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**GREEN
IS GOOD**

The Guide to Green Living at UVM

Credits:

This guidebook was compiled by Molly Stanton ('06), and Sarah Jane Compton ('06) as part of an undergraduate course on "Campus Sustainability" taught by Emily Baldauf-Wagner ('05) and Jeffrey Gutierrez ('05) in the Spring of 2005.

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Welcome Students!

The University of Vermont is proud to be a leader in environmental awareness and sustainability. The natural beauty of Lake Champlain, the Green Mountains and the Adirondacks serves as constant reminder of why we should be good environmental stewards. This guide provides tips for you to reduce your environmental impact and help to protect the beauty and integrity of Vermont. If we all do a little we can achieve a lot!

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Green and Groovy Places to Explore

Looking to escape from campus for the afternoon?
Burlington is full of great places to explore.

Centennial Woods: With a network of trails, it's the perfect place to take a relaxing break from your stressful schedule. To get there, cross East Avenue to Catamount Drive and look for the trailhead on your left just past the library annex.

Waterfront Park: Take the free College Street Shuttle Bus down to Burlington's Waterfront. With a boardwalk and large green space looking out on the lake and the Adirondacks, the Waterfront is a popular hang out spot.

Burlington Bike Path: From the Waterfront you can also get to the bike path, a 7-mile paved trail along the Lake Champlain shoreline. This path runs from Oakledge Park on the south end of Burlington to the Winooski River on the north end. Cross the bridge to connect with the Colchester Bike Path. The path will also take you past Burlington's Skate Park, North Beach and Leddy Beach (beach admission is free for walkers and bikers).

Cycle the City: A 10-mile bike loop that takes you past a number of Burlington's historic, cultural and natural landmarks. For more information, visit www.localmotionvt.org.

ECHO Museum: (Ecology, Culture, History, Opportunity) Also located on Burlington's Waterfront, this museum is a fun way to learn about the community and ecology of Lake Champlain and Vermont.

The Intervale: Ride your bike north on Prospect Street down the hill to the entrance of the Intervale — 700 acres of farms and hiking and biking trails in the floodplain of the Winooski River. You can visit the compost facility which processes all of the food waste from UVM dining halls. Visit www.intervale.org for more information.

Beyond Burlington: Want to take a ski trip, climb Mt. Mansfield or try your hand at rock climbing? Check out the offerings of UVM Outing Club for trips, gear rental, and expert advice on where to go and what to do. .

Getting Around

There are so many great things to do and see around the Burlington area without a car!

Walk, Bike, Bus



Most of Burlington can be easily accessed on foot. Walking is a great way to get around campus as well as downtown.



Burlington is a bike-friendly town, with many bike paths and designated lanes. When riding your bike please remember to obey all traffic laws, wear a helmet and always lock your bike securely to a rack.

Getting around Campus:



Free campus shuttle buses (CATS) run daily throughout the campus. Buses run every 10-15 minutes most days. Pick up a current schedule and route map on the CATS bus or on the web at www.uvm.edu/tps.

Getting around Burlington:



UVM Off-Campus Shuttles are available from 6:30 pm-12:30 am, 7 nights a week. Visit the Transportation and Parking Services webpage for details: www.uvm.edu/tps.



UVM students, staff and faculty can ride the local city buses for FREE! Bus service on the CCTA (Chittenden County Transportation Authority) can get you downtown, to the Mall and to the Airport. Simply swipe your UVM I.D. to board the bus. Bus schedules are available at Waterman Building, at most residence complexes, at www.cctaride.org or by calling (802) 864-2282.

Please note: To reach certain destinations, a transfer is necessary. Simply ask the driver for a transfer as you board the bus. UVM is billed every time you swipe your card, so please be conscious and ask for a transfer.

Recycling

It costs almost \$200,000 per year just to pay the landfill bill for the University. Recycling is an easy way to reduce this cost and help the earth at the same time. Please use the recycle bins that are provided and separate recyclable materials from your trash.

| Recycle this all together | Put this stuff in the trash |
|----------------------------------|------------------------------------|
| Glass bottles & jars | Plastic bags, cups and utensils |
| Metal food cans | Plastic "take-out" containers |
| Soda and beer cans | Plastic marked #3-7 |
| Plastic bottles and jugs | Refrigerated/frozen foods boxes |
| Plastic laundry soap jugs | Paper milk cartons |
| Newspapers and magazines | Juice boxes |
| Printer paper | Candy & food wrappers |
| Envelopes & junk mail | Used paper towels and tissues |
| Cardboard shipping boxes | 6-pack, 12-pack and 24-pack |
| Cardboard pizza boxes | beverage containers |
| Dry cereal boxes | |
| *No cardboard beverage cartons! | |

Before Recycling, please empty all containers and remove caps.

Did You Know...



Used Ink Cartridges can be recycled through the Geography Department in Old Mill.



Enough energy is saved by recycling one aluminum can to run a TV set for three hours or to light one 100 watt bulb for 20 hours.



