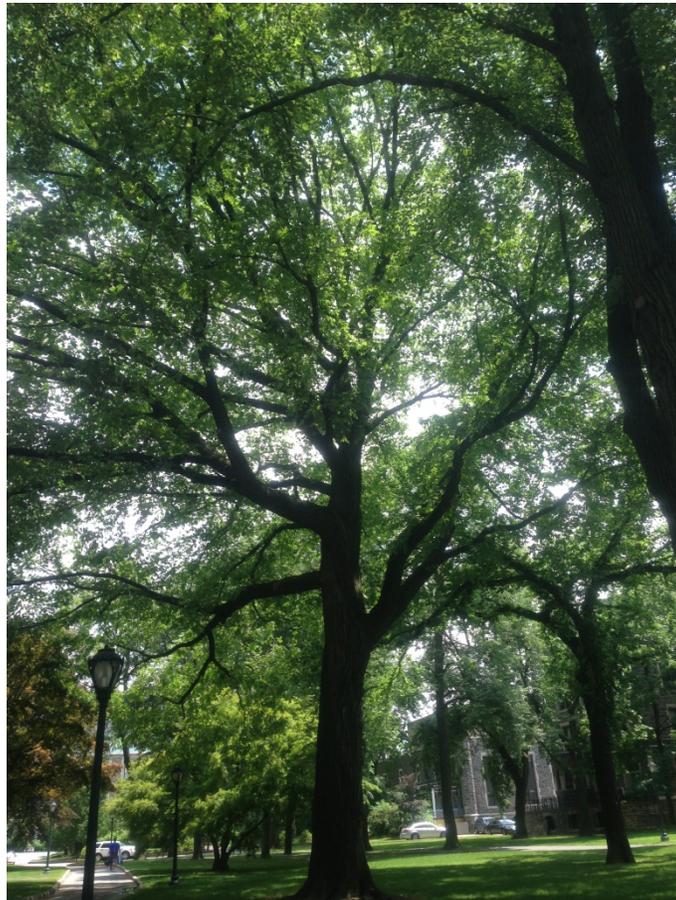


Student Sustainability Guide

For Living and Working Sustainably at Fordham

(Sponsored by the Student Sustainability Committee)



Message from Sustainability Committee

Welcome to the Sustainability Guide for Living and Working Sustainably at Fordham. This guide provides helpful tips and information on how you can join the efforts of the Ram community to conserve resources, reduce our ecological footprint, and create a more sustainable university.

Thank you for taking time to read this guide. Please use our recommendations as a starting point in taking steps towards integrating sustainable behaviors into your daily life. We appreciate your participation and always welcome both ideas and feedback. If you have any questions about the guide please email fordhamsustainability@fordham.edu.



Energy

Lighting

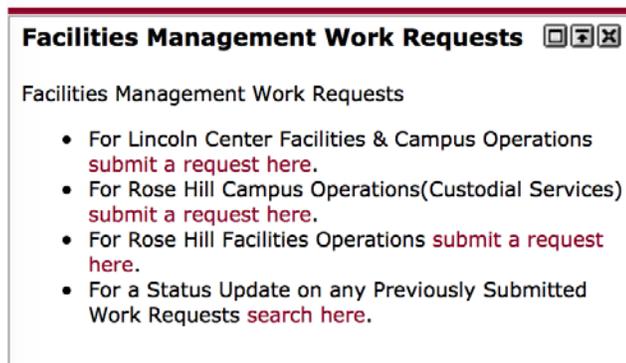
Traditional lighting accounts for a large portion of household electricity use.

- Turn the lights off before leaving a room
- Open blinds for natural lighting during the day
- Incandescent light bulbs can be replaced with compact fluorescent light (CFL) or LED bulbs. CFLs use about one-fourth the energy of a standard incandescent bulb while LED bulbs last approximately five times longer than CFL.
- **At Fordham:** O'Hare Hall lounges have automatic light switches to save energy while the spaces are not being utilized

Room Heating

According to the U.S. Energy Information Administration, home heating consists of 40% of America's energy consumption.

