




Welcome to Bucknell University's Green Practices Guide for Students

<p>Reduce, Reuse, Recycle¹</p> 	<p>Energy Conservation²</p> 	<p>Water Use³</p> 
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This webpage strives to inform Bucknell college students about various green practices that can be implemented in everyday life, helping to create a healthier, more sustainable environment.

<p>Transportation⁴</p> 	<p>Dining Does it Green⁵</p> 	<p>Green on Market Street</p> 	<p>Eco-Friendly Bookstore</p> 
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¹ Image Citation: <http://www.penwith.gov.uk/index.cfm?articleid=20201&detailid=&articleaction=print>
² Image Citation: <http://www.ecomind.info/individual/HomeAudit2.aspx>
³ Image Citation: <http://www.oakharbor.org/pages.cfm?id=13&pid=17>
⁴ Image Citation: <http://oallevi.free.fr/1plus1plus1/?m=200708>
⁵ Image Citation: <http://www.pbase.com/tategraham/image/56307097>

Reduce, Reuse, Recycle



Here are a few easy ways to do your part, on and off campus:

1. Utilize the recycling facilities inside campus buildings. They are there for a reason!
2. Participate in RecycleMania!⁶
3. Bring reusable bags on shopping trips whenever possible. If you forget to bring them with you, always opt to use paper bags instead of plastic.
4. Think before you click — Printing double sided produces half as much waste as does single-sided printing. Also, remember to print flyers on the unused side of discarded paper.

Did you know that if we all recycled our Sunday papers, we could save over **500,000 trees** every week?⁷

⁶ Learn more at <http://www.recyclemaniacs.org/Index.htm>.

⁷ The Earth Works Group. 50 Simple Things you can do to Save the Earth. Berkeley: Earthworks Press.

Energy Conservation



Here are a few ways for you to maximize efficiency and conserve energy in your dorm room.

1. Use Compact Fluorescent Bulbs! They consume only 25-30% of the energy as incandescent bulbs, and they last about five to ten times as long.
2. Plug lower energy appliances (ex: lamps, DVD players, cell phone chargers) into a power strip instead of directly into an outlet. If you turn the switch to the “off” position, it will cut the energy flow to your appliances when they are not in use.
3. Power down your computer when you are done with it! If you have a laptop, closing it does reduces energy consumption by about 80 percent⁸, but shutting it down is better for both your machine and the environment.
4. Turn off the lights when you are done — in the bathroom, in your room, everywhere!
5. Be conscious about the heating and cooling systems in your dorm. If you have an adjustable thermostat in your dorm, the Environmental Protection agency suggests efficiency settings of 68 degrees in the winter and 78 degrees in the summer.

⁸ “Green Living Guide.” Environmental Sustainability. 10 July 2008. < http://www.oberlin.edu/sustainability/resources/green_living.html>.

Water Use



Did you know that on a global level, demands for water have increased by more than double the rate of population growth throughout the past century?⁹

Guess what? You can help!

1. Only use washing machines for full loads of laundry. If you have just a few things that need to be washed, see if you can pop them in with a friend's laundry load. Also, remember to use warm water instead of hot. With today's effective detergents, hot water is not nearly as necessary as it was ten years ago.
2. Always make sure that you turn off the bathroom faucets securely.
3. Try to limit your time spent bathing. Say you reduce your daily 20 minute shower to 15 minutes. Given that water flows out of the shower head at an average rate of two gallons¹⁰ per minute, in one week, you would save yourself 35 minutes and 70 gallons. In one semester, you would save almost 9 hours and 1050 gallons.
4. While brushing your teeth, remember to shut the water off! You really only need to it rinse.

⁹ OECD Members. Organization for Economic Co-Operation and Development Factbook. 2005.

¹⁰ "Green Living Guide." Environmental Sustainability. 10 July 2008. < http://www.oberlin.edu/sustainability/resources/green_living.html>.

Transportation



Did you know that if every commuter car carried just one more passenger, we'd save 600,000 gallons of gasoline and keep 12 million pounds of greenhouse gases out of the atmosphere every day?¹¹

Here is what you can do!

1. Invest in a bicycle. There are a multitude of places to buy one around Bucknell, including Campus Cycle & Fly Fishing Center (Market Street) and Walmart (Rt. 15).
2. For upperclassmen, use your car as sparingly as possible. You do not need to drive to class every day when it is at most a 12 minute walk to the academic buildings. Plus, if you invest in that bicycle, biking will more than halve the time it takes to get there.
3. Also, remember to carpool when making trips to the mall, Walmart, Weis, or anywhere a friend of yours might also need to go. Carbon Dioxide emissions have risen more than 71 percent since 1971¹²! Carpooling will help to slow the increase of environmentally toxic emissions.
4. Utilize the ride boards, located in the Elaine Langone Center next to the student mail room. Carpooling is always better than riding alone.

¹¹ The Earth Works Group. 50 Simple Things you can do to Save the Earth. Berkeley: Earthworks Press.

¹² OECD Members. Organization for Economic Co-Operation and Development Factbook. 2005.

