

# **Sustainably Oriented Students**

SOS Proposal

Kellianne Lane, Leah Barta, Joshua Bennett

# Imagine...

You are a new student coming onto Western's campus for the 1st time:

- Would you know exactly how to recycle or compost?
- Would you know where to go to eat, buy, and act sustainably?
- And just to clarify, do you have any idea what sustainability really means?

# Executive Summary

## **Sustainably Oriented Students (SOS)**

A green orientation introducing new students to the sustainable practices on and off Western Washington University's campus

WWU's Legacy / Statement of Need / Project Description / Budget

# Western Washington University



# Statement of Need

Western strives to be a sustainability leader in academics, operations, and student life. | Active Minds Changing Lives

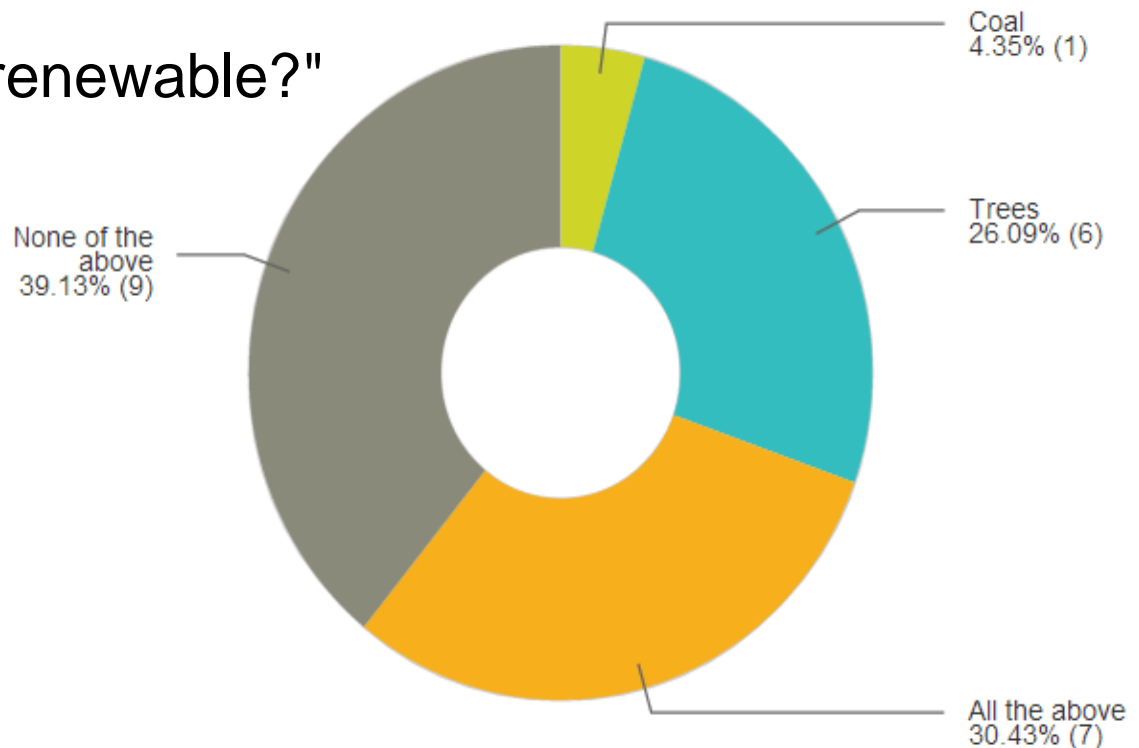
New student accessibility to the legacy of Western, knowledge and resources available is critical in order to uphold this standard

# Statement of Need

## Bellarmino High School Senior Survey

"What does sustainability mean to you?"

"Which one of these is renewable?"



# Statement of Need

## Freshmen Focus Group

"In your own words, explain sustainability"

"Did you have any prior knowledge of sustainability before coming to Western?"

"If there was a Green Guide, would you use it?"

### Findings:

- A guide would be a good idea (with images)
- They would utilize it



# Who else has done this?

**the green book**  
presented by the environmental alliance

Printed on recycled paper  
Funded by Duke Student Government

**W**elcome to Duke! You hold in your hands your guide to sustainability at the university. The Blue Book gave you the 101 on Duke and becoming a Blue Devil, and now the Green Book gives you the essential info on green living and becoming a Green Devil.

Duke is an impressively green university; we will be carbon-neutral by 2024 (which, dear Duke fans, is 26 years ahead of UNG). We recycle, conserve energy and water through various projects, rent bikes, support local farms, celebrate Earth Day... you get the picture.

However, there's one thing that Duke sustainability is missing: YOU. Become a part of the effort by making some of the easy lifestyle choices we suggest in this book for reducing your impact and thus Duke's impact on the earth. We can't do it without you. Good luck on your freshman year, and may the forest be with you!

