

# Green Living Certification

Take Action to Decarbonize Your Life



# Green Living Certification

The Office of Sustainability's Green Living Certification program is for students interested in connecting how we live and what we buy with climate action.

There are two ways students can participate in the program – join a Green Living Cohort or complete a Self-Guided Green Living assessment. Regardless of which option you choose, the Green Living Certification program will help you to think critically about your impact and inspire strategies to decarbonize your life.

Read on to learn more about both options and decide which one is best for you.

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## Green Living Cohort

Each Fall Semester, the Office of Sustainability hosts an eight-week interactive challenge to push you to the highest level of sustainable living in seven different focus areas: energy, food and water, purchasing, zero waste, involvement, transportation and innovation.

Work directly with the Office of Sustainability's Green Living EcoLeads for real-time coaching and feedback. You'll also have the opportunity to meet weekly with eco-minded peers to share best practices and build sustainable community.

Throughout the certification process, you'll get tools and resources to celebrate your successes and identify pathways to transform your behavior and your living space to maximize personal growth and minimize ecological impact. You can even win sustainable prizes and credit through our leadership development program, [EcoReps](#).

To sign-up for a Green Living Cohort click [here](#) or go to:  
[sustainability.temple.edu/participate/students/green-living](https://sustainability.temple.edu/participate/students/green-living)

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## Self-Guided Green Living (On-Campus and Off-Campus)

The self-guided Green Living option is best for students living on or off-campus that want to take action to decarbonize their life but are unable to participate in a Green Living Cohort. Through this process you'll take a Green Living Assessment to document your successes to become Green Living Certified. Each action you take earns you more points towards the different levels of certification.

Follow the steps below to complete the Self-Guided Green Living program and earn Green Living Certification!

FIRST: Complete the assessment online. You can use this pdf as a reference.

SECOND: One of the Office of Sustainability's Green Living EcoLeads will reach out to coordinate review and verification of your checklist.

If you're living on-campus, the EcoLead will schedule a time to meet and conduct a brief audit in-person.

If you're living off-campus, the EcoLead will follow up with an additional digital form which will give you a chance to submit photographic evidence for a selection of action items.

# Green Living Assessment

Each action earns you points towards different levels of Green Living Certification. The more points you earn, the bigger your impact.



**Certified**

25 Points

Must Complete the 10 Essential EcoActions and Recycling Quiz



**Bronze**

40 Points

Must Complete the 10 Essential EcoActions and Recycling Quiz



**Silver**

60 Points

Must Complete the 10 Essential EcoActions and Recycling Quiz



**Gold**

80 Points

Must Complete the 10 Essential EcoActions, Recycling Quiz, the final comprehensive checklist and perform a virtual audit.

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## Let's Get Started

Name:

Temple Email:

Class Year:

On Campus or Off Campus:

If on campus, what building:

Phone number (if you would like to be contacted via text to set up a certification review)

Do you give us permission to take a photo of you with your door medallion after you've been awarded Green Living Certification? Y or N


If you selected yes, do you give us permission to post the photo on the Office of Sustainability's Facebook, Instagram, website and Sustainability Annual Report? Y or N

If you selected yes, please give us your Instagram and/or Facebook username so that we can tag you in the post.

# 10 Required Eco Actions for Certification

These 10 eco actions are the first, foundational steps into your more sustainable lifestyle.

These are required for all levels of certification.

**1 Recycling Literacy:** I have passed the Green Living Recycling Quiz. (on the next page)  ☐

**2 Recycling Bin:** I have a recycling bin and use it. ☐

**3 Lights Off:** I turn off my lights when they're not in use. ☐

**4 Phantom Plugs:** I unplug cords when they're not in use and use power strips. ☐

**5 Power Save Mode:** I have my electronic devices set to power save mode. ☐

**6 Efficient Tech:** I use energy efficient LED light bulbs. ☐

**7 Conserve Water:** I conserve water by turning off the shower or faucet when brushing my teeth and washing my face. ☐

**8 Reusable Water Bottle:** I own and use a reusable water bottle. ☐

**9 Food Waste:** I minimize my food waste as best I can. ☐

**10 Low Carbon Transport:** I opt for low-carbon transportation. ☐

/10

# Green Living Recycling Quiz

**This is a quiz designed to help propel you into a zero waste future!**

**The following questions tackle recycling at Temple and call into question the many waste management myths and misconceptions. Check yourself -- make sure you have the knowledge to practice sustainable behavior and çsponsible, mindful consumption!**

