

A Guide to ...

Living Green on Campus

2012



Sustainability Facts:

The average American produces about 4.4 lbs of garbage a day. That's 29 lbs a week, or 1,6000 lbs a year per person.

Each American disposes about 35 lbs of old clothing and other textiles each year, yet only 10 lbs per person are recycled.

884 million people lack access to safe water supplies; approximately one in eight people.

Every 20 seconds, a child dies from a water-related illness.

Why Care?

You may be asking yourself, "Why should I even bother reading this guide? Why should I care about sustainability?"

Maybe you are unsure what sustainability is. Well, I promise you that if you read a little more, your questions will be answered.

What is **Sustainability**?

- Sustainability means using resources only as fast as they can replenish themselves.
- Sustainability means meeting the needs of the present without compromising the needs of the future.
- Sustainability means accepting a new way of living if we want to avoid environmental and economic doom.

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What to Bring?

Packing for your first semester of college can seem very overwhelming. Here are some tips on how efficiently pack!

Talk to your future roommate.

Before you buy dorm supplies, talk to your future roommate. Make sure you coordinate who will bring what items to help you avoid having extra and unnecessary items. Some items to discuss are printers, fridges, microwaves, and other electronics.

Lighting

Ask about the lighting in your dorm room beforehand to avoid bringing too many lamps. Desks already come with lamps, so there is no need to bring an extra one. Also, keep in mind the benefit of natural lighting!



Pack seasonally and bring necessities.

Consider the season! Pack what you need for fall/winter weather and then switch out clothes during breaks. This will help save space in your room. Try and bring only what you need. Some people feel as though they need an iron, whereas others get along fine without one. What do YOU need?

Shop Green.

- Buy food in bulk instead of small packaging. (ex. buy the large jar of apple sauce instead of individual cups.)
- Bring a small set of tableware: plates, cups, and utensils.
- Bring a reusable shopping bag for groceries!





How to Live Sustainably:

Food:

Although you'll mainly rely on your meal plan freshman year, use these tips when purchasing food elsewhere.

Eat Locally And Seasonally! Purchase fresh fruits and vegetables when they are in season in your area. When you buy foods in-season, the environmental damage caused by shipping foods thousands of miles is eliminated.

Reduce. Reuse. Recycle. When you go to the grocery store, buy only what you need and buy products in bulk, which decreases waste and total cost.

Also, like it said in your packing list, use reusable bags when you shop! Why? They save trees, water, gas, and oil, help air pollution, help our oceans and our sea creatures. And you can save over 700 bags in the span of your lifetime!

Make sure you always recycle! Not sure what you can and can't recycle? Check out the list at: <http://www.luc.edu/recycle/recyclables/shtml>



CUERP

Loyola's Center for Urban Environmental Research and Policy

CUERP's mission for Loyola University Chicago works to expand knowledge in the service of humanity by teaching interdisciplinary educational programs, and conducting research and outreach activities on pressing environmental issues. Such issues include: global climate change, emerging environmental contaminants, the food production and distribution system, alternative energy solutions, and the unjust privatization of water and other natural resources.

Conserve Water

Use less water in the bathroom.

Did you know that turning off the tap water while you brush your teeth can save 8 gallons of water a day? So, **turn off the faucet when you brush**—you can save about 200 gallons of water a month! Also, **take shorter showers** to save water. In order to shower faster, wet your hair and body, soap up your hair, and then when you are rinsing your hair simultaneously wash your body. Try not to use hot water, it takes more energy to heat the water pipes.



Water Bottle Filling Stations

One of Loyola's sustainable features, water bottle filling stations, reduces the dependency on plastic water bottles, provides a rapid fill water to quench thirst, and helps minimize disposable plastic bottle waste in the environment. Make sure you **carry your reusable water bottle** around with you, bottled water will no longer be sold on campus, so take advantage of the water bottle

Laundry

Only wash your clothes once you have a full load. Combine clothes of color such as red, purple, and green with darks, the colors will not mix and you are saving water. Find a close friend, and wash your clothes together to make full loads. Instead of using the dryer, hang dry your clothes.



Lake Michigan

Lake Michigan is a source of freshwater, water we can use for drinking, so take care of it because there is not a lot of freshwater on earth. Do not throw plastic, paper, glass or any other trash onto the beaches of Lake Michigan. Help clean up the beaches instead, so people can enjoy Lake Michigan for many more years to come.

Save Energy



Turn off lights when not in the room.

There is a sticker on the light switch in each room that reminds you to turn off the lights when not in use. Please remember to do so in order to conserve energy. Depending on what building you live in, and which way your windows face, try using as much sunlight as possible before using the lights in your room.

Refrigerator

Coordinate with your roommate to decide if you need a fridge. If you do, buy a small energy saving one. In order to get the most out of your fridge, make sure it is always full. Fridges with less food inside waste more energy only keeping a few items cold.



Microwave/Oven

Decide whether or not you need a microwave, if you do get a small one and only plug it in when you need to use it. If you have access to an oven, put a timer or alarm on for when to take out your food. Do not open and close to see if your food is ready, because the oven loses heat. The oven has to use more energy to heat itself back to where it was before.

Unplug Electronics

Unplug the desk lamp if you do not need it. Use your laptop to get homework done and avoid procrastinating, so you do not waste energy. Turn off your computer when not in use. Unplug the batter because not only is it wasting energy while plugged in, but it is slowly killing the battery. Turn off the TV when no one is watching. Do not bring game systems, there is plenty to find and do in Chicago.



