



green living guide

Sustainable Practices
in Energy, Transportation,
Waste, Food, and More!

By the Sustainability Office,
your hub for campus sustainability information



SUSTAINABILITY
THE UNIVERSITY OF UTAH



contents



- 2 living the 'green' life
- 3 university goals
- 4 green packing list
- 5 green residence halls
- 6 energy
- 7 water
- 8 recycling
- 10 food
- 11 transportation
- 12 shopping & cleaning
- 13 green salt lake city
- 14 get involved

living the 'green' life

Welcome to the University of Utah. Getting to know a new place can be tough, so the University of Utah Sustainability Office has created a guide to make it easy to incorporate sustainability into your life on campus and in Utah. What is sustainability? It's the pursuit of enhancing environmental, social, and economic systems to sustain our Earth for present and future generations of all species. This guide provides information about resources on campus and in Salt Lake City for buying local, as well as tips on a variety of topics, from saving water to reducing energy consumption to buying safe products.

The University of Utah is committed to making the U campus a more sustainable place to live and creating innovative practices that can be replicated beyond its boundaries. The University of Utah is recognized as a national leader in sustainability. The best part? By being here, you are already part of its

efforts—\$1 per semester of your student fees goes toward the purchase of renewable energy. The U consistently ranks as one of the 10 best universities in green power purchasing.

Use this guide to find more ways to live the green life. Learn more at www.sustainability.utah.edu.

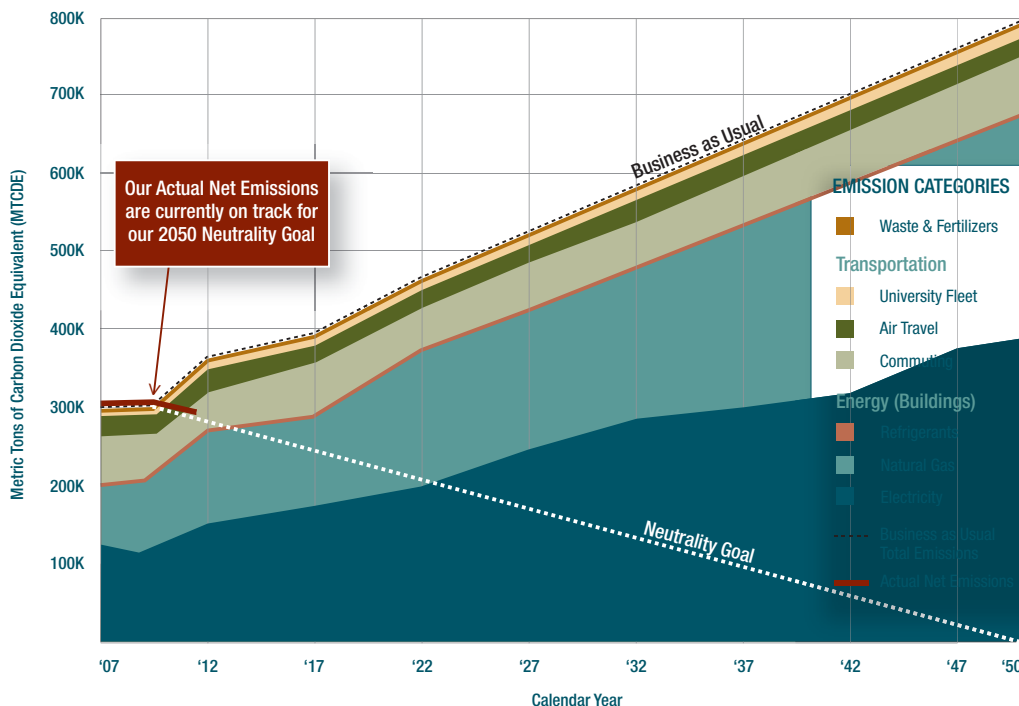
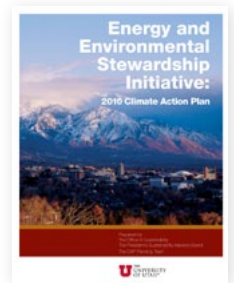


university goals

2010 climate action plan

The Energy and Environmental Stewardship Initiative: 2010 Climate Action Plan sets the vision and direction for sustainability goals at the University of Utah. Some long-term goals of the plan include:

- 1 A carbon neutral campus by 2050.
- 2 Electronic dashboards in campus buildings so occupants can gauge overall energy use.
- 3 Improve bicycle facilities, including paths and parking.
- 4 Replace current shuttles with compressed natural gas fleet.
- 5 Waste reduction through composting.



greenhouse gas inventory

The U is committed to carbon neutrality by 2050.

