



## Plastic-Free Dorm Room

College and university campuses are becoming more sustainable and resident-friendly. Here are some suggestions on how to "up-cycle" plastic items and ideas on how to maintain a plastic-free lifestyle on campus.

### Find your ocean away from home at your college!

Get involved in your school's environmental club, sustainability program, and other like-minded student organizations. Learn what your school is doing to help protect the environment, what they recycle, and ways that you can help!



For example, many schools participate in "Recyclemania" which is an 8 week competition in the spring to promote waste-reduction on campus.

**Moving-In:** Packing and moving can be stressful, however, it's important to remember to not use plastic. Instead of plastic bubble wrap or Styrofoam peanuts, use recycled newspaper or your towels, sheets, or blankets!

**Dining Hall 101:** If you are eating at the dining hall, use the silverware, reusable cups, and plates. If you are on-the-go, keep one of COA's sporks in your backpack and bring your own Tupperware. Don't forget your re-usable water bottle! To order your spork, call COA at 732-872-0111!



**Dorm Room Decor:** Sure dorm room walls are not eye-catching, but you can **decorate plastic free** by using paper, cloth such as a tapestry, and printed photos as wall coverings.

**Up-cycle** empty glass bottles or mason jars for anything from flower vases and pencil holders to beauty products! Instead of buying a dry-erase board, **use an old picture frame** from home - the glass acts the same as the white board.



**Extra-Long Snooze:** To lessen the amount of plastic you sleep on, search for **cotton sheets, wool or down pillows, and a cotton, wool or linen comforter/blanket.**

**Reduce & Re-Use:** Prior to moving into your dorm or apartment, talk with your roommate(s) to be sure that you aren't purchasing the same goods. Reach out to neighbors, family, and friends to see if they have any furniture, storage containers, or decor that you can use. The less you consume, the less plastic footprint you will have!



**Next Tuesday- more tips on Plastic-Free School Supplies!**



**Go Plastics-Free and end your plastic habits today!**

- 1) [Click here to sign our pledge](#)
- 2) Tell us how you're doing and share your ideas
- 3) Encourage others to take the pledge
- 4) Spread the word via Social Media

**Have an idea for a tip?!?**

**Contact Lauren:**

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