

the
xavier university
guide to a
green
cincinnati



why green?

Sustainability is about more than reducing carbon emissions.

It is about **community,**
self-reliance,
future generations,
local culture,
simple and better living,
economics,
stability and security,
yourself and others.

For example, consider the economic and environmental benefits of local food...

Money stays local

- > Many local farmers are not making enough money to cover the costs of production, causing many to take on second jobs. If consumers spent 1% of their money on local food, then local farmers would gain 5% more income.
- > When buying local food you are keeping the money in the local economy, therefore boosting our economy and helping other local citizens and businesses.
- > This will also contribute to the local economy because it employs more people, producing more income, so that those people could then put that money back into the economy.

Attracts Tourism

- > Local farmers' markets attract a variety of people, putting the money they spend back into the farms.
- > The people who travel here also spend money on other things, which puts money into the local economy.

No Negative Environmental Impact

- > Sustainable farming techniques avoid the use of harmful chemicals. Local food does not have a large carbon footprint because the produce is not transported far.

some facts.

- > More than 1.5 billion people do not have access to a safe and adequate water supply.
- > Of all the water that enters each household, about 95% of it ends up down the drain.
- > The average American uses 140-170 gallons of water each day ,while more than a billion people around the globe survive on 1.3 gallons per day (the amount used to take a 2-minute shower).
- > **Part of “going green” is recognizing that each person cannot use unlimited resources. Many people share this one world. We must be willing to limit our consumption, challenge our societal values of individualism & consumerism, and develop right relationships with our neighbors – both those who live next door and across the globe.**
- > The transportation sector generates 20% of America’s greenhouse gasses.
- > On average, commuting 10 miles a day by bike can help you avoid \$8,000 in costs, 3,500 lbs in greenhouse gas emissions, and 30 lbs of fat each year.
- > The food industry -- between growing, processing, packaging, and shipping -- accounts for over 19% of greenhouse gas emissions. Transportation is the only greater cause, and the next is as much as 37% lower.
- > Our world is facing a climate and energy crisis that we cannot ignore any longer, and every choice we make can help!



Sustainability is the **continuous effort** to meet the needs of the present generation without compromising the ability of the **future generations** to meet their needs by working toward a **healthy environment, social justice, and strong economy**. (definition courtesy of Macaslester University)

on campus.

Residence Hall Meters

- > Monitor your consumption in your Residence Hall! Each hall has a screen in the lobby with metering information so you can check your electricity and water use.

Reduce your water use

- > Leaky faucets that drip one drop per second waste about 2,700 gallons of water each year.
- > If you shorten your showers by just one minute, you can save approximately 700 gallons of water in a month.
- > Letting the tap run when you brush your teeth wastes up to 4 gallons of water each time.



Unplug your appliances while you are not using them

- > This includes microwaves, computers, coffeemakers and electric toothbrushes. If one of these items is fully charged in not in use but still plugged it, it is wasting not only Xavier's money but also the resources used to produce that electricity. Begin to think of the world every time you take the extra second to plug in or unplug an appliance. It will thank you down the road.

Empty and unplug your refrigerator over breaks

- > Not only will this practice keep your fridge organized, it will cut down on Xavier's electricity usage tremendously. Refrigeration and Appliances are second, behind heating and cooling, for electrical costs.

