



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 sustainable resource use.

We believe sustainability means meeting the needs of today in a manner that does not compromise the ability to meet the needs of the future.

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



Fahmida Ahmed and Jiffy Vermylen, Office of Sustainability

Certified as a green business, Stanford has been in the highest tier for overall leadership in sustainability in North America four of the past five years (<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 the Farm. The actions your friends take and share with you as they welcome you to campus 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 impact.

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

Stanford Office of Sustainability

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Office hours: every Monday, 3 – 5 PM

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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Beyond the Bubble

⇒ Stanford's Resource Map

Stanford University is not just an isolated system—our resource flows connect us to the outer world. Read on to find out where your campus resources originate and what they support.

Campus Waste/Campus Recycling

PSSI makes about fifteen 40-mile trips per day to deliver waste materials to recycling, composting and landfill facilities in San Jose and the South Bay. In 2010, Stanford recycled or composted 14,350 tons of material and landfilled 8,100 tons of trash, diverting 64% of its waste away from the landfill. We have reduced the amount landfilled by 43% since 1998. This is a great achievement, but we can do better. Two dozen waste audits reveal that 26% of our landfilled waste is recyclable and another 28% is compostable.

Campus Energy

The university continues to work towards zero waste.

Stanford's energy is primarily generated right here at our own Cardinal Cogen power plant—located behind Y2E2 on campus. The plant produces electricity by burning natural gas and uses the waste heat to produce steam and chilled water for campus heating and cooling needs. While cogen plants are some of the cleanest power plants, Cardinal Cogen is nonetheless the source of 75% of Stanford's carbon emissions. Greening the energy supply is a key consideration in Stanford's Energy and Climate Plan.

Campus Water

Approximately 85% of Stanford's irrigation water comes from nonpotable lake water collected in two campus reservoirs. Most of Stanford's potable water, like much of California's supply, comes from Hetch Hetchy Reservoir in the Sierras, near Yosemite National Park. Recently, Stanford installed a new reclaimed-water plant, providing recycled water for toilet flushing in the new Science and Engineering Quad, the GSB, and two School of Medicine buildings. Our water conservation program is one of the most aggressive in the Bay Area. Between 2000 and 2010 Stanford reduced domestic water use on campus 21%, despite adding more than one million gross square feet (GSF) to the building portfolio.

Campus Food

Stanford Dining serves more than 4 million meals each year—that's a lot of food! 38% of this food comes from within 150 miles, supporting 200 local farmers. While the rest is shipped in from farther afield, Stanford makes every effort to procure organic food directly from its producers. One example is the salmon served on campus—100% is wild-caught Alaskan salmon purchased directly from a small family-owned business. Stanford served 10,000 pounds of this salmon last year.

Habitat Protection

Ever wondered why "Lake" Lagunita is so dry? Stanford is protecting the habitat of the endangered Tiger Salamander—it is believed that the last remaining population on the San Francisco Peninsula lives on campus land.

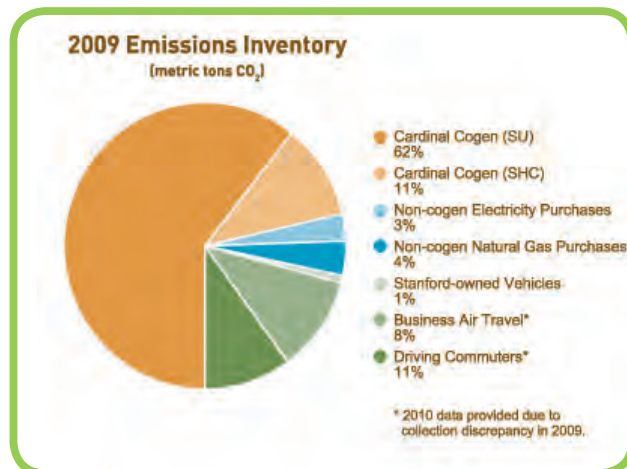
Campus-Wide Sustainability Initiatives

⇒ Stanford's Energy and Climate Plan

Stanford University is committed to reducing its environmental impact at all levels of operation. For many years Stanford has employed best practices on both the supply and the demand sides to reduce the cost and environmental impact of energy used to support the university's mission of teaching, research, and public service. Stanford accepts the challenge of our time to go beyond these efforts and raise the bar in energy efficiency and the development of innovative, clean, and renewable energy supplies.

