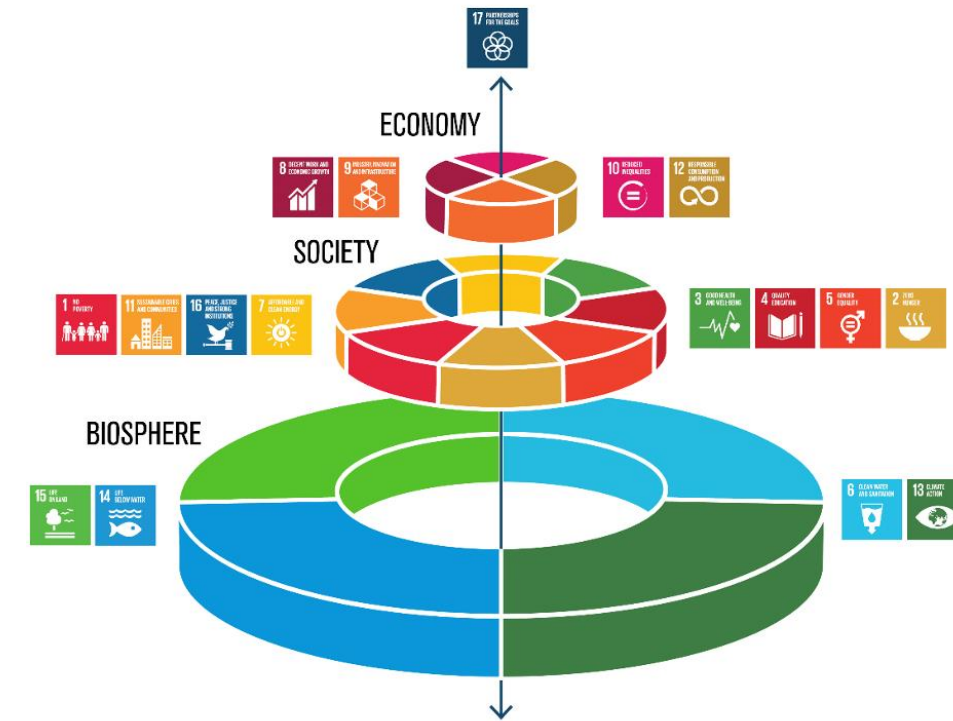


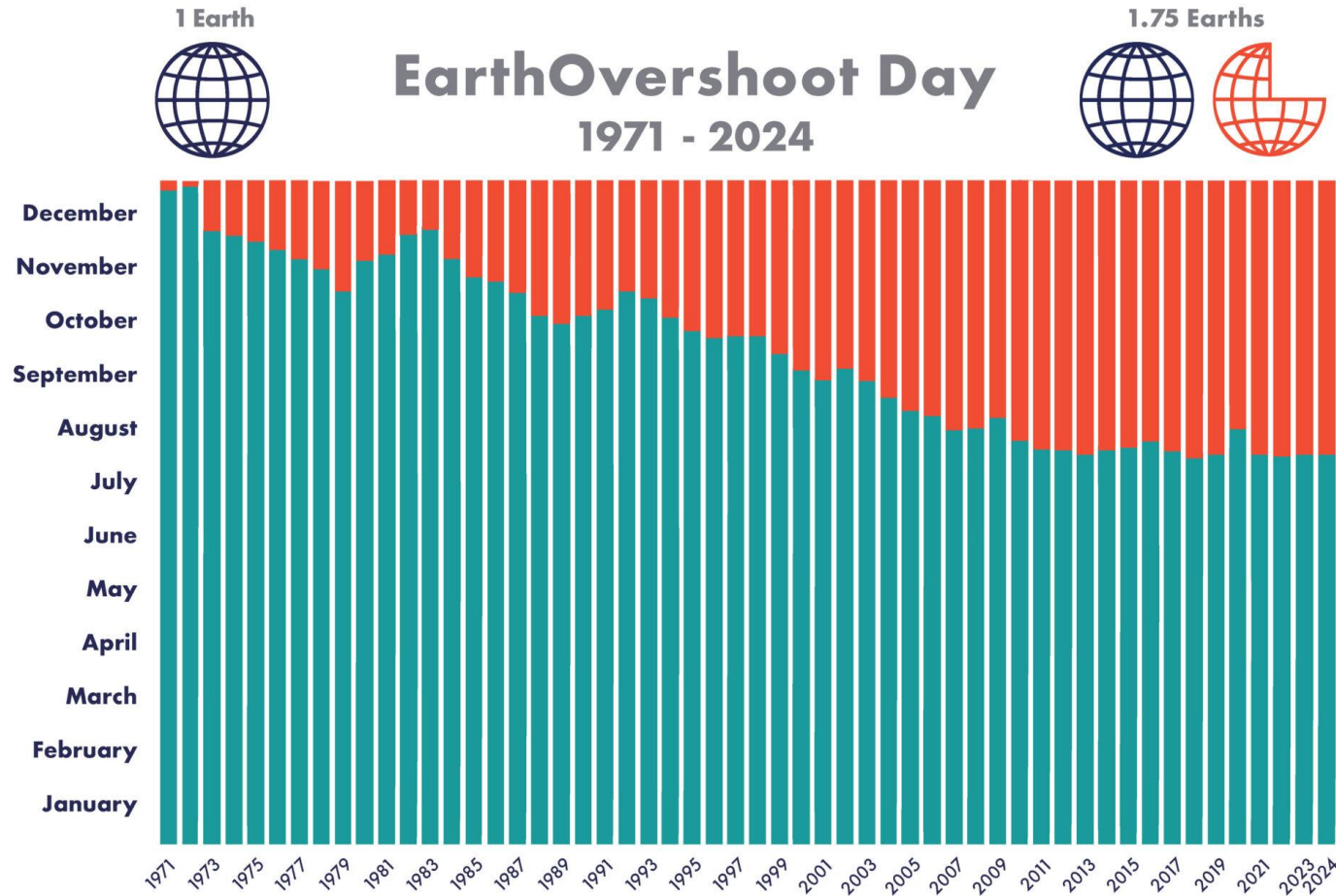
Sustainability comes in all shapes and sizes



SUSTAINABLE DEVELOPMENT GOALS



Why is sustainability important?



Earth Overshoot Day:

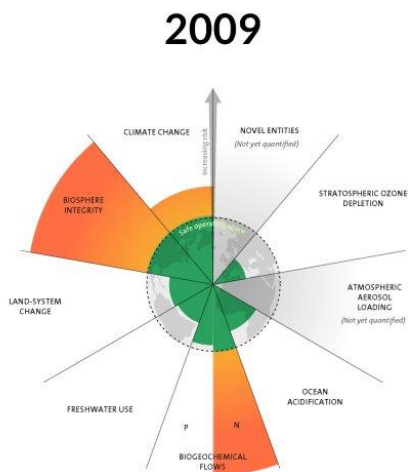
It is an Ecological overdraft, meaning that from July 24 onwards, we are using more ecological resources than Earth can renew this year.

Earth Overshoot Day : July 24, 2025

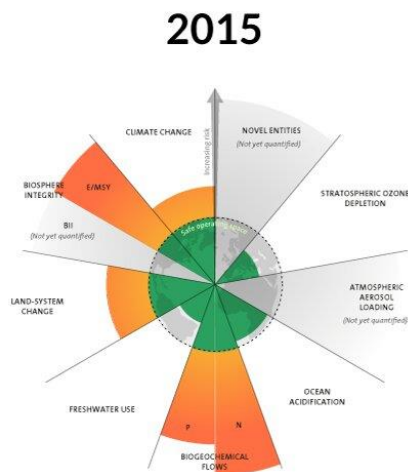
USA Overshoot Day : March 13, 2025

Why is sustainability important?

