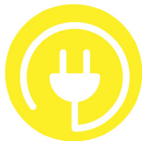


Sustainable Life on Campus



Keep
LOUISIANA
Beautiful



UNIVERSITY
OF
LOUISIANA
Lafayette

**Office of
Sustainability**

Student Guide to GREEN Living



Office of Sustainability

Sustainable Life on Campus

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Sustainability and YOU

A sustainable lifestyle can benefit you in many ways throughout your college career. In addition to respecting and caring for your environment, living sustainably can positively impact the following areas of daily life:

- **Finances** - Save money by reusing, re-purposing, and resisting excess purchasing. Even traveling light will save you money!
- **Time management** - Organizing your life around sustainable principles will help you plan areas of your life you may have neglected.
- **Health and wellness** - Eating sustainably encourages healthy eating habits that are good for you and the environment! Using alternative means of transportation, such as biking or walking, are great ways to exercise, as well.

By following the tips listed in this guide, you will develop habits that will improve your quality of life, and become a part of your lifestyle.



The Meaning of ‘Sustainability’

You hear it all the time, but you may be unclear of what “sustainability” really means. It has many meanings and applications, but at the root of it are the following definitions...

Sustainable - *adjective*.

1. Able to be used without being completely used up or destroyed
2. Involving methods that do not completely use up or destroy natural resources
3. Able to last or continue for a long time

Practicing sustainability as it relates to daily tasks such as eating, traveling, and purchasing involves being conscious of the resources you are using. Living sustainably means taking care of what you are given so the same resources will be available to future generations.

Did you know...

UL Lafayette was recognized in 2016 by the U.S. Department of Education as one of only 11 universities in the country to receive the Green Ribbon Schools Postsecondary Sustainability Award! To find out more about this award, go to www2.ed.gov/green-ribbon-schools.



Your Impact

You may think your individual actions may not have much impact on our community and global environment, but that isn't true at all. We all have a role to play in creating a more sustainable society. As a college student, you will become a **role model** to many in the community, especially to incoming students. This is your opportunity to teach sustainable practices that will impact and inform an entire community. People will hear you and see your actions. Hopefully, those actions will be acts of service, compassion, and good stewardship of the natural environment we all share!



The Domino Effect

Something as simple as picking up a piece of litter can be seen by many other pedestrians, and may influence them to do the same. Then, they will be seen, and the good deed passes on.



What it means to be a Ragin' Cajun

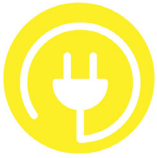
In Lafayette, you will find a love for local Cajun and Creole cultures, and a strong sense of community. Within the University there is also a sense of community in which we work together to achieve similar goals, believe in the same values and principles, and support one another. As a student and resident on campus, you are an important and influential part of the University community!

UL Lafayette offers an exceptional education informed by diverse worldviews grounded in tradition, heritage, and culture. We develop leaders and innovators who advance knowledge, cultivate aesthetic sensibility, and improve the human condition. The core values of this community include equity, integrity, intellectual curiosity, creativity, tradition, transparency, respect, collaboration, pluralism, and sustainability.

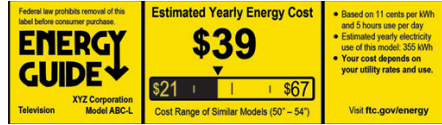
Throughout this guide you will find many tips to help you live a more sustainable lifestyle, but we encourage you to think of more ways you can improve our community. One sure way to make the most of your college experience is to get involved beyond the classroom. This is your chance to meet new people, experience different cultures, try something new, help others in need, and learn new skills.

For more ways to get involved and find information about student organizations, check out **getinvolved.louisiana.edu**. Community service is a vital part of campus sustainability and it largely depends on volunteers like you! Contact Dr. David Yarbrough, Dean of Community Service at **yarbrough@louisiana.edu** for ways you can serve your community!

2 What You Can Do to Help



Save Energy



Electronics and Appliances

Many electronics come with an Energy Guide label. The label assumes a price for electricity (for example, 11 cents/kWh) and a baseline usage (5 hours per day). This information is used to give consumers a range of how much it may cost annually. Use this label when choosing between different models, sizes, or types of electronics!

Turn off lights and electronics! It's as simple as that! Turning your appliances and electronic devices off makes a huge difference in your energy consumption!

