The Green Book

Institute for Sustainable Development
Welcome

At California State University, Chico sustainability is a core institutional value—and an integral part of so much of what we do. From LEED certified buildings and alternative transportation projects, to waste diversion and recycling efforts, to sustainability programming in the Associated Students and University Housing—students, staff, and faculty from all over the campus are involved in campus sustainability efforts.

CSU, Chico has received a number of awards and national recognition for its leadership in sustainability, including being named to the Princeton Review’s Green Guide Honor Roll for 2013 – a distinction given to only 21 of over 800 colleges and universities surveyed. This handbook is designed to introduce you to many of the great opportunities for you to be involved—we hope you’ll join us in moving towards a sustainable future!

- Fletcher Alexander, Sustainability Coordinator
“Sustainability is as much a process as a cause, as much a goal as an awareness. It requires us to understand our responsibilities to the future and to recognize that we live in a “flat” world of competing ideas and values where no person or group has all of the knowledge necessary to address our daunting social, environmental, economic, and technological problems.

This is why sustainability is a most appropriate engagement for a university, where the quest for understanding and the application of knowledge defines the identity and purpose of such an institution.

From curricular design to faculty expertise, from “green” buildings to “Green Greeks,” from our Strategic Plan to our management team, from the declarations we make to the commitments we undertake, Chico State is a place where sustainability defines our spirit and charts our future.”

- CSU, Chico President Paul Zingg
The number of earths we would need if everyone in the world lived as American’s do.

<table>
<thead>
<tr>
<th>Action</th>
<th>Details</th>
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<tbody>
<tr>
<td>Try reusable water bottles, Klean Kanteen</td>
<td>a local business!</td>
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<tr>
<td>Use a power strip as a central “turn off” switch when you’re done</td>
<td>using electronics.</td>
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<tr>
<td>Bring your own cup to the food service areas and</td>
<td>receive a discount.</td>
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<td>Before buying anything new, check Craigslist or Freecycle.</td>
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<td>Donate and buy at local thrift stores.</td>
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<td>Invest in a reusable shopping bag, Chico Bag is a local business!</td>
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<tr>
<td>Take shorter showers. (1 minute = 12 bottles of water)</td>
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<tr>
<td>Turn off lights, fans, and music when you leave a room.</td>
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<tr>
<td>Be sure to recycle products in the recycling containers provided by</td>
<td>Chico State.</td>
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</tbody>
</table>
Eco-friendly in Class

- Rent or buy used books
- Visit As Recycling for free gently used school supplies
- Print double-sided
- Use your laptop for taking notes
- Save copies of your syllabi on your computer rather than printing them
- Reuse scrap paper
- Bring your own cup for your pre-class coffee pick me up
- Reuse binders from last semester
- Upgrade/repair your computer rather than buying a new one
- Buy one or two nice pens that you know you will keep rather than the cheap ones you know you will lose
- Recycle your used paper at the end of the semester
- Use refillable binders instead of notebooks
- If you do not need to buy new school supplies, try to buy recycled products
- Walk or bike to class
- Ask your professor about emailing assignments
- Read the Orion news online instead of picking up a print version
1. **Buying local strengthens your local economy**
   - Purchasing food that was grown and harvested locally keeps your money circulating within your community.

2. **Buying local food provides high-quality, fresh food**
   - Locally-produced food is often fresher than conventional products grown far away and shipped in trucks for several days.

3. **Buying local lets you connect with your food producer concerning the safety and nutrition of your foods**
   - Locally-grown foods can be high in nutrients, often reaching you within 24 hours of harvest, whereas produce shipped from out of state may be up to a week old and has often suffered from severe nutrient loss.

4. **Buying local helps preserves the natural environment**
   - By supporting local agriculture, you help to protect your region’s farmland from urban sprawl and development.
Local Farmers Markets

Thursday Night Market
Thursdays, April-September
Broadway St, Downtown Chico
6:00 pm-9:00 pm

Chico Certified Farmers Market
Every Saturday, Year-Round 2nd & Wall, Downtown Chico
7:30 am-1:00 pm, Rain or Shine

AS Dining Local Lunch
Wednesdays in Marketplace
Local Lunch includes ingredients from the Chico State Farm

Organic Vegetable Project
Wednesdays at the Student Services Center Plaza
10:00am—2:00pm
(www.csuchico.edu/ag/farm/organic-vegetable-project.shtml)

Buy Fresh
Buy Local
Recycling bins are strategically placed all over Campus providing recycling services for an assortment of materials.

