

# Siena Heights

# SUSTAINABILITY GUIDE



SIENA HEIGHTS UNIVERSITY  
Sustainable College Committee

## STUDENT SUSTAINABILITY GUIDE

The Siena Heights' Sustainable College Committee was established in the fall of 2013 to promote the concept and practice of sustainability into all college processes. As sustainability is not living in ideas alone, strategies are also needed to move towards greater sustainability in the maintenance and development of our Adrian campus. Some of these projects include a comprehensive recycling program, enhanced energy conservation and utilization of renewable energy sources, a poison-free campus environment (e.g. no use of pesticides, fertilizer, petroleum tar, etc.), enriched foods in our cafeteria (organically, locally, and humanely produced), and the integration of SHU into the global community of environmentally- and socially-responsible universities. Since these projects are campus-wide, the Sustainable College Committee includes faculty and staff members from every major department, representatives of the administration, a number of students of various majors, and several Adrian Dominican Sisters.

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# SUSTAINABILITY is often defined as:

*Meeting the needs of the present without compromising the ability of the future to meet their own needs.*

With this in mind, this handbook provides a variety of tips for living an environmentally responsible lifestyle as a student. We can all help make the sustainable difference by learning about sustainability — and living it every day. We hope this Student Sustainability Guide will help. Please use it as a regular reference for information and insights on the following topics:

## ECO TIPS

Energy use on campus contributes to greenhouse gas emissions and global warming. The more we can do to conserve energy, the more we can help to mitigate the increase of greenhouse gasses in the atmosphere. Whether you are living on campus, or in off- campus housing, please do your part to conserve energy. Every seemingly small action counts.

### **Simple Ways to Conserve Energy**

- Unplug all electrical appliances when not in use.
- Dress appropriately for the season. For example, wear layers of clothing during the winter months so you don't have to turn up the thermostat. Keep thermostats set at 68° during the cold months and 76° during warm seasons.
- Remember to close doors and windows when the heating or cooling systems are on.
- During the winter, open blinds, drapes, and curtains to allow sunlight in for solar heat gain. In the evenings, close blinds, drapes, and curtains to reduce thermal heat loss.
- Use hot water sparingly.

## **Energy-Efficient Lighting**

- Take advantage of natural daylight when possible. Open the blinds and turn off your lights.
- Consider using desk lamps (“task lighting”) and reducing overhead lighting in the room.
- Replace burned out light bulbs with LED light bulbs where possible.
- If you spend a lot of time working at a computer, dim the lights in your room so you can easily see your computer screen without turning up the brightness level.
- Turn off lights when leaving a room.

## **Energy-Smart Computing**

- Turn your computer off at night or when you are out of town. Also, do not turn your computer on until you are ready to use it. (Note: Turning your computer on and off will not harm it. The life of a monitor and computer is related to the amount of time it is in use, not the number of on-and-off cycles.)
- Know this: the best screen saver is no screen saver at all.
- Do not plug in your printer until you are ready to print. Printers consume energy even while they are idling.
- Cut down on printing by reading e-mails and documents on the computer screen.
- Take advantage of power-efficiency settings (available in the systems preferences of most newer computers).
- When typing documents, format your document to as few pages as possible by using a smaller font, decreasing line spacing, and using double-sided printing.
- Review your document on the screen instead of printing a draft.
- Always buy and use recycled-content paper. Look for paper with 50-100% post-consumer waste that is non-chlorine bleached.
- If possible, buy vegetable or non-petroleum-based inks. These printer inks are made from renewable resources, require fewer hazardous solvents, and, in many cases, produce brighter, cleaner colors.
- Recycle your print cartridges by contacting Staples (517-266-1176).

