



Your Checklist

- ✓ Adjust your laptop's power settings to save energy
- ✓ Rethink bottled water
- ✓ Wash your laundry in cold water
- ✓ Get an Ithaca Carshare membership for grocery trips
- ✓ Bring your own bag when shopping
- ✓ Use a reusable coffee mug
(Cornell Dining coffee shops sell them!)
- ✓ Go out of your way to find recycling receptacles
- ✓ Get involved on campus!

Sponsored by the Presidents Climate Commitment in Action Committee (PCCIC), Cornell Utilities and Energy Management, Office of Environmental Compliance and Sustainability, and the Sustainability Hub.

{ SUSTAINABLE CORNELL }

One **SMALL** Act

One **BIG** Impact

How **YOU** Can Make a Difference on Campus



SUSTAINABILITY
AT CORNELL

Sustainability ~

Why should I care?

"Each of us has a part to play in sustainability at Cornell. What piece of the puzzle do you hold?" President David Skorton



Climate Change is happening, and it's happening faster than we expected.

We are in a crucial time – our current actions will affect the future of our planet, and of the human race.

“More and more colleges are getting serious about going green. In June (2007), 284 university presidents representing some of the nation's most influential schools announced an agreement pledging to make their campuses “carbon neutral.”

The message was clear. **“We're saying that sustainability is no longer an elective,”** says Cornell president David Skorton. ”

NewsWeek, June 2007

On February 23, 2007, President Skorton signed the President's Climate Commitment, pledging Cornell to carbon neutrality by 2050.



AMERICAN COLLEGE & UNIVERSITY
PRESIDENTS CLIMATE COMMITMENT

- ✓ As the land-grant institution of New York, Cornell is uniquely positioned to work on sustainability issues that benefit the whole state.
- ✓ Check out cutting-edge research development at Cornell's Center for a Sustainable Future: www.sustainablefuture.cornell.edu.

YOU can help Cornell reach our goal of climate neutrality.

Here are some **GENERAL TIPS** for being more sustainable:

☀ **Recycle!** Ithaca and Cornell have the following recycling guidelines:

YES: Bottles, cans, #1 and #2 plastics, #5 containers (yogurts), and paper milk and juice cartons

NO: Containers that have a wider mouth than base (except #5 plastics)

Paper & Cardboard: Paper can be recycled in the blue receptacles in your residence hall and around campus. Cardboard must be put in designated containers.

Batteries: Dead batteries are collected for recycling at Robert Purcell Community Center (1st floor); or start your own battery recycling program by contacting the University Grounds Recycling Department at (607) 254-1666 or recycle@cornell.edu.

Computers: Contact the University Grounds Recycling Department at (607) 254-1666 or recycle@cornell.edu for information about recycling your computer.

☀ **Go paperless with your banking.** Even if you have an online account, you still may get statements in the mail. So change your settings online, or call the bank and ask to have them changed.

☀ **Use a travel mug for your coffee.** If you purchase a cup of coffee every day in a disposable mug, you contribute about 23 pounds of waste per year – a significant amount.

Check out one of Cornell Dining's travel mugs, available at coffee shops and cafes across campus. Bring any re-usable mug to Cornell Dining's a la carte or convenience stores and get a large drip coffee, hot tea, or hot cocoa for the price of a small!



☀ **Bring your own canvas or cloth bag while shopping.** Carry items bought at the Cornell Store, etc. in your backpack or school bag – or bring along your own plastic bag.

☀ **Report maintenance problems.** A leaky window or a radiator that won't shut off can waste energy, as well as make you uncomfortable. You can request repairs for these and other maintenance problems by going to the Campus Life website at housing.cornell.edu. Select “Facilities Work Order Requests” from the menu on the left and enter the requested information.

Keep reading for more easy tips!

Computers

The US Department of Energy says:

AWAY FOR 20 MINUTES: Turn your **monitor** off!

AWAY FOR TWO HOURS: Turn your **computer** off!

