

A Student's Guide to

Sustainable Living at Stanford



Your guide to an eco-friendly collegiate lifestyle

Welcome to Sustainable Stanford!

“Setting an example is not the main means of influencing others; it is the only means.”

—ALBERT EINSTEIN

Welcome to Stanford—a campus that cares deeply about responsible and environmentally sustainable resource use. We believe sustainability means meeting the needs for today in a responsible fashion that does not compromise the ability to meet the needs of our future.

Stanford researchers are uncovering policy and technological solutions to climate change, greener buildings, and renewable energy. Stanford staff members lead by example and use environmental sustainability as a criterion for all aspects of university operations.



Certified as a green business in 2004, Stanford has been in the highest tier for overall leadership in sustainability in North America in 2007, 2009 and 2010 (See <http://greenreportcard.org/>). As we continue to seek innovative and lasting solutions to reduce our environmental footprint, we invite you, the most important stakeholder, to be an active part of that journey.

This guide has been created by your fellow students with help from campus staff to provide you with some easy tips for an eco-friendly lifestyle on campus. The actions your friends share as they welcome you to campus greatly complement the efforts underway by administration and staff. In this guide you will see examples of specific accomplishments in campus sustainability, and things you can do deepen their impacts. Not every aspect is included in this booklet, and with your help we will enrich the content every year.

With your enthusiasm, support, and creativity, we look forward to getting even closer to achieving a shared vision—a truly sustainable Stanford University; your learning environment for the next four momentous years.

Stanford Office of Sustainability

Office hours: every Monday 3:30- 5:30 PM
340 Bonair Siding,
Stanford, CA 94305

Visit us at <http://sustainable.stanford.edu>

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Sustainability must become a core value in everything we do. As a community we are committed to developing our core campus in a sustainable fashion that preserves what we cherish, that demonstrates leadership in the university’s commitment to be a good environmental steward and that safeguards the ability for future generations to thrive at Stanford.”

-John Hennessy, President, Stanford University

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Why Go Green?

⇒ The Reason Your Choices Matter

When you become a part of the Stanford community, you are joining an academic institution dedicated to being a model for environmental stewardship.

Knowing where your energy and water come from is the first step in understanding your environmental impact and ways to reduce it.

Read on to learn where Stanford gets its resources.

Water

- Stanford's drinking water comes from the San Francisco Public Utilities Commission, which draws its water primarily from the Hetch Hetchy Reservoir near Yosemite.
- Stanford's irrigation water comes from surface water diverted from creeks on Stanford property in the foothills and from wells on campus.

Quick Tips:

How much is a pound of CO₂? Imagine CO₂ trapped in a balloon. A pound of CO₂ would make a balloon that was 8 ft³. With 44 lbs CO₂ emitted by each of us daily, imagine everyone on campus walking around with a 350-ft³ balloon bobbing above our heads!

Electricity

- Most of Stanford's electricity is produced on campus at the Cardinal Cogeneration power plant, which creates electricity from natural gas and chilled water for cooling. The steam waste heat from electricity generation is used to heat campus buildings.
- The local utility, Pacific Gas and Electric (PG&E), buys back excess energy from the Cogen plant.

Reasons to Go Green

1. It's Easy, and It Adds Up

Your daily decisions affect the environment in small ways that add up to make a large impact. In the same way, small individual daily choices can make a big difference.

2. It's Good For You

Actions that are healthy for the environment are often healthy for you too! Consider all the extra exercise you get by biking or walking instead of driving.

3. It Saves You Money

Using less costs you less. For example, buying a fluorescent light bulb instead of an incandescent one can save you more than \$30 over the life of the bulb.

4. It Saves Our Planet

As the world's population continues to grow, each of us needs to be more conscious of our use in order to provide for future generations. Our environmental choices are especially important as residents of California, a state that will face impacts of climate change, and a trendsetter for the world.

5. Your Campus Needs You

Your campus encourages you to work with the various sustainability programs to continue to keep this campus an environmentally sustainable one.

What can you do? Read on!

Sustainability Starts at Home

⇒ Ways to be Green Around the House

Your house, room, or apartment is the easiest place to begin making a positive impact. Read on for simple ways to reduce your home's water and energy usage—and convince your peers to make eco-friendly changes while you're at it.