**Take the quiz directly on this packet or answer the questions online [here](#).**

**\*\*Each answer is worth 1 pt. Answer Sheet is in the back of this document.\*\***

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1. True or False? Philadelphia and its surrounding 4 counties (Delaware, Chester, Montgomery, Bucks) all abide by the same recycling code.
2. True or False? Both clean and dirty recyclables (plastic) end up getting recycled.
3. True or False? Both clean and dirty recyclables (glass) end up getting recycled.
4. True or False? Hot non-reusable coffee cups are non-recyclable.
5. True or False? Plastic bags are recyclable in your resident halls and Temple campus recycling bins.
6. True or False? If an item has a recycling symbol, that means it's universally recycle-able, regardless of where you are in the country.
7. True or False? When recycling, it is best to bag all your waste so that everything is organized for collection.
8. Why do we like it when a pizza box is perforated (and easy to tear) in the middle?
  - a. It is easier to breakdown when it is thrown away.
  - b. It is easier to rip the part with food residue off so the rest can be recycled.
  - c. When eating, post-pizza stress is very real and tearing on perforated cardboard is calming.
  - d. Wait, why would you tear the box?
9. What percentage of curbside recycling actually gets recycled?
  - a. 34.3%
  - b. 50.8%
  - c. 72.6%
  - d. 8.4%

10. What is the proper way to dispose of E-waste (electronic waste)?

- a. Put it on your curb for recycling day.
- b. Put it on your curb for trash day.
- c. Take it to one of Philadelphia's Sanitation Convenience Centers.
- d. Throw it in a random dumpster.

11. Recycling comprises what percentage of the Temple's total waste stream?

- a. 44%
- b. 22%
- c. 56%
- d. 13%

12. Out of the 7 types of plastic, which numbers have the highest rates of acceptance from MRFs across the country? (Choose all that apply)

- a. 1 – Polyethylene Terephthalate (PET or PETE)
- b. 2 – High-Density Polyethylene (HDPE)
- c. 3 – Polyvinyl Chloride (PVC)
- d. 4 – Low-Density Polyethylene (LDPE)
- e. 5 – Polypropylene (PP)
- f. 6 – Polystyrene (PS)
- g. 7 - Other

14. Around how many metric tons of plastic enter the ocean every year?

- a. 8,000,000
- b. 500,000
- c. 2,000,000
- d. 230,000

15. What is so bad about the common black plastic takeout containers?

- a. These containers are not recyclable.
- b. These containers contain microplastics that could potentially harm you.
- c. These containers are not microwaveable and should not be used to reheat food.
- d. All of the above

# Energy

**\*\*Each action is worth 1 pt**

- ☐ I only use the amount of light necessary for the task at hand (i.e. avoids decorative lighting such as strung lights or decorative lamps) and use natural light instead of overhead lighting to save energy whenever possible.
- ☐ I plug most/all of my electronics and appliances into a power strip and turn it off when not in use to save energy and money.
- ☐ I set thermostats (or air conditioning unit) within energy guidelines if possible or turn fans off or to a low setting when leaving the room to conserve energy and save money.

	Heating	Cooling
When you are in your room	68	76
When you are out for the day	60	85
When you are on break	55	Off

- ☐ I keep the windows closed when the air conditioning/heating is on to save energy and money.

- ☐ Before I leave for breaks, I unplug my appliances and electronics, close my windows, and turn off all lights to save energy.
- ☐ I use a drying rack to dry my laundry to save energy when possible.
- ☐ I avoid letting the dryer run for the full time period and pull out clothing as it dries to save energy and increase clothing longevity.

- ☐ I use the cold water (AKA bright colors) setting on the washing machine to save energy by not requiring the water to be heated.

- ☐ During the cold weather, I open the blinds during the day and close the blinds at night.

- ☐ I take the stairs instead of the elevator to save energy and exercise, if possible.

- ☐ I have installed "door sweeps" on all doors that lead directly outside.

- ☐ I don't have a mini fridge in my room.