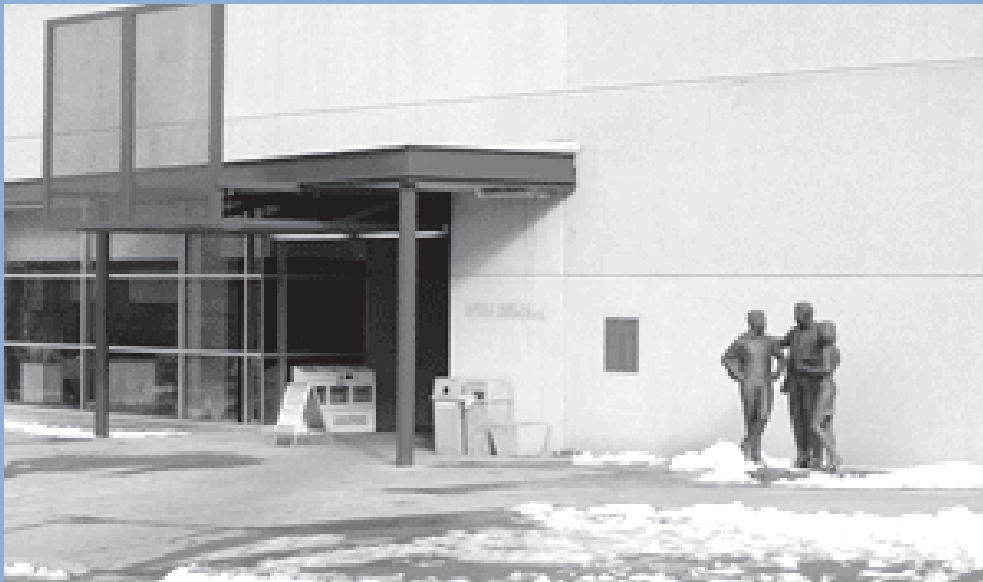
Play outside

- > You remember when your parents used to tell you to "play outside?" Well, just because you are now living out from under their roof does not mean you shouldn't keep their advice. Playing outside is a great low cost, low electricity past time that benefits yourself and the Earth. Not only do you become more fit, but you exchange gases with trees and grasses while minimizing the burdens of indoor lighting and electricity.

xavier's dining services

On-Campus dining services use these sustainable practices:

- > Ocean-friendly seafood – only seafood that has been classified as Best Choice or Good Alternative according to the Monterey Bay Seafood Watch program is served.
- > Cage-free eggs
- > rBGH milk – milks are certified to be free of rBGH and rBST
- > Antibiotic free – chicken & pork products are antibiotic free
- > Disposable packaging – made from renewable/compostable resources
- > Reusable packaging – the Hoff Marketplace offers a reusable take out container available to lease for anyone wishing to go green.
- > Fair trade certified coffee – only fair trade, certified organic shade grown coffee is served
- > Local flavor – the Hoff collaborates with local producers to provide fresh food options whenever possible.
- > Tray-less – by not using trays, less water and chemicals are used, and waste is reduced.



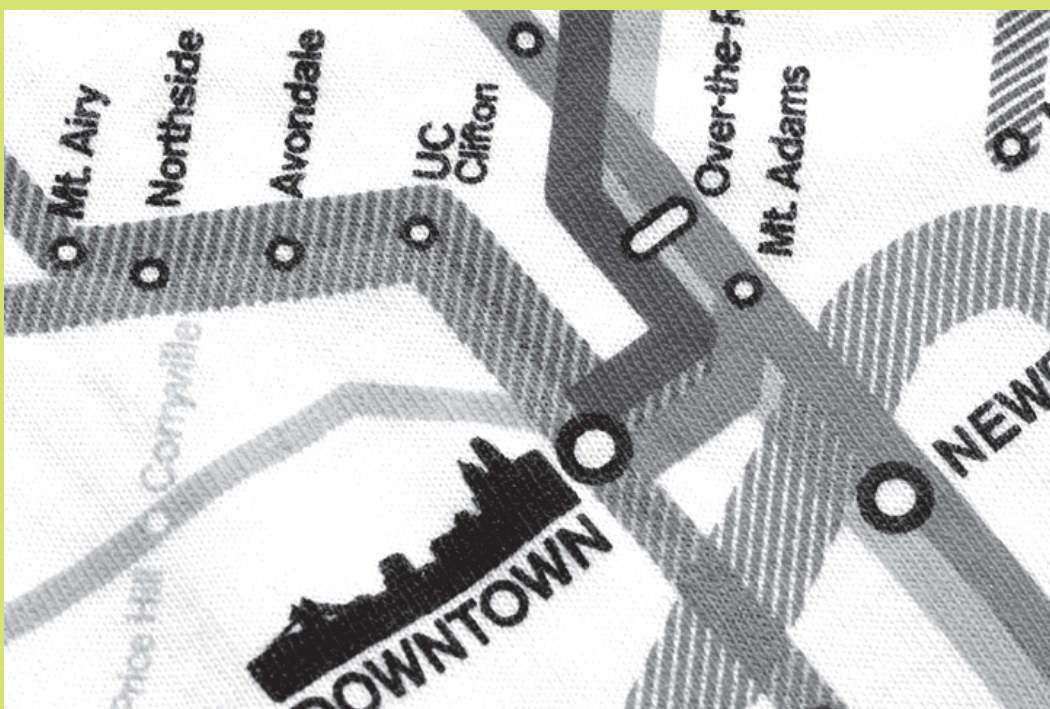
What can you do?