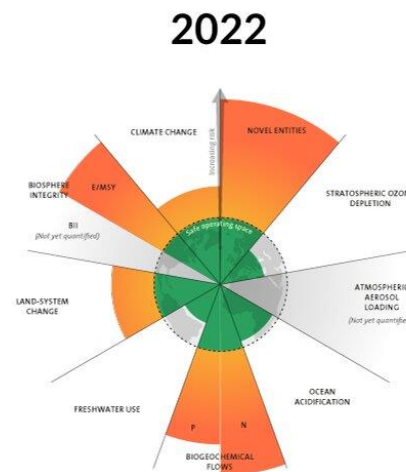
The **planetary boundaries framework** highlights the rising risks from human pressure on nine critical global processes that regulate the stability and resilience of the Earth



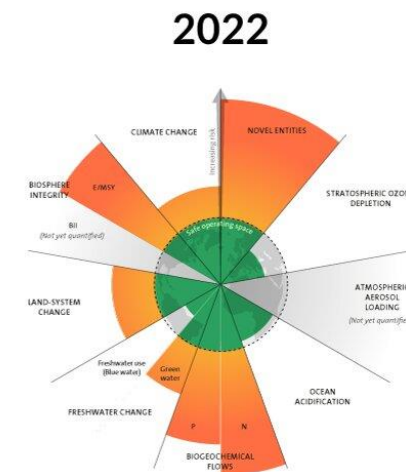
3 boundaries crossed



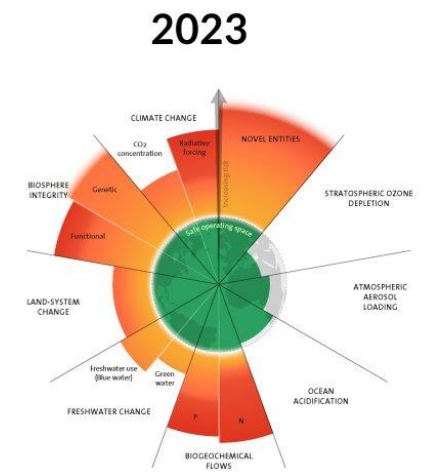
4 boundaries crossed



5 boundaries crossed



6 boundaries crossed



6 boundaries crossed



What are the 3 R's?



3 R's

REDUCE:



Electricity



Water



Waste



Fuel



Single-use items



REUSE:



Furniture

Books



Containers



Dishes



Bags



RECYCLE:

Plastic Bottles



Metal cans



Paper and Cardboard



Batteries



Glass



What is this?