How can you help?

Turn off lights when you leave the room, ride public transit or bike, and talk to your friends about what they can do!

green packing list

Preparing for college is exciting but often results in unnecessary purchases. To help you be green in your college preparation efforts, the Sustainability Office has created a packing list that incorporates sustainability principles.

reduce

- ☐ **Limit your purchases.** Many electronics or appliances are available on campus, including items such as printers and microwaves. Skip these purchases and save electricity and money.
- ☐ **Coordinate with your roommate.** Make sure you are not bringing the same items for the room.
- ☐ **Leave the car at home.** Your U card will serve as a UTA pass, making public transit the most cost-effective and sustainable mode of transportation. Watch gas prices rise without hurting your wallet.
- ☐ **Pack light.** Your suitcase doesn't have to be stuffed full for you to be prepared. If it is not filled after all your necessary items are packed, don't worry.
- ☐ **Bring a water bottle.** Water bottle refilling stations are spread throughout campus!
- ☐ **Buy used.** Check out the local **KSL** pages or drop by a Deseret Industries to find amazing second-hand residence hall necessities for less. Already live in SLC? Don't miss the U's Surplus & Salvage store at 210 Connor Street in the Fort Douglas.

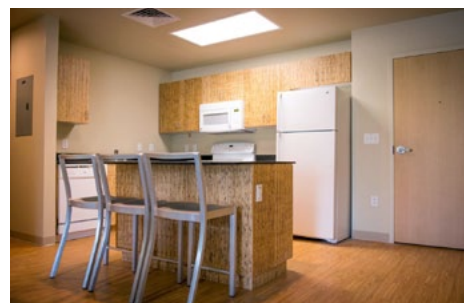
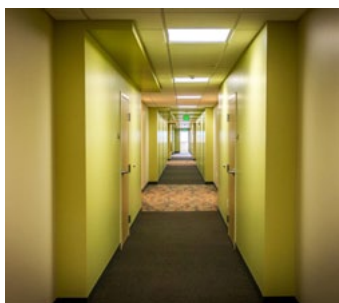
eco-purchasing!

- ☐ **Wait to make your purchases until after you have moved in.** When you are certain that you need an item, try to buy local and sustainable. Utah has a **Buy Local First directory**, which is easy to navigate and find local businesses that will fulfill your needs. Salt Lake City has also created an **E2 Business guide** to serve a similar purpose.
- ☐ **When purchasing items for your room,** try to buy sustainably produced commodities:
 - Toxin-free cleaning supplies;
 - Organic, i.e. organic bed sheets;
 - Natural fiber, such as hemp or bamboo;
 - Fair trade;
 - Compact Fluorescent (CFL) or Light Emitting Diodes (LED) Light bulbs;
 - ENERGY STAR appliances.

reuse

- ☐ **Bring reusable dishware.** Ask your parents to borrow a plate, bowl, fork, knife, and spoon from home so you won't have to purchase plastic utensils.
- ☐ **Bring a mug.** You'll benefit from cheaper coffee refills at the majority of shops on campus, and you'll reduce the waste from paper coffee cups.

green residence halls



check out the green demonstration apartment

Located within the Donna Garff Marriott Honors Residential Scholars Community, a LEED-gold certified building, the Green Demonstration Room showcases the use of sustainable finishes, such as cabinets, carpet, and countertops made of “rapidly renewable” materials, formaldehyde-free furniture, and zero VOC paints. The demonstration room is occupied, but it is available for students and faculty to learn about the green products’ function and wear.

Housing & Residential Education (HRE) offers a sustainability-themed floor as one of its living learning communities. The floor gets involved in sustainability practices on main campus as well as in the residence halls. Contact the Sustainability Office at 801-585-9352 to learn more.

live on the sustainability floor

off-campus housing

Planning to live off campus? Check out [Commuter Services’ video](#) on finding apartments and other rentals near public transit.

energy



Reducing energy use has a direct impact on fossil fuel emissions. Three-quarters of the U's measured carbon emissions come from building energy use. Reduce your carbon footprint by turning out the lights, using low energy settings, and purchasing green-rated electronics.

tips to reduce your use

- ☐ Avoid phantom electricity drains: Unplug electrical devices when you're not using them.
- ☐ Use a "smart" power strip that shuts off the electricity flow to electronics in standby mode.
- ☐ Use a shared refrigerator instead of a mini-fridge.
- ☐ Flip the light switch off!
- ☐ Use CFLs and LED light bulbs.
- ☐ Use a drying rack to dry clothing.
- ☐ Get a free energy audit from the Student Energy Ambassadors.
- ☐ Turn off the AC! To keep cool without increasing the demand for coal-generated electricity, try:

- 1** Opening a window;
- 2** Using a fan;
- 3** Studying in the an already air conditioned area, like the Marriott Library or a coffee shop.

