

# How To Live More Sustainably as a UCS

By **Victoria Penate** - November 8, 2018



*Photo by George Foulsham | Digital Asset Library*

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When it comes to trading common practices for more environmentally friendly alternatives, UC innovation and encouragement which has propelled many students to take a closer look at the

However, even upon making a conscious effort to reduce negative impacts, it can be difficult to either because doing so will challenge deeply-entrenched habits or because it isn't clear what a

Some of these potential alternatives have been compiled below.

**Freshen up the air in your room with clean air plants**

Whether it be from living in university residence halls or in I.V., most students will experience s during their college years. Anyone who has done so can attest to the reality of the stale, low qu produce.

The good news is that this problem can be assuaged without taking the common (and not very an air conditioning unit or purifier. Instead, a household with low air circulation should consider fairly [easy](#) to care for (including spider plants and chrysanthemums).

In a [1989 study](#) conducted by NASA, it was concluded that “plants can play a major role in rem While this study was prompted by the need to purify the highly-cramped space station workpla freshen up any living space and prevent unnecessary use of energy while doing so.

### **Consider investing in a reusable container for your coffee**

In the lecture halls and study spaces of UCSB, reusable water bottles are in every direction you with water filling stations throughout the campus, it is safe to say that single-use water bottles community.

However, despite progress made in eliminating waste from water packaging, single-use hot bev Many mistake their coffee cup for a recyclable item due to its paper-heavy appearance. Howeve always not the case, due to the cup’s composition of plastic *and* paper.

### **Consider trying out a drying rack for your laundry**

While washers and dryers have become ubiquitous fixtures in the modern American household, individuals to consider whether it is necessary to machine-dry their laundry.

In a climate where days often bring adequate sunlight and ventilation, the use of a drying rack consumption required to complete a load of laundry. Using readily available, renewable resourc save you money on your utility bill (or domestic stress over whose turn it is to use the dryer).

### **Buy in bulk**

One advantage of living in a college town is that most households are made up of anywhere fro coordinating bulk purchases.

From household necessities to grocery items, there is a variety of opportunities to reduce waste. Buying in bulk reduces the amount of packaging material involved in your consumption of the product. In addition, buying in bulk can last you longer or allowing you to share, buying in bulk has the potential to reduce the transportation costs.

This option can become burdensome if attempted with fresh produce or other perishable food items. It requires accurate planning, and should be purchased with a certain degree of care — but bulk purchases can be made for canned, dry, or otherwise preserved foods as well as home maintenance supplies.

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