
- **Encourage reuse when possible**. Here in Facilities, we posted signs about using your own mug, we removed the single-use cups, and we provided reusable mugs.

### APPS

- **Seafood Watch** - helps you make more ocean-friendly decisions about your seafood
- **Think Dirty** - make more informed decisions about your personal care and household products
- **JouleBug** - an easy and fun app to make sustainability part of your everyday habits
- **GreenDay** - an eco-friendly shopping site with a community
- **Forks Plant-Based Meal Planner** - helps you get more plant-based meals into your life with recipes and meal planning resources.

### BROWSERS

Web searches are a part of our daily lives, so why not have a positive impact with how you research things! Here are some great suggestions:

- [Ecosia](#) - a search engine that uses its profits to plant trees
- [OceanHero](#) - a search engine dedicated to saving and preserving the ocean. For every 5 searches, they recover an ocean bound plastic bottle
- [Rapusia](#) - this engine uses its profits on social and environmental projects

## HSC SUSTAINABILITY

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