Dining Does it Green



Our dining services are more eco friendly than you think — check this out:

1. Beginning in the fall semester of 2008, Bostwick Cafeteria will be selling reusable “to-go” containers for \$5.00. They can be purchased with declining dollars or cash, and after each use, they should be returned to Bostwick where they are sanitized for their next user.
2. The napkins that we use each time we sit down for a meal are composed of post-consumer materials. In other words, they are recycled.
3. Last year, dining services began recycling used fryer oil for the production of biodiesel to be used in Parkurst vehicles.
4. Next year, Bostwick will support two “no-tray” days each week. This experiment provides substantial evidence that people do indeed take less food without a tray, thus minimizing waste and saving money that can be recycled back into our dining program.
5. Also beginning next year, dining will introduce the “reuse your coffee cup sticker program.” A sticker can be purchased (with or without declining) for \$1.00 and then placed on your favorite coffee cup, which can then be used at any campus coffee-vending location.

Green on Market Street



Shopping on Market Street is a great way to follow and support environmentally friendly practices. Most stores mentioned (with the exception of the three across Route 15) are at most, a 15-20 minute walk from uphill campus, so try to save the carbon emissions for the unwalkable trips! Also, after surveying more than a dozen popular downtown stores, I discovered that 100 percent of them are adamant recyclers!

1. **Vargo Outdoors** is a sport shop that has been bitten by the green bug. All of their packing materials are made from materials that are both recycled and recyclable.
2. The **Natural Food and Garden Store** (across 15) offers an array of organic and locally grown foods. Employees strongly discourage the use of plastic bags, unless the customer is on a bike and he or she needs a container with handles.
3. **Donehower's** shoe and sport store makes an effort to conserve energy year round. Employees ensure that during the summer months, the air conditioning is kept at 77-78 degrees Fahrenheit, and in the winter months, 68-69 degrees Fahrenheit.
4. The employees at **Brushstrokes** are art-supply vendors, framing gurus, and environmentalists! They minimize as much waste as possible by ordering store materials in open stock rather than in individual packages. They also carry eco-friendly art products and support paper not plastic. Lastly, Brushstrokes has been using and recycling compact fluorescent light bulbs for almost four years!

5. **The Mercantile** is a trendy downtown shop that donates their hand-me-down packing peanuts to a man who uses them to ship items he has sold through his e-bay account. Employees have also taken advantage of the efficient compact fluorescent bulbs, and make an effort salvage all usable wrapping paper for gift-wrapping smaller packages.

6. Other stores that have adopted green practices and/or products include **Ard's Farm Market, CVS, The Alkalized Water Store, Purity Candy, Wine and Spirits, La Casa de Pizza, Campus Cycle & Fly Fishing Center, and Scott's Florist & Greenhouse.**

Eco-Friendly Bookstore



Bucknell has jumped on the green bandwagon! These are some of the items that are offered in the bookstore.

Acacia Jewelry



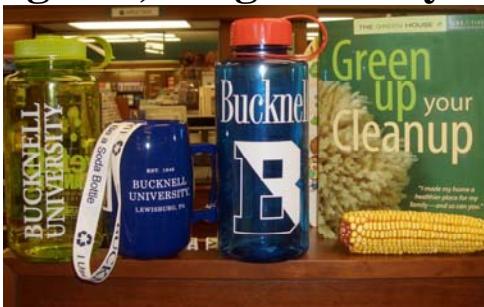
Includes beads that are made from found and recycled magazine pages.

Greeting Cards



Printed on recycled paper since 1971.

Nalgens, Mugs & Lanyards



Nalgens are composed of 85% post industrial materials. Plastic mug is 100% US corn, which is bio-degradable. The Bucknell lanyard is made from soda bottles.

Bottles to Bags



These padded laptop cases are made entirely of 100% post-consumer recycled plastic bottles.

Fun Totes



These bags are 100% canvas and biodegradable.

Burt's Bees



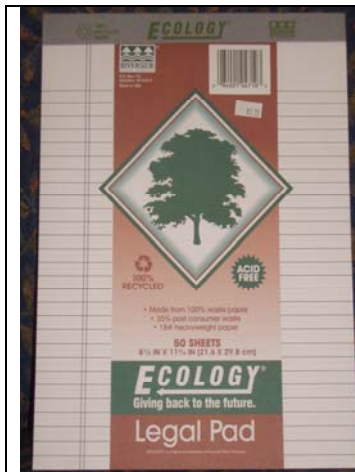
Packaging and displays are made of materials that are both recycled and recyclable.

Shmencils



These scented pencils are made from 100% recycled newspapers.

Notebooks and Index Cards



These notebooks and index cards are made from 100% recycled paper.

That's not all they're up to. Take a look!

	<p>The bookstore recycles plastic bags! For more information, please visit www.plasticbagrecycling.org</p>		<p>They also provide a place where students can bring empty ink cartridges for recycling.</p>
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After a behind-the-scenes tour of the bookstore, I learned that many of their packing peanuts are composed of bio-degradable material and are safe for consumption. (It tastes like a stale rice-cake!) I also discovered that incoming packing and shipping materials are all reused, and that bookstore bags are composed of 100% recycled material.