## **Water Conservation**

- Use re-usable BPA-free water bottles instead of plastic. It takes three to five liters of water to make just a 1-liter plastic disposable bottle.
- Eat lower on the food chain. It takes 5,000 gallons of water to produce one pound of meat, while producing one pound of wheat takes 25 only gallons.
- Shorten your shower by a minute or two per day, and you’ll save up to 150 gallons of water per month.
- Turn off the water while you brush your teeth, wash your hair and hands, and shave.
- Use cold to luke-warm water to hand wash dishes, not hot water.  
Also, don’t let the water run while rinsing.
- Wash clothes in cold water to save energy and to help clothes to maintain their color.
- Share water conservation tips with friends and dorm mates.

## SUSTAINABLE WEEKENDS

Being sustainable need not hamper your fun! Here are some great tips to make your weekend plans fun and sustainable.

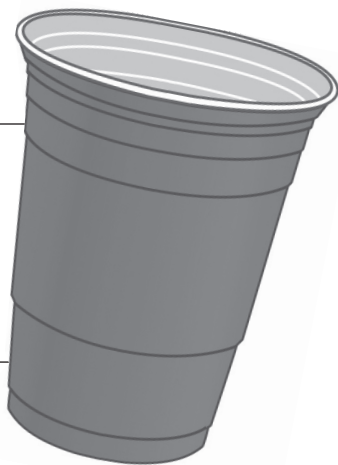
### How to Throw a Sustainable Party!

- Instead of buying disposable plates, go to a local thrift store, neighborhood yard sale, or even your grandmother's basement to stock up on plates for a chic and eclectic vibe. This can also be done with cups and silverware.
- Use natural light whenever possible to light the room.
- Bring your own cups! Have fun, and make a game out of it. Whoever brings the coolest cup wins a prize!
- Offer locally produced snacks and locally grown produce. (See pg. 13 for places to shop.)
- Serve healthy "finger food," with no plates or utensils necessary.
- Ditch the speakers! Invite musician friends to perform cool music to dance to all night long!
- Ban cigarettes (and all that packaging). Who wants to smell bad anyway?
- Spread the word! Make sure your guests know that the food is locally grown and produced, or that there is a band instead of a DJ, which saves energy.

### How to Throw a Sustainable Movie Night!

- Show environmentally focused films that are educational and entertaining. (See the suggested film list in the "Green Media" section of this guide.)
- Turn the lights off! It's best to watch movies in the dark anyway!
- Eat locally produced munchies instead of microwave popcorn. It's good for you and the environment!

Plastic party cups take 450 years to decompose and are not recyclable on campus because they are a no. 6. Try to wash and reuse plastic cups or use reusable cups when possible.



## STUDENT ORGANIZATIONS / ENVIRONMENTAL GROUPS

If you're interested in playing an active role in promoting environmental sustainability at Siena Heights, then you can choose from a variety of student-related groups on campus. Here's a list of just some of the groups that you can join to help generate awareness, think innovatively, and volunteer for this important cause:

Name	Description	Scope
Sustainable College Committee	<a href="http://sustainability.sienaheights.edu">sustainability.sienaheights.edu</a>	Local
Green Light Environmental Group	<a href="http://mysiena.sienaheights.edu/ICS/Community/Siena_Groups/Green_Light_Environmental_Group/">mysiena.sienaheights.edu/ICS/Community/Siena_Groups/Green_Light_Environmental_Group/</a>	Local
Adrian - Oil and Gas	Following what goes on with oil and gas exploitation in and around Adrian, Michigan - and how these events in our little city connect to the global environmental situation. <a href="http://adrianoil.blogspot.com/">adrianoil.blogspot.com/</a>	Local
Micats	The Michigan Coalition Against Tar Sands (MI CATS) seeks to unite people towards a common goal of stopping all transportation and refining of tar sands oil in the Great Lakes Basin and advocating against the production/transportation of tar sands everywhere. <a href="http://www.michigancats.org/">www.michigancats.org/</a>	Regional
Environmentally Concerned Citizens of South Central Michigan	Environmentally Concerned Citizens of South Central Michigan (ECCSCM) is a 501(c)3 non-profit organized to educate the public on the health risks and the environmental damage Confined Animal Feeding Operations have brought to our community and its watersheds. <a href="http://nocafos.org">nocafos.org</a>	Regional
River Raisin Watershed	The River Raisin Watershed Council is a public service, non-profit (501(c)3) organization dedicated to protecting and preserving our beautiful watershed its wetlands, lakes, river and tributaries. <a href="http://www.riverraisin.org/">www.riverraisin.org/</a>	Regional
Ecology Center	The Ecology Center is a membership-based, nonprofit environmental organization based in Ann Arbor, Michigan. Founded by community activists after the country's first Earth Day in 1970, the Ecology Center is now a regional leader that works for a safe and healthy environment where people live, work, and play. <a href="http://www.ecocenter.org/">www.ecocenter.org/</a>	Regional

