



Welcome back! Start the semester off sustainably with these green living tips!

In need of Valentine's Day plans? Show the Earth some love, too, with these green ideas:

- **Buy organic flowers**, you can find these online and have them delivered!
- **Opt for organic, Fair Trade chocolate**, delicious and sustainable! (Available at The Bear's Den)
- **Help your sweetheart reduce their impact** with practical gifts like travel mugs, water bottles, recycled notebooks, and reusable bags from the University Bookstore
- **Get creative** and make Valentines out of scrap paper, scrap-book style!
- **Save gas** and enjoy the outdoors by snowshoeing or cross country skiing right here on the University's trail system. Snowshoes are \$6/day and X-C skis are \$5/3 hours at Maine Bound.
- **Save a trip to the movies** and catch one at the CCA Wednesdays at 9 PM and 2 PM in the Bangor Room on Saturdays. Or use your 2 free student tickets to the CCA!
- **Reduce, Reuse, Re-gift** with fun finds from the Black Bear Exchange campus thrift shop or from your own closet

Save \$\$ while you sip!

Bring your own travel mug to campus dining venues and **save 25¢ or more per fill-up!**

You can even buy a travel mug for just \$3 right in the Bear's Den (former Marketplace).

Close by, eco-friendly, and cheap!

Includes:
The Bear's Den
Bear's Den Café
Oakes Room
Bear Bites in DPC



Have you heard about the Black Bear Exchange?

Have extra winter clothes or need new ones? The Black Bear Exchange is a **sustainable thrift store and food pantry** right here on campus! You can swap your clothes for spiffy second-hand ones, or make a small monetary contribution, which will be used to purchase food for those in need. Anyone may use the Black Bear Exchange! Check them out on Facebook as Black Bear Exchange at UMaine!

Stop in at **55 York Village** (near Aroostook Hall), they're open:
Mondays 8:00 am – 12:00 pm
Wednesdays 12:00 pm – 4:30 pm
Fridays 8:00 am – 4:30 pm

<http://umaine.edu/volunteer/black-bear-exchange/>

*If you have any questions or ideas for making UMaine a more sustainable campus, contact the **Green Campus Initiative** at greencampusinitiative@umit.maine.edu.*



Help do your part with these tips on saving water, energy, and materials!

Being surrounded by so much frozen water in the wintertime, it's easy to forget just how limited our fresh water supply really is! According to the U.S. Geological Survey, only 3.5% of the Earth's water is usable freshwater, and **less than 1% of that water is accessible** for human use. Public buildings (like residence halls!) use an estimated **14%** of our freshwater, but there's a lot we can do to shrink that amount!

<u>You can...</u>	<u>And save...</u>
Turn off the faucet while you brush your teeth or lather your hands	4 gallons a minute
Put in a maintenance request for leaky sinks, showers, and toilets	5 gallons a day (1 drip per second)
When cleaning your fish tank, use the nutrient-rich water on your non-edible plants	10 gallons a month
Shorten your shower by one minute	150 gallons a month
Turn off your shower completely while scrubbing or washing your hair	150 gallons a month
Plug the sink to rinse your razor instead of letting the water run	300 gallons a month
Reuse your towels and only do laundry when you have a full load	1,000 gallons a month

Sources: <http://ga.water.usgs.gov/edu/earthhowmuch.html> and <http://wateruseitwisely.com/100-ways-to- conserve>

Spring break is right around the corner, but before you leave, make sure your dorm room is powered down and sealed up so you don't waste energy while you're gone! Here are some tips to remember before you pack up:

- **Shut your windows completely** – Leaving your window open in the cold wastes **over 50%** of the heating energy that *you* help pay for. You can also send in a **maintenance request to seal your windows with plastic** if your windows are generally drafty.
- **Turn your thermostat down** – Set it to **58°F** while you're away. Every degree you turn it down saves 1% in energy costs.
- **Unplug all electronics** – Printers and computers use anywhere from **1 to 4 watts per hour** of "phantom energy" just being plugged in. Don't forget the mini fridge, lamps, and power strips!

Sources: Kevin Bright (2013). *Campus Energy Efficiency: How do buildings consume energy and what can students do to help?* Environmental Information Administration (2008). *EIA Annual Energy Lookout* and <http://www.energymaine.com/at-home/energy-money-savings-tips/>

Did you know?

