Environmental Sustainability 101

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 CO$_2$ equivalent per person. More information on our footprint and reduction plan can be found at http://rs.acupcc.org/ by searching Albany.

Everyone on campus needs to contribute to our environmental goals. Each 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.

Getting Involved

If you would like to participate in the sustainability movement on campus, there are several ways to do so. You can join these groups on MyInvolvement.org:

- The UAlbany Students for Sustainability is a student group dedicated to furthering environmental awareness on campus.
- The UAlbany Student Sustainability Council serves as an advisory board for the office. Students must apply for a chair position in the spring to serve the following academic year. The council allows students to hold a leadership position in specific areas of sustainability programming on campus.
- Grow Green is a student group committed to maintain the Heritage Garden on campus.
- UAlbany Outdoors is a student group that encourages students to connect with the outdoors, including hiking, camping and trips to Dippikill.

Resource Conservation

Energy and water use are the largest costs to the University with an annual expenditure of over $10 million. With approximately 7,500 students living on campus, about 30% of this is consumed by students living in residence halls and university apartments. The typical University at Albany student consumes 57 kilowatt hours of electricity each week, which translates to approximately $26 every month or over $100 per suite in electricity cost alone.

To inspire the conservation of energy, the University holds an Energy Campaign each fall. This is designed to create awareness and establish environmentally responsible behavior with regards to electricity use. For on-campus residents, compact florescent light (CFL) bulbs are distributed during move in and are available in the quad offices.

Some of the best ways students can reduce their resource use is to:

- Turn off lights, appliances and computers when not in use and unplug chargers and other electronic devices.
- Change the settings on your computer to make it “go to sleep” quicker.
- Wash only full loads of laundry or dishes.
- Use CFL’s, power strips, and energy star appliances.
- Shorten your time in the shower and don’t run the water while brushing teeth or shaving.
- Take advantage of the sun; use day lighting and open the blinds in the colder months. In the hot weather, close blinds.
- Buy a water pitcher and filters instead of bottled water.
- Keep your micro-fridge out of the sun.

For more tips and brochures, go to: www.albany.edu/gogreen
Recycling

Waste Reduction

UAthens began a composting pilot project at Indian Quad Dining Hall in Spring 2013. The program was a huge success and as a result, it has expanded to all four dining halls on campus. Our compost is collected by the Schenectady County Conservation District Compost Facility.

- **What is Compost?** Compost is organic matter that has been decomposed and recycled as a fertilizer or soil amendment.
- **Why is Composting Important?** Composting is a natural process that reduces waste going into landfills. It provides numerous environmental benefits such as soil enrichment, reduces the need for water, fertilizers and pesticides enhances plant health against diseases.

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.
- Buy used textbooks or rent ones from the bookstore or Mary Jane Bookstore.

Healthy Eating

- Be sure to take care of your health by eating right. There are many sustainable options on campus to eat healthy. When you are 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 UAthens and strive to have 25%-50% of our food purchases coming from New York State producers. We also purchase locally produced grass fed beef which is leaner and better for you.
- When you are in the dining halls, look for the dishes labeled Gluten Free, Vegetarian and Vegan.
- If you are not a vegetarian, challenge yourself to go meatless once a week. Eating meat has a significant environmental impact due to the resources needed to raise, produce and transport it.

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 hybrid UAthens 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: [download the UAthens Bus Routes App](https://www.ijpool2.com) for your smartphone. The app offers real time route information on the UAthens Shuttles.

- **Carpool**
  Sign up for our free carpool service for commuting needs at [www.iPool2.com](https://www.ijpool2.com). Register using your UAthens 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 the Indian, Colonial or Alumni Quad Wellness Centers for a day. There’s no charge. Simply return the bike back to its location and the key to the office before the center closes for the night.

Car Sharing

Anyone 18 years of age and older with a valid driver’s license can become a member of Zipcar, our car-sharing program. This allows members to rent cars on an hourly basis. To get started, register at [www.zipcar.com/UAthens](http://www.zipcar.com). Reserve a car online or by phone and use your Zipcard to enter the car. When you’re done, return the car to the same location on campus. Keep a look out for monthly promotions!

Go Green, Rent the Hybrid!

Healthy Lifestyles

We are fortunate to have so many natural resources and activities to explore and enjoy on and near our university.

- **Car Sharing**
  [www.iPool2.com](https://www.ijpool2.com)
- **Healthy Eating**
  [http://albany.collegiatelink.net/organizations](http://albany.collegiatelink.net/organizations)
- **Getting Around**
  [http://www.albany.edu/campusrecreation/](http://www.albany.edu/campusrecreation/)
- **Healthy Lifestyles**
  [http://albany.collegiatelink.net/organizations](http://albany.collegiatelink.net/organizations)

There are also many locations for the coming semester. Choose one or two activities to explore and enjoy our natural surroundings.

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