

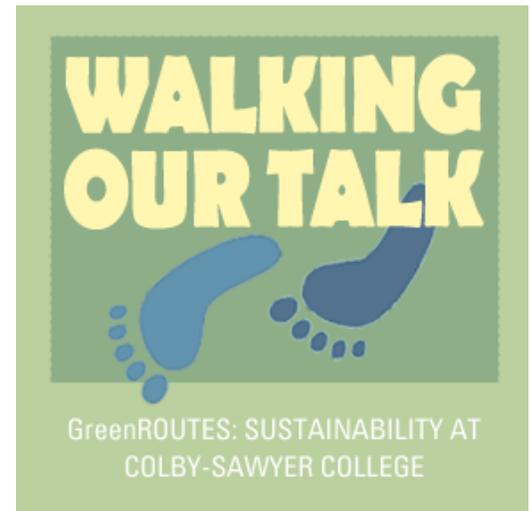
SUSTAINABILITY AT CSC

sustainable living at colby-sawyer college

There are folks on campus working hard to update our overall infrastructure and operations to make them more sustainable, but if we're going to reach our goals it will take every individual's creativity and commitment to discover ways we can conserve energy, preserve resources, save money, and maximize wellbeing while we're at work.

Colby-Sawyer's Emission Reduction Milestones

50% Emissions Reduction by 2015
70% Emissions Reduction by 2020
100% Emissions Reduction by 2050



Energy

Energy refers to our use of non-renewable resources (coal, oil, natural gas and propane) as well as renewable resources (sun, wind, geothermal, and biomass) to provide heat and electricity for our buildings and lifestyles, and in 2008 we spent \$1,307,200 on energy at Colby-Sawyer College. We currently use propane to heat our buildings and that same year we burned 469,769 gallons, which released 2,550 metric tons of carbon dioxide. In 2010 Colby-Sawyer College purchased 100% "green" energy for our electricity usage, essentially reducing our carbon footprint by 43%, but we still need to pay for that energy, so conserving and being efficient as much as possible is essential. Conservation and efficiency are also important because as we're ready to install renewable energy systems on campus if we're using less energy we can choose a smaller, less expensive model.

ENERGY TIPS:

- ⊗ Use natural day lighting whenever possible and turn off lights (in offices, labs, hallways, kitchenettes, classrooms, and bathrooms) when not needed
- ⊗ Install more efficient bulbs in desk and floor lamps and in ceiling fixtures (CFLs or LEDs)
- ⊗ Use a power strip to completely turn off computers, copiers, and other devices when not in use, especially overnight, on weekends and during breaks
- ⊗ Use the energy savings settings on your computer to put the monitor to sleep and use less power than using a screensaver, which uses 28% more electricity
- ⊗ Turn the thermostat down a few degrees in winter and up a few in the summer
- ⊗ Dress for the weather and rely on fresh air or sweaters to keep you cool or warm
- ⊗ Use insulated window shades or curtains to keep the sun out or heat in
- ⊗ Consider switching to a networked printer instead of individual desktop models
- ⊗ Per CSC policy purchase ENERGY STAR equipment and appliances whenever available
- ⊗ Educate others about the importance of and opportunities for energy conservation



Transportation

For many of us, our largest individual contribution to the college's carbon footprint is commuting. Most of us travel to New London in single-occupancy vehicles five days a week and some of us are also required to hop on an airplane once in a while and those emissions can add up. For example, if you live 15 miles away and commute only 9 months out of the year, that's approximately 5,400 miles, which is equivalent to 2.1 tons of carbon dioxide. If gas is \$2.75 per gallon, you've also spent \$14,850 to get to work. Just ONE roundtrip flight from Manchester, NH to Denver, CO creates nearly 1.4 tons of carbon dioxide. In 2008, faculty and staff were estimated to have generated 644.2 metric tons of CO₂ (not including air travel.) Getting smart about transportation can reduce our emissions, save us money, limit wear-and-tear on the car, and get us some exercise, too!