Common items left on...

- TV
- Lamps
- Lights
- Laptops
- Printers
- Coffee Pots
- Fans

Unplugging electronic devices before you go to bed or leave your room is another excellent habit to develop as a college student. Electricity is still drawn through plugged in electronics and chargers. This **"phantom load"** or **"leaking electricity"** can increase your electricity usage by nearly 10%!

Items that can be **unplugged** daily...

- TV
- Gaming Consoles
- Speakers
- Lamps
- Microwave
- Laptop
- Chargers
- Fans

A simple **power strip** is an easy solution to the hassle of unplugging every item one by one each time you leave your room or go to bed. Simply plug multiple devices into your power strip and shut down or unplug the power strip before leaving or going to bed.

Smart Power Strips are even more convenient. They shut off automatically when sensors detect devices are no longer in use.



Laundry Tips

In addition to turning off and unplugging your electronics, use the following tips when doing laundry...

- Do laundry only when necessary, and only in **full loads**. This uses less electricity and creates less work for you!
- Use **cold water** and cold water detergent. Even switching the temperature setting from 'hot' to 'warm' can cut a load's energy use in half!
- **Hang-dry** on a drying rack when possible! Drying racks are cheap and easy to set up in your room.
- Clean the lint screen in the dryer after every use. This helps improve air circulation and also prevents fire hazards!

Other Energy-saving Tips

- Plan to replace outdated electronics or appliances with **Energy Star devices**.
- Set the **Sleep Timer** on your TV instead of leaving it on all night.
- Coordinate with your future roommate when furnishing your room! You may be able to avoid buying double sets of some things, such as a mini-fridge or microwave, and instead share appliances. This will lower your energy consumption and save you money.
- Keep your thermostat at a reasonable temperature! FYI, a thermostat set at 60 degrees in the summer is not set at a reasonable temperature. Thermostats should remain 68 degrees or below when the heater is running and 78 degrees or above when the AC is running.
- When replacing light bulbs in lamps, make sure to use LED's (Light Emitting Diodes). These bulbs last longer, and are more energy-efficient than your typical incandescent light bulbs.
- Open the blinds and utilize natural daylighting rather than artificial lighting.



Did You Know...

What is a kWh, or kilowatt hour?

When you use electricity to power a 1,000 watt vacuum cleaner for 1 hour, you use 1,000 watt-hours (1,000 Wh) of electricity!
 $1,000 \text{ Wh} = 1 \text{ kWh}$

According to the EIA (U.S. Energy Information Administration) in 2014, the average annual electricity consumption for a U.S. residential utility customer was **10,932 kWh**, an average of **911 kWh** per month.

Louisiana had the highest annual consumption at 15,497 kWh per residential customer, and Hawaii had the lowest at 6,077 kWh per residential customer.



Save Water

Water around the World

According to The United Nations, “around **1.2 billion people**, or almost **one-fifth** of the world’s population, live in areas of physical scarcity of water, and **500 million** people are approaching this situation. Another **1.6 billion** people, or almost **one quarter** of the world’s population, face economic water shortage (where countries lack the necessary infrastructure to take water from rivers and aquifers).”

Keep reading for tips on saving water daily below.

Make the Connection

If you follow the ‘LaundryTips’ from the previous page, you’re already on your way to conserving water! By doing 2 fewer loads of laundry a week, you could be saving over 50 gallons of water each week! Here are some other quick and easy **water-saving tips** to follow daily...

- Take shorter showers! If you are struggling with making this change, try cutting down your shower time by 1 minute per week, and work your way down to your goal of, for instance, 3 minute showers.
- Turn off the water while shaving or brushing your teeth. This could save up to **3 gallons of water a day!**
- Drink tap water out of your refillable water bottle.
- Notify your RA when you see a leaky faucet!
- When washing dishes, don’t be scared to scrub food off instead of blasting hot water on dirty dishes.
- Designate one glass for your drinking water each day or refill a reusable water bottle. This will cut down on the number of glasses to wash.
- For a cold drink, keep a pitcher of water in the refrigerator instead of running the tap until it’s cold.