In one academic year AS Recycling recycled:

- Over 187,000 lbs of paper which is the equivalent of 1,594 trees. Water savings from recycling this amount of paper could fill an Olympic sized swimming pool.
- Over 5,000 lbs of aluminum cans which is the equivalent energy savings of watching TV 24 hours a day for 43 1/2 years.
- With a total of 616,135 lbs of recyclables being diverted from the landfill, an equivalent amount of oil was saved that could fuel 2.545 automobile trips from Chico State to the White House and back!
- The greatest waste diversion program on campus is compostable food and paper waste, collecting 198,020 pounds of material in 2010.
- In 2010 they collected 182,281 pounds of paper, 11,191 pounds of PET #1 and 35,540 pounds of glass.
What is recyclable?

Mixed Paper
- White & colored paper
- Magazines
- Phone books
- Books
- Envelopes
- Junk mail
- Carbonless forms
- Transparencies

Cans & Bottles
- Glass bottles or jars from food
- Plastic bottles—NO CUPS!
- Plastic “tubs” such as yogurt
- Plastic bags
- Plastic 6-pack carrier rings
- Aluminum cans
- Aluminum foil, pie pans, or trays

Food Waste
- Food waste is picked up daily at the BMU, Sutter Dining Hall, and 3 coffee shops.

E-Media Waste
- Floppy Disks
- CD’s & DVDs
- Audio & Video Cassettes

Scrap Metal
- Telephone & network cables
- Plumbing pipes
- Bicycles parts

Batteries
- Alkaline batteries
- Rechargeable nickel-cadmium batteries
- Silver button batteries
- Mercury batteries
- Small sealed lead acid batteries
- Carbon-zinc batteries

Bicycle Tires

What is NOT recyclable?
- ALL cups (regardless of recycling symbol)
- Clam shell packaging
- Styrofoam Food Packaging
- Foam Board
- Plastic # s 3, 6, & 7
- Greasy Pizza Box
### Transportation

85% Of campus population lives within one mile of campus.

<table>
<thead>
<tr>
<th>General</th>
<th>Bike</th>
<th>Bus</th>
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<tbody>
<tr>
<td>For general information on alternative transportation visit <a href="http://www.csuchico.edu/taps">www.csuchico.edu/taps</a></td>
<td>Chico is recognized by the League of American Bicyclists as a Bike Friendly Community</td>
<td>Chico State students can ride the bus for free with their student ID card!</td>
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<tr>
<td>Most alternative transportation options are a lot cheaper than driving!</td>
<td>Biking is normally faster than walking (and driving) in Chico!</td>
<td>Go to: <a href="http://www.blinetransit.com">www.blinetransit.com</a> for the bus schedules!</td>
</tr>
<tr>
<td>Stay up to date with the Alternative Transportation Group! <a href="http://www.csuchico.edu/sustainablefuture/alt_trans">www.csuchico.edu/sustainablefuture/alt_trans</a></td>
<td>Check out the on campus Bike Cart for a tune up: <a href="http://www.aschico.com/bikecart">www.aschico.com/bikecart</a></td>
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<td></td>
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<td><a href="http://www.youtube.com/watch?v=EsFQCM1AwUM">http://www.youtube.com/watch?v=EsFQCM1AwUM</a></td>
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Ride Share or Car Share

ZipCar
- Share cars for an hourly rate
- You get 24/7 access to a vehicle
- Rates start at only $7.50/hour
- Gas and insurance covered
- You only need to be 18 or older to join
- www.zipcar.com/chicostate

ZimRide
- A private network for carpooling with students and colleagues
- Only Chico State students are able to participate
- The cost is negotiable with your contact
- You are able to use your own car or contact someone else to ride with them
- Commute origins and travel destinations are available for all over Northern California.
- www.zimride.csuchico.edu
Energy

Did you know?

- Some appliances use electricity even when they are turned off!
- Conserving energy is a good way to slow down many environmental problems.
- If less energy were needed, there would be less carbon dioxide emissions from coal burning and less nuclear waste from power plants.
- CFLs use only 25% of the energy needed for incandescent bulbs.
- A typical window left open overnight in winter will waste enough energy to drive a small car over 35 miles.
- Compact fluorescent bulbs last 5 times longer than a conventional bulb and uses 70% less energy!
What can you do?

- Use natural light whenever possible.
- Turn lights and appliances off whenever you are not using them.
- Set your computer to go to sleep after 10 minutes of inactivity. Screensavers do not save energy - but sleep mode does.

- Unplug phone, MP3, and PDA chargers when not in use. They use electricity even when they are just plugged in.
- Set refrigerators at 38 to 42 degrees Fahrenheit and freezers between 0 and 5 degrees Fahrenheit.
- For drying laundry, save energy by using a clothesline instead of an electric dryer.