TRANSPORTATION TIPS:

- 🚲 Find out where products and supplies come from and favor vendors that are located closer to campus
- 🚲 Choose ground shipping instead of air shipping when that option is available
- 🚲 Try carpooling to work a few times a week
- 🚲 Keep your vehicle tires fully inflated and accelerate slowly to improve gas mileage
- 🚲 Ask yourself if the car trip is really necessary before getting behind the wheel in the first place
- 🚲 Combine off-campus visits and/or business into one trip when you do have to drive
- 🚲 Consider video or teleconferences instead of long-distance travel wherever possible
- 🚲 Explore flextime and telecommuting options with your supervisor
- 🚲 Ride your bike or walk to work or to errands in town during the day
- 🚲 Consider building the purchase of offsets for greenhouse gas emissions into CSC-related programs, trips and/or budgets requiring long-distance car or air travel, see www.nativeenergy.com



Water & Biodiversity



Living in the verdant hills of New Hampshire it may not occur to us that water conservation is all that important or necessary, but the truth is with an increasing population we're continually sharing our local supply of fresh water with more and more people. Much of our recreational time is spent frolicking around in our rivers and lakes and ecosystems so this can offer the additional motivation we need to protect them from pollution and destruction. Colby-Sawyer College has a huge impact on the local watershed, in 2008 we generated 11,637,000 gallons of waste water, which produced 50.7 metric tons of carbon dioxide to process and treat.

WATER & BIODIVERSITY TIPS:

- 💧 Avoid single-use bottled water and refill your own reusable bottle or mug from the tap
- 💧 Report leaking toilets or dripping faucets to Facilities ASAP (x3699)
- 💧 Keep a pitcher of water cooling in the fridge rather than running the faucet until it's cold
- 💧 Soak dishes in a dishpan to use less water for washing
- 💧 Use non-toxic, biodegradable cleaning products in breakrooms and kitchenettes
- 💧 Don't put anything down the drain you wouldn't be happy kayaking through

Food

Because eating is something we do so frequently the consequences of our choices add up fast. It's a powerful way to reduce (or increase) our impact on the environment, build a healthy local economy, support our personal health and vitality, and inform the community about our sustainability goals.



FOOD TIPS:

- ④ Offer healthier, more sustainable (organic, fair trade coffees/ teas; local and/or organically-grown food; vegetarian-based) snack options at meetings and events (Sodexo would love to help!)
- ④ Start a compost collection bin (or vermicycle/worm bin) for food waste and bring finished compost to the Anne Baynes Seedling Lot and Organic Garden behind the CSC library
- ④ Bring your own travel mug when going out for coffee or tea
- ④ Use ceramic (or compostable) dishes, utensils and cups in break rooms and at events

Waste & Consumption

At Colby-Sawyer College we generated 256.25 short tons of solid waste (producing 277.8 metric tons of CO₂) and used 27,856 pounds of paper (producing an additional 35.9 metric tons of CO₂) in 2008. It's not possible to be on the planet without consuming natural resources, but it IS possible to learn how to use those resources wisely so that our rates of consumption aren't faster than the rate at which they can regenerate.

WASTE & CONSUMPTION TIPS:

- ④ Look for pre-owned or refurbished supplies/equipment when feasible, remember our Purchasing Department has a collection of these items to choose from (x3710)
- ④ Choose printers that use soy-based ink on recycled paper for specialty pieces (brochures, etc.)
- ④ Think before you print, then print on both sides of the page and use scrap paper for notes or drafts
- ④ Use electronic correspondence and only print when necessary, try CSC Document Imaging x3075
- ④ Pre-cycle (buy items with less packaging and made from recycled, non-toxic materials)
- ④ Take advantage of the college's comprehensive recycling program
- ④ Offer environmentally-friendly gifts as "give-aways" at events (organic cotton or bamboo t-shirts, reusable mugs or bottles, gift certificates for local markets)
- ④ Host a "zero waste" event using compostable/reusable flatware and collecting all recycling/compost

Culture, Curriculum & Investment

Achieving whole systems sustainability means more than just installing compact fluorescent bulbs and turning down the thermostat, we also need to integrate these principles into our daily decisions and campus culture.



