

The Green Zine

Welcome to UMaine, where life is greener.

What is the Green Campus Initiative? (You mean, besides awesome?)

By students, for students! The UMaine Green Campus Initiative serves to educate students about sustainability-related initiatives that pertain to campus housing and dining facilities. Simply, we're a group of dedicated students and volunteers who care about our campus environment, and we want to teach others about how to spread good practices for sustainable living at UMaine!

Zero-Sort Recycling at UMaine

UMaine has Zero-Sort Recycling, which means ALL recyclable materials can be placed together in any recycling bin on campus. The goal of Zero-Sort is to make recycling as simple as possible and increase the variety of items that can be recycled.

The following materials can be recycled in Zero-Sort recycling: **Paper, cardboard, aluminum, plastic containers, and glass.**

Any cardboard or plastic container, coffee or drink cup provided in the Union or any Dining Commons is recyclable! However, food waste is not allowed. So **when in doubt, wipe it out!**

You can find the Zero-Sort dumpsters outside your residence halls right next to the trash dumpsters.

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.*"

Small Steps Toward Sustainability A how- and go-to guide!

Eat local.

Check out the Orono Farmer's Market! Meet and support farmers from the greater Penobscot area while enjoying delicious, fresh Maine produce, cheese, bread and meats on Saturdays 8 a.m. to noon. Read more at: <http://snakeroot.net/orono/>

Reusable Water Bottles and Travel Mugs.

Spend a few dollars on a **reusable water bottle**. They are sold all over campus! You can fill it with water and never spend money on bottled water again – this saves you money and reduces plastic bottle waste!

You will receive a **refill-price discount** on all hot drink purchases if you use a reusable mug rather than a paper cup. Reusable mugs can be purchased all over campus. It's a spectacular way to reduce your waste output while saving money at the same time!

Ride a Bike.

Instead of wasting money on gas, try riding a bike! UMaine has several bike trails, and you will get active, save money and reduce your carbon footprint all at once. Don't have a bike? Check out MaineBound's Blue Bikes program. It's free and you can rent a bike for a semester! Apply for a bike here: <http://umaine.edu/mainebound/bluebikes/>

Take the Bus.

The Black Bear Orono Express and the Bangor Area Transportation (BAT) Bus are both free with your student MaineCard! You can find schedules in the Memorial Union or online at: http://www.bangormaine.gov/index.php?id=2&sub_id=1116

And Turn OFF the Lights!

Don't be wasteful! If you are leaving your room/house or going to bed, make sure that you turn off all the lights. You will save energy *and* money on your electric bill!

Want to learn more? Like **UMaine Green Campus Initiative** on Facebook! <https://www.facebook.com/UMaineGCI>

Follow us on **Twitter** for the latest news and updates! [@UMaine_GCI](https://twitter.com/UMaine_GCI)

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

The University of Maine is an equal opportunity/affirmative action institution.

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Resist the Urge to Idle

Did you know UMaine has a no idling policy? This will save you money and gas. Remember—the **fuel economy of an idling car is 0 mpg**. If you've been idling your car for more than **30 seconds, just turn your car off**.



Source: Jenny King. "Warm up engine first? In cold weather it's not an idle question!" *Chicago Tribune*, Oct 31, 2013.
<http://www.chicagotribune.com/classified/automotive/chi-warm-up-engine-20131021-story.html>

Check it Out! Local Foods at UMaine

Did you know that UMaine purchased and served 11,000 Maine Beef Hamburger patties in one month and 28,780 pounds of Maine potatoes, 16,360 Maine apples, and 2,580 pounds of Maine Blueberries last school year? UMaine Dining is committed to buying local food whenever possible.

There are a number of reasons why it's good to eat local food:

- Fresh produce is more nutritious, since produce loses nutrients as it ages.
- Local produce, which hasn't been traveling for weeks, tastes better.
- Eating local supports Mainers!

Be sure to **visit the dining halls during the week of Food Day**, which falls on **Oct. 24** to eat some delicious Maine meals!

Source: "Local Produce and Products." *University of Maine Dining*. <http://umaine.edu/dining/local-produce-products/>

Get Involved! Harvest with UMaine Greens



Did you know that UMaine produces a portion of the salad greens served in the Union, **right on campus**? Auxiliary Services, faculty volunteers in the School of Agriculture, and student volunteers collaborate to run a greenhouse. **Volunteers are needed to help harvest these greens!** If you are interested, check out the UMaine Greens Facebook page, or email Thomas Macy on First Class.