- During hot weather close shades to prevent heat buildup in your room.
- Use fans instead of air conditioners to significantly reduce your energy use.
- Use and encourage the use of compact fluorescent light bulbs.
- When given the option, buy equipment with an Energy Star label.
Academics

General Education Pathway Program
Chico State just recently implemented a new General Education Pathway Program for Fall 2012, that offers an integrated learning experience across the University’s academic disciplines and the opportunity to earn a minor in one of the 10 subjects.
(www.csuchico.edu/ge/pathways/index.shtml)

Sustainability Studies Pathway
The Sustainability Pathway will introduce you to the multiple perspectives surrounding environmental issues and prepare you to enter the workforce and public life as a socially responsible and environmentally minded citizen.

There is an emerging awareness of the concepts of sustainability and how it influences all aspects of our lives. Businesses and public agencies are increasingly hiring new employees that have a working knowledge of the principles of sustainability and its applications.

To get the minor in Sustainability is simple, complete 9 units of upper division and 9 units of lower division course in the pathway.
**Bachelor of Science in Sustainability Manufacturing**
Sustainable Manufacturing is an integrated field of study that combines technical feasibility with environmental responsibility and economic viability.

**Bachelor of Science in Environmental Science**
The BS in Environmental Science prepares students for careers in areas such as pollution remediation, resource conservation, or environmental management, as well as providing a firm foundation for graduate studies.

**Minor in Managing for Sustainability**
The minor in Managing Sustainability is open to all non-business and business major students by completing required classes in Environmental Responsibility, Social Responsibility, and Economical Responsibility.

**Minor in Environmental Studies**
Core requirements include courses in Natural Resources, Nature, Society, and Human Values, Law, Policy, and the Environment.

**Economics option in Environmental Economics**
Environmental Economics is the analysis of the costs and benefits of environmental preservation.

http://cypress.csuchico.edu/APO/Course_net1/GreenCourses.aspx
Get Involved

**AS Sustainability**

The **AS Sustainability** Program seeks to educate, promote, and implement sustainable practices throughout the department of the Associated Students. They offer Internships, Paid Staff Positions, and Volunteer opportunities. (www.aschico.com/sustainability)

The **AS Recycling Program** provides comprehensive recycling services on the Chico State campus. Students interested in getting involved can apply for paid staff positions collecting recycling materials on campus, paid or unpaid internships that focus on education and outreach, or volunteer for different projects and events centralized around recycling and waste reduction efforts. (www.aschico.com/recycle)

The **Sustainability Fund Allocation Committee (SFAC)** reviews student proposals each semester and awards money to innovative student-driven projects that advance sustainability on campus or in the community. Applicants must attend a workshop mid-semester to learn more about finding criteria and guidelines, how to apply, etc. (www.aschico.org/sustain/sfac)
Through **PowerSave** students are working to save energy on campuses by building general campus awareness, incorporating energy conservation and efficiency into course curricula, and implementing projects targeting energy use, students purchasing decisions, and operational changes. 
(www.csuchico.edu/powersavegreencampus/)

**SCOOP** performs sustainability assessments of department offices on campus. Student consultants get fully trained on how to measure energy, recycling, lighting, and other practices, as well as how to perform a formal sustainability assessment. Students will also gain professional experience through the interactions with university staff.
(www.csuchico.edu/scoop)

**Alternative Transportation Group**
This team comes up with fun and creative ways to get people out of their cars! Events, videos, marketing pieces, social media, and more will be used to promote Zimride, Zipcar, B-line bus services as well as other commute modes such as biking or skateboarding.
(www.csuchico.edu/sustainablefuture/alt_trans/index.shtml)
Get Involved cont.

The Big Chico Creek Ecological Reserves (BCCER) are under the direction of the Institute for Sustainable Development. Their mission is to work together with the CSU Research Foundation’s Ecological Reserve system to preserve critical habitat and to provide a natural area for environmental research and education. (www.csuchico.edu/bccer/)

Net Impact is dedicated to creating a better and more sustainable world through business. They promote environmentally and socially conscious business operations and corporate responsibility. (www.csuchico.edu/netimpug/)

Sustainable Engineering and Environmental Health for Development (SEEHD) partners with developing communities to improve quality of life through the implementation of sustainable and economical engineering projects. (www.csuchico.edu/seehd/)

Community Legal Information Center (CLIC) and the Environmental Advocates (EA) program at CLIC is comprised of legal interns who promote environmental equality through education and advocacy. (www.aschico.com/clic)
This Way to Sustainability Conference

Explore approaches that will make a difference for a sustainable future. Our annual conference provides a forum to discuss current issues that are relevant to us all. We seek to develop common ground to help build a sustainable society; one that balances economic needs, social needs and environmental realities. We will address solutions for the global problems we are all now facing. The conference will include workshops, seminars, posters, and facilitated discussions.

**Become a Conference Volunteer** and you could participate for free! To find out more please contact our conference staff via email at sustainability@csuchico.edu.

This school year it will be held **March 7-8, 2013**! For more information visit our website: www.csuchico.edu/sustainablefuture/conference/