

G²GGL

GUIDE TO GREEN LIVING AT COLUMBIA

G²GGL

This is a guide written by Columbia students, for Columbia students. Its goal is to provide you access to information on all the different ways you can contribute to conserving natural resources and reducing Columbia's ecological footprint. Inside, you will find a calendar of useful dates highlighting 9 simple things that students can do for the environment. Keep it on your desk as a reminder. Also, read through the guide to find more helpful tips that range from how to donate your unwanted clothing to where you can find organic food on campus. Environmental stewardship is just getting started at Columbia, and we need students like you to keep it up by living green and **living well!**

In Your Residence Hall Room

Whether you do all of your studying and socializing in your res hall room, or you spend most of your time in the city and only go to your room to sleep, these tips apply to every Columbia student.

- It's a no-brainer, but when you leave your room, remember to turn your lights off.
- Speaking of lights: Make your desk lamp or torch more energy-efficient for FREE! Housing provides superlong-lasting, energy-conserving fluorescent bulbs from the Hospitality Desk in Hartley Hall. These bulbs give off the same light as an incandescent at a fraction of the energy use. For more info on the bulbs, see the Environmental Stewardship section of www.housing.columbia.edu -- and drop off old bulbs with your residence hall custodian for proper disposal, as they may contain mercury.
- Look for Energy Star-labeled mini fridges to conserve energy. You can save even more energy by adjusting your fridge to a moderate setting instead of cranking it to the coldest temperature.
- We all feel like we're at the mercy of the res hall heating systems – it's always too hot, so we open our windows. But the cold air on one floor can make the building thermostat turn the temperature up even higher! In the winter, you can avoid this vicious cycle: don't leave your window wide open for hours at a time. If your room still feels way too hot, turn your heater to a LOW (not "off") setting and send a maintenance request to Facilities at www.facil.columbia.edu/studentwor/. And don't forget to close your windows when you go out of town or leave for vacation.
- Air-conditioning is a big energy consumer in the hot months of the year. If you're lucky enough to have a unit in your building, be sure to turn off the A/C when you leave your room. When the A/C is on, try to keep it at a low energy-saver setting.

- A word from Facilities: to keep all of your heating and cooling units working efficiently, don't block the units with furniture or clothing.
- Your laptop, video game system, TV, DVD-player, cell phone, or iPod charger still consumes energy when it's left plugged into the socket, but not actually charging anything. If you unplug your gadgets when you don't need them, the energy savings add up.
- Make sure your move-in and your move-out are green. Recycle your cardboard boxes by dropping them off in the first-year residence hall lounges during Move-In, and participate in the Give and Go Green Program at the end of the Spring term. Your unwanted clothing and appliances will go to Salvation Army and your extra food to City Harvest. Look for emails from Housing and Dining closer to the end of the year for more information about GGG.
- At any time during the year, you can donate clothing at any of the New York City Goodwill (www.goodwill.org/page/guest/about) or Salvation Army locations (www.salvationarmy-newyork.org/). The Broadway Presbyterian Church at 114th St. and Broadway also sometimes accepts clothing donations as well.

Computing

Our computers are our lifelines, but they are also huge energy drains. Fortunately, you have lots of options on how to make your own computer greener. For even more tips on Green Computing around Columbia's campus, check out: www.columbia.edu/cu/environment/docs-wydc/green_guide/

- You can make sure to buy green when buying a computer or computer-related devices. Keep in mind that laptops use 50% to 80% less energy than desktops, and LCD screens use 50% to 70% less energy than their CRT counterparts. Also, look for the Energy Star label on any computer or electronic device that you are buying.

- Set your computer to sleep or hibernate mode when it's not in use, and go ahead and shut it down if you aren't going to use it for more than three minutes (on average, that's when energy to turn it on is outweighed by the energy needed to keep it running). And PS: screen savers don't "save" any energy at all!
- Help us save some trees by always printing and copying double-sided. Every Columbia computer lab printer has this option under the drop-down list of printers.
- If you have to get rid of it, donate your old computer to Columbia (check out a great resource at <http://chaos.cpmc.columbia.edu/furn/furn2/>) or to a community organization like Per Scholas in the South Bronx: See www.perscholas.org/recycling/recycling.html.

Recycling

Don't believe the rumors that recycling doesn't happen on campus, or that recycling has been cancelled in Manhattan. Both at Columbia and in the city, recycling is back in a big way, so here's how to make the most of their services.

Do you know what can or cannot be recycled? Columbia recycling follows the same guidelines as the New York Department of Sanitation.

The following items go in the GREEN "All Paper" bin:

Paper:

- White, colored, and glossy paper (staples ok; no spiral bindings)
- Mail and envelopes
- Wrapping paper (remove ribbon and tape)
- Paper bags

- Paper trays
- Newspapers, magazines, and catalogs
- Phone books, soft cover books (paperbacks, comic books, etc.)