To this end, in 2009 Stanford developed an ambitious, long-range, \$250 million initiative to sharply reduce the university's energy consumption and greenhouse gas emissions. Changes outlined in the Energy and Climate Plan could reduce the campus carbon impact by as much as 20% below 1990 levels by 2020.

The Energy and Climate Plan is one of the most ambitious carbon-reduction programs at any major U.S. university. Its balanced approach includes higher-than-required energy standards for new buildings, major retrofitting of existing buildings, a significant transformation of the campus energy plant, and programs to teach students, faculty, and staff how to reduce energy use. While the initial phases of the plan rely on aggressive energy conservation and major changes to the campus



heating and cooling scheme, more greenhouse gas reductions may be possible through the use of renewable electricity and other energy management technologies.

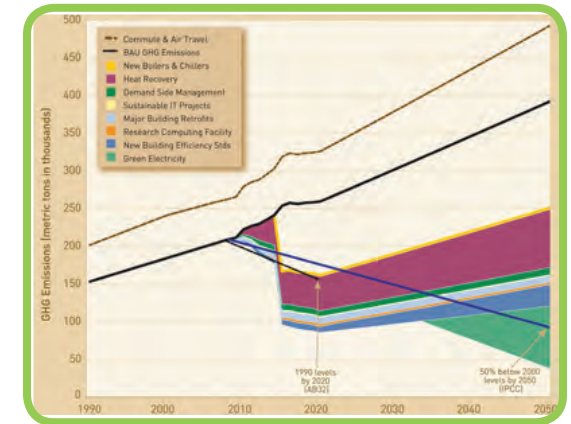
A new heat recovery proposal, the most innovative element of the Energy and Climate

Plan, represents the energy supply component of the university's balanced approach. Stanford has a significant and simultaneous need for both heating and cooling in its buildings throughout the year. Replacing the cogeneration plant with a heat recovery facility could enable the campus to recover up to 70% of the heat now discharged from the cooling towers to meet at least 50% of simultaneous campus heating demands, significantly reducing fossil fuel and water use in the process.

“At Stanford, we're taking steps to reduce greenhouse gases through improved efficiency in both consumption and generation of energy,” said Stanford President John Hennessy. “Our goal is both to lower our energy costs and to lower our carbon emissions, which is the right step for Stanford and for our planet.”

TO LEARN MORE: Watch the video explaining Stanford's climate plan at http://sustainable.stanford.edu/climate_action.

A key component of Stanford's Energy and Climate Plan is individual emission reductions. Read on to learn how you can Be Cardinal Green and play a role in our campus-wide efforts to reduce our environmental impact.



Be Cardinal Green All Year

⇒ Join a Cardinal Green Campaign

Throughout the year, Sustainable Stanford's "Be Cardinal Green" campaigns promote sustainable individual actions and behavior change on campus. Each campaign engages the entire community via online pledges and reports as well as specially designed incentives and prizes. Learn more about each campaign and how you can participate:



October-November

Campus Sustainability Survey

Fill out the survey to help collect information about sustainable behaviors across campus. You can win prizes, and the information will greatly help the Office of Sustainability improve its programs.



October-November

Building-Level Sustainability Program

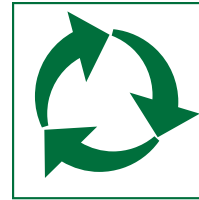
See which buildings are involved in the building-level sustainability program to reduce energy consumption, and support the team.



December-January

Energy Reductions for Winter Closure

Each year when students go home for winter break, faculty and staff take time off as well. During this two-week period, Stanford attempts to scale back building heating, ventilation, and custodial services. You can participate by ensuring all electronics, computers, and mini-fridges are off and unplugged before you leave for vacation.



February-March

Intercollegiate Recyclemania Competition

Recyclemania is an annual recycling and waste reduction competition among more than 300 college campuses nationwide. Stanford competes over an eight-week period in categories such as total waste diversion, total tons recycled, per-person recycling rates, and waste minimization.



April-May

Campus Water Conservation

Stanford is continuously making an effort to reduce both potable and nonpotable water use. See which water conservation efforts you can take part in during this annual campaign.



June-July

Sustainable Purchasing Practices

Not only do purchases have financial impacts, but all products and services procured at Stanford affect the campus's environmental footprint. Stanford's Environmentally Preferable Purchasing (EPP) Strategies consider the lifetime environmental impact of various products. This campaign encourages sustainable purchasing through consuming less, consolidating orders, and selecting products that are reusable or have high recycled content.