At Home: In Your Room

Lighting:

Study in the daylight whenever you can! If you need light during the day, open up your shades before flipping the light switch.

- If you bring any of your own lamps to school, be sure to buy compact fluorescent bulbs (CFLs). These not only use 75% less energy than conventional bulbs, but last 10 times longer and are much cheaper to operate.
- It may seem obvious, but don't forget to turn off the lights when you leave your room.



Student studying under natural daylight to save energy

Staying Cool or Warming Up:

- If you are using air conditioning or heating, make sure that your windows are tightly shut. If you're too hot while the heater is running, turn it off (if you can). Opening the window will only cause the heater to work harder, making your room even hotter.
- If your room is too cool for your comfort, opening the shade while the sun is out will warm up your room. When the sun goes down, close the shades for extra insulation. On the other hand, if your room is too warm, keep the windows and shades closed during the hot day to keep the heat out, then open them during the cool night to lower your room's temperature.

Do You Really Need Your Own Refrigerator?

- If you think you might want a fridge, wait to consult with your roommate. You may want to share one. If you do buy a fridge, select an Energy Star model.
- Instead of purchasing a new fridge that you will probably need to resell at the end of your four years, consider renting one.
- Better yet, all on-campus houses have a house fridge located in the kitchenette that you can use for free. Just remember to label your food.



At Home: In the Bathroom

Showering

- Shorten your shower. Every minute less you spend in the shower saves up to two gallons of water. Think also about lowering your water pressure using the sliding handle on many showers and using less hot water—a cool shower feels great after one of Stanford’s hot sunny days.

Saving Water

- Utilize the dual-flush function available on many school toilets to reduce water usage—remember to check the low flush direction.
- Turn off the faucet while you are brushing your teeth and doing dishes—people have probably been telling you this since you were five, but this is just a friendly reminder.
- If you see a leaky faucet, let Housing know by filing a fixit request <http://fixit.stanford.edu>.
- Remember to recycle your used shampoo, conditioner, hair spray, and spray gel bottles.



Drying

- Buy a hand towel to dry your hands in the bathroom. Using disposable paper towels is wasteful; a hand towel is way more comfy anyway. If you must use paper towels, try to take a smaller piece—you’ll be amazed at how it still gets your hands just as dry!

Lighting

- Turn off the lights when you leave the bathroom if no one else is there. Many bathrooms have multiple light switches, so try to only turn on one at night. In addition, many bathrooms have separate lights for the shower stalls—don’t forget to turn these off too when you’re on your way out.

At Home: Doing Laundry

Using the Washing Machines

- Only do laundry if you have full loads. If you don’t have enough laundry for a full load, combine loads with your roommate. Not only will you conserve water and energy, but you will also be saving a trip to the laundry room.
- Consider washing with cold water under the “bright colors” setting.
- Use greener laundry detergents that are plant-based and free of phosphates. Also remember to recycle your used laundry detergent bottle.
- If a shirt is not stained or smelly, why throw it in the laundry bin? Fold it up and put it back in the drawer. Don’t worry, no one’s watching.
- Contrary to popular belief, there’s no reason to separate your whites and colors unless you’re washing in hot water. Just choose the bright colors setting and toss it all in there.

What About Drying?

- Stanford has a lot of sunny warm days—perfect for drying your clothes outside or on a clothesline. If your house doesn’t have a clothesline, contact Housing to let them know you prefer line drying!
- If it’s necessary for you to use a dryer, note that the dryers are much larger than the washers at Stanford. You can easily combine multiple wash loads in one drying cycle. Even if you need to run the dryer for an extra 15 minutes to accommodate those extra clothes, it will still use less energy and time than running a whole separate drying load.
- When using the dryer, set it on the lowest time cycle that you think it will take for your clothes to dry. If you come back and they’re still damp, you can always just put them in for another couple minutes.

Stanford Fact:

Water conservation efforts have reduced daily domestic water use from 2.7 million gallons per day (mgd) to 2.1 mgd since 2001.

Working Hard or Hardly Working?

⇒ Eco-Friendly Homework and Computing Tips

Let's face it: Stanford students work. A lot. But it turns out that there are quite a few ways to make your work environment more eco-friendly and perhaps increase your productivity at the same time!

Studying

- Take advantage of Stanford's beautiful sunny weather by studying under natural daylight. Study outside, or if you prefer to not get sunburned, study in your room with the lights off and the window shades wide open.
- Save all the scratch paper you can get your hands on—you'll need a lot of it when it comes time to do practice problems for exams.