- > Choose as whole of foods as possible – an apple instead of a donut, the salad bar instead of the pizza. Whole foods mean less processing, less energy used, and better for you.
- > Lease a reusable to-go box from the Hoff – not only are they more environmentally friendly, but they are also sturdier & more fashion-forward (they are literally green!) than Styrofoam boxes.
- > Celebrate Meatless Mondays – eat vegetarian meals one day a week to reduce your carbon footprint. The Hoff offers more vegetarian-friendly dishes on Mondays.
- > Submit feedback to the Hoff – they are open to changing & responding to what students want. If you want more vegetarian dishes or more locally-supplied food, ask for it!

in transit.

Why Use Public Transportation?

- > You'll have more time to multitask – you can sleep, study, people watch, read a magazine, or daydream when you take public transportation.
- > You can travel through the night without having to worry about falling asleep behind the wheel or keeping a tired driver awake.
- > You don't have to pay for the high cost of gasoline.
- > Public transportation is convenient! You don't have to worry about parking or sitting in traffic. And you know that your bus or train will always follow a set schedule.
- > You can get to know other people who live near you and learn about those who make up the community in which you live.
- > It saves energy and carbon emissions.
- > It helps build and sustain the local infrastructure and economy.



ride the bus.

Public Transportation runs with or without you on it, so why not utilize it?

While reading a book or talking to a new found friend, you can arrive at you desination without the hassle of navigating traffic or new areas.



Cincinnati's Metro website is www.sorta.com.

Check it out for schedules, maps, and a trip planner within the "Quick Links" section.

So you know, the **4** leaves from the corner of Montgomery Rd. and Dana Ave. to go downtown, and the **51** picks up on Dana Ave. and connects Oakley, Hyde Park, Clifton, and downtown.

Unfamiliar Riding the Metro Bus? Here are some general tips for traveling with Metro.

- > First, make sure you research your trip before endeavoring on the bus.
- > Know which stop you will catch the bus.
- > Know when the bus should be leave the main stop ahead of you and arrive at your stop early.
- > Know the fare for the roundtrip you intend to take , and bring exact change for each trip; if you give two \$1 bills for a \$1.75 fare, you will not receive a quarter back.
- > To control traffic getting on and off the bus, you allow people to exit the bus before entering the bus.
- > Once on the bus, drop your fare in the farebox and then find a seat on the bus.
- > Listen to buses' intercom for the main bus stops along your path.
- > As the bus nears your stop, pull the cord located on the side of the bus above the windows. This action will signal to the driver that you wish to de-bus.

ride your bike.

Not only is it a fuel-saver--good for your budget and the environment--but bicycling is also a great source of exercise and spending time outdoors.

With stops and starts, the average rider will travel 10-15 miles per hour, so make sure you allocate enough time for your trip.

Fast Wheels - 3850 Montgomery Rd., 45212. (0.5 miles from campus)

A locally-owned bike shop with a friendly bike shop owner who often gives discounts to Xavier students and customers who bring cash. Fast Wheels provides most necessary biking accessories and also has many highly experienced bike mechanics to answer or fix any problem you may be having. Fast Wheels is able to arrange the sizing, shipment, and assembling of a bike specifically for you.

MoBo - 1415 Knowlton Ave., 45223 (4.1 miles from campus)

A non-profit co-op run by volunteers with the goal of making cycling accessible and practical for everyone in Cincinnati. They offer member-to-member instruction of bike repair and maintenance, and they also host programs and events aimed at bicycle advocacy.

<http://mobobicyclecoop.org>



Look at the City of Cincinnati's maps, laws, and suggestions about biking on the streets at:

http://www.cincinnati-oh.gov/bikes/bike_maps.html

take the xavier shuttle.

Near Campus.

Xavier provides students a shuttle in order to travel within the neighboring areas.

The shuttles run on a fixed route.

Xavier students must show their All Card and non-students must be accompanied by a Xavier student.

Around Cincinnati.

