

# The Recycler

ELEMENTS  
OF CHANGE

August/September 2025

Your Guide to a Greener, More Sustainable Planet



## Water

### Protect every drop

- Take shorter showers! Try setting a timer and see how efficient you can be.
- Turn off the tap while brushing teeth or washing hands.
- Use reusable water bottles instead of buying bottled water.
- Choose eco-friendly, biodegradable soaps and detergents.



## Earth

### Grounded in sustainability

- Reduce food waste by only taking what you'll eat in the dining hall.
- Choose plant-based or locally sourced meals more often.
- Use reusable bags, containers, utensils, and cloth napkins and avoid single use plastics.
- Support thrift stores or clothing swaps instead of buying fast fashion.
- Join campus groups such as Environmental Service Club, Topsoil BG, EAG, and more!



## Fire

### Power with purpose

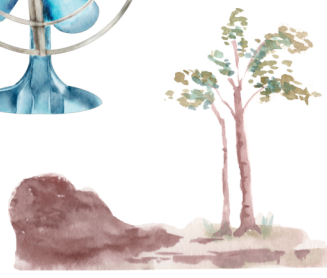
- Switch off lights, computers, and electronics when not in use.
- Use energy-efficient LED desk lamps.
- Avoid overcharging phones/laptops—unplug once fully charged to help extend battery life.
- Use microwaves or toaster ovens (if allowed) instead of ovens when cooking.



## Air

### Breathe clean, live green

- Bike, walk, or use public transit instead of driving.
- Limit or eliminate car idling; carpool when needed.
- Open windows/use fans for ventilation instead of running AC when possible.
- Volunteer for tree planting or native species restoration projects.
- Clean up your air by taking care of indoor plants in your residence!



Email us what the 'hidden' symbol is on this poster for a chance to win a private VIP shopping experience at the Campus ReStore!

#### CONTACT INFORMATION



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#### SOCIALS



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