

As a member of the ESF community, I am committed to being an environmental champion by engaging in sustainable practices while on campus, at work, and at home. As I take this pledge, I promise to continually educate myself about environmental issues and engage others in empathetic dialogue about sustainable practices. While we recognize and celebrate the importance of advocating for large-scale, industry-wide and societal change, every small step and individual action we take to integrate sustainability into our daily lives contributes to our collective efforts to improve our world and society as a whole.



SCAN TO SIGN THE PLEDGE

ENERGY EFFICIENCY



I pledge to take energy-conscious steps to help increase energy efficiency and decrease energy consumption. I commit to continuously educating myself about energy conservation and using techniques to reduce my carbon footprint.

HOW TO KEEP THE SUSTAINABILITY PLEDGE

- Use natural light and supplement it with task lighting when needed
- Replace incandescent and fluorescent lightbulbs with LEDs
- If you have a roommate, share appliances and electronics
- Turn off lights and unplug devices, chargers, and appliances when not in use
- Set your thermostat near 68° in the winter and near 76° in the summer
- Choose ENERGY STAR® appliances when buying new
- Buy carbon offsets to reduce the net emissions from your energy use

WATER CONSERVATION



I pledge to learn and share water-wise practices such as being conscious of water use and preventing the introduction of pollutants into natural waterways. In doing so, I commit to acting as a water steward to protect and ensure safe water access for both humans and wildlife.

HOW TO KEEP THE SUSTAINABILITY PLEDGE

- Take shorter showers
- Turn off the faucet when brushing your teeth or shaving
- Repair leaks or report them for maintenance
- Carry a reusable water bottle with you and use refill stations
- Run the dishwasher and washing machines only when you have full loads
- Water plants only during the cool parts of the day
- Install faucet aerators and water-efficient shower heads

MATERIALS AND ZERO WASTE



I pledge to rethink my consumption habits and will strive to reduce my reliance on material goods. In doing so, I commit to reducing the amount of waste I generate and to diverting what I can through reuse, recycling, and composting. I will strive to continuously educate myself; consider both the tangible and indirect impacts of the products I use; and champion civic engagement to build a more resilient materials economy.

HOW TO KEEP THE SUSTAINABILITY PLEDGE

- Think reuse first — avoid making purchases when possible
- Rethink the materials you use and challenge yourself to rethink what you actually need
- If you *must* make a purchase, buy items sourced ethically and made locally; prioritize those that can be readily reused, recycled, or composted
- Reuse what you can and donate or sell what you no longer need
- Purchase products with minimal packaging, both in store and online
- Repair items instead of replacing them
- Recycle and compost materials following your local guidelines

SUSTAINABLE TRANSPORTATION



I pledge to account for the impact of my daily commute and to consider options such as walking, biking, carpooling, or public transportation. I commit to reducing the carbon footprint of my transportation and will actively support sustainable transportation for future generations.

HOW TO KEEP THE SUSTAINABILITY PLEDGE

- Walk or bike to your destination at least once a week
- Use public transit or a rideshare to travel
- Avoid multiple trips — run all of your errands together and carpool with others
- Adopt fuel-efficient driving techniques
- When traveling, consider carpooling with others who live in the area
- Consider attending meetings and conferences virtually
- Reduce air travel as much as possible, or buy carbon-offsets when you do

FOOD SYSTEMS



I pledge to reduce the environmental footprint of my food by adopting sustainable eating practices, such as eating plant-rich foods. In doing so, I commit myself to promoting regional food systems that support and strengthen local communities for the economic, social, and cultural wellbeing of the planet.

HOW TO KEEP THE SUSTAINABILITY PLEDGE

- Buy local, seasonal, and organic foods when you can
- Reduce food waste by planning meals ahead and buying only what you need
- “Lug Your Mug and Pack Your Plate” to events and meetings #LYMPYP
- Reduce your meat consumption — try Meatless Mondays and learn how to cook meatless meals
- Opt for unprocessed snacks like fresh fruits, vegetables, beans, and nuts
- Support local food systems — shop at the farmers market or volunteer at a community garden

WELLNESS AND COMMUNITY



I pledge to be attentive, considerate, and compassionate toward my own wellbeing and the wellbeing of those around me. In doing so, I commit myself to upholding the dignity of each life and contributing to build a more equitable, socially, and environmentally responsible world.

HOW TO KEEP THE SUSTAINABILITY PLEDGE

- Take wellness breaks
- Spend time outdoors away from your devices
- Get involved with campus or community groups — find others who share your interests
- Take time to be present for yourself and others
- Prevent burnout by setting and respecting reasonable boundaries for yourself and those set by others
- Remember that your downtime does not need to be productive
- Practice viewing situations from other perspectives