**4 FOOD**  
**6 RECYCLING**  
**7 TRANSPORTATION**  
**8 LIVING@DUKE**  
**10 GET INVOLVED**

## food

What and how you eat has a major impact on the environment—from growth and processing to transport and disposal. Reduce your environmental 'food' print by following these guidelines:

**EAT BETTER**

- Eat less meat**
- Eat local**
- Eat organic**

**WASTE WATCHERS**

- Reduce waste**
- Recycle**
- Reuse**

**MOST ECO FRIENDLY EATERIES ON CAMPUS**

- Dining School and Law School Rectory
- The Tower
- Joe Van Gogh
- Marketplace
- The Great Hall

**MEET THE MARKETPLACE!**  
The Marketplace is the dining hall on East Campus where freshmen eat most of their meals.

- 22% local
- 10% organic
- 70% of Duke Dining's waste is composted
- Vegetarian and vegan options available

**NEXT STEPS? DUKE HAS PLENTY OF FOOD RELATED ORGANIZATIONS:**

- Campaigns led by Environmental Alliance and Students for Sustainable Living
- Duke Food Project (campus farm & gardens)
- EatUp! (Enjoy yummy vegan/vegetarian meals)
- Duke University Student Dining Advisory Committee (through DSA)
- Duke Dining Society

**SEE THE ONLINE VERSION FOR:**  
Links to local Farmers' Markets, Map of Local Dining Locations, Group Buys and Links

## recycling transportation

**68%** of recyclable materials are thrown away every year at Duke. Don't be trashy! Here's what can be recycled:

**BLEND PAPER**

- White paper (staples OK)
- File folders
- Index cards
- Envelopes without plastic windows
- Copyboard / Paperboard
- Post-it notes

**BOTTLES AND CANS**

- Solo cups (if)
- All colors of glass
- Aluminum cans
- Clean aluminum foil
- Clean food cans
- Clean tin steel cans
- Rinsed containers (#1-7)

**NEWSPAPERS AND MAGAZINES**

- Newspapers
- Glossy inserts (OK)
- Magazines / Catalogs
- Paper bags
- Copyboard / Paperboard
- Paperbacks

**CARDBOARD**

- Corrugated cardboard
- Recycled cereal boxes

**SEE THE ONLINE VERSION FOR:**  
Links to the locations of cardboard recycling, e-waste recycling and the entire recycling list. Also find fun volunteer recycling activities.

## living@duke

**PART I: DORM LIFE**

So, you're here, you're unpacked, and it's time to start getting comfortable in with your new dorm life! Follow our tips to make the best of your move.

**ELECTRONICS**

- Unplug them when they're not in use to stop them from sucking "vampire energy!"
- Plug electronics into a powerstrip, switch it off when not in use.
- Use the sleep or hibernate setting on your computer, not the screen saver!

**ENERGY**

- When you leave your room, turn off the lights, fans and air conditioning (if you have it).
- Use a power labator off and on for a sweater instead.
- Set the thermostat to a few degrees higher in the summer (78° F) and a few degrees lower in the winter (68° F).

**WATER**

- Take back the tap! Skip the bottled water and bring your own reusable bottles.
- Shown up your showers! (1 minute = 12 bottles of water!)
- Only wash full loads of laundry, and use the cold water setting.
- Air dry your clothes on a drying rack or clothesline.
- Report any leaky plumbing to RLS!

**PART II: PURCHASING**

What you buy (or don't buy) sends a powerful message—make it one you believe in.

- **BUY LESS or buy used.**
- **The Duke Book Store:** Held regularly (in the Byn Center). Have an item you don't want anymore? Leave it here. See an item you could use? Take it. What's not to love?
- **The Swap Exchange:** 823 Franklin Street is a local nonprofit that trades and accepts all sorts of used items.
- **Thrift shops,** such as Newly Near! Shoppe on 2525 Shinn Rd.

**PART III: STUDYING**

- **Save money (and trees):** buy used or local books
- **StudyBabe!** — Online site to buy books from other Duke students
- **The Registrar's Bookstore:** (720 9th Street)

**Printing**

- Print less! Do you really need it?
- Only print double-sided
- Format pages to be a smaller margins and font
- Print multiple PowerPoint slides per page
- Read articles electronically

## get involved

Here's the part where you go out and make an even bigger difference. Show what you know!

- **Join an environmental activism group**
  - Environmental Alliance
  - Students for Sustainable Living (SLL)
  - Duke Food Project
  - Duke Dining Society
  - The Sustainable
  - Students for Sustainable
  - Wildness and Outdoor
  - Food Justice for Durham
  - BUCCOS (DUCCOS)
- **Take the monthly Green Devil Challenge** for months on how to green your lifestyle.
- **Use about your footprint with the Duke Deviant Calculator!**
- **Get a credit card!** Apply for STARs and Green Cards
- **Be a certified green dorm room!**
- **Take a course or two in environmental sciences**
- **Consider getting a mean, minor or certificate in ENV, EGS or environmental engineering!**
- **Connect with nature** at the Duke Gardens, the Duke Forest and other parks in the area.
- **Get excited about Eco-Olympics** an East Campus competition that pits dorms against each other in the quarter green dominance! Dorms get points for recycling, reducing energy use and participating in various eco-activities.

