

# GREEN GUIDE

to

*Living  
on campus*



# About the Office of Sustainability

The Office of Sustainability works across campus to help Notre Dame achieve its strategic sustainability goals of *reducing emissions*, *conserving resources* and *increasing awareness*. Notre Dame recognizes its responsibility to conserve the natural environment while promoting long-term economic and social justice for all members of society and actively works to foster a pervasive focus on the connection between environmental stewardship and the common good.

## TABLE OF CONTENTS

### GETTING INVOLVED - 4

Join an Activity! - 4  
Research and Internships - 4  
Majors and Minors - 6

### TRANSPORTATION - 7

### FOOD AND HEALTHY EATING - 8

### WATER - 9

### WHAT CAN I DO IN MY DORM ROOM? - 9

Lighting - 9  
Appliances and Electronics - 10  
Heating and Cooling - 10

### RECYCLING - 11

### BE THE CHANGE! - 12

GREEN MEDIA - 12  
Movies and TV Shows - 12  
Books - 13

## Campus Sustainability Goals

- Reduce the University's carbon and other energy related emissions through conservation, efficiency, technology and optimization of fuel utilization and energy sources.
- Optimize resource utilization on campus with a focus on overall waste reduction and increasing reuse and recycling.
- Expand sustainability knowledge and understanding through communication and outreach, with a particular focus on the connection between sustainability, Catholic Social Teaching and the Common Good.



# GETTING INVOLVED ON CAMPUS

## Join an Activity!

- [GreeND](#)- A club that works to address environmental issues by promoting more sustainable lifestyles both on and off Notre Dame's campus.
- [Sustainability Commissioners](#)- Representatives in each dorm that work with the Office of Sustainability to reduce environmental impact through programming and education initiatives in dorms.
- [ND Energy Student Activities Board](#)- A group of students who understand the importance of raising awareness and increasing the understanding of key energy issues in order to create a more sustainable energy future for all.



- [Engineers without Borders](#)- A club that gives engineering students the opportunity to pursue service related to their majors through the development, pursuit, and completion of various, sustainable engineering projects both domestically and abroad.

## Research and Internships

### On Campus

- [Office of Sustainability](#) Working with partners across campus, the Office of Sustainability works to help Notre Dame achieve its strategic sustainability goals of reducing emissions, conserving resources, and increasing awareness of sustainability across campus.
- [Environmental Change Initiative](#) The Notre Dame Environmental

Change Initiative (ND-ECI) tackles the interrelated problems of invasive species, land use, and climate change; focusing on their synergistic impacts on water resources.

- [University of Notre Dame Environmental Research Center](#) UNDERC furthers research and education in environmental studies by focusing activities on unique locations of high environmental quality in the North Central region and

northern Rockies of North America. These locations serve as "natural" laboratories for the study of environmental systems that have experienced little or no degradation from humans and as a baseline for comparison with human disturbed systems.

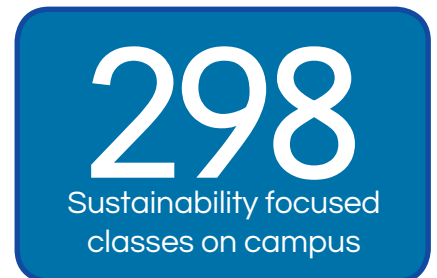
- [Center for Environmental Science and Technology](#): CEST is a cooperative effort between Notre Dame's Colleges of Science and Engineering which fosters interdisciplinary environmental research and education by providing cutting-edge analytical technologies needed to address complex environmental problems.
- [Center for Sustainable Energy](#) A university research center whose mission is to foster and grow energy-related research toward sustainable and affordable energy solutions, to support energy-related education and outreach throughout Notre Dame and its surrounding communities, and to influence the national and global discussions of the most pressing energy policy issues and questions of our time.
- [Center for Building Communities](#) The CBC seeks to help communities tackle the problems of a lack of affordable housing, urban sprawl and global warming by generating ideas and designing solutions for the construction and real

estate industries.

- [Notre Dame Global Adaption Index](#) ND-GAIN is focused on building resilience to climate change as a key component to better prepare humans and their environment for the coming century. Their mission is to enhance the world's understanding of the importance of adaptation and facilitate private and public investments in vulnerable communities.
- [Center for Social Concerns](#) The Center for Social Concerns facilitates community-based learning, research, and service informed by Catholic social tradition.

