Environmental Sustainability is about applying the principles of the 3 R’s: Reduce, Reuse and Recycle, to our everyday life. We strive at UAlbany to make smarter use of our resources and to encourage and expect environmentally responsible behavior.

Our commitment to these principles are illustrated in the signing of the American College and University Presidents’ Climate Commitment in May of 2008. As part of this pledge, the University calculates its carbon footprint each year and has developed a climate action plan. Currently, we emit an average of four metric tons of CO2 equivalent per person. More information on our footprint and reduction plan can be found at http://rs.acupcc.org/ and typing in Albany. Everyone, whether they live on campus or not, needs to contribute to our environmental goals as a person’s actions makes a difference in our community’s achievement. The Office of Environmental Sustainability tracks progress in many areas and creates programming to raise awareness. This brochure will give you an overview of the many actions you can take to make a difference.

If you would like to be part of the sustainability movement, there are several ways to do so.

♦ The UAlbany Student Sustainability Council is an advisory group to the office. They meet weekly to discuss and implement programs.
♦ The UAlbany Students for Sustainability is a student group dedicated to furthering environmental awareness on campus.
♦ Volunteer to help at our events. Check out our scheduled activities on our website (www.albany.edu/gogreen) or on Facebook (UAlbany Green Scene)
**Recycling**

Recycling is an important part of our sustainability efforts as it not only diverts items from the landfill but provides material to make new products and saves energy. Did you know that recycling one can saves enough energy to run a TV for 3 hours?!

**Items we recycle:**
- **Mixed paper:** office paper, note-books, envelopes, cardboard and food boxes.
- **Commingled:** anything made out of plastic, glass, or aluminum. Rinse out containers, food left in them will contaminate the recycling stream.
- **Returnables:** items that have a deposit can be put with commingled items or they can be brought to the redemption machine in campus center (see above) or at a local grocery store.
- **Other:** batteries, ink jets, toners, cell phones and electronics.

**Where to Recycle on campus:**

- **Dorms/Apartments:** Students are given a bin to keep their recyclables in. You should take the items to the trash room or dumpster area and place them in the appropriate containers.
- **Ink jets and cell phones:** Look for these bins (see left) near the bookstore and in the tunnel near the mail room.
- **Batteries:** These bins (see right) are located near the quad offices, in the dining halls and near the bookstore.
- **Academic Buildings:** Look for the multi-compartment bins in the first floor of every building and in the LC's and outside around the podium and quads.
- **Outdoor recycling bin:**

**Healthy Eating**

- Be sure to take care of your health by eating right. There are many sustainable options on campus to eat healthy. When at the vending machines on campus, look for the leaf symbol which indicates a healthier choice.
- We value the importance of locally sourced food at UAlbany and strive to have 25% of our food purchases coming from New York State producers. Each Thursday in the fall, there is a farmer’s market near the campus center with fresh produce and baked goods for sale.
- You can also purchase local, organic and fair trade products at the Honest Weight Food Coop. The major grocery stores in the area all have organic and natural sections. The markets closest to the University are Price Chopper and Hannaford.
- If you are not a vegetarian, you might try to go meatless once a week. Eating meat has a significant environmental impact due to the resources needed to raise, produce and transport it.

**Waste reduction**

Reducing your consumption is as important as recycling. Practice PRE-cycling and don’t cause a need for waste in the first place! Here are some tips:
- Reduce paper use and think before you print. If necessary, use double sided printing and/or copying, use one side printed pages for scrap when done.
- Purchase and use green items such as recycled paper and notebooks, refillable mugs or bottles, reusable containers, canvas totes, and water pitchers with filters.
- Reuse where possible instead of buying new. Swap games, movies, music and books with your friends.
- Donate to and/or shop at consignment shops, the City Mission, Goodwill or the Salvation Army.
- Buy used textbooks or rent ones from the bookstore.
- Use green cleaning supplies and personal care products.

**Getting Around**

You don’t need a car to get around the campus and city. There are several free options to move about.

**Bus**
- Take the UAlbany shuttle or the CDTA bus to where you need to go. All students can ride any of these buses for free with a swipe of their ID card. For schedules go to: www.albany.edu/pmts and www.cdtad.org.

**Carpool**
- Sign up for our free carpool service for commuting needs at www.ipool2.org. Register using your UAlbany email address and look for ride matches. This program comes with a guaranteed ride home in case of emergencies for all carpoolers. Even carpooling one day a week can make a difference!

**Bike Share**
- Sign out a bike at any quad or apartment office for a day.
- There’s no charge. Simply return the bike back to its location and the key to the office within 24 hours.

**Carpooling**

- You can also join one of the many wide ranging clubs such as running, skiing, badminton, equestrian, fencing, belly dancing, yoga, mixed martial arts, salsa and bike and hike.
- Find out more about these at the my involvement page: http://albany.collegiate-link.net/organizations

**Healthy Lifestyles**

We are fortunate to have so many natural resources and activities to explore and enjoy on and near our university. The uptown campus alone is over 500 acres with many recreation areas. Enjoy a walk around Indian Pond or lounge by one of our fountains.

If you like the indoors, the SEFCU arena, PE building and the Bubble offer gym facilities, an indoor track, pool and tennis.

Stay fit by participating in intramurals or taking a group exercise class. Information on these can be found at: http://www.albany.edu/campusrecreation/

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There are also many locations near campus to enjoy. Bike or walk over to Six Mile Waterworks which offers picnicking, fishing and boating facilities less than a mile from campus. Or take a hike in the Albany Pine Bush and visit the Discovery Center.

If you’re willing to venture out farther, check out Washington Park, the events at the Albany Riverfront, or the beautiful Helderberg Mountains at Thatcher Park. The most important thing is to get out there and enjoy our natural surroundings.