Friday Cincinnati Shuttle, 7pm-2am (does not run during finals week)

- > Bus leaves from D'Artagnan Statue at 7pm and in 45 minute intervals until 1am.
- > Makes Stops at :
 - Fountain Square (downtown Cincinnati), 7:15pm-1:15am
 - Newport on the Levee, 7:30pm-1:30am

Saturday Shopping Shuttle, 10am-5pm

- > Bus leaves from D'Artagnan Statue at 10am and in hourly intervals until 4pm.
- > Makes Stops at :
 - Rookwood, 10:15am-4:15pm
 - Target, 10:20am-4:20pm
 - Kenwood, 10:45am-4:45pm

Airport Shuttles are provided for all breaks, and details are posted around campus.



Note: Shuttles are for Xavier Students only, and students who miss the last shuttle are responsible for their own transportation.

buying food.

Before you go to a traditional big box grocery store, think about other more sustainable options for purchasing your food.

Cincinnati has a great selection of **farmers markets.**

It's just a matter of knowing where and when to find them.



Findlay Market - 1801 Race St., 45202 (4 miles from campus)

Ohio's oldest continually operated public market, Findlay is a must for anyone living in Cincinnati. It contains restaurants, produce stands, delis, bakeries, and more, and beyond being a good (and inexpensive!) place to buy food, it is a great community experience. The farmers market is open Saturdays, Sundays, and Tuesdays.

The general market is open Tuesday - Friday 9-6, Saturday 8-6, and Sunday 10-4, all year. www.findlaymarket.org

Hyde Park Farmers Market - 3424 Edwards Rd., 45208 (2.5 miles from campus)

Over 30 vendors come to the US Bank lot, just south of Hyde Park Square, to sell locally-grown food in one of Cincinnati's most walkable neighborhoods.

The market is open every Sunday from 9:30-1:30, June - October. www.hydeparkfarmersmarket.com

Northside Farmers Market - 4222 Hamilton Ave., 45223 (4.6 miles from campus)

A great place to find local meats and produce, as well as baked goods and other prepared foods. The market is open every Wednesday from 4-7:30 pm, June - October.

www.northside.net

Oakley Off-Season Farmers Market - 3363 Madison Rd., 45209 (3.6 miles from campus)

Offering locally-grown produce in the non-summer months, this market offers a great way to eat sustainably all year.

The market is open from 10 am - 1 pm, autumn - spring.

Check out www.eatlocalcorv.org for an extensive local food directory, which includes both tips about how to eat sustainably and locally and where and how to do so.

Eat Sustainably!

- > Studies have shown that locally purchased food often contains more nutrients than processed or commercially grown food.
- > More nutritious foods physically benefit your body by providing more energy and nourishment.
- > A healthy diet fosters stronger academic activity, increased energy for athletics, and a healthier body weight.
- > The satisfaction of supporting a sustainable lifestyle for yourself and nearby businesses can help you feel good about what you eat.
- > Remember to eat more **whole foods from lower on the food chain** (plants, not animals) to hugely reduce the environmental impact of your meals.

If you can't make it to a farmers market, try one of these grocery stores.

Trader Joes - 7788 Montgomery Rd., 45236 (7.6 miles from campus)

- > locally-owned, non-franchised
- > focus on great-tasting food, made with good ingredients, at a good cost
- > small stores with a friendly, helpful staff

Whole Foods - 2693 Edmonson Rd., 45209 (3.2 miles from campus)

- > high-quality natural and organic foods
- > concern for communities and environment
- > selection of local produce
- > natural/organic cleaning and hygiene products
- > mission of being increasingly sustainable



eating out.

In Norwood.

Betta'a Italian Oven - 3764 Montgomery Rd., 45212 (0.25 miles from campus)

A great option for a break from on-campus food options. Locally-owned and literally down the street from McGrath Health Center, the delicious fire-baked pizzas and calzones, along with other Italian cuisine, are definitely worth more than the short walk.

Gordo's Pub & Grill - 4328 Montgomery Rd., 45212 (1.2 miles from campus)

Another nearby, locally-owned choice. Gordo's offers high-quality food at good prices.

<http://www.gordospub.com/>

Other Neighborhoods Nearby.

Melt - 4165 Hamilton Ave., 45223 (4.5 miles from campus)

An eclectic deli with a wide variety of vegan and vegetarian options. Melt housemakes their food and uses meat with no hormones, preservatives, or antibiotics as well as biodegradable packaging. Their food is delicious, and the restaurant provides a great eating environment. (In Northside.)