Great Lakes Echo	Great Lakes Echo is produced by the Knight Center for Environmental Journalism at Michigan State University. We foster and serve a news community defined by proximity to and interest in the environment of the Great Lakes watershed. <a href="http://greatlakesecho.org/">greatlakesecho.org/</a>	Regional
The Stewardship Network	The Stewardship Network connects, equips and mobilizes people and organizations to care for lands and waters in their communities. <a href="http://www.stewardshipnetwork.net/about-us">www.stewardshipnetwork.net/about-us</a>	Regional
Sierra Club Michigan and Ohio	The Michigan Chapter of the Sierra Club celebrated its 45th anniversary in 2012! It is the statewide voice for the nation's oldest, largest and most influential grassroots environmental organization. <a href="http://michigan.sierraclub.org">michigan.sierraclub.org</a> <a href="http://ohiosierraclub.org">ohiosierraclub.org</a>	State
Committee to Ban Fracking in Michigan	The Committee to Ban Fracking in Michigan is a Ballot Question Committee registered with the State of Michigan Bureau of Elections. We formed to start a statewide ballot initiative to prohibit horizontal fracking and frack wastes in Michigan. We believe that only a ban will protect us. <a href="http://www.letsbanfracking.org">www.letsbanfracking.org</a>	State
Earthjustice	Earthjustice uses the power of law and the strength of partnership to protect people's health; to preserve magnificent places and wildlife; to advance clean energy; and to combat climate change. <a href="http://earthjustice.org">earthjustice.org</a>	National
Beyond Pesticides	Beyond Pesticides (formerly National Coalition Against the Misuse of Pesticides) is a 501(c)3 nonprofit organization headquartered in Washington, D.C., which works with allies in protecting public health and the environment to lead the transition to a world free of toxic pesticides. The founders, who established Beyond Pesticides as a nonprofit membership organization in 1981. <a href="http://www.beyondpesticides.org">www.beyondpesticides.org</a>	National
Pesticide Action Network North America	Pesticide Action Network North America (PAN North America, or PANNA) works to replace the use of hazardous pesticides with ecologically sound and socially just alternatives. As one of five PAN Regional Centers worldwide, we link local and international consumer, labor, health, environment and agriculture groups into an international citizens' action network. <a href="http://www.panna.org">www.panna.org</a>	National

Food & Water Watch	Food & Water Watch works to ensure the food, water and fish we consume is safe, accessible and sustainably produced. <a href="http://www.foodandwater-watch.org">www.foodandwater-watch.org</a>	National
GreenIsTheNewRed.com	This website focuses on how fear of “terrorism” is being exploited to push a political and corporate agenda. Specifically, I focus on how animal rights and environmental advocates are being branded “eco-terrorists” in what many are calling the Green Scare. <a href="http://www.greenisthene-wred.com">www.greenisthene-wred.com</a>	National
Center for Food Safety	Center for Food Safety (CFS) is a national non-profit public interest and environmental advocacy organization working to protect human health and the environment by curbing the use of harmful food production technologies and by promoting organic and other forms of sustainable agriculture. <a href="http://www.centerforfoodsafety.org">www.centerforfoodsafety.org</a>	National
350.org	350.org is building a global climate movement. Our online campaigns, grassroots organizing, and mass public actions are coordinated by a global network active in over 188 countries. <a href="http://350.org">350.org</a>	International
The David Suzuki Foundation	We collaborate with Canadians from all walks of life, including government and business, to conserve our environment and find solutions that will create a sustainable Canada through science-based research, education and policy work. <a href="http://www.davidsuzuki.org">www.davidsuzuki.org</a>	International
Greenpeace USA	Greenpeace is the leading independent campaigning organization that uses peaceful protest and creative communication to expose global environmental problems and to promote solutions that are essential to a green and peaceful future. <a href="http://www.greenpeace.org/usa/en">www.greenpeace.org/usa/en</a>	International
The Endocrine Disruption Exchange, Inc.	TEDX (The Endocrine Disruption Exchange, Inc.) is the only organization that focuses primarily on the human health and environmental problems caused by low-dose and/or ambient exposure to chemicals that interfere with development and function, called endocrine disruptors. <a href="http://endocrinedisruption.org/">http://endocrinedisruption.org/</a>	International





