

Low-waste

School supplies list

College-from-home edition

TECH & SOFTWARE

- | | |
|---|--|
| <input type="checkbox"/> Laptop | <input type="checkbox"/> Wireless charger |
| <input type="checkbox"/> Computer monitor | <input type="checkbox"/> Internet access |
| <input type="checkbox"/> Printer* | <input type="checkbox"/> VPN software |
| <input type="checkbox"/> Tablet, iPad or digital reader | <input type="checkbox"/> Antivirus software |
| <input type="checkbox"/> Smart speaker | <input type="checkbox"/> Video conferencing software |
| <input type="checkbox"/> Headphones with microphone | <input type="checkbox"/> Word processing software |
| <input type="checkbox"/> Wireless mouse and keyboard | <input type="checkbox"/> Adobe suite |

OFFICE FURNITURE

- | | |
|--|--|
| <input type="checkbox"/> Desk | <input type="checkbox"/> Pen cup |
| <input type="checkbox"/> Desk chair | <input type="checkbox"/> Bookshelf |
| <input type="checkbox"/> Chair cushion | <input type="checkbox"/> Bookends |
| <input type="checkbox"/> Desk lamp | <input type="checkbox"/> Corkboard or whiteboard |
| <input type="checkbox"/> Filing box | <input type="checkbox"/> Laptop tray or stand |

OFFICE SUPPLIES

- | | | | |
|--------------------------|----------------------|--------------------------|------------------------|
| <input type="checkbox"/> | Flash drive | <input type="checkbox"/> | Metal pencil sharpener |
| <input type="checkbox"/> | Pencil highlighters | <input type="checkbox"/> | Notebooks |
| <input type="checkbox"/> | Fountain pen and ink | <input type="checkbox"/> | Stapleless stapler |
| <input type="checkbox"/> | Wooden pencils | <input type="checkbox"/> | Rechargeable batteries |

KITCHEN ESSENTIALS

- | | | | |
|--------------------------|------------------------|--------------------------|------------------------------|
| <input type="checkbox"/> | French press | <input type="checkbox"/> | Mugs, cups and utensils |
| <input type="checkbox"/> | Reusable coffee filter | <input type="checkbox"/> | Handheld frother |
| <input type="checkbox"/> | Coffee grinder | <input type="checkbox"/> | Meal delivery kits |
| <input type="checkbox"/> | Reusable K cups | <input type="checkbox"/> | Pots and pans |
| <input type="checkbox"/> | Loose-leaf tea | <input type="checkbox"/> | Spatulas and wooden spoons |
| <input type="checkbox"/> | Chef's knife | <input type="checkbox"/> | Measuring cups and spoons |
| <input type="checkbox"/> | Electric teapot | <input type="checkbox"/> | Handheld frother |
| <input type="checkbox"/> | Mixing bowls | <input type="checkbox"/> | Handheld mixer |
| <input type="checkbox"/> | Plates and bowls | <input type="checkbox"/> | Glasses |
| <input type="checkbox"/> | Leftover containers | <input type="checkbox"/> | Crock pot or pressure cooker |

NICE-TO-HAVES

- | | | | |
|--------------------------|---------------------------|--------------------------|--------------------|
| <input type="checkbox"/> | Comfortable socks | <input type="checkbox"/> | Fingerless gloves |
| <input type="checkbox"/> | Stretchy pants and shorts | <input type="checkbox"/> | Candles or incense |
| <input type="checkbox"/> | Comfortable shirts | <input type="checkbox"/> | Electric lighter |
| <input type="checkbox"/> | Hand lotion | | |

5 TIPS TO STAY LOW WASTE WHILE STUDYING AT HOME

- **Turn off and unplug.**

Save energy by powering down and unplugging when something isn't in use or you're asleep.
- **Buy used when possible.**

Buying used electronics, office supplies and household necessities will help reduce the amount of waste you produce and minimize your contribution to new products being made.
- **Utilize what you already have.**

If you're living with your parents or roommates — or already have some of these essentials — use what you own before buying more.
- **Shop sustainable brands.**

Shop for used clothes and sustainable brands. You can even try your hand at making candles or wax melts — or cooking large meals ahead of time — to maximize time spent at home.
- **Work digitally.**

The less you print and more you take advantage of digital tools, the less waste you'll produce. If you do print your notes, try a pencil highlighter and a stapleless stapler to keep your notes tidy.