Student studying outdoors

Printing

- Despite having only 5% of the world's population, the U.S. uses 30% of the world's paper. Do your part to drive that number down. When possible, submit papers and assignments electronically. If you do need to print something, always print double-sided or on the back of scratch paper.
- Try to print in "economy" mode; this saves ink and is usually just as legible as the more wasteful ink settings.
- Preview your documents to eliminate excess white space and dangling sentences. Make sure you're not printing any more pages than necessary.
- If you bring your own printer to school, be sure to refill your ink cartridges for a few

Quick Tips:

If your printer doesn't automatically print double-sided, don't despair! Print only the odd-numbered pages, then put them back in the paper tray upside down and print the even-numbered pages on the other side.

dollars at a local store such as Walgreens, rather than buying new ones.

- If you do need to get rid of an old ink cartridge, recycle it! To learn how, see the recycling section.

Smart Strips: Good For You and the Planet

- Buy a Smart Strip. Your room will likely not have enough outlets for all of your electronics. A smart power strip increases the number of outlets, provides surge protection, and eliminates electricity wasted from phantom loads (as long as you remember to turn the strip off when you are not using it). Smart Strips are a specific type of power strip that can sense when your computer goes to sleep or is turned off, and will automatically turn off power to your computing peripherals (such as your printer and scanner) to protect you from phantom loads. Smart Strips are also great for TV and audio equipment. They are available at the student-run Green Store or online at popular retail websites. To learn more visit http://sustainable.stanford.edu/sustainable_IT.



Quick Tips:

What is a phantom or vampire load? Many electronics use small amounts of energy even when they are turned off. Across the U.S., 6% of our annual energy costs come from these "phantom" energy loads. To counter this, unplug your electronics when you aren't using them, or plug them into a Smart Strip so they are turned off automatically.

Computing

Stanford Fact:

Installing Stanford's "Big Fix" power management tool on 24,000 campus computers will save an estimated \$400,000 per year, as well as reduce campus carbon emissions by 28,000 tons of CO₂/year.

- Put your computer to sleep! Set your power settings to turn your monitor off after five minutes of inactivity, and put your computer to sleep after 10, reducing your computer's energy usage by about 95%. Better yet, shut your computer off when you don't need it instead of leaving it on 24/7.

- Turn off your screensaver. We love your fancy graphics and fun pictures, but those screen savers typically use more energy than just running your computer. Set your screensaver to 'blank', or better yet set your monitor to turn off. Once off, your monitor will turn on again as soon as you move the mouse or hit a key.
- Need a new computer? To minimize your environmental impact, buy a laptop rather than a desktop computer, get a flat screen monitor if you need one, and be sure what you buy has the best EPEAT rating available. All Stanford-recommended computers are EPEAT Gold, and you can get them at a great discount. What's EPEAT? It is a joint effort between the Environmental Protection Agency (EPA) and the hardware manufacturers that measures and reports on the environmental impact of computers and monitors, focusing on manufacturing, packaging, usage, and recyclability. Learn more about select models at www.epeat.net.

In Class

- Green your note-taking: try taking notes electronically on your laptop (they're much harder to lose)! If you need to buy notebooks, look for notebooks and other school supplies made from recycled materials. 100% post-consumer content for paper is best.
- If you like to take notes on the lecture handouts, don't print them! You can take notes electronically on PDFs of lecture slides with programs like Microsoft OneNote or Adobe Acrobat (available through [http:// ess.stanford.edu](http://ess.stanford.edu)).

Quick Tips:

Ever wonder if you should turn off your computer or keep it on all night? Definitely turn it off. The small surge in power to boot up a computer is significantly less than the energy needed to keep it running all night. Turning it off won't damage the computer, and in fact, it does some good by resetting the system and clearing out caches.

How Much Energy Do Your Computer and Peripherals Use?