# REDUCE, REUSE, RECYCLE

Obviously, we can't enlarge the earth to accommodate all of our stuff. So, let's do our best to adopt the following helpful hints to minimize our consumption and waste (with particular focus on the "three Rs" in the order listed):

## 1. Reduce

- Buy only what you need and use all of what you buy.
- Choose products with minimal packaging. (Hint: Packaging should protect the product from damage, keep it clean and sanitary, and present product information; anything more than this is unnecessary and wasteful.)
- Purchase products in packaging that can be readily recycled and, even better, is made from recycled material.
- Buy in bulk. It will reduce waste and save you money in the process.
- Refuse bags at stores! When you buy one or two items at a store, carry them out in your hands or take a reusable bag with you to carry your purchased items.

## 2. Reuse


- When you are done using something or no longer want it (such as a book, a piece of clothing, a board game, or virtually anything else), then give it to a friend who can continue to put it to good use.
- Sell old products on sites like Craigslist.org. Maybe you'll find something you need on the site yourself!
- Take along washable cups or travel mugs instead of disposables.
- When you do use disposables — like plastic cups, plates, utensils, and plastic food storage bags — don't throw them away! Wash and reuse them.
- Instead of replacing items when they break, repair them.
- When you replace something, donate the old one (if in good condition) to charitable outlets like Goodwill or Salvation Army.
- Hold a yard sale or give-away. And ask your neighbors to join in too.
- When you need to purchase something, check yard sales, charitable outlets, and resale stores first. (See list of reuse stores on next page.)

## 3. Recycle

Only after reducing and/or reusing your goods do you recycle what is left over! Fortunately, Siena Heights makes it extremely easy to recycle with recycling bins available throughout main campus.

# Recycle Here


(Commingled – No sorting required)



## Plastics


- Empty Plastic Food & Beverage Containers
- Including bottles, jars, jugs, and Other Rigid Plastic Containers

**#1, #2, #4, #5, #7**




## Paper

- Newspapers, Magazines, Brochures, Pizza boxes
- Corrugated Cardboard and Paper Bags, Paper Towel Rolls
- Paper Back Books, Greeting Cards, Regular and Junk Mail
- Cardboard Beverage Carriers, Dry Food Cartons
- Paperboard Boxes, File Folders, Office Paper




## Cans

- Aluminum and Metal Cans
- Loose Metal Jar Lids
- Steel Bottle Caps
- Foil



## Glass


- Glass Bottles and Jars
- Glass Food Containers
- Glass Beverage Containers




## Do not include:

- Plastic Bags, Shredded Paper, Frozen Food Containers
- Food Spoiled Containers, Plastic Caps/Lids, Foam
- Computers/Electronics, Batteries, Mirrors, Ceramics
- Light Bulbs, Scrap Metal, Hazardous Waste

Scan this QR code or visit [Search.Earth911.com](http://Search.Earth911.com) to find out where you can recycle items that our recycling program does not include.

