“Chico State is a place where sustainability defines our spirit and charts our future.” - CSU Chico President Paul Zingg
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 high efficiency campus irrigation to expansive waste diversion and green purchasing efforts; from sustainability programming in the Associated Students to green courses across the academic curriculum, students, staff, and faculty from all over the campus are involved in sustainability!

This handbook is designed to give you an idea of what sustainability means — here on this campus and in a broader, global sense — and to introduce you to many of the great opportunities to be involved with it during your time here on our beautiful campus in this corner of Northern California — we hope you’ll join us in moving towards a sustainable future!
# Table of Contents

- Food
- Transportation
- Energy
- Water
- Recycling
- Purchasing
- Social Justice
- Natural Environment
- Academics
- Get Involved!
- Events
Sustainable Food

1,000 miles is the average distance food travels from farm to plate. Local purchasing reduces the need for transportation, and in turn reduces greenhouse gas emissions.

Local Food & Farmers Markets

Chico Certified Farmers Market
Every Saturday, Year-Round, 2nd & Wall St. Downtown
Chico 7:30 am-1:00 pm
rain or shine
www.chicofarmersmarket.com

AS Dining Local Lunch
Everyday in the Marketplace. Includes at least 50% local ingredients some may be ingredients from the Chico State Farm! Follow Associated Students Dining Services-Chico on Facebook

Thursday Night Market
Thursdays, April-September
Broadway St. Downtown
Chico 6:00 pm-9:00 pm
www.downtownchico.com/events/dcbaevents/

Organic Vegetable Project
Thursdays in the Student Services Center Plaza
11:00am—2:00pm
Follow OVP on Facebook: www.facebook.com/csocorganicevegetableproject
Transportation

38 Hours is the average amount of time a commuter will spend stuck in traffic a year.

Bike
Check out the city of Chico bike map: www.tinyurl.com/chicobmap

AS Bike Cart provides low cost repair & they hold a bike auction each semester! www.aschico.com/bikecart

General
For General information on Alternative Transportation visit: www.csuchico.edu/taps

Stay up to date with the Alternative Transportation Group on Facebook! www.facebook.com/AltRansChicoState

Bus
Chico State students can ride the bus for free with their student ID card!

The bus runs throughout Butte County so you’re not confined to just Chico! www.blinetransit.com

Borrow a Car from ZipCar
• Two vehicles on campus 24/7
• Rates start at $7.50 per hour
• Gas and insurance included
• www.zipcar.com/chicostate

Carpool With ZimRide
• A private carpooling network for Chico State students only
• Find a ride or post a ride
• Cost Negotiable with your contact
• Set commute origins and travel destination
• www.zimride.csuchico.edu
26% of energy consumption worldwide is by Americans. The American population comprises less than 4.5% of the world population.

Use a power strip as a central “turn off” switch when you’re done using electronics.

Set your computer to go to sleep after 10 minutes of inactivity. Screensavers do not save energy - but sleep mode does.

Unplug chargers when not in use, they still use electricity even when they are just plugged in. This phantom power costs consumers over $3 billion a year!

Calculate your energy footprint to see what impact your daily routine has on the planet: www.tinyurl.com/footprintcalculator

Energy Saving Tips
- During hot weather, close your shades to prevent heat buildup in your room
- Set thermostat to a few degrees higher in the summer (76°F) and a few degrees lower in the winter (68°F)
- Use compact fluorescent light bulbs
- Use natural light whenever possible
- Turn off all lights when you leave your room
Water

On average, Americans use 100 gallons of water each day. Water is a precious resource and only 2.5% of Earth’s water is fresh. With a world population of over 7 billion, we should conserve it!

- Take shorter Showers 1 minute = 12 bottles of water.
- Turn off the faucet while brushing your teeth.
- Wear jeans multiple times before washing and only do full loads of laundry.
- Keep in mind planting native species and/or drought resistant plants at your future homes.

When you move into your own place, Cal water provides free water conservation kits! Including low-flow shower heads, aerators, and more. Find out more information at: www.calwater.com/conservation/conservation-kits/

Lake Oroville, Butte County, California

July 2011 – 100% Capacity

January 2014 – 36% Capacity
Recycling

What is recyclable?

