

Reduce, Reuse, Recycle

RESOURCE GUIDE

sustainability
XAVIER UNIVERSITY

Reduce!

I only feel angry when I see waste. When I see people throwing away things we could use.
- Mother Teresa

FOOD

- Serve yourself only as much as you know you'll eat—you can always get seconds!
- Consider one meatless day per week.
  40 calories of fossil fuel energy go into every 1 calorie of U.S. feed lot beef, while 1 calorie of plant-based protein only requires 2.2 calories of fossil fuel. If the population of the United States went meatless every Monday for a year, 12 billion gallons of gasoline would be saved.
- Buy organic and local when possible—**CORV Local Food Guide .**
- Eat in the Hoff Marketplace and try to avoid carrying out—it's a great way to relax, meet people, and use re-useable tableware.
- Compost your food scraps at the **NEXUS Community Garden**.

PAPER

- Only print what's necessary and double side your printing whenever possible.
- Make the point size and margins smaller in your documents to reduce the number of printouts.
- Send PDFs by email instead of printouts or just print a limited number of copies to share.
- Purchase office supplies with the highest postconsumer waste content as possible: **Office Depot Greener Office Products; Staples EcoEasy Product Line.**
- Purchase recycled content tableware for events: **Clovernook Center for the Blind; Park + Vine: Cincinnati's Green General Store.**
- Tired of junk mail? Go to **www.ecocycle.org/junkmail** to "stop the junk".
- Don't overprint: find out how many people need to receive what you are handing out.

WATER

- Only wash full loads of dishes and clothes.
- Take shorter and fewer showers.

TRANSPORTATION

- Walk to work or ride a bike.
- Consider carpooling with a colleague even just one day per week.
- Consider the Metro as an option: **"Trip Planner".**

HEATING & COOLING

- Set thermostat to the highest/lowest comfortable setting (78 degrees hot months, 65 degrees cold months).
- Use fans to circulate air.

LIGHTING

- Turn off unnecessary and decorative lighting.
- Start a system and post signs to turn lights off when spaces are unoccupied.
- Could natural light do?

APPLIANCES

- Unplug appliances (toaster, microwaves, coffee makers, washers, dryers) when not in use.
- Make sure computers and copiers enter a low-power "sleep" mode after 15 minutes of inactivity.

POWERSTRIPS are a great way to reduce energy use. Plug appliances, lamps, computers, etc. into the same strip and flip the switch at night or when you're away!

Reuse!

Use it up, wear it out, make it do, or do without.
- Proverb

PAPER & PLASTIC BAGS

- Only take a disposable bag if you really, truly need one.
- Reuse them as garbage bags or to carry things more than once.
- Take your own re-usable bags to the store.
- Rinse out, wash, and dry ziplock bags and reuse over and over.

WATER BOTTLES

- Refill any water bottle countless times instead of just tossing it after the first use.
  After all, did you know that up to 40% of bottled water in the U.S. and Canada is sourced from municipal tap water anyway?
- Buy a Nalgene or steel re-usable bottle and refill it often.

CONTAINERS

- Use plastic or glass containers to store leftovers or to pack your lunch.
- Glass pickle or peanut butter jars can become great, unique drinking glasses.
- You can even bring your own container when you go out to eat to avoid styrofoam.

PAPER

- Use the other side of printed sheets when documents are not in the final stages. Always have a "one side good" stack ready to load your printer.
- Cut scraps of paper and use them as notes instead of post-its.
- Avoid paper products as much as possible: use cloth towels instead of paper, use ceramic mugs instead of paper or styrofoam cups.

GREAT LOCAL RESOURCES

Eating Local

- 2010 Central Ohio River Valley Local Food Guide. (**www.eatlocalcorv.org**)

Shopping Green

- Park + Vine: Cincinnati's Green General Store. (**www.parkandvine.com**)

Public Transport

- Metro Bus System (**www.sorta.com**) - see the Trip Planner section of the site to plan your next outing from start to finish.

XU Efforts

- Xavier Sustainability Website (**www.xavier.edu/green**)
- Campus Recycling Coordinator: Stacy Decker (deckerr@xavier.edu)
- University Committee co-chairs: Dave Lococo (lococod@xavier.edu) and Kathleen Smythe (smythe@xavier.edu)



Recycle!

Just as we cannot blame others for destroying the environment, so we cannot look to others to protect the environment. Responsibility for both begins at home.
- Paul Griss

WHY?

Environmental Benefits

- Conserves energy
  - Recycled paper uses 40% less energy.
  - Recycled plastic uses 70% less energy.
  - Recycled aluminum uses 95% less energy.
- Saves natural resources—recycling one ton of office paper saves 24 trees!
- Reduces pollution—the national recycling rate of 30% reduces greenhouse gas emissions by as much as removing as many as 25 million cars from the road!

Reduce Dependence & Improve Economy

- In the year 2001, Hamilton County residents diverted 35,900 tons of material from the landfill by recycling at home. Ohio's recycling industry annual sales reached $22.5 billion.
- The recycling industry supports 4.3% of the jobs in Ohio. Recycling supports 3,177 business establishments in Ohio, employing 98,302 people.
- The average wage paid by Ohio's recycling industry is $36,600.