By purchasing products made with recycled materials you are creating a demand and "closing the loop" on the recycling process.



Check out the Magazine Exchange Racks!

Most res halls now have a rack near the front desk to encourage the reuse of magazines. Please drop off old magazines you have read to share with others.

Taking Care of Hazardous Materials and Special Wastes

UVM generates hazardous chemical and biological wastes through various activities such as teaching, research, fine arts, maintenance operations and health care services. You can help minimize the use of hazards in the first place and help properly dispose of them.



In classroom laboratories, please prepare all chemical waste for disposal as per instructions of the lab technician or instructor.



In art classes, try to use non-toxic or biodegradable art supplies whenever possible.

Avoid toxic cleaning products in your room. Use mild soap and water to clean most things.



Bring used household batteries to collection buckets located at the front desk of each residence hall, the Bookstore or the Bailey-Howe library. Batteries contain heavy metals, mercury and other harmful substances. Do not put these in the regular trash.



Computers and electronic waste should not be dumped in the trash. UVM sends these out to a special recycling facility. Please email recycle@uvm.edu to arrange for proper disposal.



Do not throw hypodermic needles and syringes directly in the trash as these pose hazards to the workers who collect the trash. Instead, place used syringes in a clear plastic bottle, screw top on tightly and then discard in the regular trash.

For tips on hazardous waste minimization and working safely with chemicals, contact the UVM Environmental Safety Facility at 656-5400 or on the web: <http://esf.uvm.edu>

Saving Energy

UVM spends more than \$5 million for electricity and \$3 million for natural gas and heating oil each year for campus buildings. Here are ways you can help keep costs down and reduce pollution.

Tips on conserving energy



Choose energy efficient products labeled with the "Energy Star" rating when purchasing items such as refrigerators and microwaves. (The UVM Bookstore sells Energy Star refrigerators)



Program your computer to enter sleep mode when you are not using it. Screen savers do not save any energy.



During the winter, keep your thermostat at 68 degrees and turn it down to 55 degrees when going away for a longer period of time, such as Thanksgiving break.



Close the windows in winter. Not only will this reduce the heating bill, but it will also help avoid frozen pipes and floods. (Students are responsible for damage caused by their negligence.)



Always turn your lights off when you leave your room. During the day, try and take advantage of natural sunlight.

Did You Know...



Compact fluorescent light bulbs use 75% less energy and can last 10 times longer than a regular light bulb.



Using Sleep mode for all 8,000 UVM computers would avoid 1.6 million kWh every year, equivalent to taking 150 cars off the road for a full year.



Many appliances (TV, VCR/DVD, stereo) use power even when they are off. To reduce unnecessary power use, plug them into a power strip and turn the strip off when not in use.

The Water You Drink

Clean, fresh water has become one of the scarcest natural resources on earth. Here in Burlington, we are fortunate that Lake Champlain provides us with clean, healthy drinking water. It is important to conserve this resource to make sure that it is protected and available for future generations to use and enjoy.

Help Conserve Water



Do not leave the faucet running while brushing your teeth or shaving.



Report leaky faucets/toilets to your Residence Hall Complex front desk. A leaky faucet that drops one drop per second can waste up to 165 gallons of water, which is the average amount that a person uses in 2 weeks.



When doing your dishes fill the sink rather than keep the water running.



Keep your showers as short as possible. If every student shortened their shower time by one minute, UVM would save 2.9 million gallons of water each year.



Don't use the toilet as a trash can: don't flush Kleenex, paper towels, cigarettes etc. as they take longer to break down and can overload the system.

Drink it Up

Lake Champlain provides us with exceptional quality drinking water. Rather than wasting your money and creating waste by buying bottled water, use the tap or water fountain to refill a water bottle. For more information on Burlington water quality, visit www.dpw.ci.burlington.vt.us.

Help Keep It Clean

Rain water and melting snow pick up contaminants from the streets and carries them to Lake Champlain. Do not dump anything into storm drains or onto the street, as these flow directly to the Lake. If you're walking a dog, please scoop the poop!

Compost Your Food Waste

Food scraps and leftovers are collected from several dining spots on campus. These are sent to “Intervale Compost Products” facility, combined with other organic wastes such as leaves and grass, and composted to create a nutrient-rich soil. The University uses this compost as a natural fertilizer for campus flowers and trees.

Composting is a great way to recycle food waste that would otherwise be sent to a landfill. A 2005 audit found that almost 12% of the waste coming out of the dorms was food and liquid that could have been composted. Please participate and help us keep food waste out of the landfill.



Okay to Compost

Meat, fish and dairy
Fruit/vegetable peels
Coffee grounds and tea bags
Breads, cereals and grains
Noodles and pasta
Leftovers

Not Okay

Non-food items
Paper cups and plates
Milk/soy milk cartons
Ice cream cartons
Plastic bags



In the Dining Halls:

Please dispose of food waste in the designated containers in the following dining halls: Simpson, Harris-Millis, Cook Commons, The Round Room and Living Learning Marche



In Your Residence Hall:

To collect food scraps for composting in your room, pick up “Amazing Food Cycler” bio-degradable bags at your complex front desk. Bring your full bag of food waste to one of the loading docks where food waste is collected:

Billings/Cook Commons
Living/Learning
Harris/Millis Dining
Marsh Hall
Simpson Hall

Eating With the Earth in Mind

Choices you make about what to eat and how food is prepared and packaged have a significant impact on the environment. Here are some tips to eating green on campus and about town.