## In South Bend

- Volunteer or become a member at the [Monroe Park Co-op](#) for access to sustainable, locally grown foods at low prices!
- Get involved with the [South Bend Division of Sustainability](#)
- Volunteer with middle school students and help them compete in the [Fluid Power Challenge](#)



# Pick A Major or Minor Involving Sustainability

## Majors

### Environmental Science

The major is an interdisciplinary program designed to build sensitivity and breadth in environmental areas. The curriculum exposes students to a scientific view of our environment from biological, chemical and geological perspectives, with particular emphasis on how humans interact chemically and biologically with the environment.

### Environmental Engineering

The Environmental Engineering degree program will prepare students to understand the necessary foundational chemistry, fluid flow and mixing mechanics, all within the context of the Earth system.

## Minors

### Sustainability Minor

Through a multidisciplinary approach, the minor prepares students to serve as leaders in their communities - local, national, and international - by making constructive and substantive contributions to the development of more sustainable practices for the benefit of their own personal and professional lives, the lives of others, and the lives of future generations.

### Energy Studies Minor

Through technical and non-technical tracks, the Energy Studies Minor gives a broad overview of the energy sector from the exploration of different energy sources to power generation and the societal implications that surround energy issues.

No matter the major, all students are encouraged to participate in Megawatt Madness, Notre Dame's annual inter-dorm energy reduction contest.

The contest pits dorm against dorm, quad against quad and sister dorms against brother dorms to see who can reduce their energy the most!



# TRANSPORTATION

Did you know that transportation emits 60-90% of the urban air pollution and 1/3 of the greenhouse gas emissions in the U.S.? By promoting sustainable travel, we can decrease greenhouse gas emissions, smog, reliance on foreign oil, and the amount of money spent on transportation.

- Want to decrease your carbon footprint? Try biking or skateboarding. To learn more, check out the [Michiana](#)

### [Bike Routes.](#)

- Have a bike on campus already? Register it with NDSP to protect

yourself in case it goes missing. Registration is free and can be done by any officer, in Hammes Mowbray Hall, or at one of several events each year.

- Need to get to downtown South Bend? Take the bus! It's free with your Notre Dame ID. Check out [South Bend Transpo](#) for more information, including schedules.
- Are you traveling anytime soon?

If so, find out how to make your trip more environmentally friendly. Consult the [Green Travel Guide](#).

- Are several of your friends going to the same place? Carpool and save both gas and time!

## Going to Chicago?

### South Shore Line

The SSL is a rail line that runs from the South Bend Airport to Millennium Station in Chicago. With up to 7 trips a day, the line is widely used by students and commuters alike.

### Coach USA bus

Coach USA provides convenient bus transportation from Notre Dame's Campus to Chicago O'Hare and Chicago Midway airports.

# FOOD AND HEALTHY EATING

Did you know you know that the average item in an American supermarket has traveled over 1,500 miles to reach you? Shorten that distance by buying local food. It helps foster community, builds the local economy, and lowers greenhouse gas emissions.

- Use your mug at local campus eateries for a [discount](#). There are even discounts available at the Huddle and Starbucks!
- Grab and Go has gone bagless! Make sure you bring a reusable bag to carry food in when stopping in for a snack.
- [Notre Dame Food Services](#) is committed to utilizing locally grown and sustainably produced sources whenever possible to make fresh, healthy meals. Currently, about 38% of the food on campus is locally sourced.
- Want to lower your personal carbon footprint? Try eating less meat. If every American meat-eater decided to have one meat-free day a week, it would have the same impact on greenhouse gas emissions as taking 8 million cars off the road.
- Join a [Community Supported Agriculture Program](#) to receive a basket of fresh produce each week during the growing season.
- Get involved with the Food Services Student Advisory

**Sustainable Food Options in South Bend**

South Bend Farmer's Market  
1105 Northside Blvd  
(574) 282-1259

Purple Porch Co-op  
123 N. Hill St  
(574) 287-6724

Monroe Park Grocery Co-op  
744 S. Main St.  
(574) 889-0761

Corndance Tavern  
4725 Grape Rd.  
(574) 217-7584

Rocky River Tap & Table  
1032 E. University Dr.  
(574) 272-5458

Council! Students work with NDFS to address sustainability concerns relating to food, plan special events, contribute student input relating to food on campus, and lead food related initiatives.

