HELPFUL TIP #1

TAKE THE STAIRS

Do your heart and the environment a favour by skipping the elevator and taking the stairs!
HELPFUL TIP #2

TURN OFF COMPUTER MONITORS WHEN THEY AREN’T IN USE

Did you know that leaving a PC monitor on standby overnight produces enough energy to microwave six dinners?
HELPFUL TIP #3

SWITCH OFF LIGHTS

You might not be able to see in the dark, but an empty room doesn’t need to. Switch those lights off!
HELPFUL TIP #4

COMMIT TO SWEATER WEATHER

It’s cold outside, but that doesn’t mean you have to crank the heat inside. Throw on a sweater to add 3 degrees of warmth to your body while looking extra stylish!
HELPFUL TIP #5

BEWARE OF PHANTOM POWER

Did you know that some electronics still use power when they’re switched off? Unplug them when they aren’t in use.
HELPFUL TIP #6

GET YOUR #MacEwanMugshot

Have the barista put your drink in a reusable mug to receive a 10¢ discount and to prevent a disposable cup from ending up in the trash.
HELPFUL TIP

YOU ONLY NEED ONE SHEET OF PAPER TOWEL TO DRY YOUR HANDS

Try this: Flick your hands 12 times, grab a sheet of paper towel, fold it in half, and dry away!
HELPFUL TIP #8

THINK BEFORE YOU PRINT

Did you know MacEwan University printed an estimated 7 million sheets of paper in 2014? That’s equivalent to 840 trees! Ask yourself “do I really need to print this or can I use an electronic version?”
HELPFUL TIP #9
PACK YOUR LUNCH IN REUSABLE CONTAINERS

Did you know packaging produces 30% of waste entering landfills in Canada? Packing your own lunch in reusable containers is a simple way to save packaging and money too eating out isn’t cheap!
HELPFUL TIP #10

WASH DISHES THE RIGHT WAY

Don’t let the water run while washing the dishes. Fill the sink up, wash, and then drain.