

Sustainable Creighton Living Guide



A RESOURCE TO HELP MAKE OUR SPACE IN OUR COMMON HOME MORE SUSTAINABLE

Caring for our common home is part of Creighton's Catholic, Jesuit identity and mission. Making more environmentally-friendly choices in how we live is one way Creighton students and employees can be agents of change. Every action matters. **Local acts, global impacts.**

Committed to Sustainability

- We are committed to achieving climate neutrality by 2050
- Since 2010, we have reduced our annual CO2 emissions by 22,000 tons
- One in seven courses include some elements of sustainability, and we offer majors and minors dedicated to and involving sustainability (Environmental Science, Sustainability Studies, and Justice & Peace Studies)

What Can You Do?

FOOD & DINING

- Eat a plant-forward diet; plants are less resource intensive than meat.
- Don't waste food.

In the US, 30-40% of food produced for human consumption is lost or wasted. Food is the single largest category of material placed in municipal landfills according to USDA.

TRANSPORTATION

- Bike or Walk - Utilize [Heartland Bike Share](#) station located by Morrison.
- Utilize JayPass - Ride the [Metro](#) bus for **free** using your Creighton ID.
- Carpool - Spend time with friends and help prevent excess cars traveling to campus.
- Use the [Creighton Shuttle](#).
- Have an electric car? Use the 2 EV charging stations on campus.

Active commuting leads to healthier people and a healthier planet.

PRINT SMARTER

- Pause before you print! *Can you share or store something electronically instead of printing?*
- Use double-sided and B/W options.

Printing is a leading cause of deforestation.

CONSERVE WATER

- Challenge yourself to take shorter showers. Set a goal, such as 5 minutes or less.
- Turn off water when brushing your teeth, washing your face, and shaving.

On average, people in the U.S. take 8 minute showers. The EPA estimates that most showers use 2.1 gallons of water per minute. This means the average shower uses 16 gallons of water. Taking a 5 minute shower uses about 10.5 gallons of water.

REDUCE ENERGY CONSUMPTION

- Turn off lights when you leave a room or when there is enough natural light.
- Set thermostat (lower) at 68 F during the winter and (higher) at 76 F during the summer.
- Wash clothes with cold water and use a drying rack instead of a machine dryer.
- Unplug appliances and devices when you are not using them.

DIVERT WASTE - Refuse/Reduce/Reuse/Recycle/Compost

- Bring your own cup to Starbucks.
- Before you buy ask yourself, *Do I need this? Do I already have something like this? What is this made of? Is it recyclable?*
- Swap clothes with friends, buy from thrift stores, and donate clothes and household items that are still in good condition.
- Make sure you only put accepted recyclable materials in recycle bins. *When in doubt, throw it out!*
- Organic waste such as food scraps, coffee grounds, paper napkins, and greasy pizza boxes can be composted. *Do not place recyclables in compost bins!*

GET INVOLVED

- Join the [Sustainability Listserv](#).
- Explore other [Sustainable Creighton Guides](#).
- [Learn how](#) you can apply for funding for a student-led, student-driven sustainability or environmental justice project.