DID YOU KNOW?

Electricity is consumed even when appliances are not in use. '**Phantom power**' can account for up to 10% of total home energy use. Reduce your monthly bill by unplugging your electronics.

water

Welcome to the arid American West! Water is a valuable and scarce resource in Utah, the second driest state in the U.S. Living sustainably means being conscious of water use and conserving water when possible.

tips to reduce your consumption

- ☐ Turn off the tap while brushing your teeth or shaving.
- ☐ When washing dishes by hand, don't leave the water running while scrubbing.
- ☐ Only run your dishwasher when it is full.
- ☐ Wash only full loads of laundry and only in cold water.
- ☐ Report leaks! Residents can submit a maintenance request at housing.utah.edu. On main campus, call Facilities Dispatch at 801-581-7221.

water conservation at the U

In 2012, the U installed a weather-based irrigation system that tracks moisture lost or used on a daily basis. The irrigation system collects data from an on-campus weather station. Solar radiation, wind speed, temperature, humidity, and precipitation are run through an algorithm to determine how much water is lost in the soil. The weather-based irrigation system then responds by applying the appropriate amount of water to keep plants happy and healthy without over watering.



recycling in housing

Recycling is an important part of the U's waste reduction goals. HRE has made recycling easy for its residents. All rooms have a recycling bin and all bins are single-stream recycling, meaning all materials go in one place.

residence hall recycling

HRE provides single stream recycling for residents. Blue bins are provided in all residence halls.

what's OK:

- Magazines, newspapers, envelopes (plastic windows are OK), paperback books, cereal and cracker boxes, notebooks (spirals are okay), folders, white paper, colored and glossy paper, non-soiled cardboard.
- All paper (don't worry about staples, paper clips, etc.).
- Plastics 1-7 and all plastic bags and plastic utensils.
- Cans (tin, steel, and aluminum).
- Styrofoam.

what goes around comes around (spring move out)

At the end of the school year, the Sustainability Office and HRE partner for the What Goes Around Comes Around donation drive. Students drop off unwanted items in the Peterson Heritage Center or take it to one of the four volunteer stations positioned around the residence halls. Clothing and food items are donated to local charities and any unusable electronics are taken for proper disposal.



recycling on campus

Main campus recycling is segregated to sell in the recyclables market. You will see bins on campus for plastics #1 and #2, aluminum, mixed paper, and office pack paper. Confused about which items go where? If in doubt, read the labels!

main campus recycling

mixed paper

Newspapers, Magazines, Paperbacks, Colored or White Paper, Envelopes (with or without windows), Mail, Folders, Sticky Notes (bindings, tape, staples, and paper clips OK).

office pack

White or Pastel Paper, Envelopes, Index Cards, Manila Envelopes (bindings, tape, staples, and paper clips OK).

plastic

Plastics labeled #1 or #2.

aluminum

Aluminum cans.

Note: Paper towels and napkins, used coffee cups, and pizza boxes always go in the TRASH!



WHAT SHOULD I DO WITH PLASTICS 3-7?!

Take it home! Plastics #3-7 are not recyclable on main campus, but you can take them back to your residence hall or to your residential recycling bin.



Recycle Rice-Eccles

During football games, Rice-Eccles Stadium produces more than eight tons of waste! To divert it from the landfill, ASUU created Recycle Rice-Eccles, where volunteers collect plastic, aluminum, and paper from tailgating fans using bins and RecycBikes provided through the Sustainable Campus Initiative Fund. Visit asu.uutah.edu for more information.

food

Purchasing local food and cooking with smaller appliances are good ways to reduce your carbon footprint. Want to get really local? Buy your produce on campus at the University of Utah Farmers Market than runs from late August to mid October.

10 tips for more eco-friendly food

- ☐ Use the shared kitchen's fridge.
- ☐ Cook with smaller appliances, such as the microwave, toaster oven, slow cookers, rice cookers, all of which are more energy efficient than their larger kitchen counterparts.
- ☐ Buy ENERGY STAR appliances.
- ☐ Use reusable metal utensils and dishware, even on campus.
- ☐ Participate in Meatless Mondays! Animal protein takes large amounts of water and energy to produce.
- ☐ Buy organic, fair trade, or local meats and vegetables at the store.
- ☐ Take advantage of the **U of U Farmers Market** each fall.
- ☐ Shop at **Salt Lake City farmers markets**.
- ☐ Buy bulk foods at grocery stores to save money and packaging.
- ☐ Dine at local restaurants committed to supporting local farmers and that use sustainably-farmed ingredients.



