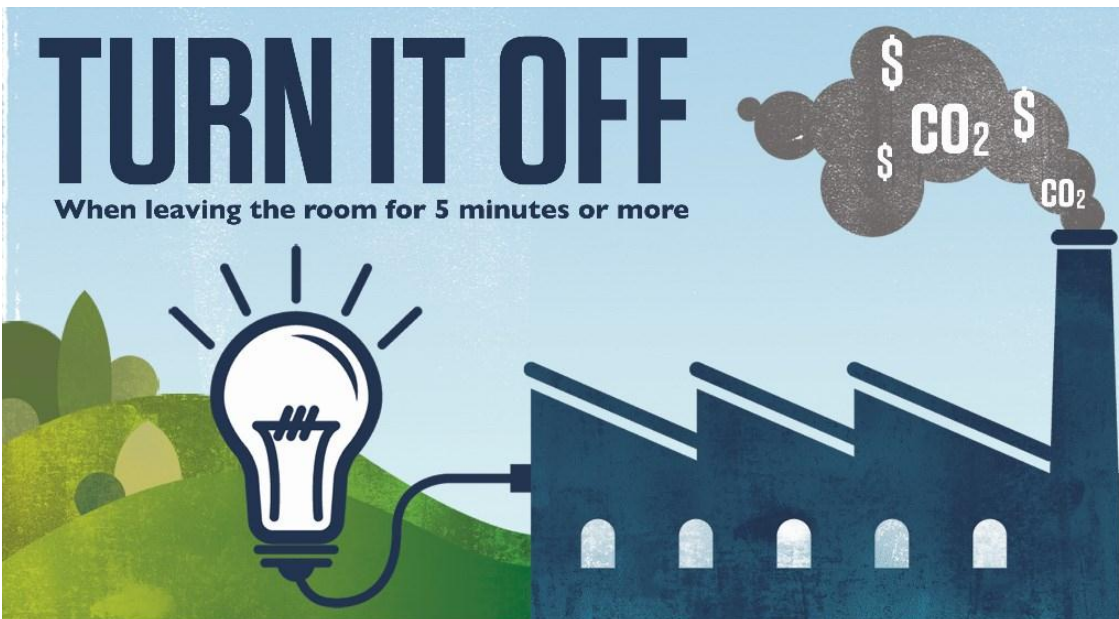



Tips for Saving Energy over the Winter Holidays



TURN IT OFF
When leaving the room for 5 minutes or more

Missouri Electricity Source Breakdown

76%	19%	2.8%	1.9%
Coal	Nuclear	Hydroelectric	Natural Gas

 **Sustainability**
Washington University in St. Louis

Planning a long break or vacation over the holidays? Here are a few tips on how to conserve energy at your home or office before leaving for an extended period of time:

- Turn off your computer, monitor, speakers, and printer.
- Unplug all electronics and appliances that are plugged into an outlet. If electronics are plugged into a power strip, simply turn the power strip off or unplug.
- For offices with shared equipment, make sure to turn off copier, printers, etc. before long breaks.
- Take home plants and other items that cannot tolerate fluctuating temperatures.
- Shut your windows and close your blinds or other window treatments.
- Turn off all lights.
- Turn down your heat and/or override programmable thermostats so the temperature is 58-62 degrees. You can also turn your water heater down a couple of degrees.

- If you want to have a light on while you are out of town, set up a timer rather than leave the light on the whole time. Switch the bulb to an LED before leaving for extra savings!

These simple steps will result in lower greenhouse gas emissions, the preservation of natural resources, AND energy bill savings. Just remember, less is more!



How to Actively Commute this Winter

Temperatures dropping into the teens with a chance of snow? No problem! Learn tips on activewear and accessories that will help you stay warm and protected during your bicycle commute this winter... [More >>](#)



Holiday Lights Recycling Drive

Wondering what to do with your old or unworkable holiday lights? You can recycle them! WUSTL is a proud partner of St. Louis Green's 2015 Holiday Lights Recycling Drive. The drive runs through mid-January... [More >>](#)



Dressing for the Season

Lowering your thermostat reduces energy use and saves money. Get the benefits without sacrificing your individual thermal comfort by employing some simple tips and getting creative with your wardrobe... [More >>](#)



UN Sustainable Development Goals

Earlier this month the UN finalized their Sustainable Development Goals, which 193 countries have committed to working towards. The set of 17 goals are designed to replace the Millennium Development Goals... [More >>](#)



How to Weatherize Older Homes

Cold outside air finds its way in to your house via unsealed cracks and holes. This can represent a significant amount of wasted energy, particularly in older homes. With some simple retrofits, you

Events



Winter Solstice Hike

Date: Tuesday, December 22, 10a-12p

Location: 11715 Cragwold Rd, Kirkwood, 63122

Celebrate winter solstice with a hike at Powder Valley and a discussion on what the solstice means to us and the natural world. Dress for the weather; the hike will be 1.2 miles long. [More >>](#)



Sustainable Energy Conference

Date: April 13-14, 2016

Location: SLU (reception at WUSTL)

This knowledge-sharing event brings together leaders from industry, academia, and government to open the dialogue about sustainability and our energy future. [More >>](#)

The Office of Sustainability newsletter is intended as a clearinghouse of sustainability-related news and events at the university, in the region and around the world. Listings in the newsletter do not necessarily represent Office of Sustainability endorsements or views. To submit an event or news item for inclusion in the newsletter, email Jacquelyn Stearns at stearnsj@wusm.wustl.edu.

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