At the dining hall, be conscious of portion sizes that best suit you in order to reduce waste.



Carry your own mug or cup for beverages purchased in the dining facilities. Students receive a discount when you bring your own.



Try eating “lower on the food chain” and sample some vegetarian options. Meat production can be energy, resource and pollution intensive. Eating a diet rich in fruits, vegetables, grains and legumes is healthier for you and easier on the planet.



Look for the Vermont symbol in dining facilities which identifies foods that are produced, processed or distributed by Vermont based companies. Buying locally supports the local economy and cuts down on energy for shipping.



Choose the “Fair Trade” coffee option which is offered at all dining locations. Choosing Fair Trade coffee is more environmentally friendly and socially conscious.



Carry your own fork, spoon and cloth napkin for eating on the go.

Did You Know...

Roughly 30% of Sodexo's purchases are Vermont products, including meats, dairy and salad dressing and produce in season.

Cooking Oil from the dining halls is picked up by a local company and converted into biodiesel, which can be used as a fuel for heating and transportation.

Shopping with the Earth in Mind

To reduce our environmental impact, it is important not only to recycle, but also to reuse products as much as possible and reduce the amount of stuff that we purchase in the first place. When you do need to make a purchase, always look for the most eco-friendly choice.



Support Vermont agriculture by shopping in locally owned shops by buying locally produced products.



When shopping, reduce waste by bringing a cloth bag or used plastic bags. Some grocery stores provide a 10¢ discount for every bag you reuse.



Choose durable reusable products rather than single-use disposable ones. For example, refillable pens and razors, silverware and rechargeable batteries are preferable.



When possible, purchase items in bulk and choose products with minimal packaging.



Support local “repair” businesses. Don’t toss out an item just because it is broken or torn. Consider repairing or fixing items instead.

Rather than purchasing new products, check out Burlington’s second-hand and “thrift” stores.

For Clothes:

Battery Street Jean Exchange
Classy Closets
Clothing Line
Greener Pastures
Salvation Army
Second Hand Roze Thrift Shop

Household Items & Furniture:

Recycle North
The Salvation Army
Bushey’s Used Furniture
Myers Used Furniture

Athletic Equipment:

Outdoor Gear Exchange
Play It Again Sports
Replay Sports

Books and Music:

UVM Bookstore
Bookworm Exchange
Crow Bookshop
North Country Books
Downtown Discs
Pure Pop Records

Get Involved!

Many of the programs listed in this guide have been created, maintained and supported by students and student organizations. It is important to participate in helping to minimize the environmental impact of our campus. To learn how you can get involved, contact one of these student organizations:

Vermont Student Environmental Program (VSTEP):

www.uvm.edu/~vstep

VSTEP is an organization of concerned students dedicated to coordinating environmental activities on Vermont campuses and throughout the general public.

Consortium for Ecological Living (CEL) :

www.uvm.edu/~ecolivng

CEL provides ecological design resources and design intelligence for projects that take place at the University of Vermont and in the greater Urban Ecosystem.

Student Environmental Educators Doing Service (SEEDS):

www.uvm.edu/~service/programs/seeds/

SEEDS works with local elementary schools to provide environmental education to students in the Burlington community in an after-school setting.

ECO-REPS:

www.uvm.edu/recycle/ecoreps

The Eco-Rep Program is coordinated by the UVM Recycling Office and the UVM Environmental Council. The Eco-Reps are student employees working to promote environmental stewardship in the UVM residence halls by raising awareness about ecological issues and encouraging environmentally conscious behavior.

The Outing Club:

www.uvm.edu/outingclub

The Outing Club is a student-run group offering trips of all types, at levels from beginner to expert. They provide all the equipment and instruction you need for an afternoon trip or weekend adventure.

Further Information

Resources:

UVM Environmental Council: www.uvm.edu/greening

UVM Eco-Reps: www.uvm.edu/recycle/ecoreps

UVM Physical Plant: www.uvm.edu/~uvmppd/

UVM Recycling: www.uvm.edu/recycle

CCTA (Chittenden County Transportation Authority):
www.cctaride.org

CSWD (Chittenden Solid Waste District): www.cswd.net

Burlington Dept. of Parks and Recreation:
www.enjoyburlington.com

“WE CAN NEVER KNOW HOW WIDE A
CIRCLE OF DISTURBANCE WE PRODUCE
IN THE HARMONIES OF NATURE WHEN
WE THROW THE SMALLEST PEBBLE INTO
THE OCEAN OF ORGANIC LIFE.”

- George Perkins Marsh
1801-1882
*native Vermonter and namesake
for several UVM buildings*



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