



Is your fridge set
at 4°C?
It doesn't need to
be any colder.



THE CAMBRIDGE *green*
CHALLENGE



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Recycle your

- ❖ sandwich carton
- ❖ sushi box
- ❖ salad plastic packaging

***EVEN IF IT'S NOT
VERY CLEAN.***



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Why travel to your
meeting?



The University
Information Service offers
FREE self-service video-
conferencing on the New
Museums Site and at
West Cambridge!

Save electricity
overnight.



Can your computer or
equipment go on a
timer?



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If you want some fresh air in your office, switch **off** the air-con before you open the window.



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Last one out of the lab in the evening?

Pause and listen.

Can you hear something left on that shouldn't be?



Most electrical appliances won't get upset if they are turned off at the plug.



e.g. chargers, scales, pH meters, computers



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On hot days keep your lab and office doors *closed*.

Give the air-con a chance!