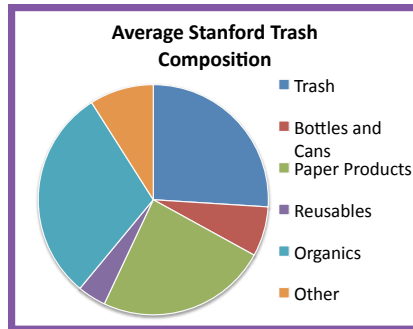
| Watts used while... | | | | |
|-----------------------------|--------------|---------------|------------|-----|
| Computer Hardware | Awake/Active | Sleep/Standby | Hibernate | Off |
| Desktop | 60 | 3 | 2 | 2 |
| Laptop | 15 | 3 | 1 | 1 |
| Monitors | Awake/Active | Sleep/Standby | Hibernate | Off |
| 17" LCD Flat Panel Monitor | 35 | 3 | 0 | 0 |
| 17" CRT Monitor | 80 | 2 | 0 | 0 |
| Office Printers | Printing | Ready | Sleep | Off |
| Laser BW, Inkjet Printer | 380 | 10 | 0 | 0 |
| Laser Color Printer | 400 | 35 | 0 | 0 |
| Peripherals | Awake/Active | Sleep/Standby | Hibernate | Off |
| Speakers | 15 | 15 | n/a | 3 |
| Network Printers/Copiers | Printing | Standby | Power Save | Off |
| Network BW Laser Printer | 550 | 27 | 7 | 1 |
| Network Color Laser Printer | 445 | 18 | 7 | 0 |
| Network Copier | 1600 | 290 | 120 | 4 |
| Network Copier/Printer | 1700 | 330 | 155 | 9 |

Source: Sustainable IT initiative in Sustainable Stanford

Zero In On Waste

⇒ The Many Ways to Recycle on Campus

Stanford makes recycling effortless. Producing new products is energy, water, and resource intensive. Recycling replaces virgin material production and significantly reduces energy consumption and greenhouse gas emissions. Case in point: recycling just one aluminum can saves enough energy to run a TV for three hours! Every student room comes equipped with a blue recycling bin—use it.



By weight, only 26% of items thrown into the garbage are actual trash. The rest could be recycled, reused, or composted.

Where to Recycle What:



Bottle and can recycling bin

- Recycle all paper, plastic bags, bubble wrap, and air pillows together inside the paper recycling bins.
- Recycle all glass bottles, aluminum cans, aluminum foil, tin cans, plastics bottles #1-7, Plastic #1 PETE & #2 HDPE, milk/juice cartons and boxes, and soymilk containers inside the bottle and can recycling bins.

- Recycle all corrugated cardboard in the green dumpsters.
- Recycle batteries in the battery recycling bin, usually found in your hall's computer cluster.



Cardboard recycling dumpster



Electronics recycling bin

- Recycle printer cartridges, toner, cell phones, CDs, and consumer electronic devices in electronic waste bins, found in the housing front desks of larger residences or in different academic buildings around campus.
- Recycle larger electronic items such as computers and televisions by bringing them to 339 Bonair Siding, Campus Recycling Center.

- Other items recycled on campus at Peninsula Sanitary Service, Inc.'s (PSSI) Operations Yard: construction and demolition debris, pallets, scrap wood, and scrap metal.
- Don't forget to reuse old items before even sending them to the recycling center. Print rough drafts on the back of scratch paper or see if



Student awareness project

Stanford Fact:
In 2009, Stanford's waste diversion rate was 65%.

others in your house want to read a magazine before you recycle it. For larger items you no longer need but others may want, post them on networking sites like freecycle.org or Craigslist before sending them to the recycling center or landfill. Recycle clothing and textbooks at <http://techtain.com>

TO LEARN MORE : Visit <http://recycling.stanford.edu>.

Eating Green (and enjoying your food more!)

⇒ Sustainable Dining on Campus and Beyond

Think about what you ate yesterday. Where did it come from? Who made it? What chemicals were used in its production? In an ideal world, you would know the answer to all those questions, but chances are you can answer one at most. How food is produced and distributed impacts your health, the health and livelihoods of farmers, farm workers, animals, and our natural resources.

Stanford is aspiring to be a leader in changing our country's food system to one that is healthy, community-based, environmentally sound, humane, and fair.



Ricker Dining's organic garden provides herbs and vegetables for the dining hall

What's Happening in Dining?



Student gardener Lauren Ponisio with her harvest

Stanford Dining aims to be a leader in sustainable food. Certified as a Green Business in 2004, Stanford Dining has implemented a variety of programs to educate the community and encourage sustainable food operations

Stanford Dining's Sustainability Initiatives

- 40% of Stanford Dining's produce is organic or locally grown; some is even grown on campus at the Community Farm and at more than 10 student-run vegetable-and-herb gardens around campus.