CULTURE, CURRICULUM & INVESTMENT TIPS:

- ④ Explore ways to integrate sustainability into all of your operations, communications and decision-making
- ④ Favor vendors with good environmental and human rights practices
- ④ Support the integration of sustainability into your department's business plan and strategy
- ④ Consider transferring all or part of your IRA investment into a "green" or socially-responsible fund

SUSTAINABILITY AT HOME

sustainable living at home

Now that you know how to be “green” in your office, here are some things you can try at home to continue along the energy savings and sustainability pathway. Remember, fostering whole systems sustainability (and living a truly satisfying life) means attending to personal wellbeing, social justice, economic security and environmental sustainability in addition to our carbon footprint.



Energy

- ✔ Install a programmable thermostat
- ✔ Wash clothes in cold water and use a clothesline
- ✔ Weatherize and insulate your home
- ✔ Calculate your carbon footprint /get an energy audit
- ✔ Insulate your water heater
- ✔ Use insulated blinds before you buy new windows
- ✔ Buy ENERGY STAR appliances and efficient electronic equipment



Transportation

- ✔ Take fewer car trips
- ✔ Buy a more fuel-efficient car
- ✔ Keep up with vehicle maintenance including proper tire inflation



Water & Biodiversity

- ④ Save a flush
- ④ Take shorter showers
- ④ Don't overwater your lawn
- ④ Plant edible and/or native plants
- ④ Only wash full loads of dishes or clothes
- ④ Install low-flow showerheads
- ④ Use organic fertilizers and/or pesticides
- ④ Install low-flow toilets and faucet aerators
- ④ Turn off water when not in use and fix leaky faucets
- ④ Use low-toxicity cleaning products, soaps and paint
- ④ Don't let the water run while brushing teeth or shaving
- ④ Store cool water in the fridge, don't run it waiting for it to cool
- ④ Water gardens in the morning and evening to reduce evaporation
- ④ Water plants using “excess” water you would have put down the drain
- ④ Wet hair and body, turn the water off then lather up in the shower with the water off, rinse, repeat





Food

- ④ Cook one fewer meat-based meal per week
- ④ Choose local, natural, organic, free-range meat
- ④ Buy organic produce, grains and dairy products
- ④ Plant a veggie garden instead of grass
- ④ Seek out whole foods (that have been minimally processed, which consumes less energy)
- ④ Find locally grown food by shopping at area Farmer’s Markets and/or joining a Community Supported Agriculture (CSA) farm
- ④ Avoid seafood that is contaminated with mercury and/or that contributes to overfishing practices, see the Monterey Bay Aquarium Seafood Guide at www.montereybayaquarium.org/cr/seafoodwatch.aspx
- ④ Find out where your food comes from and how its raised to ensure it’s consistent with your values
- ④ Bring extra harvest from your garden to Free Veggie Fridays in Thornton Living Room in Colgate and pick up free treats grown in the Anne Baynes Seedling Lot and Organic Garden behind the library



Waste & Consumption

- ④ Practice the 6 Rs: Refuse, Reduce, Reuse, Recycle, Re-buy, Repair
- ④ Choose products with less packaging (pre-cycle) and buy in bulk
- ④ Reuse shopping bags and/or produce bags by bringing your own to the store
- ④ Buy “less stuff” and save your money for the things you really need and want
- ④ Simplify the holidays, go to www.newdream.org/holiday
- ④ Consider a compost pile instead of the garbage disposal, the compost can go into your garden where it will also hold water



Culture, Curriculum & Investment



- ④ Actively practice work/life balance
- ④ Support companies with good environmental/humanitarian practices
- ④ Vote with your dollars
- ④ Shop local whenever you can
- ④ Support businesses that offer fair trade, recycled, non-toxic, organic, local and/or sustainable products
- ④ Take a “staycation” (explore and relax closer to home) or consider “green volunteer work” as a travel option, see www.greenvolunteers.com
- ④ Choose socially responsible investments for stocks, bonds, IRAs or loans and ask your local bank where they invest your money
- ④ Start a discussion course with your neighbors focused on food choices, voluntary simplicity, sustainability, going green with kids, see www.nwei.org