The recommended eight glasses of water a day, at **U.S. tap rates equals about \$.49 per year**; that same amount of bottled water is about **\$1,400**. For about \$10 each, you can purchase a 16-ounce or 32-ounce Nalgene bottle, saving you hundreds of dollars a year on bottled water.



Waste Less



Buying Less = Wasting Less

Be conscious of the amount of disposable materials you purchase. Check out some of the common purchases below, and see what you can do differently!

Switch this...

- Fast food meals or snack foods wrapped in disposable packaging
- Plastic disposable water bottles
- Coffee in a disposable cup
- Paper or foam plates
- Plastic utensils and cups
- Single use coffee pods
- Paper towels
- Paper bills in the mail

For that...

- Tupperware, preferably glass food containers
- Reusable water bottles
- Bring your own reusable travel mug
- Dish ware (ceramic/plastic/glass)
- Silverware and glassware
- Single cup reusable coffee filter
- Washable dish towels
- Paperless online billing

SUDs

Single-use Disposable items, or SUDs, like plastic bags, Styrofoam take-out containers, and water and soda bottles account for the majority of our waste stream! Many of these SUDs are made of plastic, a material designed to last forever, yet used as "throw-away" packaging. Even though the majority of plastic used is recyclable, 90% ends up either in the garbage or in the environment as litter.

All dining services on campus offer 20% off drip coffee and fountain beverages when you bring a reusable mug!

See the impact your printing has on the environment through UL's PaperCut system, which can be found at papercutng.louisiana.edu






Drop Wasteful Habits

- **FOOD WASTE:** Take what you want, eat what you take! Let's be honest, our eyes are often times bigger than our stomachs. Help cut down on food waste at Cypress Lake Dining Hall by only filling one plate at a time. You are always welcome to return for more.
- **PAPER WASTE:** Cut down on paper waste by printing only when necessary, and by printing double-sided when possible.
- **PLASTIC WASTE:** Try reusable grocery bags instead of using plastic bags, which are considered film plastic and are not recyclable on campus. *Your typical plastic grocery bag takes over 500 years to biodegrade in a landfill!

What is Recyclable on Campus?

Recycle

Look for recycling bins in the Trash and Recycling Rooms on each floor in Residence Halls! If you are walking around campus, keep an eye out for recycling receptacles to toss your plastic, paper, aluminum into! Below is detailed information about what is recyclable on campus.

	TYPE	EXAMPLES
	MIXED PAPER	shredded paper newspapers + inserts magazines catalogs junk mail + envelopes home office paper
	ALUMINUM	aluminum cans tin and steel cans aluminum foil
	PLASTIC	The item must be less than 5 gallons and indicated by a number on the bottom of container. Only #1-5 and #7 are recyclable. 
	CARDBOARD	moving boxes mailing boxes corrugated cardboard

~~zero~~waste



DIRECTIONS

paper bags
box board
phone books
holiday greeting cards
colored envelopes + folders

- rinse excess food

- rinse
- throw lids in garbage

- fold
 - flatten
- *must be free of all contaminants (ie. packing materials, Styrofoam, plastic)

TRASH

pizza boxes
wet, soiled or food-stained paper
paper towels
facial or toilet tissue
disposable plates + cups
wrapping paper + gift bags
milk + juice cartons

coat hangers
paint + solvent containers
nails, screws, gutters, etc.
empty aerosol cans

plastic bags + packaging
Styrofoam or polystyrene
disposable plates, cups + utensils
toys
motor oil bottles
lids

pizza boxes
egg cartons
paper towel rolls
toilet paper rolls
backing of paper pads



Travel Light

walk it.



Did you know that it would take you about the same time to walk downtown as it would to walk to the far end of Girard Park? Also, it only takes maybe 15 minutes to walk the entire length of Main Campus, from University Ave. to E. Lewis St. It can be faster to walk some places than to drive, especially in rush hour traffic!

- Walk with a purpose and burn calories.
- Explore campus and the rest of the city on foot to find new places to grab a coffee, to study, or to get lunch.
- If walking at night, walk with a friend.
- Obey the crosswalk signals.
- Understand how the **Code Blue Emergency Call System** works: There are 51 emergency phones throughout campus: main campus, Cajun field, sorority row, fraternity row, and parking garages. Look for phones with a blue light on top. These are activated by pushing the call button which automatically connects with UL Police Department.

bike it.