Did You Know about Green-To-Go?

To reduce waste in the Bear's Den (formerly the Marketplace), get a reusable container for your meal. **Visit Going Bananas to get your Green-To-Go ticket**, and pay a \$5 deposit. You will get this back when you are done using the service. The next time you buy food, turn in your ticket at your chosen food vendor, and you'll receive your meal in a Green-To-Go container! When you are done with your container, turn it in.

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Shut it!

Cold weather has arrived! Leaving your windows open in the cold kicks on the heater making it hotter everywhere. This **wastes over 50%** of the heating energy that **you help pay for**. Instead, turn the thermostat down. Every degree you turn it down **saves 1% in energy costs**.

On another note, if your windows are generally drafty, keep warm by putting on a sweater instead of cranking up the heat.

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->

Have you heard about the Black Bear Exchange?

Need some more cold weather clothes? Check out the Black Bear Exchange. The BBE is a **sustainable thrift store and food pantry** right here on campus. You can swap your old clothes for spiffy second-hand ones. Anyone may use the BBE. Check them out on Facebook as Black Bear Exchange at UMaine!

Stop in at **55 York Village** (near Aroostook Hall), they're open:

Mondays 12:30 pm – 5:00 pm

Fridays 8:00 am – 4:00 pm

NOTE: A collection of donations will begin soon in the lobby of all residence halls. Please leave non-perishable food items, unopened toiletries, and winter clothing in the designated boxes. All donations will go to the Black Bear Exchange. Thank you for your generosity!

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

Winter Driving Safety

With the arrival of winter, driving conditions are only going to get worse until next spring. Here are some winter driving tips:

- Brake gently to avoid skidding. If your wheels lock up, slowly ease off the brake.
- Use extra caution on bridges, overpasses, and lightly traveled roads, which will freeze first. You may encounter ice in these areas even at temps are above freezing.
- Keep a blanket, shovel, and a bag of sand or cat litter in your trunk in case of emergencies.

Or, save yourself stress and gas money by **taking the bus!** Enjoy the **free** local bus services and **reduced student rates** on other bus lines.

Source: <http://www.weather.com/activities/driving/drivinasafetv/drivinasafetvtips/snow.html>

Effortless Energy-Saver

Contrary to popular opinion, most clothes are cleaned better with **cold water**, which helps to lift stains, preserve colors, and prevents clothes from shrinking, extending the life of your wardrobe. 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/>



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Energy Efficiency at UMaine

UMaine has taken a pledge to become carbon neutral by the year 2040. **Carbon neutral** means releasing almost no carbon dioxide into the air, and offsetting what little CO₂ is released with environmental actions like planting trees.

UMaine has taken steps to use cleaner energy in our very own steam plant, which is responsible for heating. In the past nine years, the steam plant has switched from burning a thick, heavy oil to burning natural gas. Burning heavy oil released 39,781 metric tons of carbon dioxide into the air each year, while burning natural gas releases about 25,000 metric tons—a **decrease of 14,781 metric tons per year**. This decrease is equal to taking around 2,700 cars off the road! Watch for more updates on UMaine's path toward carbon neutrality.

Source: <http://umaine.edu/ofm/sample-page/about-us-2/energy-utilities/>

Composting at UMaine

Did you know that all the food waste produced at UMaine dining facilities is composted right on campus? All food scraps, like potato peelings and carrot tops, as well as food scraps left on plates, are converted into compost. The composting facility, about the size of a school bus, can fit **one ton of organic waste!** The compost is then used to enrich the soil on University grounds and agricultural fields, including in the UMaine Greens greenhouse.

Source: <http://umaine.edu/news/blog/2013/01/14/plate-to-plant/>

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).



Regifting for the Holidays

Worried about finding gifts for your loved ones for the holidays? Look no further than your own closet. **Regifting something that you don't use is a great way to recycle**, giving something that would have been thrown out a chance at new life!

Thrift shops are also a good place to get inexpensive gifts. Whether you're looking for a new tie for your father or a tacky wall decoration for your mother, any thrift shop is sure to have offerings that won't hurt your wallet. As many thrift shops donate proceeds to humanitarian causes, you can feel good knowing that your purchases are making a positive impact.

