



GREEN LIVING CERTIFICATION GUIDE

Overview

The individual decisions you make on a daily basis, even if seemingly small, play a critical role in the University's sustainability initiatives. Penn Sustainability seeks to recognize these choices through the Green Living Certification program—an environmental certification available for residents living on and off campus.

This document serves as a guide to the Green Living Certification. Read on to instructions for how to get certified, as well as tips for living sustainably at Penn.

Applying for Certification:

1. Fill out the Green Living Survey [here](#) in accordance with how many actions you qualify for – the questions in the survey are listed in the following sections
 - (1) Prerequisites
 - (2) Waste
 - (3) Energy and Water
 - (4) Transportation
 - (5) Purchasing
 - (6) Involvement at Penn
 - (7) Bonus Questions
2. Submit your completed form.
3. If certified - you will receive your Green Living Certification sticker in the mail and be automatically entered into raffles throughout the year.

LEVEL	REQUIREMENTS	REWARDS
BRONZE	Achieved at least all prerequisites and at least 10 points.	Bronze level sticker and 1 raffle entry
SILVER	Achieved all prerequisites and at least 20 points	Silver level sticker and 2 raffle entry
GOLD	Achieved all prerequisites, at least 20 points, and completed all bonus questions.	Gold level sticker and 3 raffle entry (+1 raffle entry for every email provided)

Prizes change from year to year but may include reusable items such as totes, travel mugs, t-shirts, water bottles, plants, and more! Please note: you can recertify every year for a chance to win additional prizes!

If you have any questions or comments, please email us at sustainability@upenn.edu.

1 - Prerequisites

In order to become certified, you must complete all five of these actions.

- 1. I practice good recycling habits and have a recycling bin.**

[Click here](#) for a full list of recyclable materials and printable posters. [Click here](#) to find out where you can recycle in Penn's College Houses.

- 2. I turn off the lights when they are not in use, and use energy efficiency light bulbs, such as CFLs or LEDs, when possible.**

Lighting accounts for 14% of all electricity consumption in homes. CFLs and LEDs use up to 75% less energy than incandescent bulbs and last much longer!

- 3. I make an effort to tightly turn off faucets and showers and report any leaks to Penn Maintenance or my relevant facilities team.**

One dripping faucet can waste hundreds of gallons of water per year. [Click here](#) to initiate a maintenance request if you live on-campus.

- 4. I have encouraged or am going to encourage other students to receive their Green Living Certification.**

You can provide your friends emails at the end of the survey, and you must provide at least one referral to achieve gold!

2 - Waste

Each of these questions are worth 1 point towards certification.

- 1. I use reusable items such as water bottles, tote bags, to-go containers instead of disposable alternatives when shopping or eating out.**

Check out Penn's [hydration stations](#) to see where you can re-fill your water bottle and avoid more plastic waste!

- 2. At the Penn dining halls, I utilize the Green2Go program and return my Green2Go box rinsed after I use it.**

Check out Penn Dining's [Green to Go](#) program webpage for more information.

- 3. I reduce the amount of paper I use by printing double sided, reusing scrap paper, and adjusting document margins and font size.**

Double-sided printing is a great way to reduce paper use. You can drop off scrap paper to the university print center to make recycled notebooks.

- 4. I donate my unwanted items to PennMOVES at the end of the year or to on-campus locations during the school year.**

Each spring PennMOVES collects residents' unwanted belongings for Goodwill Industries. During the school year, there will be Goodwill containers near Rodin and under Sansom West.

- 5. I compost my organic waste when possible.**

Use the Green bins on campus to compost and review what can be composted on the [waste management website](#).

- 6. I recycle items that require special recycling methods in the proper recycling collection locations, such as batteries, electronics, lightbulbs and glasses.**

[Click here](#) for more information about recycling specialty items like ink cartridges, batteries, CFLs, hardcover books, writing utensils, and electronics.

3 – Energy and Water

Each of these questions are worth 1 point towards certification.

1. I reduce energy use in my home by completing at least one of the following actions:

- a. Dressing appropriate for the weather.
- b. Adjusting blinds or curtains to let in, trap, or reduce passive solar heat.
- c. Adding weather strips or insulation kits to my windows and doors.

For every degree you raise the temperature in winter, energy use increases and costs climb by an average of 6%. Read more about how to use passively heat and cool your home or room through weatherizing [tips here](#):

2. I use the power management settings on my computer and personal electronics, and use a power strip to turn off electricity to my devices and appliances when they are not in use.

By customizing your computer or phone's energy settings, you can improve battery life and consume less energy. You can purchase a power strip at the Penn Bookstore!

3. Before I leave for breaks, I unplug my appliances and electronics, close my windows, and turn off the lights.

Many residents forget to take these simple steps before leaving campus, resulting in an unnecessary waste of energy for days or weeks at a time.