- If the temperature in a room is too hot, turn down the thermostat where permitted.
- Opening windows 10 minutes at a time for fresh air has the same effect as leaving windows open for hours; this method wastes less energy.
- If heating-related issues persist, **place a work order**, or call **Facilities Operations** at (718) 817-4848 (Rose Hill) or 212.636.6090 (Lincoln Center).
 - To request a work order online, login to my.fordham.edu and go to the "Student" tab. Select the appropriate campus under "Facilities Management Work Requests" to fill in the request.
 - Work request status can be checked by inputting your email address



Stay Warm Without a Heater

- If the temperature in a room is too cold, put on more layers. Be stylish, cozy, and warm.
- Weatherize windows by simply placing a towel near cracks or other sources of cold air seepage.

Room Cooling

- Dress in lighter layers according to the weather.
- Close doors to the room in use in order to keep cool air inside.

- Turn off air conditioning units before leaving a room.

Refrigerators

Mini-fridges use up to 4 times more energy per volume than normal-size fridges.

- Look for refrigerators with the Energy Star logo, and read the label to see how efficient the appliance is.
- The best alternative is to not use a mini-fridge. Common refrigerators can be used, or mini-fridges can be shared with roommates to reduce energy consumption.
- When fridges are not being used (extended breaks), they should be cleaned and unplugged.

Computers

Laptop or Desktop?

- Choose a laptop computer over desktops, because laptops use **80% less energy** than desktop computers.
- If you must use a desktop, LED monitors use less energy and last longer than LCD monitors.

Other Green Computer Tips

- Choose an energy-efficient computer. EPEAT Gold certified computers meet strict environmentally friendly criteria.
- Turn your computer off at night, rather than letting it idle.
- Enable the power management features on your computer to save energy when you're not using it.

Outlets and Standby Energy

When an appliance is plugged in, electricity is still consumed even when the appliance is not being utilized. Termed standby energy, this can account for up to 10% of home energy consumed.

- Unplug electronics when not in use.
- Plug appliances into a power strip and turn off or unplug the strip to prevent energy consumption while on standby.

Water

In the Bathroom

The EPA has estimated that showers account for over 1.2 trillion gallons of water per year.

- Take shorter showers. 5 gallons of water can be saved for every minute an individual reduces his/her shower time.
- Turn the water off when you lather, shampoo, shave, etc.
- Turn off the tap while brushing your teeth and shaving.
- Place a plastic bottle filled with water or sand in the toilet bowl tank to save some of the water your toilet uses per flush. Be sure it doesn't obstruct the toilet mechanism.

In the Kitchen

- Instead of running tap water until cold, store drinking water in the refrigerator.
- Do not leave the water running while washing dishes by hand. By turning off the faucet while scrubbing,
- Use basins to wash vegetables and fruits. Compared to running water from the faucet, this method could save 2-4 gallons per day.
- Thaw meats and other frozen foods overnight in the refrigerator instead of using running water.
- Only use dishwashers when full

In the Laundry Room

Clothing life cycle assessment studies show that within a 2 year life span, over 75% of apparel energy consumption comes from washing the clothes.

- Choose a front-loading washer- Front-loading washing machines (found in Fordham dorms) require 50-70% less detergent, 40-60% less water, and 30-50% less energy than top-loading machines.
- Only wash full loads.
- Wash in cold water.
- Hang dry laundry whenever possible.
- Avoid permanent press cycle. It adds 5 gallons for extra rinse!

Waste: Reduce, Reuse, Recycle

Reduce and Reuse then Recycle

According to the Environmental Protection Agency recycling just ONE aluminum can saves enough energy to watch TV for three hours

- Recycling is an excellent way to reduce waste, but it is never perfectly efficient and much of the material recycled has to be disposed of after processing
- Processing recycling produces CO₂ emissions and may involve chemicals, so it is always better to reduce consumption
- Recycling reduces the energy consumption of the manufacturing process
- Recycled aluminum (cans, foil) uses 95% less energy than newly sourced aluminum
- Recycled glass (bottles, jars) uses 50% less energy than newly manufactured glass
- Recycled paper uses 60% less energy than newly manufactured paper and reduces water usage by 80%
- However, reducing and reusing is the most efficient way to reduce your total waste