NOTE: Please remember to deposit donations of non-parishable food items, toiletries, and winter clothing in the collection boxes in your residence hall lobby. All items go to the Black Bear Exchange.

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How to Have a Sustainable Valentine's Day

- ♥ *Plan an Eco-Friendly Date* – Choose a restaurant that has local, organic, or seasonal ingredients. **Bonus:** Use public transportation to get there!
- ♥ *Give Plants Instead of Flowers* – Cut flowers only last a few days. Living plants, such as cacti, African violets, or aloe last much longer and are perfect for dorm rooms.
- ♥ *Rethink Chocolate* – Out of all crops, cocoa demands the second highest amount of pesticides. Buy organic chocolate or buy a healthier alternative, like carob!
- ♥ *Give Experiences, Not Things* – Instead of giving material gifts, plan a climbing wall date at Mainebound or a walk through the woods! Memories don't end up in landfills.



Source: <http://vault.sierraclub.org/holidays/valentines/tips.aspx>

Save \$\$\$ While You Sip!

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

Includes:

**The Bear's Den,
Bear's Den Café,
Oakes Room,
Bear Bites in DPC**



NOTE: Off-campus coffee shops often give a discount if you bring your own travel mug, too!

Breaking News!

On January 26th, the UMaine System Board of Trustees voted to divest the University's direct holdings from coal.

We are proud of the University of Maine for leading the way to a more sustainable future!



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Save Energy! Before You Leave for Spring Break...

Shut Your Windows – Leaving your window open in the cold wastes over 50% of the heating energy that YOU help pay for!

Turn Your Thermostat Down – Every degree you turn it down saves 1% in energy costs. A temperature setting recommendation is 55°F.

Unplug All Electronics – Your devices still use energy when they are plugged in, but not being used. They can use anywhere between 1 to 4 watts per hour, which adds up quickly!

Carpool Home – Find a friend to ride home with or check out the Ride Board on FirstClass in the Student Resources folder!

Student Resources → Commuter Services → Ride Board

Source: Energy & Money Saving Tips; <http://www.energymaine.com/at-home/energy-money-savings-tips/>

Meatless Mondays?

Did you know that eating less red meat is actually more sustainable? It takes more energy to produce beef products than it takes to produce vegetable or poultry products. Carnegie Mellon University found that, “Shifting less than *one day per week's* worth of calories from red meat and dairy products ... achieves more GHG reduction than *buying all locally sourced food.*” Why not give it a try?

Source: Christopher Weber; Food-Miles and the Relative Climate Impacts of Food

Instead of Watching Netflix...

Go to Mainebound – Going rock climbing is great exercise and it's free! There is a bouldering wall and a tower available for you to climb. Take it a step further and get belay certified!

Explore – The DeMerrit Forest has 15+ miles of trails over 2000 acres! Easy access from campus to the trails is located right behind the Rec. Center.

Read a book – Check one out at Fogler or buy one from the bookstore!

Grab Your Friends and Go Outside – Build a snowman outside your hall, go sledding on the hill, or just take a walk. Studies show that going outside makes you happier and healthier!

Volunteer – Like the Bodwell Center's Facebook page to learn about volunteer opportunities on and off campus. According to US News, helping others will also make you happier!

Visit Witter Farm – Open 7 days a week, 8am to 4:30pm, you can visit dozens of cows that live right off campus!

Sources: Akers, A. *Visual Color Perception in Exercise: Positive Effects on Mood and Perceived Exertion.*

Why Helping Others Makes Us Happy; <http://money.usnews.com/money/personal-finance/articles/2012/04/04/why-helping-others-makes-us-happy>



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Reduce

Donate items to reduce clutter. The Black Bear Exchange, a sustainable thrift shop on campus, is always looking for new donations of clothes, books, or other items.

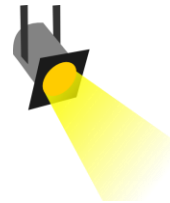
The BBE is located at 55 York Village
and open
Mondays and Fridays 12PM to 5PM



Upcoming Events

There will be a **Sustainability Carnival** on March 26th from 5 p.m. to 9 p.m. in the Woolley Room of the DTAV/Patch community center! Come play games, win prizes, and eat food while learning how to live sustainably both on and off campus.

Spotlight: Local Food



On Campus:

Some of the food you eat at the Union was grown right here on campus! **UMaine Greens** is a student run greenhouse located behind the University Credit Union. It produces salad mix for the Union and is always looking for volunteers to help grow produce! Like the UMaine Greens page on Facebook to learn more about their program and for volunteer opportunities!