- Stanford Dining purchases grass-fed beef, organic milk, sustainably-caught seafood, local and organic produce, and more!
- The campus Community Farm and community herb-and-vegetable gardens provide organic produce to dining halls and sell produce to campus members at a weekly farm stand.
- Dining puts on an annual "Eat Local" week and monthly "Eat Local" dinners featuring seasonal food. Often during these dinners, local farmers come into the dining halls to meet with students.
- All dining halls now have compost bins for food scraps. In 2009, Stanford composted 1,300 tons of food.
- 10,000 gallons of waste oil from the dining halls are converted to biodiesel each year.



Student gardener, Mattias Lanás, at an "Eat Local" dinner stand.



- In 2008, Dining began a "Love Food, Hate Waste" campaign to urge students to waste less food and compost what is leftover on their plates.
- Leftover usable food from the dining halls is donated to homeless shelters through the student group SPOON, instead of going to waste.
- Stanford's "Dining in the Daylight" program leaves the lights in dining halls off during the day to save energy and allow students to dine under natural daylight.

Actions You Can Take on Campus

In the Dining Halls

- Go trayless! Forgoing dining hall trays will not only save on water used to clean them, but will also help keep you from grabbing too much food. (Make sure to compost any leftovers you do have).
- Minimize your dishes. Try not to grab a different plate for every food item you take.



Students at Stanford's Community Farm.

- Vote with your fork! Choose sustainable food options, including local, organic, grass-fed, antibiotic/hormone-free, cage-free, fair trade, and vegetarian/vegan.
- Make your voice heard! Ask questions and give feedback to your chef and manager about the food they offer.

Grow Your Own Food

- There are many dining hall and house gardens on campus; become a student gardener or start your own!
- Take the hands-on "Local Sustainable Agriculture" class at the Community Farm and learn sustainable agriculture techniques while growing organic produce.
- Learn to cook. Live in a co-op or your own apartment, ask to help out in the kitchen wherever you live, or participate in the Cardinal Cookoff sponsored by Stanford Dining.

Stanford Fact:

In 2008, 74% of Stanford Dining's seafood was in the Best or Good Category of the Seafood Watch Card and, in 2009, our goal is 100%.

Quick Tips:

Stanford has a produce stand at Tresidder every Friday and at Munger every Tuesday from 11-3 during Spring, Summer, and Fall quarters. Drop by to purchase fresh, organic, seasonal, and locally grown produce!

Beyond the Dining Halls: Making Sustainable Food Choices in the Real World

Purchase Greener Foods

- Buy locally grown foods, directly if possible. Try to visit your local farmer's market or sign up for a Community Supported Agriculture (CSA), in which you receive a weekly box of seasonal produce.
- Buy organic. Organically grown foods are free of nasty herbicides and pesticides that are found on conventionally grown produce.
- Think about eating. Meat production is very energy and water intensive. If you prefer, eliminate meat from a single meal each week.

Eat Well While Eating Out

- Reduce, reuse, and save money by bringing your own water bottle, mug, plastic ware, utensils, and bag when you're going out. Some cafés provide discounts for bringing your own mug.
- Only order what you can eat or bring your leftovers home with you to eat later.
- Ask about restaurants' practices, and support businesses that share your ideals. Consider:
 - ✓ Seasonal, organic purchasing
 - ✓ Relationships with farmers
 - ✓ Humane meat and dairy
 - ✓ Sustainable seafood
 - ✓ Fair trade products (i.e. coffee, tea, bananas, chocolate)
 - ✓ Waste reduction efforts
 - ✓ Labor standards for employees

Quick Tips:

You can make a difference! Due to the initiative of Stanford students, most on-campus eateries switched from styrofoam to compostable plates and utensils.

TO LEARN MORE: Visit <http://eatgreen.stanford.edu> or contact sustainable food coordinator Matt Rothe at mrothe@stanford.edu or farm educator Sarah Wiederkehr at swied@stanford.edu.

Getting Around the Green Way

⇒ Reducing Your Transportation Impact on the Environment

The Stanford campus and the Bay Area are home to many transportation options. Take advantage of them! Read on for tips about how to get around, while minimizing your costs and your carbon footprint.