# WATER

Did you know that we actually drink very little of our drinking water? Generally speaking, less than 1% of the treated water produced by water utilities is actually consumed by humans. The rest goes on lawns, in washing machines, and down toilets and drains.

- Ditch the disposable water bottles. Instead, invest in a reusable water bottle that can be filled with tap water.
- Try out the water bottle fillers attached to many of the dorm water fountains for an easy way to get a refill.
- Want more water filtration? Buy a Brita filter or a reusable water bottle with a built in filter.
- Does the water need to be running? When brushing teeth or cleaning dishes, turn off the faucet when it is not directly in use.
- Report sink and shower faucet issues. If either is dripping, tell your rector or contact Notre Dame Maintenance.
- Save water and energy when you wash clothes! When doing the wash, try to always run full loads and use cold water.



A ten minute shower uses 50 gallons of water. Try to limit your shower to 2-3 songs.

# WHAT CAN I DO IN MY DORM ROOM?

## Lighting:

- Conventional light bulbs are highly inefficient. In fact, they lose 90% of electricity to heat. A better option is to exchange incandescent light bulbs for CFLs or LEDs.
- If you purchase a floor lamp, avoid "medusa" lamps or other styles requiring many bulbs.
- Utilize natural light. If there is natural light coming in through the windows, don't turn the lights on.
- Remember to turn off and unplug lights, lamps, and electronics when you leave the room or when they are not in use.



## Appliances and Electronics:

- Unplug electronics when you're not using them or plug them into a power strip and flip it off when you leave your room.
- Printers are conveniently located in every residence hall and print double-sided as a default. Each student is given an ample print quota so you don't need your own printer. Try to print double-sided to save paper and only print paper copies when absolutely necessary.
- Refrigerators use a lot of energy and take up precious space, so share one instead. Make sure to use an Energy Star model.
- TVs and game systems also use a lot of energy – even when off, they draw power unless they're unplugged. Discuss sharing these items with your roommate and choose an Energy Star TV.

- Purchase [Energy Star](#) and [EPEAT](#) appliances and products.

## Heating and Cooling:

- Is the heat too high in the winter? Don't open the windows; instead, turn down the heat if you can control it. Otherwise, go to your rector or maintenance staff to get the temperature checked and adjusted.
- Learn how your dorm's heating and cooling system works by checking on the [building-specific thermostat information](#)

**30,000**  
 Sheets of paper saved by switching to a single move-in card instead of individual flyers

Donate your gently used items to Notre Dame's year end campus yard sale, Old2Gold! With all proceeds going to local community organizations, Old2Gold accepts:

- Bicycles
- Furniture
- Books
- Athletic equipment
- Appliances
- Electronics
- Gently used clothing and shoes

# RECYCLING

Did you know that the average American generates 4.5 pounds of trash every day? That's about 1.5 tons of solid waste per year. Although the EPA estimates that 75% of solid waste is recyclable, only about 30% is actually recycled.

- Sorting recyclable materials is a hassle. Thankfully at Notre Dame we use single stream recycling, which means that all recyclables go into one bin.
- Do you have batteries, CFL bulbs or toner cartridges that need to be recycled? Ask your rector where your dorm's specialty recycling bins are!
- Is it game day? Join the game day recycling program team! Distribute recycling bags to fans and answer questions about single stream recycling in the tailgate lots. If that isn't for you, simply remember to recycle after your tailgate or event!
- Where can I recycle? Everywhere! Every dorm room has a small recycling bin and all dorms should have recycling bins throughout the dorm. Additionally, all major buildings have recycling bins.

## RECYCLABLE MATERIALS



### PAPER

Paper napkins, colored paper, white paper, paper plates.



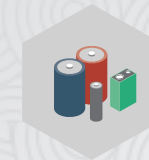
### PLASTIC

Plastic forks, spoons, knives, plates, disposable trays and lids.



### GLASS

Food and beverage containers, bottles.



### ELECTRONICS

Batteries, cell phones, laptops, CDs, headphones, etc.



### CARDBOARD

Corrugated cardboard, Cardstock.



### METAL

Soda cans, aluminum foil, buffet tray stands.