Tips for Reducing and Reusing

Every year, enough paper is thrown away to make a 12-foot wall from New York to California

- Only buy the things that you need
- You can cut out most plastic bags by bringing your own
- Reuse plastic as trash bags
- Pack food in reusable containers instead of sandwich bags
- Carry water and bring your own bottle for other beverages in order to reduce plastic bottle/cup usage
- Purchase products with minimal packaging
- Avoid using produce bags
- Purchase used clothes and books

Where to Recycle

The EPA estimates that 75% of the American waste stream is recyclable, but we only recycle about 30% of it

- Recycling Bins are located throughout the University and are emptied daily
- Recyclable items will not be recycled if not separated properly in clear bags
- Dorm rooms, suites, and campus apartments are equipped with in-room recycling bins.
- Recycling can either be placed in:
 - The larger recycling bins in recycling areas
 - A clear plastic bag that is disposed of in a recycling area or trash room

What to Recycle

The recyclable materials in the U.S. waste stream would generate over \$7 billion if they were recycled

- Fordham University adheres to New York City's recycling guidelines
- Following these recycling rules, students can recycle on campus and throughout the city
- Learn more about recycling by reading the official guidelines

<http://www1.nyc.gov/site/dsny/recycling-and-garbage/residents/what-to-recycle-for-residents.page>

Mixed Papers: Green Bins

In 2010, paper recycling had increased over 89% since 1990

- Newspaper, inserts
- Mail and envelopes (plastic windowed envelopes included)
- Computer and office paper
- Cereal and dry food boxes
- Frozen food boxes and egg cartons
- Paperback books
- Sticky notes and shredded paper
- Magazines, catalogs and phonebooks
- Non-foil wrapping paper
- Juice boxes, milk, soy milk, and broth containers
- Milk and ice cream cartons
- Paper cups and coffee cups
- Paper bags and cardboard

Glass, Metals and Plastics: Blue Bins

The Container Recycling Institute (CRI) estimates that the 36 billion aluminum cans landfilled last year had a scrap value of more than \$600 million

Glass:

- Glass bottles of any type and jars only (metal caps and lids too; mostly cleaned out)

Metal:

- Aluminum cans
- Aluminum foil and trays (ball foil up to softball size)
- Caps and lids from bottles, jars and steel cans
- Paint cans (must be empty or dry)
- Spray cans (must be empty)
- Steel can

Plastic:

- Bottles (leave cap on)
- Buckets (metal handle okay)
- CD's, DVD's, CDROM & Cases
- Coffee cup lids
- Plastic containers
- Corks - plastic
- Cups and plates (no styrofoam)
- Flower pots and trays - plastic
- Laundry detergent bottle
- Empty photocopier toner bottle
- Molded plastic packaging
- Utensils
- Plastic takeout food containers
- Contact Cases (Not contacts though)
- Any other rigid plastic

Other

- Cartons (Milk, Soup, Ice Cream etc.)

Plastic Bags

Each year, we use 1 billion plastic shopping bags, creating 300,000 tons of waste

- Plastic bags cannot be recycled with other items because they can cause a lot of problems during the sorting process.
- Plastic bags can ONLY be recycled in the green hexagonal bins on campus.
- Plastic bags can also be reused.

Bin Locations:

- McGinley Center – First Floor Lobby Staircase
- Residence Halls – All Lobbies
- Walsh Hall – Elevator Lobbies on all floors

Items that Cannot be Recycled

In 2009, Americans produced enough trash to circle the earth 24 times

- Any material not specified for recycling should be disposed of as trash.

The following cannot be recycled:

- Wax-coated items or items with food on them
- Grease soaked pizza boxes (non-greasy boxes can be placed in paper recycling bin)
- Paper cups and plates
- Film
- Styrofoam
- "Soft paper" like tissues or napkins
- Plastic and wood hangers
- Take-out & yogurt containers

- Plastic wraps & bag
- Food
- Mirrors
- Other materials not specified for recycling

Electronic Waste (E-Waste)

Over 40 million tons of electronic waste is generated every year

- Electronics cannot be thrown out.
- They can be recycled off campus at Best Buy.
- E-waste recycling will also be recycled on campus in the future.
- All forms of electronics are accepted.
- This includes headphones, wires, lightbulbs, chargers, phones, and batteries.