Biking has many advantages including environmental, economic, and health benefits! Not only does biking reduce pollution and congestion in the city, it is also a great source of exercise and can save you money on gas! When biking, just make sure to follow these tips and to check out park.louisiana.edu for more information regarding transportation on campus!

Did you know...

UL was the first and only university in Louisiana to be designated as a Bike-Friendly University by The League of American Bicyclists in 2015? For more info, visit <http://www.bikeleague.org/university>.

- Obey the rules of the road.
- Use the bike lanes properly.
- Be visible at night.
- Try out UL's very own Geaux Vélo Bike Share.



ride it.

If you must use a vehicle, try following these tips to make your ride more eco-friendly.

- Carpool with friends.
- Utilize the Lafayette Public Transit System.
- Ride UL Buses that circulate between Cajun Field and Campus.

bike [share] it.



UL Geaux Vélo Bike Share

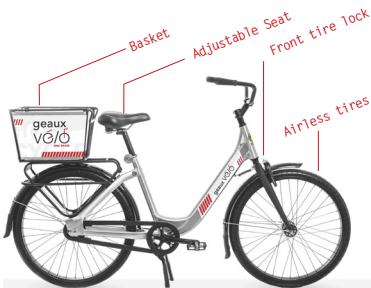
Geaux Vélo, a round-trip bike share system, currently has 52 bikes at 3 locations: **Cajun Field, Girard Parking Tower, and The Union.** The Geaux Vélo community now consists of over 2,000 users, who use Geaux Vélo to get around campus and our community! Just follow the steps below to become a member for free!

1



Sign Up

- Sign up for FREE online at **geauxvelobikeshare.com** to become a member.
- Go to any of the 3 Geaux Vélo Bike Share Stations listed above to activate your UL ID or Driver's License with your User ID and PIN which you will receive in an email once you have registered online.
- Use your UL ID or Driver's License to rent a bike! (Your User ID and PIN will also work.)



2



Remove Key

- Swipe UL ID, Driver's License or enter User ID and PIN at any Geaux Vélo Bike Share Station.
- After station door opens, take lighted key assigned to you.
- Find bike with keytag ID number.
- Unlock tire lock on front tire using key and lock button.

3



Ride Around

- Adjust the seat using hand knob directly below the seat if needed.
- Park near ANY bike rack on campus!
- Be sure to lock tire lock and take the key with you!

4



Return Key

- After returning your bike to the original station, swipe your card and return your key to any open slot.

1st hour=FREE
2nd hour= \$1
3rd hour= \$1
4th-8th hours= FREE

*Every hour past 8 hours=\$1/hour
*If you keep the bike past midnight, you will be charged \$5.

geauxvelobikeshare.com
for more info!



Eat Environmentally Friendly

Eating green is important, and it means more than just eating your veggies! It isn't as difficult as you may think! Just follow the tips below to get started.

- **Pack your lunch** instead of purchasing food packaged in disposable wrapping.
- Visit a **local farmers market** (see next page for more info.)
- **Prioritize produce.** Aim to fill half your plate with fruits and/or veggies.
- **Quality over quantity.** Develop healthy eating habits of appropriate portioning.
- **Refuse double or triple packaging.** Your sandwich doesn't need to be wrapped in paper, put in a plastic to-go container, then put in a plastic bag.
- **Eat less meat.**

- Meat, dairy, and eggs require large amounts of resources such as water, land, and energy, making them inefficient to produce.

- Plastic will only start degrading after 700 years and will take at least 1,000 years to fully degrade. This means that all the plastic that has ever been produced has not degraded yet.
- 5 trillion plastic bags are produced yearly. Side by side, they can encircle the world 7 times.
- Plastic bags cause the death of many marine animals when they are mistaken for food.

When grocery shopping...

