SUSTAINABLE LIVING
in halls at the University of Exeter

As a university, we're committed to reducing our carbon footprint and addressing the climate and ecological crisis. To find out more about sustainability at the University and ways you can get involved, follow @**uoesustainability** on Instagram, or scan the QR to visit our website **exeter.ac.uk/about/sustainability**.

Take Meat off the Menu

Try cooking plant-based meals or reduce your meat consumption to once a week.

Shop Local

Try shopping at local farmers' markets and zero waste shops in Exeter (like Zero and Nourish).

Avoid Disposable Items and Shop Second-hand

Invest in reusable items such as metal water bottles and shop second-hand. Make use of the University's Gift it Reuse it scheme.

Reduce Energy Use

Switch off lights, unplug chargers and use energy-saving settings on devices. Get into the habit now as bills won't always be included in your rent!

Refill Cleaning Products

Buy refillable cleaning products. Tesco sells Multi Purpose Cleaner Refill pods for less than £1. You can split the cost of a 5L bottle of washing up liquid with your flatmates to save money and reduce plastic waste.

Recycle Properly

Don't contaminate recycling with non-recyclable items. Got questions about recycling? Ask your reception or email sustainability@exeter.ac.uk. We also have a Waste A-Z on our website (see back of leaflet).

Spend time in nature

The University campus is the perfect place to enjoy a walk out in nature. Why not visit the Exeter Community Garden?

Use Water Wisely

Turn off the tap while brushing teeth or shaving, take shorter showers and report any water leaks to reception.

Try Sustainable Swaps

Swap your bottled shampoo for bars, switch to a bamboo toothbrush, natural deodorant or coconut fibre sponge (instead of plastic).

Go Car-Free

Walk or cycle where possible, make use of the buses that come to campus and the various train stations around Exeter for day trips.