<http://www.meltcincy.com/>

Nectar - 1000 Delta Ave., 45208 (3.5 miles from campus)

Offering food with a French Mediterranean twist, Nectar has a small, changing menu of updated seasonal food made from quality local and organic products when ever possible. (In Mt. Lookout)

<http://www.dineatnectar.com/>

Green Dog Cafe - 3543 Columbia Pkwy., 45226 (6 miles from campus)

The menu features local poultry, organic and sustainable fish, antibiotic-free pork, and other fresh foods. They seek to provide options for vegans, vegetarians, and wheat and dairy-free diets. Their environmentally-focused practices consider both their food and their store operation. A fun, casual-yet-nice place to eat. (In Columbia Tusculum.)

<http://www.greendogcafe.net>

Many of these ideas seem simple and obvious, but **simple changes make a huge difference** and we often forget how important they are.

- > **Share** appliances with roommates
- > Plug all electrical devices into a **surge protector**
- > **Un-plugging** your mini-fridge
- > **Use less hot water** – take shorter showers and wash clothes with warm or cold water.
- > Wash clothes in cold water, make them full loads.
- > Light only the space your are working in, and **turn off your lights** whenever you leave your room or classroom.
- > In the winter, keep your windows closed, your blinds open, and your heater on low.
- > **Reduce, reuse, recycle.** Reduce the packaging, paper, etc. that you use, reuse what you can, and recycle the rest in the dorm facilities!



shopping.

Park + Vine - 1202 Main St., 45202 (3.6 miles from campus)

> A green-oriented retail and grocery store with eco-friendly merchandise that minimizes the use of natural resources and animal byproducts and encourages citizens to consider the environmental impact of their consumption choices.

Reusing is the best way to be green, so check out some of Cincinnati's **vintage and thrift stores**, including:

Atomic No. 10 - 1306 Main St., 45202 (3.7 miles from campus)

> An eclectic collection of hand-selected vintage items



Chicken Lays an Egg - 1608 Chase Ave., 45223 (4.5 miles from campus)

> One of Northside's several great vintage shops -- be sure to check out the others nearby too.

Salvation Army - 2250 Park Ave., 45212 (2 miles from campus)

> Close to campus and with a good range of items, from furniture to clothes to household.

Village Discount Outlet - 1813 Monmouth St, 41071 (7.8 miles from campus)

> Huge thrift store with great discounts and a great selection (across the river in Newport).

leisure.

Cincinnati has nationally-ranked **parks** and **libraries**. Enjoy them!



Ault Park, Eden Park, and Krohn Conservatory are easily accessible by bike from Xavier.

<http://www.cincinnatiiparks.com/>

The Norwood branch of the Cincinnati Library is right next to campus, at 4325 Montgomery Rd., 45212.

Any materials from other branches can be requested online and picked up at the location of your choice.

<http://www.cincinnatiilibrary.org/>

carpool.

Yes, carpooling is less convenient than having access to your own car, but carpooling saves resources like gas, tires, and parking spaces.

Additionally, carpooling can offer community, company, and, potentially, fun between the members. Why not give it a shot and see the benefits you can reap?

long distance travel.

Megabus is a bus traveling directly between large cities within the Midwest and Northeast regions of the United States. If you book your trip early enough tickets are often under \$25. This service is very convenient and sustainable because it shares the price and emissions of gas while saving the passengers the inconvenience of driving separately. <http://us.megabus.com/>



Greyhound is a strong public transportation option. Much more established than Megabus, Greyhound has more cities available to travel to. The Greyhound is, however, is not a direct bus trip, often containing a stop every two hours. Additionally, Greyhound prices are often more expensive than Megabus, but Greyhounds ability to hit more cities with a greater frequency is their luxury. <http://www.greyhound.com/>

safety.

- > The more familiar you are with your surroundings, the safer you will feel.
- > Do not talk on your phone when you are walking in an area that feels unsafe – this distracts you from what is going on around you and makes you more vulnerable.
- > Use the Xavier shuttle, and do not walk alone at night off campus or on the periphery of campus.
- > Travel in groups.
- > if you feel uncomfortable taking the Metro or walking to your nearby destination, ride a bike or carpool!
- > Xavier Police are here to help: during nighttime hours when the shuttle service is not in operation, Xavier University Police offer an escort service anywhere on campus, providing the assurance of safe travel. This service is available seven days a week. To reach the escort service, call 513- 745-1000.