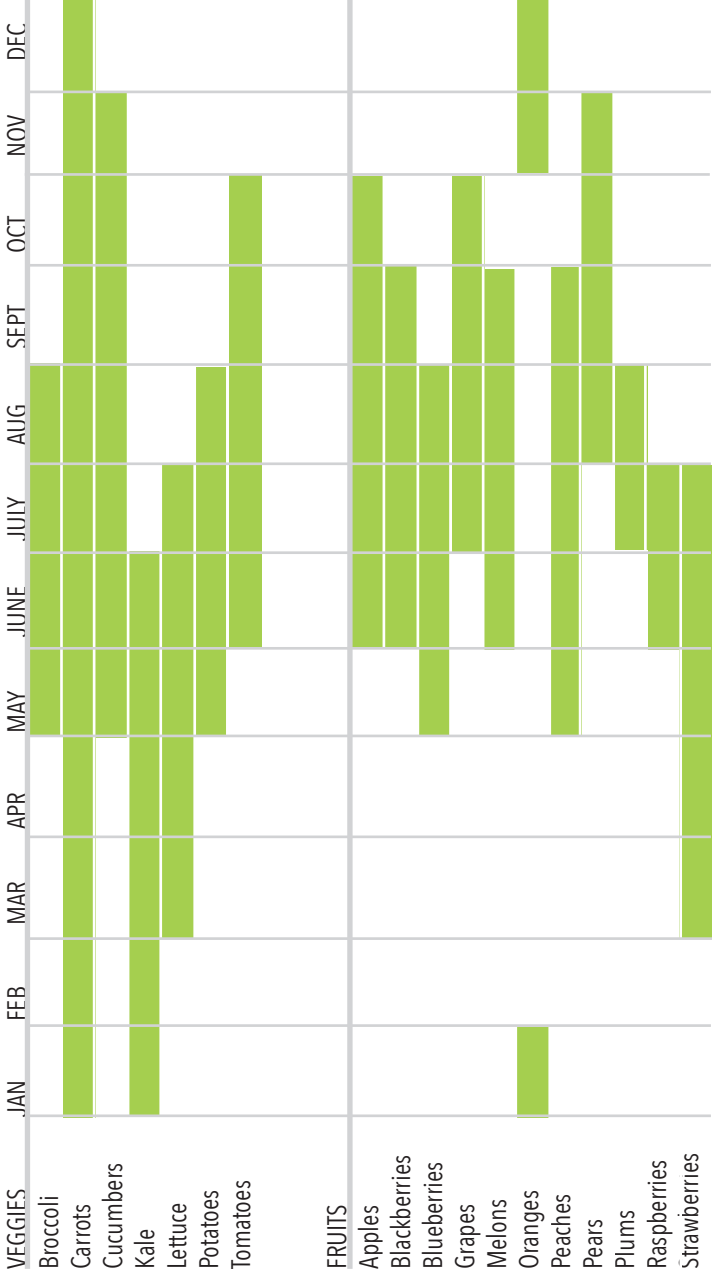
- Bring your reusable grocery bags
- Pick items with minimal packaging
- Don't buy disposable water bottles!
- Buy local produce to help reduce food miles, or the distance your food has to travel to reach you.
- Eat in season!

- Only 1 out of 5 bottles are sent to the recycle bin.
- U.S. landfills are overflowing with 2 million tons of discarded water bottles alone.

- Check the chart to the right to see when local fruits and veggies are in season. They will cost less and taste better! Buying in-season produce means low food mileage, less wasted resources on transportation, and supporting the local economy!

Louisiana Seasonal Produce

 In season and can be found at markets and is being harvested





Geaux Local



Shop, eat, support local.

Similar to buying local produce, shopping at local retail shops and restaurants have environmental and economical benefits! Lafayette has a wide variety of locally owned businesses and restaurants. Here are some reasons it is important to support our local business owners.

- **Keep your money in the local economy.**
Studies have shown that local businesses recirculate a greater share of every dollar in the local economy, because they create locally owned supply chains and invest in their employees.
- **Help create local jobs.**
Studies have shown that locally owned businesses employ more people per unit of sales, and retain more employees during economic downturns, while big-box retailers decrease the number of retail jobs in a region during tough economic times.
- **Help the environment.**
This goes back to the ability to reduce the miles your goods have traveled to get to you. Local businesses also generally set up shop in town or city centers as opposed to developing on the fringe. This generally means contributing less to sprawl, congestion, habitat loss, and pollution.

Lafayette favorites.