Want to know where to eat and shop sustainably?
Not sure what sustainable transportation is available to you?
Here's a list of all things local and sustainable around you!

Thrift Stores:

Ragstock

812 West Belmont Ave
Chicago IL
(773) 868-9263
Take the Red Line to Belmont.



The Salvation Army Family Thrift Store

2151 West Devon Avenue
Chicago, IL
(773) 764-0343

Unique Thrift Store

4445 North Sheridan Road
Chicago, IL
(773) 275-8623
*Monday's are half price day!



LUC Farmers' Market

The LUC Farmers' Market hosts local producers of fruits, vegetables, flowers, meats, baked goods, and cheeses. Available to you starting Monday, June 11, 2012, and each Monday thereafter until October 15, 2012.



Summer Hours (June 11 – September 24):
3:00 p.m. – 7:00 p.m.
Fall Hours (October 1 to October 15):
2:30 p.m. – 6:30 p.m.



No market day on Labor Day, Monday, September 23.
New location to be announced soon!



Transportation:

CTA U-Pass

Each semester you receive a new pass to use on the bus and train.

ChainLinks

Student run business on Loyola's Lake Shore Campus that offers bike rentals and maintenance services! (See pg. 9 for more)

<http://www.loyolalimited.com/chainlinks/index.html>



Check out these local, sustainable restaurants!

Uncommon Ground

1401 West Devon Avenue
Chicago, IL
(773) 465-9801

Uncommon Ground had the first certified roof top garden in the country, and it is the Greenest Restaurant in America.

Serves modern American food & drink.

Just take a walk down Devon from Loyola, you'll find it on the left.



The Chicago Diner

3411 North Halsted Street
Chicago, IL
(773) 935-6696

The Chicago Diner has great vegetarian and vegan food on its gluten-free menu. Take the Red Line to Addison.

Govinda

1716 W. Lunt Ave
Chicago, IL
(773) 973-0900

Govinda is an Indian Buffet, offering an entirely vegetarian and vegan menu, part of the Hare Krishna Temple.



Sweet Cakes Bakery

935 N. Damen Ave
Chicago, IL
(773) 772-5771

Sweet Cakes Bakery has vegan dessert in disguise, as well as a courtyard to sit outside on warm days.



Loyola Initiatives

LUREC

Loyola University Chicago Retreat and Ecology Campus, also known as LUREC, invites visitors and students to come visit and experience our ecologically friendly campus, as well as the great outdoors through a multiplicity of team building activities. The Retreat and Ecology Campus provides a serene setting for retreats, workshops, and summer classes. It allows individuals to connect intellectually and spiritually to nature and the environment.



Biodiesel Program

The Center for Urban Environmental Research and Policy (CUERP) launched the Biodiesel Program in 2007, to convert the university's used cooking oil into biodiesel fuel. This was not an easy task, as there were many legal processes and government standards

that needed to be met. As of today, students have produced 4,200 gallons of biodiesel fuel offsetting more than 75,000 pounds of CO₂ emissions. Loyola Biodiesel now helps to fuel the shuttle buses that run between Loyola's Lakeshore and Watertower campuses. All waste products created during biodiesel production are used in other products, such as Biosoap, which can be found at the Loyola bookstore.

Think Green and Give

Think Green and Give is a charitable collection event, since 2010, that collects reusable clothing, unopened food products, and other non-perishable items. Taking place at the end of the academic year during finals week when students are moving out, students are given the opportunity to donate unwanted items to people in need. Last year over 3,500 pounds of household and clothing items were diverted from landfills, as well as over 1,500 food and toiletry items.



San Francisco – “Green” Residence Hall (Coming Fall 2013)

This will be an environmentally conscious residence hall with many “green” features. A living-learning mission throughout all aspects of the building will be incorporated. The department of Residence Life will work closely with local neighbors, as well as students, departments, faculty, and staff, during the design processes, and academic year to set and achieve sustainability goals. San Francisco will focus on the wellness of both individuals and the environment.

Information Commons

Winner of the 2007 LEAF Award for Best Use of Technology, this environmentally-engineered building has achieved silver-level certification from the Leadership in Energy and Environmental Design (LEED) Green Building Rating System, the nationally accepted benchmark for the design, construction, and operation of high-performance green buildings.

Key design elements of the IC include:

- Sophisticated systems controlled by an array of sensors, which monitor the temperature, humidity, and CO₂ levels within the building. Radiant concrete-slab ceilings provide thermal mass to cool in the summer and heat in the winter.
- A green roof that absorbs rainwater and relieves some of the runoff into Lake Michigan
- Sensors which monitor light and only turn on the energy-efficient fluorescent lights when they are needed
- Carpet tiles made from recycled content and formaldehyde-free products. This carpeting is more resilient to static, stain, crushing, and matting.



ChainLinks

ChainLinks specializes in long and short-term bike rentals for Loyola students, faculty, and staff. Not only is this business a sustainable and fun way to get around campus, it also

offers the amenities of a full service shop for bike maintenance. Borrow a bike today and participate at fun local events like riding in Critical Mass or down Lake Shore Drive. The storefront is located in the main parking structure at Loyola University Chicago's Lake Shore Campus.



Guide to Living Green on Campus

UNIV 102 – Green Learning Community

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