 A Sierra Heights University Sustainability Initiative



## EARTH-CONSCIOUS SHOPPING LIST:

Buying already used merchandise and/or donating unwanted items to thrift stores is an easy way to help reduce waste, as well as to save money. Below is some re-use and earth-conscious food stores:

Name	What	Where
By Nature	Health Food Store, homeopathic and herbal supplements	Adrian, MI (517) 263-7876
Erin's Organics	Adrian based company selling organic beauty supplies	erinsorganics.net
Chomp Burger	Restaurant with organic options	Adrian, MI
Chipotle	Mexican restaurant	Adrian, MI
Aldi	Some organic & non GMO products	Adrian, MI
Habitat Restore	nonprofit home improvement stores and donation center: furniture, home accessories, building materials, appliances	Adrian, MI (517) 266-0746
Helping Hands	Thrift Store	Adrian, MI (517) 266-7002
Blessings & More	Thrift Shop	Adrian, MI 517-438-8264
Re-Bicycle Lenawee	Bicycle Shop	Adrian, MI (517) 759-1427 Hrs Wed & Sat 12-4
Clothes Mentor	Buy & sell gently used clothes	Sylvania OH, 419-517-4400
Eden Store	Natural food, offering more than 400 authentic, organic, traditional, kosher, pure and purifying foods.	Clinton, MI (517) 456-7457 facebook.com/EdenStore
Orchid Lane	Fair Trade & Eco friendly Everything under \$15	Ann Arbor, MI
Ten Thousand Villages	Fair Trade	Ann Arbor, MI, 734-332-1270
Arbor Farms Market	Food from local farms, especially MI grass-fed meat reasonably priced – Not from CAFOs	Ann Arbor, MI (734) 996-8111
Whole Foods Market	356 brand (non-GMO) very reasonable – many organic	Ann Arbor, MI 8am to 10pm seven days: 734.997.7500
Trader Joe's	All products non-GMO, very reasonable	Ann Arbor, MI (734) 975-2455

## GREEN MEDIA

### Environmental Documentaries

An Inconvenient Truth  
The Cove Food, Inc. Planet Earth  
Who Killed the Electric Car  
Call of Life  
Speciesism: The Movie  
Last Call at the Oasis  
The Future of Energy  
Gasland I and II  
Our Rising Oceans  
The Ghosts In Our Machine  
Planet Ocean  
Home  
Mother: Caring for 7 Billion  
Canada's Toxic Chemical Valley  
Shift: Beyond the Numbers of the Climate Crisis  
Dirt: The Movie  
Chasing Ice  
Garbage Warrior  
Life Running Out of Control  
The Nature of Cities  
Plasticized  
More than Honey  
Let's Make Money  
Darwin's Nightmare  
We Feed The World  
Trashed

### Environmental Dramas & Biographies

Avatar  
A Civil Action  
The Day After Tomorrow  
Erin Brockovich  
Wall-e

### Environmental Books

A Sand County Almanac by Aldo Leopold  
Coming into the Country by John McPhee  
Eating Stone by Ellen Melpy  
Ishmael by Daniel Quinn  
My First Summer in the Sierras by John Muir  
Pilgrim at Tinker Creek by Annie Dillard  
Red Sky at Morning by Gus Speth  
Refuge by Terry Tempest Williams  
Silent Spring by Rachel Carson  
The Land of Little Rain by Mary Austin  
The Moon by the Whale Light by Diane Ackerman  
The Ravaging Tide by Mike Tidwell  
**Cookbooks and Guides for Living**  
The End of Nature by Bill McKibben  
Food Matters: A Guide to Conscious Eating by Mark Bittman  
Food Rules by Michael Pollan  
The Green Book by Elizabeth Rodgers and Thomas M. Kostigen  
The Old Farmer's Almanac  
Our Choice by Al Gore  
The Story of Stuff by Annie Leonard

### Learn More...and Stay in Touch

Visit the Student Sustainability Initiative on Facebook,  
and be sure to log onto [sustainability.sienaheights.edu](http://sustainability.sienaheights.edu).