# Water

**\*\*Each action is worth 1 pt**

- ☐ In the case of a leak or any sort of problem resulting in water waste, I act immediately by contacting my landlord or relevant University Housing representatives, to lessen the waste of water and save money.
- ☐ I have installed a lower-flow shower head or take shorter showers (5 minutes or less) to conserve both water and the energy required to heat the water.
- ☐ I turn off water while applying soap, shampoo, or shaving in the shower to conserve water whenever applicable.
- ☐ I wait until I have a full load of laundry before washing to reduce water and electricity consumption.
- ☐ I know what my local water utility is and the source of my water.
- ☐ I bring a vessel into the shower with me to collect excess water for my house plants.
- ☐ If possible, I have a rain barrel or similar vessel to collect rainwater for outdoor plants.



# Food & Dining

**\*\*Each action is worth 1 pt**

- ☐ I bring my own reusable take-out containers to the dining halls when I am on the go to eliminate the wastefulness of paper or plastic containers.
- ☐ I am vegan, vegetarian, or make an effort to reduce the amount of meat and dairy I eat daily to conserve resources and reduce Carbon emissions.
- ☐ I use reusable plates, cups, and utensils instead of disposable alternatives to conserve resources whenever possible.
- ☐ I seek out restaurants, food establishments, and eateries that serve local, organic, or sustainable foods to support the local economy, conserve resources needed to transport the goods, and make healthy choices for my body and the environment.
- ☐ I am aware of the free Temple Community Garden farm stand and garden hours (Fridays 3-5) and the Farmer's Market (Thursdays August - October) on campus and make an effort to be a patron of both.
- ☐ I buy foods that have been certified organic or Fair Trade to support sustainable economies and to make healthy choices for my body and the environment.
- ☐ When purchasing food, I practice smart grocery shopping habits and buy only the amount of food I will use to avoid food waste and save money.

# Purchasing

**\*\*Each action is worth 1 pt**

- ☐ I use a reusable coffee mug, thermos, or bottle instead of a disposable cup when I purchase to-go drinks at food establishments. Temple offers some great discounts for bringing your own mug!
- ☐ I purchase products with a high percentage of recycled content material, such as paper towels, tissues, etc. to conserve resources and energy when possible.
- ☐ I reduce the waste I produce by buying in bulk to reduce excessive packaging and save money when possible. Conditioning/heating is on to save energy and money.
- ☐ I often shop at stores or on websites that sell second-hand products rather than purchasing new belongings which adds to the waste stream. ex. consignment, thrift, or vintage stores.
- ☐ I use green cleaning supplies (i.e. are non-toxic, bleach-free, free of phosphates, free of synthetic dyes or fragrances, free of volatile organic compounds).
- ☐ I bought an indoor air quality friendly plant (such as Aloe or Bamboo) as opposed to spray or plug-in chemical air fresheners.
- ☐ I buy Energy Star certified appliances and electronics to save energy and money in the long run, if applicable.
- ☐ I use recycled paper for printing (If you print from Temple Public Computing Sites you already do this!) to save trees, energy, water, and landfill space while protecting forests.
- ☐ I use green laundry products free of synthetic fragrances and dyes, phosphates, bleach, and surfactant nonlyphenol ethoxylate or NPEs.
- ☐ I avoid cosmetic scrubs and products that contain plastic microbeads that ultimately end up polluting oceans.
- ☐ I avoid “fast fashion” (constantly buying new clothes and/or accessories to only wear them once or twice).

# Zero Waste

**\*\*Each action is worth 1 pt**

- ☐ I use electronic versions of documents/readings instead of printing to conserve paper and the associated waste when possible.
- ☐ I consciously consume paper to eliminate waste by using scraps and reusing paper that only has text on one side whenever possible.
- ☐ I utilize duplex or double-sided printing setting to use less paper while also saving money.
- ☐ I reduce paper margins and/or font size in order to decrease the length of documents printed (especially for non-formal documents).
- ☐ I respectfully refuse plastic bags and instead use reusable shopping bags at the store to reduce consumption of plastic which ultimately ends up in landfills or oceans.
- ☐ If I have clean plastic bags or plastic film products, I properly recycle them in specially marked Plastic Film bins on campus or at home.
- ☐ I reuse school supplies (binders, folders, notebooks, paper, pens, pencils, etc.) to eliminate waste associated with production and to save money.
- ☐ I bring school supplies that I no longer need to Temple Office Supply Swap (TOSS) located outside of Temple's Office of Sustainability.
- ☐ I donate all used clothes or unwanted items to a charitable organization or sell the items to a local consignment store to have a new life instead of ending up in landfill.
- ☐ When I purchase food to go from Temple food court, food trucks or other campus eateries I choose not to take a bag.
- ☐ I compost my organic waste.
- ☐ I make an effort to reduce the amount of paper towels I use. In my kitchen and bathroom I use reusable towels, rags, and sponges so my use of paper is minimal. In communal or public bathrooms where paper is the only option, I make an effort to reduce the amount of paper I use.