Getting Around: On Campus

Walking: Stanford promotes safety for pedestrians by designating “Pedestrian Zones” across most of central campus, where vehicle access is restricted.

Biking: Biking is one of the fastest and most common methods of getting around campus. Wear a helmet for every ride, and follow the rules of the road!

- Stanford is ranked as a gold-level “Bicycle Friendly Community” by the League of American Bicyclists.
- The Campus Bike Shop sells locks, accessories, tools, tune-ups, and rentals. Visit www.campusbikeshop.com.
- Parking & Transportation Services (P&TS) hosts a bike information booth in White Plaza almost every Friday from 11 am–2 pm during the academic year. Drop by to register your bike and to get answers to your biking questions. P&TS also provides bicycle safety workshops and dorm roadshows, along with bike helmet discounts.
- Regional bike maps are available through P&TS. Visit <http://transportation.stanford.edu/bike> to learn more.
- Bikes can also be taken on Marguerite shuttles, regional buses, and on Caltrain.



Outreach for Bike to Work Day

Stanford’s Marguerite shuttle: The Marguerite is FREE for students and the public, and is equipped with bicycle racks.

- The Marguerite provides weekday service to locations throughout campus, with connections to regional transit, dining, and shopping.
- There is also evening and weekend service to the following off-campus destinations from September to June: Stanford Shopping Center, Palo Alto Transit Center (Caltrain), and the San Antonio Shopping Center (Target, Safeway, Trader Joe’s, Whole Foods, Sears, etc).



Marguerite shuttle bus

Stanford Fact:
Stanford offers more than 12,000 bike rack spaces and 11.7 miles of bike lanes.

Getting Around: Bay Area and Beyond!

Getting off campus is easier than you think. For information on getting to popular destinations near campus by bike or transit, check out “Thriving at Stanford Without A Car,” available at <http://transportation.stanford.edu/thriving>.

Here are public transportation options that you might want to use:



Caltrain

- **Bicycle.** Stanford offers resources for bicyclists, including regional bike maps, bike route planning, and bike safety classes.
- **Caltrain** runs between Gilroy and San Francisco. The Palo Alto Caltrain station is near the edge of campus. Visit www.caltrain.com for more information.

- VTA buses run throughout Santa Clara County and south of campus to San Jose and San Jose, with connecting service to Santa Cruz and Monterey. Visit www.vta.org for more information.
- SamTrans buses run throughout San Mateo county and north of campus to San Francisco. Visit www.samtrans.com for more information.
- BART runs from Millbrae (connecting with Caltrain) north throughout San Francisco and across the bay to Berkeley and Oakland and to the East Bay. Visit www.bart.gov for more information.
- For more details about each of these transportation systems, as well as information on other public transit options, including the Altamont Commuter Express (ACE), Dumbarton Express, Line U Stanford Express (free with Stanford ID), San Francisco Muni buses, AC Transit, and Capitol Corridor/Amtrak, visit <http://transportation.stanford.edu/transit>.

Quick Tips:

Visit <http://transit.511.org> to have your Bay Area trip planned for you. Just enter your starting and ending locations, and the program will do the rest.

Driving: You Don't Have to Own a Car!



Students utilizing one of Stanford's 34 Zipcars

Zipcar is an on-demand car sharing program available 24/7 with 34 cars at fifteen Stanford locations. Visit zipcar.stanford.edu to learn more.

- Reserve online and pay as little as \$7 an hour to drive a car (gas + insurance included).

- Stanford faculty, staff, and students (age 18 and older) receive \$35 driving credit with a \$35 Zipcar membership.

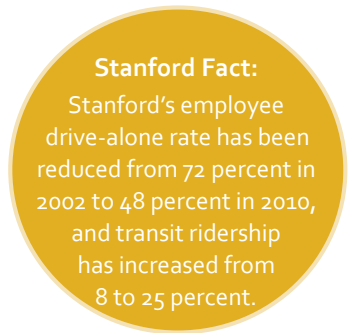
Zimride is a carpooling program that can help you share a ride with Stanford affiliates.



- Find a ride to the grocery store, airport, and beyond, or offer to drive others next time you are headed out!
- Register or login instantly with your Facebook account at zimride.stanford.edu.