HOW?

In offices...

- Blue bin—put any recycleable (see next page) in the blue bin in your office, just be sure to empty beverages containers first. Call Physical Plant for an additional bin if needed (x3151).

Around Campus...

- Batteries—deposit in tube outside of the Bookstore in GSC.
- Cell Phones & Printer Cartridges —GSC deposit bins support Alternative Breaks, so drop them in.

Off-Campus

- Recycle Bin—Call Norwood Dept. of Public Works (513) 458-4615 or City of Cincinnati Recycling Program (513) 591-6000 to request a bin.

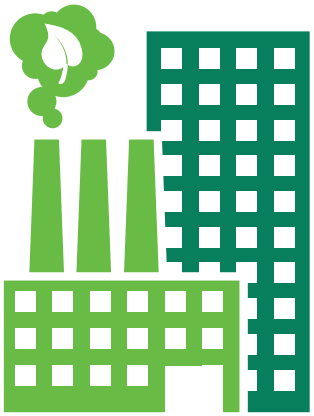


RECYCLEMANIA!

Occurs for 3 weeks every Spring and it's a tool for Xavier to benchmark on waste reduction in comparison and competition with over 500 other universities. Be on the lookout at the start of Winter semester and let's help X move up in the standings!

DID YOU KNOW..?

- Ohio's recycling industry annual sales reached $22.5 billion.



Recycling Bin Do's & Don'ts

ACCEPTABLE ITEMS

- ✔ Newspaper
- ✔ Office paper
- ✔ Junk mail and envelopes
- ✔ Cardboard (Breakdown to 3' x 3')
- ✔ Paperboard (Cereal Boxes)
- ✔ Brown paper bags
- ✔ Magazines
- ✔ Plastic Bottles and Jugs #1 - #7 (w/ small "mouths" only)
- ✔ Aluminum and steel cans
- ✔ Empty aerosal cans
- ✔ Glass bottles and jars
- ✔ Non-soiled pizza box tops



****Remove all lids and tops****

UNACCEPTABLE ITEMS

- ✘ Plastic bags
- ✘ Soiled pizza boxes
- ✘ Napkins
- ✘ Plastic food containers #3 - #7 (such as butter tubs and yogurt containers)
- ✘ Styrofoam
- ✘ Soiled paper plates
- ✘ Styrofoam egg cartons
- ✘ Anything with food residue

Nothing "goes away"; it is simply transferred from place to place, converted from one molecular form to another, acting on the life processes of any organism in which it becomes, for a time, lodged. One of the chief reasons for the present environmental crisis is that great amounts of material have been extracted from the earth, converted into new forms, and discharged into the environment without taking into account that "everything has to go somewhere." The result, too often, is the accumulation of harmful amounts of material in places where, in nature, they do not belong.
- Barry Commoner, Closing the Circle

At Xavier…Did You Know?

Xavier University has a long history of responsible stewardship, resulting in such standard practices as:

- Ice-based building-cooling system set up to run at night, when energy use is cheaper.
- Sensing valves in restroom sinks to conserve water
- Energy management systems to turn off lights when no one is around.
- Replacement of windows and roofs (as needed) with energy-efficient models.
- A central utility plant to serve many buildings, rather than single, in-building units.
- Use of fluorescent light bulbs that use 75 percent less electricity.
- Small, fuel-efficient vehicles for physical plant use.
- Energy-efficient washers in dorms.
- University-wide recycling, including recycling bins in all dorm rooms and cell phone, battery, and printer cartridge recycling in the Gallagher Student Center.
- Green Seal-certified cleaning products throughout the campus.
- Contracts with Chartwells, an environmentally responsible food service provider.
- NEXUS Community Garden to encourage local food production and connection to one another and the earth.

SO WHAT CAN YOU DO?

IS XAVIER THERE YET..? Well, no and we need YOU to join the movement to continue shaping a sustainable culture here on campus. So, what can you do?

Bring the Campus Sustainability Plan (CSP) to life in your area…

- **Read the CSP Executive Summary.**
- **Read the entire CSP.**
- Meet with your University Sustainability Committee liaison to lay out goals, objectives, and a timeline.
- Lead your area in implementation based on the CSP and your vision.

Encourage faculty, staff, and student participation in personal as well as structural change.

Attend the ER/S Lecture Series during the 2010-2011 on Ecology and Sustainability with a special focus on Green Urbanism. Visit: **http://www.xavier.edu/ers/Lecture-Series.cfm**

5 EASY THINGS YOU CAN DO TO GREEN YOUR OFFICE:

1. Have a recycling bin and recycle all acceptable products.
2. Think before printing emails or send PDFs by email.
3. Print double sided when possible and use old paper for printing drafts or cut up for scraps for notes instead of post-its.
4. Buy green office products including recycled content tableware for events and 100% post-consumer waste paper.
5. Bring your own reusable mug and silverware from home.