Be a safe pedestrian:

- > Cross streets at marked crosswalks or intersections, if possible.
- > Look left, right, and left again before crossing a street.
- > Watch for turning vehicles; make sure the driver sees you and will stop for you.
- > Use sidewalks where provided. Cross or enter streets where it is legal to do so.
- > Where no sidewalks are provided, it is usually safer to walk facing road traffic.
- > Make it easy for drivers to see you - dress in light colors and wear retro-reflective material.

resources.

<http://cincinnatiocavore.blogspot.com>

>> a blog dedicated to all things local in the city!

www.buycincy.com

>> a website hoping to promote Cincinnati residents to choose locally-owned businesses for all their needs.

<http://michaelpollan.com/resources>

>> Michael Pollan is a popular writer on sustainable and nutritious food. On his website, he answers frequently asked questions on a variety of topics (including Sustainable Food and Nutrition, Growing Food, Politics and Policy surrounding food, and a section for Parents and Kids) and more links which Pollan finds useful for these topics. Don't forget to check out "Today's Link" on Pollan's website (<http://michaelpollan.com/todays-link>).

<http://michaelbluejay.com>

>> Michael Bluejay is a writer and an activist. He has created a number of informative websites Google ranks as top sites for their subject material including "How to Save Electricity," "Vegetarian Guide," and "Bicycle Safety."

<http://www.sustainabletable.org/home.php>

>> Good info on the issue surrounding food consumption & sustainability – offers many resources on a variety of subjects, including education on the issues.

<http://www.eatwellguide.org/i.php?pd=Home>

>> A search engine to find local restaurants, farmers markets, community supported agriculture, bakers, etc.

<http://www.foodnews.org/>

>> A shopper's guide to pesticides in foods to encourage healthier diets.

<http://www.eatwild.com/products/index.html#states>

>> A state-by-state directory of farms.

<http://www.xavier.edu/green/>

>> Sustainability website at Xavier – look at campus movements, sustainability pledge, campus plan, etc.

<http://www.epa.gov/sustainability/>

>> What the U.S. Government is doing to be more sustainable

<http://www.hcdoes.org/gogreen/about.htm>

>> The go green challenge in Hamilton County, Ohio

<http://www.treehugger.com/gogreen.php>

>> Tips for going green and living more sustainably on a variety of subjects (work, politics, culture, fashion, etc.)

xavier's sustainability pledge.

By committing to do at least one action in each of the following categories, I am joining others to help create a more sustainable Xavier.

I pledge to reduce my energy use.

- > Turn off lights and appliances when I'm not using them
- > Unplug appliances that I don't often use
- > Replace my regular light bulbs with compact fluorescents
- > Change my thermostats a few degrees (down in the winter, up in the summer)
- > Combine my errands to reduce car trips
- > Take public transportation/walk/bike/carpool to campus at least one day a week
- > Learn how to power my home with "Green" power—and do it

I pledge to reduce the waste I produce.