Cardboard

- Smooth cardboard (food boxes — remove inside & outside plastic wrappers — shoe boxes, tubes from paper towel and toilet paper rolls, cardboard from product packaging)
- Egg cartons
- Corrugated cardboard (flattened boxes)

These items go in the BLUE "Bottles and Cans" bin.

- Glass

Metal

- Metal cans (such as tuna, empty aerosol cans, empty and dried-out paint cans with lids removed)
- Aluminum foil wrap and trays
- Wire hangers, pots, and pans

Plastic:

- Only #1 and #2 labeled plastics can go in the recycling bin – that means no deli or yogurt containers or plastic cups.
- Milk and juice cartons: These can be recycled as well in the blue "Bottles and Cans" bin – just give them a quick rinse first so they don't start to stink.

You can recycle used batteries at specially marked dropoff locations in the ground floor of every residence hall.

If you are ever unsure on where to dispose of an item, check the complete list of recyclables at: www.columbia.edu/cu/environment/docs-wycd/reuse-recycle/recycle_ms_reshalls.html

Look at the bin you're dumping in! If the slightest bit of trash gets in a recycling bin, that bin is contaminated and nothing inside of it can be recycled.

Kitchens

It's great to take advantage of the residence hall kitchens for your cooking experiments – just remember that kitchens are also where we dump most of our trash and use up a lot of energy with cooking appliances. Here's how to make your kitchen as green as possible:

- The gas stovetops and ovens can be tricky to learn, and you might be letting the gas run unnoticed. Follow the gas oven use guide posted in your kitchen, and if you still are unsure, contact the Hartley Hospitality Desk.
- Crock pots and microwaves are extremely energy-efficient, besides being fast. Next time you need hot water for coffee, tea, or soup, consider using a crock pot or just nuking a ceramic cup of water instead of boiling too much on the stove.
- Plastic grocery bags add up to a huge bulk of trash; in fact, plastic bags make up 5% of NYC's total solid waste, and take up 14% of its landfill volume. And paper grocery bags are even worse for the environment: manufacturing paper bags creates about 70% more air pollution than plastic bag production. Instead of paper or plastic, try bringing a stylish reusable canvas bag the next time you go to buy groceries. If every New Yorker used just one less plastic

bag this year, it would save the city \$250,000 dollars in landfill and disposal costs.

Read more about the paper v. plastic debate at www.treehugger.com/files/2005/01/qa_retail_carry.php

In The Bathroom

We run in and out of our bathrooms so quickly that we often don't think about all of the resources we use when we're in there. So the next time you're there, consider these tips:

- Be water wise. The five New York boroughs depend on the Croton, NY watershed and the Catskill/Delaware watershed systems for all of their water needs. Every time we let water go to waste, we are diminishing these reservoir levels and increasing New York's vulnerability to drought. Here's how to conserve this valuable resource:
- Do you let the water run when you are shaving or brushing your teeth? Why not just turn it on when you need it, or plug the basin? For each minute you turn off the faucet, you conserve between three to five gallons of precious New York water.
- We love those long, hot showers, but keep in mind that each minute uses 1.6 gallons of water, plus the energy needed to heat it up. Savor that shower, but try shortening it by a few minutes.
- Leaky sink and shower faucets can keep us up all night with dripping sounds, and also can add up to a big water waste. A faucet leaking 30 drops per minute wastes 54 gallons per month. Save your sanity and some water: report leaky faucets by calling H-APPY on your Rolm phone or by filling out a maintenance request at www.facil.columbia.edu/studentwor/.



- Columbia's hardworking housekeeping staff keeps your toilet paper stocked on a fixed schedule – so you don't need to hoard rolls of T.P. in your room; it only deprives it from your floor mates and also creates surplus demand for the whole floor. Ease up on the trees and contact your housekeeping staff or the Hartley Hospitality Desk when you are running low.
- Part of living green is buying green, so keep your eye out for toiletries, feminine hygiene, and bathroom products that source organic ingredients or use recycled content – these products are usually better for your body as well!
- Try to use the lowest-wattage models of electric hair dryers, shavers, and other beautifying appliances – and be sure to unplug them when you're done. Remember that just 15 minutes of blow-drying releases 1.2 kilograms of carbon dioxide into the atmosphere.

Common Space/Lounges

The residence hall lounges are more than just spaces for a party or for watching the big game – they are also another place for green living. Here are some tips on how to do it:

- Is that television blaring in the lounge when nobody's there? It only takes a second to turn off -- or simply unplug -- that bad boy when it's not in use.
- General cleanliness can be a conservation measure as well. The less you stain and litter in your common room, the less toxic cleaners and fluids our housekeeping staff has to use.