Screen savers do NOT save energy. Take a minute to turn on Power-Saving Features *and...*

On your PC:

1. Open "Display" under your Windows Control Panel
2. Select the "Screen Saver" tab at the top of the "Display Properties" window
3. Select the "Power..." button at the bottom of the "Screen Saver" tab
4. Suggested settings: Turn off monitor: *After 15 mins.* Turn off hard disks: *After 15 mins.* System standby: *Never.*

On your MAC:

1. Click on the Apple in the top left corner and select "System preferences"
2. Select the "Energy Saver" icon in the "Hardware" section
3. Suggested Settings: Put the computer to sleep when it is inactive for: *Never.* Put the display to sleep when it is inactive for: *15 mins.* Check "put the hard disk(s) to sleep" when possible.



- ➔ **When your computer is in "sleep" mode it uses 70% less energy.**
- ➔ **There are approximately 10,000 student-owned computers on campus.**
- ➔ **Activating your computer's power management modes can save up to \$75 in electricity each year.**

Resource for Power Save Feature instructions:

<http://computing.fs.cornell.edu/Sustainable/FSSustainableComputingGuide.pdf>

Light Bulbs

One of the easiest ways to reduce energy use is by turning off lights when not in use, and by choosing energy-efficient light bulbs.



Conventional Light Bulbs

Incandescent light bulbs are very inefficient – only 10-15% of the electricity used to operate them goes to produce light. The remaining 85-90% is lost as heat. Incandescent bulbs are also fragile and have a short life.



Halogen Lights

These lights are not only inefficient and expensive to replace, but they pose a serious fire hazard. If you want to use a torchiere lamp, buy a compact fluorescent bulb for it instead.



Compact Fluorescent Lights (CFLs)

CFLs are bulbs that provide the same amount of light as incandescents, but are able to do so using a lot less energy. On average, CFL's consume 75% less energy and can last up to 10 times longer than traditional light bulbs. While these bulbs do have a higher initial cost, they still will save more than \$20 in avoided energy consumption over three years.

Transportation

Having a car on campus is expensive, and because parking is so limited, you would likely keep your car parked in a lot far from your residence and classes.

Most Cornell students walk, take the bus, or ride their bikes... which is healthier for us, and healthier for the environment!

TCAT buses

TCAT (Tompkins Consolidated Area Transit) buses run regularly through campus, and are a great way to get to classes... especially in the winter.

Visit www.tcatbus.com and check the website's TCAT trip planner for times and routes. Best of all, new Cornell students receive automatic, no-fee OmniRide privileges for their first academic year, allowing unlimited access to all TCAT buses in Tompkins County. (TCAT is free for ALL students after 6:00pm and on weekends in Tompkins County.)

Ithaca Carshare

Cornell's Transportation Office provides free Ithaca Carshare memberships to all students who wish to join, and who are eligible. Cars can be found at three convenient locations on campus. Visit www.ithacacarshare.org for information.



Biking on campus

Biking on campus is safe and easy, thanks to a system of marked and easy-to-follow bike paths. Check out Cornell's Bike Map at www.bike.cornell.edu/oncampus.html.



Coming soon: Keep your eyes open for a bike-share program at Cornell. The student-run Big Red Bikes program has been working on implementing this for the past year!



Water

- ➔ **Fill a reusable water bottle with tap water (or Brita-filtered water!) instead of buying bottled water.** If just one in every 20 gym-goer picked up this habit, the United States would reduce plastic waste by almost 30 million pounds each year.



Also, EPA tap water health regulations are much stricter than FDA bottled water regulations. *Bottled water is no healthier than tap water!*

PICTURE THIS: To visualize the average energy cost associated with bottled water (making the plastic, processing and filling the bottle, transporting the bottle to market, and then dealing with the waste) it would be like filling up a quarter of every bottle with oil. (Source: http://seattlepi.nwsource.com/local/312412_botwaterweb.html)

- ➔ **Keep showers short!** About 75% of the water used in most homes can be traced to the bathroom.

A **two-minute** reduction in your daily shower time can save more than ten gallons of water. By reducing the time we spend in the shower by **one minute** each, residents of Cornell and surrounding communities could save over 100,000 gallons of water per day. *Try timing yourself in the shower, and see if you can improve!*

PS: Wasting water also wastes electricity. The process of cleaning, supplying, and heating water is the largest use of electricity in many cities.