TO LEARN MORE: Visit

http://sustainable.stanford.edu/be_cardinal_green.

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 as long 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 it up. 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 the 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 time at Stanford, 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. Also think about lowering the 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.

Toilets and Sinks

- Use the dual-flush function available on many school toilets to reduce water usage—remember to check the lowflush 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 at <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 a paper towel, try to take a smaller piece—it 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, some bathrooms have separate lights for the shower stalls—don’t forget to turn those off when you’re on your way out.

At Home: Doing Laundry

Using the Washing Machines

- Only do laundry if you have a full load. 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 on the “bright colors” setting.
- Use greener laundry detergents that are plant-based and free of phosphates. 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.

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, despite more than 1 million gross square feet of campus growth.

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 dryer capacity is much larger than washer capacity 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 separate load.
- When using the dryer, set it for the shortest time 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 a few more minutes.

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 do not have to print more pages than necessary.

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.

Stanford Fact:

Installing Stanford's "Big Fix" power management tool on 24,000 campus computers will save an estimated \$4,000,000 per year, as well as reduce campus carbon emissions by 28,000 tons.

- Many word processing programs set the default margin size to 1.25". Shrinking this down to 1" or smaller can save paper.
- If you bring your own printer to school, be sure to refill your ink cartridges for a few dollars at a local drug store, rather than buying new ones each time you run out.
- If you do need to get rid of an old ink cartridge, recycle it! To learn how, see Zero In on Waste.

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 by phantom loads. 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). 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.



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.

TO LEARN MORE: Visit http://sustainable.stanford.edu/buildings_initiatives.

Computing

- 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 flatscreen monitor if you need a monitor, and be sure that you buy products with the highest EPEAT rating available. All Stanford-recommended computers are EPEAT Gold, and you can get them at a great discount. 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 paper and other school supplies made from recycled materials. High-percentage post-consumer recycled content 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 (both are available through <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 Electronics Use?

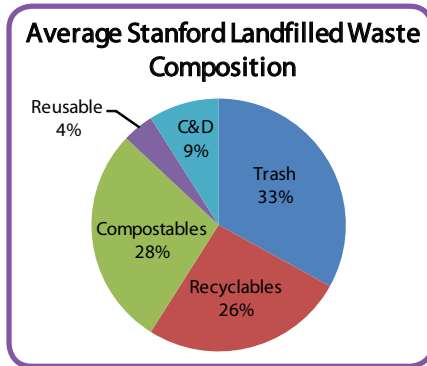
Watts used while...				
Computer Hardware	Awake/Active	Sleep/Standby	Hibernate	Off
Desktop	60	3	2	2
Laptop	15	3	1	1
Monitors	Awake/Active	Sleep/Standby	Hibernate	Off
17" LCD Flat Panel Monitor	35	3	0	0
17" CRT Monitor	80	2	0	0
Office Printers	Printing	Ready	Sleep	Off
Laser BW, Inkjet Printer	380	10	0	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	1,600	290	120	4
Network Copier/Printer	1,700	330	155	9

Source: Sustainable IT, a division of Facilities Energy Management

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 23% of items thrown into the garbage are actual trash. The rest could be reused, recycled, or composted.

What and Where

- Recycle all plastic containers, aluminum cans, tin cans, aluminum foil, scrap metal, glass bottles, milk/juice cartons and boxes, and soymilk containers inside the Plastics, Metals & Glass recycling bins. Styrofoam is not recycled.
- Recycle all corrugated cardboard in the green dumpsters.
- Recycle batteries in the battery recycling bin, usually found in your hall's computer cluster.
- Recycle printer cartridges, toner, cell phones, CDs, and consumer electronic devices in electronic waste bins, found in the housing front



Stanford's new bin signage makes recycling easy on campus.



Electronics recycling bin

and demolition debris, pallets, scrap wood, and scrap metal. Running shoes in good condition and reusable books can be donated via the Stanford Recycling Drop Off Center located at 701 Serra Street.

- Don't forget to reuse old items before sending them to the recycling center. Print rough drafts on the back of scratch paper or see if others in your house want to read a magazine before you recycle it. Post larger items others may want on networking sites like freecycle.org or Craigslist before sending them to the recycling center or landfill. Recycle clothing and textbooks at Palo Alto Goodwill or SUpost.com.

desks of larger residences and in various academic buildings around campus.