**SEE THE ONLINE VERSION FOR:**  
Off-campus volunteer opportunities, links to the Carbon Calculator, Green Devil Challenge, course listings and more!

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# Project Description

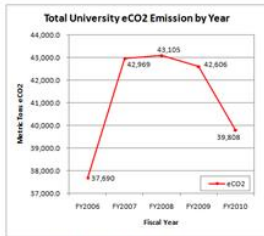
Phase 1 (Pilot):

- Create a "Green Survival Guide" (GSG):
  - How to recycle and compost
  - Reduce energy and water use
  - Sustainable places to shop and eat in Bellingham,
  - Environmental programs and clubs on campus

Phase 2:

- Distribute GSG v.2 to freshmen students living in the dorms
  - Reusable, flexible binder with information

# WWU Green Survival Guide



Over the course of fiscal year 2010, Greenhouse Gas emissions dropped by 2,798 metric tons.

WWU's address:  
516 High St  
Bellingham, WA 98225

Pamphlet designed by:  
CSPS Spring 2013 Class  
Kelli Lane  
Leah Barta  
Joshua Bennett

Feedback due by 6/7:  
Bennet44@students.wvu.edu  
Subject line: GSG feedback



WWU Sustainability Oriented Students (SOS) v1.4

## Green Survival Guide



- 10 pages
- Book-style
- Pictures of recycling facilities on campus

### Make a Difference!

#### Reducing Waste

When it comes to waste disposal, there is a saying that "when in doubt, throw it out!" Here at Western Washington University, this is not the philosophy we use. Instead when people are confused about what is recyclable or compostable and what is not, the saying is when in doubt, ask! It is important to us as a community to become familiar with sustainable waste management and embody all the sustainable values that Western's legacy is known for.

#### Recyclables

#### Plastic Containers

\*Remove lids and rinse, then flatten or twist if possible. Plastic caps are recyclable along with the bottles/containers once they are removed.

- all colors and numbers of bottles
- cold beverage cups & lids
- hot beverage lids
- jugs, cups, jars, tubs
- pails and buckets
- dairy, deli food, sauce/condiment & cooking oil containers without clamshell hinges
- soap, detergent, & household cleaner containers
- snack food & frozen food containers
- hair/body care bottles and containers

#### Mixed Paper

\*Place all paper in the Mixed Paper barrel.

- notebook paper
- spiral notebooks (Metal spirals can be recycled, but plastic ones need to be removed.)
- computer paper
- NEWSPAPER



### Conserving Energy

- Plug all your electronics into a power strip, then turn it off when not in use or unplug electronics plugged into the wall
  - Not charging electronic until they need to be charged and on campus)
- Turning off the lights when leaving a room (both in the dorms and on campus)
- Turn computers to energy saving mode
  - Get rid of the screen savers and shorten the time before sleep mode starts
  - Power down your computer turning the night
- Using energy saving light bulbs
- Turn off the cell phone when sleeping if not your alarm clock

### Reducing Water Waste

- Shorten your shower by three minutes and you could save 15 gallons
  - Turn off the shower when washing your hair, it could save 300 gallons a month
- Turn off the sink or shower when shaving
- Turn off the sink when brushing your teeth
  - To be a superstar, turn off the sink in between washing your hands
- Try to limit the number of plates and bowls you use in the dining hall, it takes lots of water to wash those dishes
- Only do full loads of laundry
  - Saves you money, detergent, and energy for using the dryer
- Get a Brita!
  - Clean, filtered water whenever you want
  -



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- spiral notebooks (Metal spirals can be recycled, but plastic ones need to be removed.)
- computer paper
- newspaper



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- Only do full loads of laundry
  - Saves you money, detergent, and energy for using the dryer
- Get a reusable water bottle!
  - No more disposable plastic bottle waste!



# Project Description

Phase 3 (Future):

- Create an online version for students to access year-round (both on and off campus) on the school's sustainable webpage  
<http://www.wvu.edu/sustain/>
- Welcome letter introducing newly accepted students to WVU's environmental legacy they are inheriting

# Evaluating the Success of the GSG

- Surveys & focus groups for Freshmen  
Sophomores, Juniors and Seniors
  - o Viking Sustainability Literacy Survey
- Identify needs for improvement and refinement  
of GSG
- For Web Page: monitor traffic

# Budget

- Printing of Green Survival Guides, color, with a glossy matte cover
  - 2,000 copies at \$1,851.30 from Printing Services
- Web page creation & upkeep
  - May become another job duty for an employee in the Office of Sustainability



# Imagine...

The graduating students from Western:

- Continue to practice the sustainable practices they learned here
- They will provide leadership in their communities by leading by example
- Proliferate the legacy of WWU's sustainability

This was all because of the visionary leadership of WWU and the publication of the

# Conclusion

In order to maintain, and advance, the standards and legacy of Western Washington University, we highly recommend the creation and distribution of the Green Survival Guide for the Sustainably Oriented Students proposal.

# A big thanks to:

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