Laundry

- ➔ **Use lower temperature settings:** Use warm or cold water for the wash cycle, and only cold for rinses. Washing clothes in cold water saves 90% in energy use compared with using hot water. If all American households switched to cold cycles, we could save the energy equivalent of 100,000 barrels of oil a day.
Hot water is only needed for greasy stain removal, and otherwise can fade your clothing faster. Washing in cold will preserve that favorite sweatshirt!
- ➔ **Load the washing machine to capacity when possible.** Washing one large load will take less energy than washing two loads on a low or medium setting.
- ➔ **Don't add wet items to a dryer load that is already partially dried.** Take clothes out when they are still slightly damp to reduce the need for ironing – another big energy user.



Refrigerators

- ➔ **Share a mini-fridge with a roommate, or use the refrigerator in your building's communal kitchen.** And if you aren't using it, unplug it! Appliances still draw energy when plugged in, even if they're not in use.
- ➔ **Be sure that your refrigerator is sealing properly.** Close the door on a dollar bill. If you can pull the bill out easily, the seal needs to be fixed.
- ➔ **Keep the refrigerator between 35 and 38 degrees Fahrenheit** and the freezer at 0 degrees Fahrenheit.

All of Cornell Dining's FreshTake Grab-n-Go containers and labels are compostable!



Food

- ➔ **Compost leftover food, paper waste, and other compostable items at the following dining units:** Mandible, Ivy Room, Martha's, Moosewood at Anabel Taylor, Synapsis, Mattin's, and Trillium.
Cornell Farm Services composts about 6 tons of food each week from all of Cornell's dining halls (both pre- and post-consumer compost)!
- ✓ Cornell has its own student-run organic farm, Dilmun Hill. Email dilmunhill@cornell.edu to get involved, or to be put on their listserve.
- ✓ Cornell Dining has gone trayless in Risley Dining and in all five West Campus dining rooms, which saves thousands of gallons of water, plus discourages food waste due to people taking more food than they consume.



- ✓ Cornell Dining purchases more than 33% of its produce locally or regionally, cutting down on fossil fuel use from transportation.
- ✓ Plans are underway to begin converting all of Cornell Dining's waste vegetable oil into bio-diesel to use in campus vehicles!

Want to get more involved?



Check out these student groups!

Visit their websites, or email the contact person listed. They all welcome new members.

Automotive X-Prize

Project to design, build, and market a car that will get 100+ mpg: cornellaxp.com

Big Red Bikes

Recently branched off from the Sustainability Hub to focus on creating a campus bike-share system: contact Pat Farnach (paf52)

Cornell Computer Reuse Association (CCRA)

Collects and refurbishes computers to donate internationally to community centers, orphanages, and other organizations: rso.cornell.edu/ccra/

Cornell Organization for Labor Action

Activism for labor rights on campus and nationally: colanet.org; or contact Fil Eden (wje6)

Cornell Public Service Center

Promotes leadership development and social change: psc.cornell.edu

Dilmun Hill

Cornell's student-led organic farm: cuaes.cornell.edu/cals/cuaes/ag-operations/dilmun-hill/



Engineers for a Sustainable World

Active group of engineers with several innovative projects, such as Drive not to Drive: rso.cornell.edu/esw/; or contact Nick Chisholm (noc3)

KyotoNOW!

Campaigned for the President's Climate Commitment several years ago; focused on energy and political activism: rso.cornell.edu/kyotonow/, or contact Fil Eden (wje6)

Roots and Shoots

Focused on environmental education; runs an Earth Day 5K and volunteers at the local ScienCenter: rootsandshoots.cornell.googlepages.com; or contact Lura Salm (lss67)

Society for Natural Resource Conservation

Has focused on double-sided printing, composting, and most recently plastic reduction: rso.cornell.edu/snrc; or contact Sherry Martin (sm674)

Solar Decathlon

Project to design and build a solar-powered house: cusd.cornell.edu

Sustainable Enterprise Association

Undergraduate component of the graduate group NetImpact, connected with the Johnson Graduate School of Business: johnson.cornell.edu/sge/programs/studentorgs/sea.html



Sustainability Hub

Focuses on projects for a more sustainable campus, such as Greeks Go Green, Back to the Tap, and waste reduction in Collegetown; also organizes campus events such as Earth Day: rso.cornell.edu/sustainabilityhub/; or contact Christina Copeland (cpc53)