Mixed Paper
- News paper, cardboard, etc.

Cans & Bottles
- Plastic bottles
- Plastic “tubs” such as yogurt containers
- Plastic bags
- Aluminum cans, foil or trays
- Glass bottles

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

What is NOT Recyclable?
- Clam shell packaging and styrofoam food packaging
- Plastic #’s 3,6 and 7 & greasy pizza boxes

Batteries
- Use a recharger to extend the life of your existing batteries
- Used batteries can be recycled at the Front Desk of your Residence Hall

167 Water Bottles is the average number an American uses in a year. Out of that 167 only 38 are recycled.

There are over 2,000 recycling bins all over Campus—plus bins on each floor of the Residence Halls!

Diversion Excursion
Each year during move-out in the spring, student volunteers work diversion stations outside each hall to divert waste from landfills. Look out for the volunteers and be sure to help contribute your recyclables and donate-able goods!
1 Million plastic bags are used Worldwide each minute. After only seconds of use, these bags spend hundreds of years in landfills.

**Reduce & Reuse**
- Shop at local thrift shops instead of buying new.
- Check Craigslist or Freecycle.
- Bring your own cup to the coffee shops on campus and get a great discount!

**Some Great Local Thrift Shops:**
- The Arc Store, 2020 Park Ave
- The Salvation Army, 700 Broadway St
- Clothing Revival Chico, 2483 Notre Dame Blvd

**Use a reusable water bottle**, like Klean Kanteen, a local business!
- Check out the water bottle refill stations in the BMU and WREC.
- Use a reusable shopping bag like a Chico bag. They are a local business!
- Ask for a reusable Eco Clam Shell at the Marketplace. Pay $3 one time and use the clam shell every time you buy food!

**Be a Conscious Buyer**

**For Class**
- Visit AS Sustainability for **free** gently used school supplies **BMU 301**
- Rent or buy used books, or buy eBooks
- Use your laptop for taking notes
- Print double-sided
- Buy products with recycled content

**Many beauty and health products contain toxic chemicals for both you and the environment. Know before you buy.** Check out **EWG’s Skin Deep Database** online to find a green alternative: [www.ewg.org/skindeep](http://www.ewg.org/skindeep)

**Avoid toxic chemicals in your cleaning products too. Download the Good Guide app to find alternatives. Or visit their website: [www.goodguide.com](http://www.goodguide.com)**
Social Justice

The term **social justice** implies fairness, equality and mutual obligation in society: that we are responsible for one another.

**For example: E-Waste dumping in Developing Countries**
The EPA estimates that in 2011, the US generated nearly 3.4 million TONS of e-waste. But only about 25% of that was collected for recycling. Of that 25% many places that say they are recycling it really ship it overseas for dismantling under horrific conditions, poisoning the people, land, air, and water in China and other Asian nations; and Ghana and Nigeria in western Africa.

**Sustainability** is connected with **social justice** in that environmental issues are disproportionately affecting people in poorer undeveloped regions. Deforestation, waste management, air pollution, water pollution and much more are interfering with individuals’ **human rights**.

**Chico State Office of Diversity And Inclusion**
The Office of Diversity and Inclusion is committed to cultivating a culturally inclusive environment where diversity of thought and expression are valued, respected, appreciated and celebrated. It serves as a resource to our campus community by providing information, referrals, advocacy, coordination and support for diversity-related events, activities, initiatives and discussions.

For more information visit: [www.csuchico.edu/diversity/](http://www.csuchico.edu/diversity/)
Bidwell Park

Lower Park
One-Mile Recreation Area is an uncommon swimming experience. A concrete pool built around Big Chico Creek, it’s a great place to spend the afternoon on a warm day!

Cedar Grove is located off of East 8th Street. Educational and cultural events take place here, such as the Endangered Species Faire in May.

Upper Park
Check out Big Chico Creek swimming at Bear Hole

Horseshow Lake is the perfect place to begin your hike or bike into the foothills.

Five Mile Recreation Area offers picnic tables, BBQs and lots of open space.