### Reminder:

Materials do not need to be spotless to be recycled. Major contaminants need to be removed but things like residual yogurt in the container do not need to be rinsed out.

# BE THE CHANGE!

- Get your event [Green Event Certified](#). Work with your hall staff and peers to make an environmentally friendly event that displays environmental consciousness in most stages of planning. If your event complies with enough elements of a green event, the Office of Sustainability will officially certify the event.
- Check out the [Green Guide to Event Planning](#) and the [Green Event Certification form](#).
- Want to host an event focused on sustainability and don't know where to begin? Check out these program ideas on the [Office of Sustainability's website](#).
- Don't stop at yourself! Take the time to teach your friends sustainable behaviors- after all, we're all in this together.



Want to start a program or event that enhances sustainability on the Notre Dame campus? Apply to have your project funded by the university's EcoFund. Check out past projects and apply for funding on the Office of Sustainability [website](#).

# GREEN MEDIA

Sustainability has become a major theme in today's media. All of the following books and movies can be borrowed from the Office of Sustainability's Library.

## MOVIES AND TV SHOWS

- |                                   |                                |                      |
|-----------------------------------|--------------------------------|----------------------|
| <b>PLANET EARTH</b>               | <b>THE COVE</b>                | <b>FRESH</b>         |
| <b>SUN COME UP</b>                | <b>TAPPED</b>                  | <b>NO IMPACT MAN</b> |
| <b>THE YES MEN, FIX THE WORLD</b> | <b>JOURNEY OF THE UNIVERSE</b> |                      |
| <b>ERIN BROKOVICH</b>             | <b>KING CORN</b>               |                      |
| <b>FOOD INC.</b>                  | <b>GASLAND</b>                 |                      |



# BOOKS

- |  |   |
|--|---|
| <b>PLAN B 3.0,</b><br>Lester R. Brown  | <b>THE GREEN BELT MOVEMENT</b><br>Wangari Maathai   |
| <b>BIG COAL</b><br>Jeff Goodell  | <b>BUT WILL THE PLANET NOTICE?</b><br>Gernot Wagner   |
| <b>THE GREENING OF BUSINESS</b><br>George Howard   | <b>STOLEN HARVEST: THE HIJACKING OF THE GLOBAL FOOD SUPPLY</b><br>Vandana Shiva                                       |
| <b>EARTH DEMOCRACY</b><br>Vandana Shiva  | <b>CHANGING PLANET, CHANGING HEALTH</b><br>Paul Epstein and Dan Ferber  |
| <b>SIX DEGREES: OUR FUTURE ON A HOTTER PLANET</b><br>Mark Lynas                          | <b>STEWARDSHIP OF CREATION: WHAT CATHOLICS SHOULD KNOW ABOUT CHURCH TEACHING ON THE ENVIRONMENT</b><br>Marie George   |
| <b>A WALK IN THE WOODS</b><br>Bill Bryson  | <b>THE BIG THURST: THE SECRET LIFE AND TURBULENT FUTURE OF WATER</b><br>Charles Fishman                               |
| <b>THE END OF OIL</b><br>Paul Roberts  | <b>OUR CHOICE</b><br>Al Gore  |
| <b>ECOLOGIES OF GRACE</b><br>Willis J. Jenkins   | <b>THE POST CARBON READER: MANAGING THE 21ST CENTURY'S SUSTAINABILITY CRISIS</b><br>Richard Heinberg and Daniel Lerch |
| <b>THE LORAX</b><br>Dr. Seuss  | <b>CRADLE TO CRADLE REMAKING THE WAY WE MAKE THINGS</b><br>Michael Braungart  |
| <b>EXPLOSION GREEN</b><br>David Gottfried  | <b>CARBON WAR GLOBAL WARMING AND THE END OF THE OIL ERA</b><br>Jeremy Leggett   |
| <b>BIOMIMICRY: INNOVATION INSPIRED BY NATURE</b><br>Janine M. Benyus                     | <b>THE OMNIVORE'S DILEMMA: A NATURAL HISTORY OF FOUR MEALS</b><br>Michael Pollin                                      |
| <b>STUFF: THE SECRET LIVES OF EVERYDAY THINGS</b><br>John C. Ryan and Alan Thein Durning | <b>THE OVERSPENT AMERICAN: WHY WE WANT WHAT WE DON'T NEED</b><br>Juliet B. Schor                                      |