Off Campus:

The Orono Farmer's Market can be your source of local food off campus! It is open the 2nd and 4th Saturday of every month 9AM to noon in the Pine St. parking lot in downtown Orono. Check it out for local produce, milk, cheese, bread, desserts and more!

Upcycling Old Items

We all have personal items that are old or broken, and yet, we can't seem to part with them. Never fear, there is a way to give them new life: upcycling! Upcycling is a way to repurpose old items.

Turn a t-shirt into a headband, an old mug into a planter for a succulent, a paper bag into a woven basket, and much more!

Before you decide to throw something away, think about upcycling it first!

Like UMaine Green Campus Initiative on Facebook and we will let you know when there is an upcycling program in a residence hall near you!

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Reuse

Want to save money and the planet? Why not replace some commonly used disposable items with reusable alternatives?

- Paper towels can be replaced by old t-shirts, sock rags, or cloth towels.
- Old toothbrushes make great scrubbers for hard to reach areas.
- Spray bottles can be refilled with a natural cleaning product!
 - Use 9 parts water and 1 part vinegar for an easy, natural all purpose cleaner!

Check Out Alternative Transportation



Do you need a bike to make your commute across campus more pleasant? Do you have a bike you would like to trade or sell?

Come to the bike swap on April 12th at the Campus Rec. Center between 10 a.m. and 1 p.m.

Go **green** by purchasing a gently used bike instead of buying a new one.

Find a bike that fits your lifestyle and your budget. You can choose from hundreds of bikes, including hybrids, road bikes, mountain bikes, recumbent bikes and more!

Generation Climate Rising

On April 11th the Maine Students for Climate Justice are traveling to the capitol building in Augusta to demand an economy that works for people and the planet.

If you are interested in encouraging policy that promotes clean air and a bright future through the installation of renewable energy, this is for you!



All are welcome!

If you want to go along, join the Generation Climate Rising event on Facebook to see how to reserve your spot on the bus!

UMaine Outdoor Explorations

Now that spring is in the air, you can spend quality time outside exploring UMaine's natural attractions!

- Visit the Littlefield Gardens on Rangeley Road. The gardens have over 2,500 plantings and a pond rich with wildlife.
- Take a walk on part of the 15+ mile trails in the DeMeritt University Forest behind the Campus Rec. Center.
- Check out Mainebound to sign up for the outdoor programs that they are running this spring!

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Upcoming Events

When	Where	What	Event Description
Tuesday, April 21st at 7 p.m.	Bangor Room in the Memorial Union	<i>Growing Cities</i> Film Screening	Get inspired for spring with a film about urban farming!
Saturday, April 25th from 11 a.m. to 3 p.m.	New Balance Student Recreation Center	HOPE Festival <i>Theme: Simple Solutions to Big Problems</i>	The festival will have food, games, and opportunities to learn the many ways Mainers are promoting peace, justice, and a secure environment!
Wednesday, April 29th from 12 p.m. to 1 p.m.	Steam Plant parking lot	Maine Day Zero-Waste Barbeque	Leftover food and tableware will either be composted or recycled. Last year, over 3000 people were served and only 4 bags of trash were produced.
Coming Soon!	Your residence hall lobby	Clean Sweep Donation Collection	Donate your old items before you go home! Accepted items include: clothes, nonperishable food items, unopened toiletries, household items, and electronics.



Have a great summer!

From the Green Campus Initiative

Sustainable Moving Out Tips

- Use storage bins to move your things instead of using trash bags or cardboard boxes.
- Donate whatever you no longer have use for to Clean Sweep or directly to the **Black Bear Exchange** located at **55 York Village** on campus.
- Make sure you turn your lights off when you leave!
- When you're cleaning your room, make sure to recycle as much as possible in your building's Zero Sort dumpster!



Surprising Recyclable Items!	Non-Recyclable Items
<ul style="list-style-type: none"> • Spiral Bound Notebooks • Manila Folders • Tissue Boxes 	<ul style="list-style-type: none"> • 3-ring Binders • Laminated Papers • Ceramic Mugs • Mirrors

If you are unsure of your Zero-Sort knowledge, come visit us while we table on **April 24th between 11 a.m. and 1 p.m.** in Union Central to learn and test your skills!