https://www.youtube.com/watch?v=aiEBEGKQp_I



**Where have
microplastics
been found?**



Arctic Snow

Atmosphere above the Pyrenees

Amazon basin

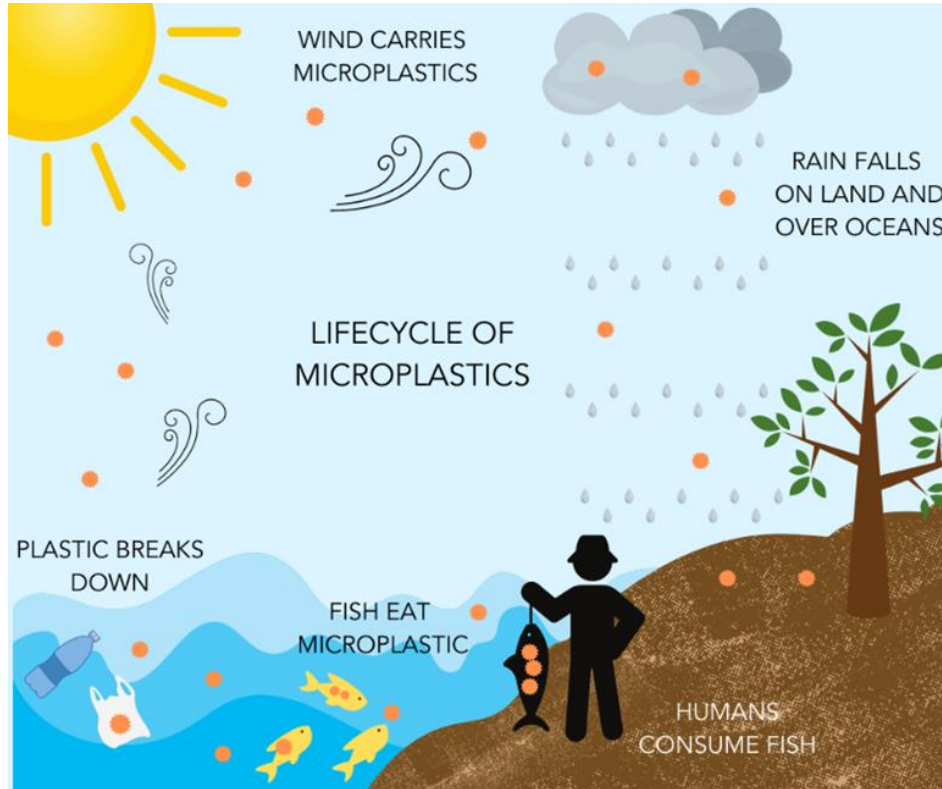
Antarctic Sea Ice

Mount Everest

Mariana Trench

Plastic is forever (well almost)

Microplastic: small piece of plastic, less than 5 mm (0.2 inch) in length. Microplastics cause pollution by entering natural ecosystems by entering the environment through cosmetics, clothing, construction, food packaging and plastic pollution.



78,000 – 211,000
pieces of microplastics
ingested a year by a human
on an American diet



1.2 million tn
of microplastic waste is
generated annually around
the globe



60%
of fish studied globally
contained microplastics in
some shape or form



35%
Of microplastic waste
in the oceans comes
from textiles



Every piece of plastic that wasn't recycled or incinerated still exists on this earth in some form

Why is Recycling important?

It's easier to recycle these bottles instead of small microplastics



Recycling Overview

Recycling: the action or process of converting waste into reusable material and objects. This concept often includes the recovery of energy from waste materials.



Importance of Recycling



Conserve natural resources



Protect ecosystems



Reduce demand for materials



Save energy



Improve human health



Sustainable mindset

Plastic bottle facts



60 million


Plastic bottles are thrown away in the United States **every day**

450 years


for **one** plastic bottle to decompose in landfills

22 million gal.

of freshwater is lost through throwing away full water bottles



What is one item you have
recycled in the last month?



What's recyclable at UH and in Harris County?

What items CAN be recycled at UH*



What items CAN'T be recycled at UH





Recycling Quiz

Common Recycling mistakes

1

Placing food or liquid stained items in recycling bins



Dirty food containers



Dirty pizza boxes

2

Not rinsing, emptying or cleaning, folding items



Cardboard



Yoghurt Cups



Laundry Jugs



Water bottle

3

Plastic items that aren't recyclable



Plastic Bags



Any Styrofoam Cups



Plastic Utensils



Plastic Straws



Styrofoam packaging



Hot Drink Cup



Chips bags



Candy Wrappers

How can I check if something is recyclable?

1 Check the labelling

All plastic items are labelled with a number within a recycling icon

- At UH and Harris County we recycle all except plastic #6

Examples:



2 Check your materials

Campus Recycling

RECYCLE THESE ITEMS



Containers to be emptied and rinsed. Cardboard to be folded.

TRASH THESE IT

Food • Take-out Containers • Food Disposable Utensils • Styrofoam • Plastic Bags • Plastic Straws



SUSTAINABLE LIVING IN STUDENT HOUSING

Living on campus, there are multiple opportunities to make sustainable choices.

Eco-friendly Living Choices

- Conserve Energy**
 - Turn lights off when leaving a space
 - Unplug devices when not using
- Save Water**
 - Turn off faucets when not in use
 - Utilize the water fountains on campus

Reduce, Reuse, Recycle!

- Use the blue recycling bins in your residence halls to recycle your paper, metals, glass and plastic items
- Use reusable water bottle and bags
- Use Cougar Cupboard and Closet for clothing and food

Small choices are an easy way to make a positive impact on the environment!

Office of Sustainability | sustainability@uh.edu | uh.edu/sustainability

Student Housing & Residential Life | Division of Student Affairs | housing@uh.edu | 713.749.6100 | @uhhousing

3 Check with Google or Beatrix



Use Google or Reverse google image search to find out if an item is recyclable



I'm available for questions – and if I don't have the answer, I'll help you find it



Thank you so much!
Any questions?