- Recycle larger electronic items such as computers and televisions by bringing them to 339 Bonair Siding, Stanford Recycling Center.
- Other items recycled on campus at the Peninsula Sanitary Service, Inc. (PSSI) Operations Yard: construction

Stanford Fact:
In 2010, Stanford's waste diversion rate was 64%.



Stanford competes annually in the Recyclemania competition among over 300 universities across the U.S. In 2011 Stanford placed second in the "Gorilla" category for total tons recycled.

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 answers 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 and farm workers; animals; and our natural resources.

Stanford aspires 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?

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 Fact:

74% of Stanford Dining's seafood is in the Best or Good category of the Seafood Watch Card. Our goal is to improve this to 100%.

- Measured in dollars, 8% of food served at dining halls is USDA-certified organic. At present 100% of fat-free milk, 50% of yogurt, and 100% of hamburger patties are USDA-certified organic. Stanford Dining also has a partnership with 27 local farms to supply organic produce.
- The campus Community Farm and smaller herb and vegetable gardens provide organic produce to dining halls and sell produce to campus community 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 to the dining halls to meet and eat with students.
- All dining halls now have compost bins for food scraps. In 2010, Stanford composted 1,320 tons of food.



Student gardener Mattias Lanas at an "Eat Local" dinner



- 10,000 gallons of waste oil from the dining halls are converted to biodiesel each year.
- In 2008, Dining began a "Love Food, Hate Waste" campaign to urge students to waste less food and compost what is left 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 not only saves the water used to clean them, but also helps to keep you from grabbing too much food. (Make sure to compost any leftovers you do have.)



Students at Stanford's Community Farm

- Minimize your dishes. Try not to grab a different plate for every food item, and refill your cup!
- 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.

Quick Tips:

Stanford has a produce stand at Y2E2/SEQ every Friday from 12 to 4 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 join a Community Supported Agriculture (CSA) program, in which you receive a weekly box of seasonal produce.
- Buy organic. Organically grown foods are free of nasty herbicides and pesticides frequently found on conventionally grown produce.
- Think before you eat. 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 campus cafés provide discounts for bringing your own mug.
- Only order what you can eat, and take any leftovers home with you for a later meal.
- Ask about a restaurant's practices, and support businesses that share your ideals and values. Consider:
 - ✓ Seasonal, organic purchasing
 - ✓ Relationships with farmers
 - ✓ Humane meat and dairy
 - ✓ Sustainable seafood
 - ✓ Fair trade products (e.g., 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 have 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.

Getting Around the Green Way

⇒ Reducing Your Transportation Impact on the Environment

The Stanford campus and the Bay Area are home to many sustainable 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 pedestrian safety by designating “pedestrian zones” across most of the central campus. Vehicle access is restricted in these areas.

Biking: Biking is one of the fastest and most common methods of getting around campus. In fact, 40% of students living off-campus commute by bike. Wear a helmet for every ride, and follow the rules of the road! Parking & Transportation Services (P&TS) offers monthly bicycle safety workshops.

- In 2011, Stanford achieved the first and only platinum-level “Bicycle Friendly University” ranking by the League of American Bicyclists.
- The Campus Bike Shop is a full-service shop, selling locks, accessories, and tools, as well as offering tune-ups and rentals. Visit www.campusbikeshop.com to learn more.
- P&TS hosts a bike safety station in White Plaza almost every Friday from 11 AM to 2 PM during the academic year. Drop by to register your bike and to get answers to your biking questions. Regional bike maps are available through P&TS. Visit <http://bike.stanford.edu> to learn more.
- Bikes can be taken on Marguerite shuttles, regional buses, and Caltrain.



Outreach for Bike to Work Day

Stanford’s Marguerite shuttle: The Marguerite is **FREE** to everyone, and all buses are equipped with bicycle racks.

- The Marguerite provides weekday service to locations throughout campus, with connections to regional transit and off-campus dining and shopping.
- There is also evening and weekend service to the following off-campus destinations during the academic year: Stanford Shopping Center, Palo Alto Transit Center (Caltrain), and the San Antonio Shopping Center (Target, Safeway, Trader Joe’s, Whole Foods, Sears, etc.).
- Visit <http://marguerite.stanford.edu> for more information.



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,” <http://transportation.stanford.edu/thriving>.

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



Palo Alto Caltrain Station

- **Caltrain** runs between Gilroy and San Francisco. The Palo Alto Caltrain station is near the edge of campus off of Palm Drive. Visit www.caltrain.com for more information.