Hooker Oak Recreation Area has a disc golf course, horseshoe pits and ball fields

Bidwell Park Municipal Golf Course

Chico Community Observatory is a great way to stargaze with friends!

For more information on Bidwell Park visit: www.bidwellpark.org/index.php

AS Adventure Outings is CSU, Chico's student-led organization that provides outdoor recreation and adventure experiences for students and the Chico community. AO also manage the climbing wall at WREC and equipment rentals including camping, skiing, mountaineering, watercraft rentals and more!

For more information visit: www.aschico.com/adventureoutings
Academics

Sustainability Studies Pathway in General Education

What is Sustainability Studies?

It is an examination of how social, economic and environmental issues have interacted to result in the global conditions that you see today and the challenges that will confront you in the future. 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. You will become a knowledgeable citizen with an intra-generational awareness of the connections and interdependencies among equitable societies, vital economies, human innovation and goods and services provided by healthy global ecosystems.

This pathway results in a Minor in Sustainability Studies.

Sustainability Classes in the Academic Catalogue

CSU, Chico was one of the first universities in the nation to designate sustainability focused and related courses in the academic catalogue. These classes are identified with an Oak Leaf, and there are currently over 200 of them offered across all seven academic colleges!

For more information and a complete list visit: www.csuchico.edu/sustainablefuture/academicPrograms
Get Involved!

Net Impact consists of undergrad, graduate, & professional chapters across the globe, 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](http://www.csuchico.edu/netimpug)

PowerSave

Through **PowerSave Campus** 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, and operational changes. [www.csuchico.edu/powersavegreencampus](http://www.csuchico.edu/powersavegreencampus)

SCOOP

**SCOOP** performs sustainability assessments of department offices on campus. Student consultants are fully trained and gain professional experience through interactions with university staff. [www.csuchico.edu/sustainablefuture/scoop](http://www.csuchico.edu/sustainablefuture/scoop)

Alternative Transportation Group

This group comes up with fun and creative ways to get people out of their cars! Events, videos, marketing pieces, social media, and more are 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](http://www.csuchico.edu/sustainablefuture/alt_trans)
Get Involved!

AS Sustainability

The AS Sustainability Program seeks to educate, promote, and implement sustainable practices throughout the departments of the Associated Students. AS offers internships, paid positions and volunteer opportunities.

Find your place:

**Green Event Consulting Team:** Get training on how to "green" an event.

**Education & Outreach Team:** Focus on topics that are interesting to students and imperative for our coexistence on this earth.

**Dining Consulting Team:** Focus on increasing the sustainable efforts of our dining facilities on campus.

**Compost & Garden Assistant:** Help with garden maintenance and public outreach.

**Marketing Intern:** Partner with the Marketing Coordinator to promote AS Sustainability as a whole, and the individual project teams.

**Zero Waste Task Force:** Work on strategic efforts to eliminate waste and increase recycling on campus.

Find out more at [www.aschico.com/sustainability](http://www.aschico.com/sustainability)

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.

SFAC

Community Legal Information Center (CLIC) and the Environmental Advocates (EA) program is comprised of legal interns who promote environmental equality through education and advocacy.

[www.aschico.com/clic](http://www.aschico.com/clic)
Events

Wildcat Sustainability Showdown Month of Feb.

For three weeks students in the residence halls compete to reduce electricity consumption, competing against each other and over 100 Universities nation-wide!

Campus Sustainability Day 4th Week in October

A time to recognize the successes, challenges, and innovations of sustainability in higher education on each campus. CSD is devoted specifically to everyone working to instill sustainability principles in higher education institutions and their surrounding communities.

Earth Week Week of April 22nd

A whole week dedicated to celebrating our beautiful Earth! Games, prizes, food and fun are just a few of the festivities in store during this week.

This Way to Sustainability Conference March 26-27, 2015

Since 2005, CSU Chico has annually hosted the largest student-run sustainability conference in the nation, This Way to Sustainability. This event connects students and community members with innovators and cutting-edge ideas from across the region and the state. The conference includes workshops, seminars, posters, and facilitated discussions and is free for all students to attend.

Learn more: www.csuchico.edu/sustainablefuture/events