# Involvement

**\*\*Each action is worth 1 pt**

- ☐ I have visited Temple's Office of Sustainability to inquire about opportunities to get involved.
- ☐ I talk to family and/or friends outside of the Temple community about sustainability and/or environmental issues.
- ☐ I encourage friends to participate in the certification process in order to foster a community of sustainability at Temple.
- ☐ I "like" Temple Sustainability on Facebook and "follow" them on Instagram and Twitter for environmental tips and updates.
- ☐ I take time to explore my neighborhood and surrounding areas in Philadelphia.
- ☐ I take initiative to learn more about "going green" by attending sustainability lectures, workshops, and other events.
- ☐ I take/have taken a sustainability-focused or a sustainability-related course at Temple.
- ☐ I have completed a sustainability-focused or sustainability-related independent or capstone research project at Temple.
- ☐ I am a member of a Green Council student organization or have volunteered for an environmental community service activity.
- ☐ I know my Sustainability Rep, and I know how to contact them with ideas, questions, and comments regarding sustainability initiatives on campus.
- ☐ I have applied for and/or received a Student Green Grant for a sustainability project on campus.
- ☐ I have completed the Interest Inventory and am an EcoRep at any level: EcoVolunteer, EcoAdvocate, or EcoLead.
- ☐ I am registered to vote or have taken other efforts to engage civically in my surrounding community."

# Transportation

**\*\*Each action is worth 1 pt**

- ☐ I use a bicycle to get around as an alternative to using a motorized vehicle.
- ☐ I walk or roll most places in order to avoid producing carbon emissions.
- ☐ I take public transit when traveling to and from school during the holidays, breaks, or on the weekends.
- ☐ I carpool with a friend when traveling to and from school during the holidays, breaks, or on the weekends.
- ☐ I don't own a personal vehicle and instead use car share when I need to use a vehicle.
- ☐ I have participated in the Walk Audit Training or another pedestrian advocacy program including walking or rolling along one of Philly's outdoor trail networks.
- ☐ I have taken the Urban Riding Basics course to learn about sustainable transportation safety and resources on and off-campus.
- ☐ I have learned bike mechanic skills (such as fixing a flat, safety and brake check) at one of the Bike Temple pop-ups.

# Innovation

Any other sustainable behavior you practice that we didn't capture? List it here.

# Quiz Answer Sheet

- ☐ 1. False
- ☐ 2. False
- ☐ 3. False
- ☐ 4. True
- ☐ 5. False
- ☐ 6. False
- ☐ 7. False
- ☐ 8. False
- ☐ 9. b. It is easier to rip the part with food residue off so the rest can be recycled
- ☐ 10. d. 8.4%
- ☐ 11. c. Take it to one of Philadelphia's Sanitation Convenience Centers
- ☐ 12. a. 44%
- ☐ 13. a. 1 – Polyethylene Terephthalate (PET or PETE) & b. 2 – High Density Polyethylene (HDPE)
- ☐ 14. d. None of the above
- ☐ 15. a. 8,000,000

# Tally Sheet

<b>10 Essential Eco Actions</b> (must be 10/10)	<b>/10</b>
<b>Recycling Quiz</b> (must be 14/14)	<b>/14</b>
<b>Energy</b>	<b>/12</b>
<b>Water</b>	<b>/7</b>
<b>Food &amp; Dining</b>	<b>/7</b>
<b>Purchasing</b>	<b>/11</b>
<b>Zero Waste</b>	<b>/12</b>
<b>Involvement</b>	<b>/13</b>
<b>Transportation</b>	<b>/8</b>
<b>Innovation</b>	<b>/6</b>

**/100 pts**