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

Quick Tips:

Visit www.google.com/transit 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!

Zipcar is an on-demand carsharing program available 24/7 with 39 cars at 17 Stanford locations. Visit <http://zipcar.stanford.edu> to learn more.

- Stanford faculty, staff, and students (age 18 and older) receive \$35 driving credit with a \$35 Zipcar membership.
- Reserve online and pay as little as \$8 an hour to drive a car (gas and insurance included).



Students using one of Stanford's zipcars

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 log in instantly with your Facebook account at <http://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 age 18 and older. Visit <http://transportation.stanford.edu/enterprise> to learn more.

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.
- Members also receive free hourly car rental vouchers, Zipcar driving credit, and enrollment in Stanford's Emergency Ride Home program.
- Visit <http://commuteclub.stanford.edu>.

Stanford Fact:

Stanford's employee drive-alone rate dropped from 72% in 2002 to 48% in 2010, and transit ridership has increased from 8 to 25%.

Commute Planning Assistance

- Parking & Transportation Services provides alternative transportation planning assistance for Stanford affiliates. Visit <http://transportation.stanford.edu/commuteplanning/>.

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, for example, 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 hazardous waste from discarded batteries.
- For lighting, buy CFLs, which provide the same amount of light as incandescent bulbs but require 75% less energy.
- For clothing, look for organically grown fibers and water-based dyes.

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>.

Don't Discard:

- At the end of each school year, Stanford’s dumpsters overflow with items in great condition that students cannot keep. Stanford has started a new annual thrift store where students can donate their unwanted items instead of throwing them out! Keep an eye out for the “Ditch That Dumpster” campaign each spring quarter and look to the thrift store for great, inexpensive items in the fall.



Students at the 2011 campus-wide thrift store

Read the Label!

- Many products claim to be “eco-friendly” or “sustainable” without verification or documented positive environmental impact.
- Look for accredited logos from third-party agencies, rather than generic claims like “natural” or “green.”
- Examples of some reliable logos are shown below:



USDA organic foods are grown without chemical pesticides and fertilizers. Organically raised animals are fed hormone-free organic feed.



Look for the CCOF organic logo at your local California farmer’s market. CCOF certifies all levels of the food chain, including farmers, processors, retailers, and restaurants.



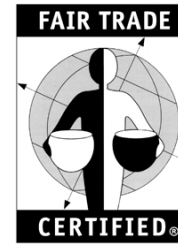
Energy Star appliances meet energy efficiency guidelines set by the EPA and the U.S. Department of Energy. Buildings can also achieve Energy Star ratings.



Seafood certified by the Marine Stewardship Council comes from a sustainable fishery.



Products bearing the WaterSense label are about 20% more efficient than typical fixtures and provide measurable water savings.



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



Wood products certified by the Forest Stewardship Council come from “well-managed” forests and were harvested in a sustainable manner.



BPI-certified compostable products are bio-plastics that have been tested to ensure they biodegrade adequately in compost facilities. Look for this logo on products in many campus eateries.

Labels to Avoid

If you see any of the following phrases or claims, beware!

- “Free Range”: This term is only regulated for poultry (not eggs or beef) and only requires chickens to have “access” to the outdoors for an undefined amount of time.
- “Cruelty Free”: This is unregulated and not meaningful. Look instead for a “Certified Humane” logo.
- “Natural,” “Environmentally Friendly,” “Environmentally Preferable”: These claims are unverified and unregulated.

TO LEARN MORE: Visit Consumer Reports’ Eco-Label database at <http://www.greenerchoices.org/eco-labels/>.

Labels shown on this page are provided for informational purposes only, and inclusion herein does not represent Stanford’s endorsement of the certifying agencies or organizations.

⇒ Additional Resources for Sustainability on Campus

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

Academic Resources

Stanford's Environmental Portal: 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: Find a comprehensive list of environmental courses offered at Stanford.

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

Student Groups

To see a detailed list of organizations and resources, visit the environmental student group website:

http://sustainable.stanford.edu/student_groups.

Student Green Fund Grants

A total of \$30,000 is available each academic year to fund innovative, student-driven projects designed to create a more sustainable campus. To learn more about the application process and view past projects, visit:

http://sustainable.stanford.edu/green_fund.

Sustainability Campaigns

Sustainable Stanford runs annual sustainability campaigns across campus to highlight opportunities for individual action.

To learn more about each of these campaigns, visit:

http://sustainable.stanford.edu/be_cardinal_green.

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