Tips for E-Waste Recycling

- Donate or recycle old electronics while they are still usable
- Check to see if manufacturers offer buy-back programs
- - Apple will give you 10% off your next purchase if you donate your old item
- - Dell will allow resale of any brand of computer.
- Goodwill, Salvations Army, and other thrift stores accept electronics as donations
- Info on recycling electronics is available here
<http://www1.nyc.gov/site/dsny/recycling-and-garbage/residents/electronics.page>
- Info on what can be recycled through the Best Buy program is available here
<http://www.bestbuy.com/site/clp/recycling-electronics/pcmcat149900050025.c?id=pcmcat149900050025>

Food

Reducing Food Waste

Food Waste and other organic materials account for 31% of waste in New York City

- Take and order only what you can eat
- Take small portions initially and take seconds if you are unsure
- Purchase only enough groceries for the week
- Purchase sustainable foods

Benefits to Making Vegetarian Choices

- Reduced use of resources: it requires more resources to create non-vegetarian food
- Reduces the strain on the global food supply by reducing the amount of resources used: half of the global corn crop goes to feeding livestock
- Reduces the need for pastoral land
- Reduces use of water: 1,800 gallons of water are needed to produce a pound of beef
- Reduced greenhouse gases: the methane emitted in the production of livestock has a 25% greater impact on climate change than CO₂ over a 100-year time period

Sustainable Meat Choices

- A pound of poultry requires 500 gallons of water to produce. That is significantly less than the amount of water used to produce a pound of beef
- Organic Meats do not contain harmful chemicals in them and can be more sustainable than non-organic meats

Local, Organic, Fairtrade

Money spent on a local business generates 3.5x more wealth for the local economy compared to money spent at chain-owned businesses.

- Organic food provides benefits such as not involving the use of potentially harmful chemicals
- Local food often, but not always, decreases the amount of CO₂ used overall by reducing transportation costs
- Fair Trade products ensure that coffee and other items are created under sustainable labor practices

St. Roses Garden + CSA

- Through the CSA program Fordham provides cheap local organic produce to members of the Fordham Community
- For more information contact St. Rose's at Sustainablefordham@fordham.edu

Compost

We generate 21.5 million tons of food waste each year. If we composted that food, it would reduce the same amount of greenhouse gas as taking 2 million cars off the road

- Currently, students who wish to compost can drop off their compost at St.Roses garden, Fordham's community garden
- St. Rose's encourages you to bring vegetable-based food scraps, napkins, and more to their compost pile
- Email St.Rose's at Sustainablefordham@gmail.com if you are interested

Transportation

Public Transportation in the City

Public transit use saves the U.S. the equivalent of 4.2 billion gallons of gasoline annually—more than 11 million gallons of gasoline per day

- Choosing the subway and the Metro North over cabs and Uber is a quick way to reduce your carbon footprint
- Mass transit decreases CO₂ emissions substantially
- Walking can also contribute to lowering CO₂ emissions. It also has added fitness benefits

Transportation Outside of the City

An Average MTA trip saves over 10 pounds of greenhouse gas emissions. Avoiding more than 10 pounds of greenhouse gas emissions per ride is like saving the energy required to keep a 60-watt bulb burning for one full week straight

- Taking a cab or Uber the airport is tempting but wasteful; Fordham's airport shuttle service is a more efficient way to travel
- When leaving the city choose train travel over other forms of travel, such as airport and bus travel, to reduce your carbon footprint
- The Metro North and New Jersey Transit have stops throughout the tri-state region
- Amtrak has stops throughout the country and is useful for Mid-Atlantic and northeast travel
- If you are traveling by airplane, consider purchasing carbon offsets for your trip
- If you often travel to a destination removed from public transit consider using zipcar over maintaining a car