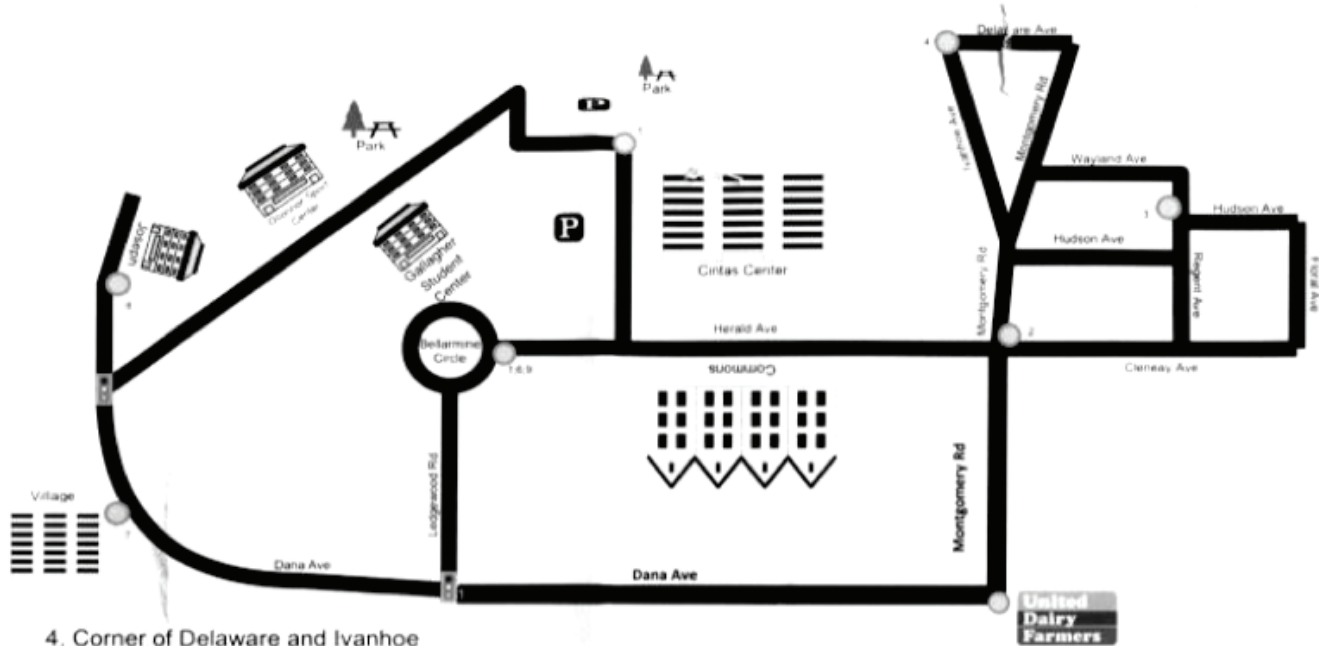
- > Use scratch paper for notes and print/copy double-sided
- > Take my own shopping bags to the grocery store
- > Use my own water bottle and coffee mug every day
- > Buy items in bulk and items with minimal packaging
- > Recycle everything that I can and responsibly dispose of my electronic waste
- > Sign up to receive all my bills online, rather than in the mail
- > Sign up for the Directmail.com National Do Not Mail List
- > Provide and encourage recycling at the events I plan (meetings/meals/parties)

I pledge to develop more sustainable habits.

- > Eat vegetarian more often and reduce my consumption of meat and seafood
- > Buy organic produce and visit the farmer's market near Xavier or my home
- > Think twice about making a purchase—"Do I really need more stuff?"
- > Buy products composed of organic and/or recycled material
- > Use less water when I wash dishes/brush teeth, take shorter showers
- > Support fair trade, shade grown and organic coffee
- > Learn as much as I can about sustainability and teach others

I pledge to lead by example.

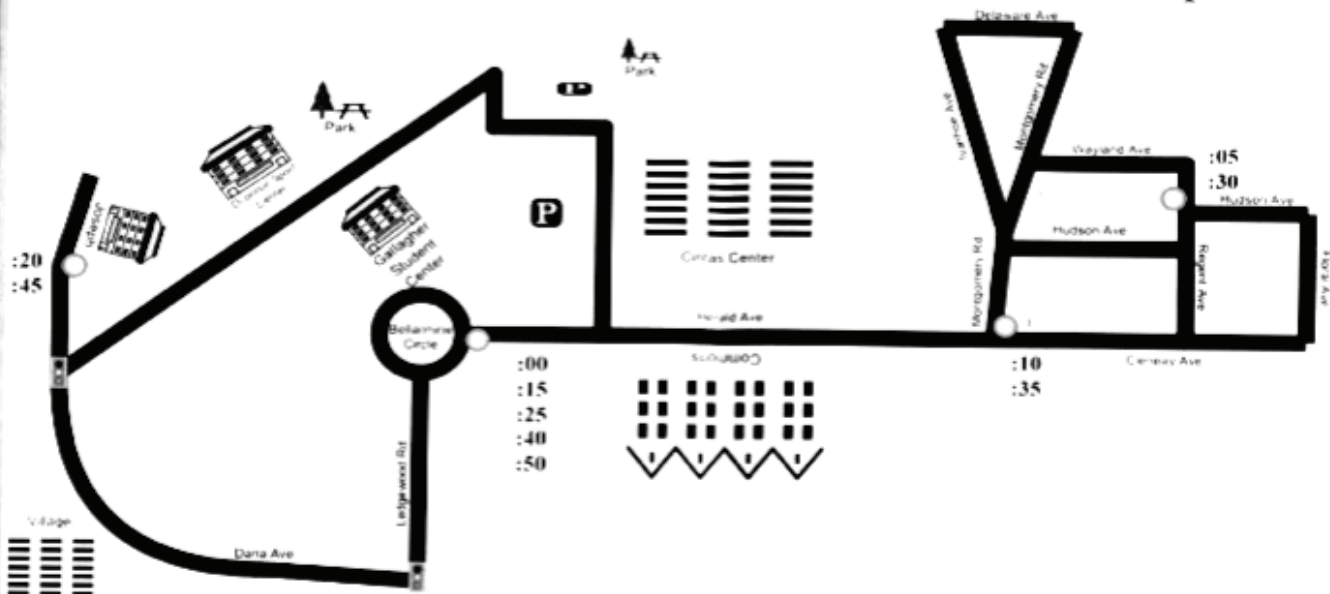
CAMPUS WEEKEND SHUTTLE, Fri & Sat 9pm-2am