4. When doing my laundry, I wait until I have a full load, utilize the cold water setting for the wash, and/or use a drying rack instead of a drying machine to dry my laundry.

By only washing full loads of laundry on cold and air drying, you can save hundreds of gallons of water each year and save energy. For those living in on-campus residences - The [Wash Alert](#) system allows you to see what machines are available or in use!

5. I reduce water use in the bathroom by turning off faucets when not in use, shortening the duration of my showers, and/or installing low-flow fixtures.

Bathroom fixtures use high volumes of water. By monitoring your use, you can conserve hundreds to thousands of gallons of water per year. [Click here](#) to initiate a maintenance request if you live on-campus a notice a leak!

6. I use the microwave or toaster instead of the oven to reheat foods.

You can cut the energy use by over 80% just by using a microwave instead of the oven to reheat food.

4 - Transportation

Each of these questions are worth 1 point towards certification.

1. I walk or bike to get around as an alternative to using motorized transit when possible.

You can use [Indego](#), a Philadelphia bike share service, to get around the city by bike! You can check out Philly's extensive bike lane system going from campus to Center City [here](#). Be sure to review safety tips and University policies [here](#). [Click here](#) to learn more about the Walking Escort Service, offered 24/7 by Penn's Division of Public Safety.

2. I take public transportation when going somewhere not accessible via walking or biking, instead of using Uber, Lyft, or a cab.

The SEPTA and Amtrak operate transit systems that can take you around Philadelphia, or around the northeast united states! For more information about SEPTA fares and routes, [click here](#).

3. If I must use a car, I use a car-sharing service or carpool instead of owning a personal vehicle.

Using a car-sharing service minimizes the number of vehicles in the city, which reduces idling and parking congestion, and provides an affordable alternative to owning a car.

5 - Purchasing

Each of these questions are worth 1 point towards certification.

- 1. I research the impact my purchases have on humans and the environment, and prefer to buy low-impact products when possible.**

You can purchase products with a high percentage of recycled-content material and ones that avoid the use of harsh or polluting chemicals. Look for reputable certifications on the label.

- 2. I prefer to shop at stores or on websites that sell second-hand or ethically-made products rather than purchasing new or mass-produced belongings.**

Did you know there is a student run thrift store at Penn? <https://www.facebook.com/penn.closet>

- 3. I prefer to buy local and/or organic foods by shopping at farmers' markets or at the grocery store.**

On Wednesdays, visit [the farmers market](#) outside of the Penn Bookstore (it accepts Dining Dollars!). On Saturdays and Thursdays, visit the [Clark Park farmers market](#). Year-round local foods are available for sale at [Mariposa Co-Op](#), 4824 Baltimore Avenue.

6 - Involvement

Each of these questions are worth 1 point towards certification.

1. I am a member of an environmental club or have volunteered for an environmental activity.

There are more than 15 different environmental groups on campus focusing on various environmental issues (such as green living, renewable energy, and advocacy). To find one, visit the _____.

2. I follow the Penn Sustainability social media pages.

Instagram: @pennsustainability

Facebook: Penn Sustainability

Twitter: @GreenPenn

Web: sustainability.upenn.edu

3. I am subscribed to Penn Sustainability e-newsletter.

Sign up for the Penn Sustainability e-newsletter “The Red & Blue on College Green.” The online newsletter comes out every other month with stories about the latest sustainability topics on campus. [Sign up here!](#)

4. I have applied for and/or received a Green Fund grant for a sustainability project on campus.

Penn’s Green Fund is a sustainability grant fund open to students, staff, and faculty. The Green Fund Review Board looks for projects that demonstrate environmental innovation and those that conserve resources for the University.

5. I have taken an environmentally-focused course or am enrolled in a sustainability major, minor, or concentration.

Penn offers many different environmentally-focused classes, majors, and minors in all schools. You can search Penn’s course catalog with the keyword “sustainability” or check out the [Sustainability Course Inventory](#).

6. I am socially or politically engaged around sustainability issues I care about.

7 – Bonus Questions

These questions are optional, but you must complete 1 and 2 to receive Gold level certification.

- 1. What aspects of sustainability at Penn are most important to you? (Pick your top 3)**
 - a. Built Environment
 - b. Natural Environment
 - c. Energy Use and Climate Change
 - d. Carbon Emissions
 - e. Civic Engagement
 - f. Food
 - g. Procurement
 - h. Waste and Recycling
 - i. Transportation
 - j. Wellness
 - k. Sustainability Related Curriculum and Courses
 - l. Events and Opportunities

- 2. What does sustainability mean to you?**

- 3. Invite others to apply! Provide the Penn emails of those you would like to refer to the survey. They will receive an invitation to complete the survey from the Penn Sustainability office.**