Edible Campus Gardens

The stewards of the Edible Campus Gardens are always looking for volunteers! Volunteers can help plant and harvest, and they often can take home some fresh produce! Go to tinyurl.com/Ugardens to sign up for the weekly memo.

online resources

- Local farmers markets (www.slcgov.com/node/1295)
- Edible Wasatch (www.ediblewasatch.com)
- Slow Food Utah (slowfoodutah.org)
- Utah's Own (www.utahsown.org)
- Community Supported Agriculture, CSA Utah (www.csautah.org)
- Wasatch Community Gardens (wasatchgardens.org)
- Salt Lake Urban Farming (slco.org/urbanfarming)

transportation

Nearly one-third of U.S. greenhouse gas emissions come from transportation, according the U.S. Environmental Protection Agency. You can help reduce this number by using public transportation or by walking or riding your bike.



tips to reduce your transportation footprint

- ☐ Make use of Salt Lake City's public transportation system, which includes buses, light rail, and commuter rail. Plan your route on [Utah Transit Authority](#) or [Google Maps](#).
- ☐ Join the [U of U Enterprise Car Share](#), which provides access to a vehicle for short trips.
- ☐ HRE offers indoor bike storage for \$22/semester for all residents. Find nearby storage areas on HRE's [online bicycle storage map](#).
- ☐ Commuter Services has installed Fix-it-Yourself Bike Stations around campus for quick repairs.
- ☐ Commuter Services has a [Bicycle Parking Map](#) for navigating campus.
- ☐ Facilities Management recently completed a [Bicycle Master Plan](#) for campus.
- ☐ Campus Security [registers bikes](#) on campus to help fight theft.

shopping & cleaning

Purchasing eco-friendly and non-toxic products is an important component of sustainable living. Consider where you can reuse items and the ingredients in your cleaning and personal hygiene products.

eco-friendly purchasing

- ☐ Carry refillable water bottles and mugs. Tip: Dining Services on campus offers a \$.60 discount on a cup of coffee if you bring your own mug!
- ☐ Buy local, used, or find it for free:
 - o Used: **KSL**, **U of U Surplus & Salvage**, Deseret Industries, Thrift Town, Second Tracks, Savers, Uptown Cheapskate, Pib's Exchange, and others.
 - o Local: **Local First Utah** or **ReDirect Guide**.
 - o Free: **Freecycle Salt Lake**
- ☐ Buy Organic or fair trade items.
- ☐ Don't forget your reusable bag!



GREEN CLEANING TIPS

Use baking soda to scrub your sinks and tub. For toilets, counters, and floors, use a mixture of vinegar and water.

buy non-toxic products

- ☐ No ammonia.
- ☐ Not tested on animals.
- ☐ Biodegradable.
- ☐ Not solvent-based.
- ☐ Ingredients from renewable resources (vegetable vs. petroleum).
- ☐ Avoid body and face scrubs with plastic microbeads.

green slc (online resources)



local food

Local farmers markets

Edible Wasatch

Slow Food Utah

Utah's Own

Community Supported Agriculture, CSA Utah

Pick Your Own UT

Salt Lake Urban Farming

Utahns Against Hunger

recycling

SLC Recycling Guidelines

Glass Recycling Drop-off Locations & Map

Curbside Glass Recycling

community

SLC Parks & Public Lands Map

SLC Parks Calendar

Wasatch Community Gardens

sustainable transportation

Bike SLC

GREENbike SLC Bike Share

U of U Bike Collective

Utah Transit Authority

UTA Commuter

sustainable business guides

ReDirect Guide

Local First Utah

get involved (online resources)

10 opportunities on campus

- 1** Sustainability Office
- 2** Edible Campus Gardens
- 3** Sustainable Campus Initiative Fund (SCIF)
- 4** Residence Hall Association Sustainability Board
- 5** U of U Bike Collective
- 6** ASUU Sustainability Board
- 7** Bennion Center
- 8** Enviro Club (student group)
- 9** Real Food Challenge at the U of U (student group)
- 10** Green Teams

contact us

The University of Utah Sustainability Office
1635 Campus Center Dr., Room 50
Salt Lake City, UT 84112 | 801 585 9352
www.sustainability.utah.edu

 www.facebook.com/UofUSustainability
 twitter.com/UofUOS
 sustainableutah.wordpress.com