Enterprise Rent-A-Car

- Enterprise's campus location offers discounted rates for Stanford affiliates and \$10 weeknight rentals for Stanford residents (requires pre-registration).
- The campus Enterprise office rents to students ages 18 and older. Visit transportation.stanford.edu/enterprise.



Stanford Commute Club

- If you live off campus and do not purchase a long-term Stanford parking permit, you can join the Commute Club and receive hundreds of dollars a year in Clean Air Cash or Carpool Credit.
- Members also receive free hourly car rental vouchers, Zipcar driving credit, and enrollment in Stanford's Emergency Ride Home Program.
- Visit <http://transportation.stanford.edu/commuteclub>.

Commute Planning Assistance

- Parking & Transportation Services provides alternative transportation planning assistance for Stanford affiliates. For assistance, send an email to commuteclub@stanford.edu.

Shopping With an Environmental Conscience

⇒ Paper or Plastic? (Hint: The answer is reusable)

Every product you buy comes with a carbon footprint—an amount of carbon emissions associated with its production and distribution. In addition, many products have impacts on other aspects of the environment, such as natural resources like water and trees. Here are some tips for reducing the environmental impact of your purchases.

BEFORE You Buy, Ask Yourself:

- Do I really need it? (Reuse plastic containers to pack your lunch.)
- Can I upgrade an existing product? (Refurbish your PC, refill ink cartridges.)
- Does it serve multiple purposes? (All-in-one printer, copier, scanner combo.)
- Can I find it used? (Craigslist.org; SUpost.com; Thrift stores: Palo Alto Goodwill, Savers, and Salvation Army.)



When You Do Buy Something, Buy Green:

- Try to buy recycled, used, or durable goods.
- When purchasing food or household goods, try to buy in bulk. This reduces wasteful packaging and is usually more cost-effective.
- Look for eco-friendly cleaning products and detergents, including Seventh Generation, Clorox Greenworks, and Method products.
- When purchasing appliances like microwaves or mini-fridges, look for items that are Energy Star rated.

- Buy rechargeable batteries to reduce the amount going to the land-fill.
- For lighting, buy CFLs, which provide the same amount of light as incandescent bulbs but require 90% less energy.
- For clothing, look for organically grown fibers and water-based inks.

Quick Tips:

Next time you throw a party, use recyclable “green cups” instead of wasteful red plastic cups. Buy green cups at the ASSU Green Store—they’ll even be delivered to your residence! Visit <http://greenstore.stanford.edu>.

Read the Label!

- Many products claim to be “eco-friendly” or “sustainable” without any verification and often without much of an actual positive environmental impact.
- Look for accredited logos from third-party agencies, rather than general claims like “natural”.
- Here are some reliable logos to look for while shopping:



USDA organic foods are free of pesticides and fertilizers. Organically raised animals are fed organic feed that is hormone-free. This label is also used on cosmetics.



Fair trade products like coffee, chocolate, and fruits ensure that the farmers and growers of the food receive a reasonable payment for their goods.



Products bearing the WaterSense label are about 20% more efficient than their average counterparts and provide measurable water savings.



Energy Star appliances meet energy efficiency guidelines set by the EPA and U.S. Department of Energy. Energy Star also rates buildings.

Learn More and Stay Connected

⇒ Additional Resources for Sustainability on Campus

Stanford provides many opportunities to further explore an interest in the environment. For more information on Sustainable Stanford, as well as contact information for people involved in sustainability across the campus, visit Sustainable Stanford: <http://sustainable.stanford.edu>.

Academic Resources:

Stanford's Environmental Portal: Visit to learn about environmentally focused majors, environmental centers and institutes, environmental faculty and research, and environmental events on campus.

<http://environment.stanford.edu>

Environmental Courses at Stanford: Visit to find a comprehensive list of environmental courses offered at Stanford.

<http://pangea.stanford.edu/ESYS/courses>

Student Groups:

Visit the environmental student website for a detailed list of groups and resources:

http://sustainable.stanford.edu/student_groups

Sustainability requires individual efforts.

Get in on the action today!

<http://sustainable.stanford.edu>

Sustainability Pledge

Sign the pledge below and post it in your room to remind you of your environmental commitment! For a more interactive online sustainability pledge, visit <http://greenpledge.stanford.edu/>.

I pledge to **think** about opportunities to incorporate **sustainable practices** into my everyday life and act **whenever possible** to reduce my environmental impact.

Signed, _____



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