Green Tips

from Columbia's Housekeeping Staff



Name: George Rivera

Residence Halls: East Campus, Wien, Ruggles

Years at Columbia: 7

Green ideas:

- If you anticipate having more people over than normal (like for a group meeting), ask your housekeeping staff for extra blue recycling bags in advance for the bottles and cans.
- If your recycling bag or your trash bag is too heavy to carry to the trash chute, leave it outside your door instead of letting it overflow.
- Buying extra trash bags is your responsibility – make sure to buy extra-durable ones.

If I could make one suggestion to students:

"Keep in mind that if you throw a bag full of newspapers or bottles and cans down the trash chute, it can jam the compactor...Stack your newspapers next to your trash and don't let your glass/metal/plastic recycling bin get contaminated."



Name: Bruni Salazar

Residence Hall: River Hall

Years at Columbia: 6

Green ideas:

- Turn off the lights and the TV when you leave a lounge
- Use full loads of clothing in the washing machine

If I could make one suggestion to students:

"Get to know your cleaner! Ask them questions and they'll ask you questions too...Your residence hall will become like a home away from home...We all work together as a team. Make sure you show caring and love for each other."

Laundry

Sure, laundry is a chore, but at least this guide will help you to save water and money, as well as reduce pollution while you're doing it.

- Did you know that all on-campus student laundry facilities have Maytag Front Load Washers, which save 20 gallons of water per cycle? This means you only need a third of the usual detergent amount – so you can use less and save your money.
- Try to do laundry only when you have a full load – this is also a money-saver too.
- Use the cold-water wash instead of the hot water setting. Your clothes will be just as clean, but you will conserve 80% of the energy used to wash them.
- Look for non-toxic, biodegradable or environmentally-friendly laundry detergents.

On Campus

You can practice environmental stewardship even after you step out of your residence hall. Keep in mind these ways to be green in the way you eat and drink:

- When you're in any Columbia building, look at the bin you're dumping in! There should be separate waste bins everywhere for paper, bottles and cans, and regular waste, so toss your trash accordingly. If you notice a bin is missing, contact the Facilities Service Center at (212)854-2222.
- Become part of a larger urban local food movement by joining the local Community Supported Agriculture group, started by CU

students. Member participants pay a lump sum for a full or half season's share of fresh, local, and/or organic produce delivered right next to campus. For more information about CSA in New York City, updates on the local food movement, and how to become a member, check out the JustFood website: www.justfood.org.

- For the late-night munchies, you can buy (mostly) healthy, organic food at the student-run food co-op in JJ's Place. Check them out at night from 8:00pm to 4:00am in the basement of John Jay, where you'll find everything from cereal to dried mangos, soymilk to soda. To get more involved, sign up as a volunteer and get a membership discount. The co-op is always open to new suggestions and members, and also offers a radical lending library of books for use in JJ's Place as well.
- Ahh, the joy of coffee. Make your coffee purchase especially gratifying by choosing Blue Java coffee at any of the Columbia dining locations. They only serve Fair Trade and organic certified coffee, and Rainforest Alliance-certified espresso drinks – and while you're at it, bring a reusable mug that won't create waste. Blue Java mugs are available at Butler Cafe, Café 212, and Blue Java Dodge, Uris Deli, Lenfest Cafe, Carleton and Ferris Booth Commons, and you get coffee refills at a discounted \$0.99 when you use them on campus.
- All in-house prepared cold food at Columbia Dining establishments is sold in containers made of **NatureWorks PLA**, a 100% biodegradable product made from corn. So feel good about taking out that salad!
- Look out in John Jay Dining Hall for locally sourced fruits, veggies, eggs, and tofu, and dig in! These foods support the local economy, are fresh and delicious, and use less energy in transportation. (Check out the student-run Food Sustainability Project to get more involved in the local food movement: <http://gosustainable.blogspot.com/>.)

- Speaking of John Jay, watch your waste – and your waistline – by only getting as much food as you will eat. Unused food that you don't put on your plate can be donated to City Harvest.
- Columbia Dining Services is doing altogether great things for campus environmental stewardship. Check them out at www.dining.columbia.edu/docs/about-us/environmental-stewardship.html

Off-campus

According to SustainLane's 2006 US City Rankings, New York was rated as the seventh most sustainable city out of the 50 largest cities in the US (Check out the whole list at www.sustainlane.com/article/895/). Here are some great ways to keep this big city green:

- Purchase fresh, seasonal produce at one of the local open-air greenmarkets. Every Thursday and Sunday from 8:00am to 6:00pm you can find one on Broadway, between 114th and 115th Street, right in front of Alfred Lerner Hall. They also have great breads, jams, pastries, and dairy products available. More limited options are available Saturdays on the southeast corner of Morningside Park, at Manhattan Ave. and 110th Street. For more NYC greenmarkets, check out www.cenyc.org.
- Biking is one of your healthiest and most entertaining ways to go green! Not only will you save money on transportation, but you also gain a whole new perspective on NYC. You can find a cheap used bike on www.craigslist.org, www.greatusedbikes.com, New York Cyclist at 110th St and Central Park West, or at Recycle-a-bicycle (www.recycleabicycle.org)....just make sure to get a helmet and a good lock (Columbia's Security Office in Low Library offers discounted locks), and bike extra carefully! There is bike parking all over Columbia's campus, or you can store your bike in your room. Find good maps of New York's bike paths at: www.transalt.org/info/maps.html#nycycling.
- Explore the green spaces of NYC: you can find all of New York's parks at www.nycgovparks.org/. Also, the New York Botanical Gardens in the Bronx are worth a visit.

Next Steps

- Keep up-to-date on Columbia's latest efforts in environmental stewardship: www.columbia.edu/cu/environment.
- For more information on anything mentioned in this guide, check out the "Sources" section.
- Want to do even more with the movement for environmental stewardship at Columbia? Check out your many options for student group involvement at www.columbia.edu/cu/environment/index.html.
- Volunteers are always welcome at Morningside Park: check out www.morningsidepark.org/.
- For more NYC green action, check out Eco-logic: a group started by Columbia/Barnard graduates to connect people to eco-friendly services, products, and events in New York City. <http://eco-logic.com/>.
- Some recommended reading: *The Big Green Apple: Your Guide to Eco-Friendly Living in New York City* by Benjamin Jervey.



Sources

We realize that the urls listed below are cumbersome and a little out-of-control. But for those of you looking for stats, websites, sources and more information on the things found in the G2GL – here you go:

Intro

What's an ecological footprint?

http://en.wikipedia.org/wiki/Ecological_footprint

Calculate your own footprint

www.earthday.net/footprint/index.asp

In Your Residence Hall Room

Compact Fluorescent Bulbs (CFL)

www.commondreams.org/headlines06/0703-05.htm

Energy Star Appliances

www.energystar.gov/

Energy consumption for plug-in appliances

<http://standby.lbl.gov/index.html>

Give and Go Green Program

Check out the success of the Spring 2007 program

www.columbia.edu/cu/housing/docs/about-us/ggg.html

Computing

Laptops vs. desktops energy use

www.eu-energystar.org

Setting computers to sleep mode

www.energy-solution.com/off-equip/configuring-monitors.html

Benefits of computer shut-down

www.greencampus.harvard.edu/ceip/documents/brochure_small.pdf

Recycling

New York City recycling

www.nyc.gov/html/nycwasteless/

Report on benefits of recycling

www.nrdc.org/cities/recycling/recyc/recyinx.asp

Kitchens

Kitchen conservation tips

www.climatesolutions.org/pubs/pdfs/tipsEnergyconserve.PDF

More kitchen and home conservation tips with stats

www.unison.co.nz/?t=85

EPA info on plastic bag waste

www.epa.gov

In the Bathroom

EPA info on New York City's water supply

www.epa.gov/nerlesd1/land-sci/ny.htm

Water use statistics

www.yubacity.net/documents/Water%20Conservation%20Program.pdf

New York City waste water

www.nyc.gov/html/dep/html/wastewater.html

Eco-friendly toiletry options

www.herbsgardenshealth.com/Natural_&Organic_Toiletries.htm

www.greenchoices.org/toiletries.html

Hair dryer and other appliance energy-use calculator

www.eere.energy.gov/consumer/your_home/appliances/index.cfm/mytopic=10040

Greenhouse gas emission calculator

<http://yosemite.epa.gov/oar/globalwarming.nsf/content/ResourceCenter-ToolsCalculators.html>

Laundry

Benefits of front-load washers

www.eartheasy.com/live_frontloadwash.htm

Cold water wash energy conservation

www.hud.gov/offices/pih/programs/ph/phecc/strat_W4.cfm

Eco-friendly laundry detergents

froogle.google.com, search for biodegradable laundry detergent.

New this year: JJ's Place will be selling the complete line of Ecover products

(www.ecover.com).

On Campus

Fair Trade information

www.transfairusa.org

Rainforest Alliance Certification for coffee

www.rainforest-alliance.org/certification

More info on biodegradable containers

www.wbcd.org/web/publications/case/natureworks_full_case_web.pdf

Columbia Security offers subsidized bike locks

www.columbia.edu/cu/publicsafety/publicsafetyservices.htm