4. Corner of Delaware and Ivanhoe
5. XU Resident Parking Lot 2
6. Bellarmine Circle
7. The Village
8. Joseph Parking Lot
9. Bellarmine Circle

- Approximately 20 minute route lengths
- Starts running at the top of the hour, 20 minutes after, 40 minutes after
- These times may vary due to uncontrollable delays

CAMPUS WEEKDAY SHUTTLE, Mon-Fri 8am-2pm



An Example Hour is shown below:

- Bellarmine Circle- 8:00 a.m.
- Stop between Wayland and Hudson- 8:05 a.m.
- Stop at Cleneay and Dana- 8:10 a.m.
- Stop at Bellarmine- 8:15 a.m.
- Stop at Joseph- 8:20 a.m.
- Stop at Bellarmine- 8:25 a.m.
- Stop between Wayland and Hudson- 8:30 a.m.
- Stop at Cleneay and Dana- 8:35 a.m.
- Stop at Bellarmine- 8:40 a.m.
- Stop at Joseph- 8:45 a.m.
- Stop at Bellarmine- 8:50 a.m.
- Remain at Bellarmine until 9:00 a.m., when the route will start again.



Downtown/Over-the-Rhine.

The Bistro - 413 Vine St., 45202 (4.4 miles from campus)

According to the restaurant, "The mission of The Bistro is to offer a superior dining experience through utilization of local resources, and skilled employees. Cuisine acts as the intermediary between producers and consumers, urging people to discover and celebrate the source of their food. We strive to connect people to each other, to their community and to their right to eat well." The food is delicious and locally-sourced, much coming from urban gardens in Cincinnati. <http://www.bistrocincinnati.com/>

Local 127 - 127 W 4th St., 45202 (4.5 miles from campus)

An American Eatery with a focus on farm-to-table food. All their food is fresh and locally sourced. Hand-crafted food is made with a mix of traditional and modern cooking techniques. <http://mylocal127.com/>



Lavomatic Cafe - 1211 Vine St., 45202 (4.0 miles from campus)

The restaurant bases their operation on the understanding that their choices have effects beyond their walls. They seek all things local, fresh, and seasonal. They buy from local farmers and artisans in order to support the community local economy. <http://www.lavoinotr.com/>

Dojo Gelato - 137 Elder St., 45202 (miles from campus)

Located inside Findlay Market, Dojo offers authentic Italian-style gelato made completely from fresh, hormone-free milk from Ohio, and from local produce whenever possible. <http://www.dojogelato.com/>

Check out other food vendors inside Findlay market as well for delicious locally, handmade bread (from Shadeau Breads, 1336 Main St.) pasta (at Bouchard's), waffles (at Taste of Belgium), and more.

Like these and want to try more? Check out Relish, JeanRo's Table, Greenup Cafe, Chalk Food + Wine, Andy's Mediterranean Grill -- and search for more on your own!

other ideas.

- > remember that you cannot do everything, and don't try to. choose a couple ideas or areas of focus and stick with them. as those become easier, you can push yourself more and find new ways to live more sustainably.
- > use opportunities to be green as opportunities to build friendships: carpool with others, visit farmers markets with friends, find a community garden
- > cook with others -- using as many locally-sourced ingredients as possible -- and make enough to last a few days. you will save money and have fun doing it, and chances are the food you eat will be much healthier than what you would pick up otherwise.
- > keep papers you have just used one side of -- and collect others from printers around campus -- and use the binding machine in the basement of the library to make your own notebooks.
- > remember that just because you are not paying for something, it does not mean someone else -- or the environment -- is not.
- > use sustainability as a motivation for creativity, learning new skills, and making things for yourself rather than purchasing them.