* Within 1.5 miles of UL Residence Halls

Local Restaurants

- Taco Sisters *
- Old Tyme Grocery *
- Artmosphere *
- Dwyer's Cafe *
- Reve Coffee Roasters *
- Dean-O's Pizza
- Caffé Cottage *
- Hub City Diner *

Local Retail Shops

- UL Ragin' Cajun Store *
- Red Arrow Workshop
- Hub City Cycles *
- Acadiana Bicycle Co.
- Lagniappe Records *

Local Farmers Markets

- Market at the Horse Farm * (every Saturday morning)
- Hub City Farmers Market

Keep in mind, these are just a few of the many local businesses around town! To get the inside scoop of where to go, talk to locals and explore our city!





Clean Green

Some cleaning products are not only bad for the environment, but also bad for your health! Some conventional cleaning products may irritate your skin, eyes, and respiratory system.

Green Cleaner Brands

When shopping for cleaning supplies, look for items that are labeled 'chemical-free', 'dye-free', 'natural', or 'scent-free'.

GreenWorks



Seventh Generation



Mrs. Meyer's



Method



Know what to look for...

Concentrates, aka 'ultras', are cleaning products formulated to deliver the same cleaning performance in a smaller amount than traditional products.

Refill Containers hold product which is intended to be poured in an empty primary container for use.

Both types of products reduce packaging and, therefore, reduce waste!

More Cleaning Tips.

- **Keep up, not catch up with your cleaning!** Make a monthly cleaning list to keep track of what you need to clean and when.
- Install a living air filter by adopting a **house plant!** Some plants that grow well indoors and filter air are Peace Lilies, Eucalyptus, Aloe Vera, Spider Plans, and Boston Ferns.
- Keep a **recycling bin or bag** near your trash bin so you remember to sort recycling from waste.
- Use a **hair stopper** in your bath tub to catch hair before it clogs your drain.
- Instead of throwing them away, **donate** unwanted clothes, decor, or furniture to Good Will, The Extra Mile, Habitat ReStore, or the Salvation Army.
- Swap Swiffer sweepers, dusters and mops for **non-disposable brooms, mops, and dusters.**
- Use **old rags, t-shirts, or dish towels** instead of paper towels.

3 Get Involved



Clubs on Campus

The following organizations on campus are centered around service and sustainability. For more information on any of the organizations, go to getinvolved.louisiana.edu!

Service

- AmeriCorps
- Beacon Club
- Blue Key National Honors Society
- Circle K
- Omega Phi Alpha
- Rotoract Club

Governing

- SGA (Student Government Association)

Honorary

- Alpha Zeta
- Beta Gamma Sigma
- Chi Epsilon
- Delta Alpha Pi
- Eta Kappa Nu
- Kappa Delta Pi
- Tau Beta Pi

Sports/Recreation

- Geaux Bike UL
- Intramurals and Open Recreation Sports at UL

Academic

- Biology Club
- Horticulture Science Club
- Kinesiology Professional Association
- AIAS (American Institute for Architecture Students)

Special Interest

- SOUL Camp
- Food Recovery Network
- Students for Sustainability
- RA's (Resident Assistant)

In the Community

- T.R.A.I.L. (Transportation Recreation Alternatives in Louisiana)
- The Teche Project
- Second Harvest Food Bank of Greater New Orleans and Acadiana
- Habitat for Humanity
- Bayou Vermilion District
- Pack and Paddle

Resources

- If you have questions about **service opportunities**, contact:
Dr. David Yarbrough, Dean of Community Service
The University of Louisiana at Lafayette
P.O. Box 42891
Lafayette, LA 70504-2891

Office: 337-482-1015
Email: yarbrough@louisiana.edu
Website: service.louisiana.edu
- If you have questions regarding **sustainability initiatives** on campus, contact:
Gretchen Vanicor, Director of Sustainability
The University of Louisiana at Lafayette
P.O. Box 43677
Lafayette, LA 70504-2891

Office: 337-482-0052; 337-482-0054
Email: sustainability@louisiana.edu
Website: sustainability.louisiana.edu
- See the University's Sustainability Strategic Plan, a document that sets time constrained objectives that will guide the University community in continuing our steady progress towards achieving our sustainability goals, at sustainability.louisiana.edu.
- To find the University's Sustainability Policy, a document that provides an essential directive to establish a comprehensive sustainability plan for future University operations, go to <http://sustainability.louisiana.edu/university-sustainability-policy>.



Keep
LOUISIANA
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This Green Guide was sponsored by the Healthy Community Grant from Keep Louisiana Beautiful.