It costs **four times as much** to dispose of 1 ton of trash as it does to dispose of 1 ton of recycling. Help pitch in by recycling as much of your waste as possible in the **Zero Sort recycling bins** found around campus. When deciding what to recycle, follow the mantra "*When in doubt, DON'T throw it out.*"



Welcome back! Spring is coming, help keep the earth green with these tips!

Zero-Sort Recycling *makes campus recycling EASY!*

What is Zero-Sort?

Zero-Sort Recycling is a system that allows us to place all recyclable items in one bin. Then, the items are taken to a sorting facility where they are mechanically separated into different categories such as paper, plastic, metal, and glass. This new recycling technology allows us to recycle a wider variety of items than ever before!

Where do I find these bins?

Zero-Sort Recycling is campus wide! Place any Zero-Sort recyclable material in any blue recycling bin on campus.

What can be recycled?

Cardboard- Cereal boxes, pizza Boxes, paper towel cores, egg cartons, beverage holders

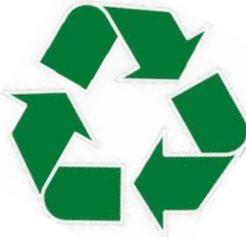
Paper- Newspapers, junk mail, envelopes, magazines, soft cover books, brown bags

Plastic- Containers #1 - #7 (includes milk jugs, bleach, detergent, shampoo bottles, etc.)

Glass- Bottles and containers (any color)

Metal- Aluminum, tin, steel kitchen cans, aluminum pie plates, trays/foil

*Remember:
If there are still
food items in the
container,
wipe it out!*



Get Involved

Did you know the University of Maine grows a portion of its salad greens right here on campus? UMaine Greens are grown by student volunteers committed to providing UMaine with fresh, local produce.

Be on the look out for UMaine Greens advertisements on First Class this spring. They will be looking for volunteers to help with harvest!

Also, find them on Facebook at:

<https://www.facebook.com/UMaineGreens>

Save \$\$ and Reduce Your Ecological Footprint!

Take **Black Bear Orono Express** or the **Bat Bus Community Connector** bus systems. These buses make stops at the Memorial Union at least once an hour, and the best part is they're **free with your MaineCard!**

The Orono Express makes rounds through campus, the town of Orono, and apartment complexes in the area.

The BAT bus runs through Orono, Old Town, Bangor, and Brewer.

For schedules and other information, visit
Orono Express: <http://umaine.edu/shuttle/about/>
BAT Bus: <http://www.bangormaine.gov/>

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The Green Zine

Zero-Sort Recycling Tips

Did you know that spiral bound notebooks, pizza boxes, shampoo bottles, aerosol cans, juice boxes, balls of tin foil, paper bags, and wax paper are all recyclable?

Also, **any cardboard or plastic container, coffee or drink cup, provided in the Union or any Dining Commons is recyclable!**

The goal of Zero Sort is to make recycling as simple as possible and increase the variety of items that can be recycled.

(Just remember that containers should all be empty and rinsed if possible.)

Get Involved

Earth Day is April 22! Here are some ways you can get involved and get your **Green** on:

- Get inspired with music and speakers at the Hope Festival on Saturday, April 26.
- Want to try some local game meat? The Wildlife Society is holding its annual Game Banquet at the Penobscot County Conservation Association in Brewer on Sunday, April 6 at 4 PM. Admission is a suggested \$8 donation.
- Need a bike? Need some cash for an old one? The Orono Bike Swap is taking place on April 13 at the New Balance Rec Center from 10-1. Bike drop off is April 12 from 5-7.
- Spring clean your closet and donate the clothes to the Black Bear Exchange in York Complex.
- Help out UMaine Greens by harvesting greens for our dining halls. Find out more on the UMaine Greens Facebook page!

Trayless Dining Saves Water and Food!



In an effort to cut back on food waste and conserve water, UMaine Dining has eliminated the use of trays for meals in the Dining Commons.

Studies have shown that **trayless dining reduces food waste by an average of 25-30%**. Trayless dining also cuts back on the amount of water, detergent, and energy required to clean trays.

Effortless Energy-Saver

Contrary to popular opinion, most clothes are cleaned better with **cold water**, which helps to lift stains and preserve colors.

Washing your clothes in cold water uses up to **70% less energy** than washing your clothes in hot water. The cold water cycles on our Mac Gray washing machines are **Bright Colors** and **Delicates & Knits**.

Source: © Copyright 2012 Mac Gray Corporation <http://www.campusclothesline.com/faq/faq.cgi/2/>