

WHY GREEN ?

Since the 1970s, air and water quality has vastly improved through the efforts of the environmental movement. Despite this progress we are still faced with challenges, some of them now critical. The message of environmental sustainability has hit mainstream America hard in the last year, starting with the wake-up call of Katrina and reflected in recent leading national news and even fashion industry magazine cover stories (Wired, Fortune, Time, Vanity Fair, etc.).

Princeton's informal university motto is "*Princeton in the Nation's Service and in the Service of All Nations.*" We are fulfilling that service mission in part through environmentally responsible dining services, paper purchasing, recycling, energy conservation, green building plans, innovative research and teaching, creation of a Sustainability Manager position, and more. You are now part of one of the most influential educational institutions in the world and will graduate with leadership skills that can contribute to realizing the goal of a sustainable society.

Most scientists agree that global warming is the most critical issue needing our action today, caused by the burning of fossil fuels. Those of us in affluent societies bear the largest responsibility for the excessive levels of carbon dioxide being released into the atmosphere from that fuel use. Colleges and Universities across the nation are no exception. But we are starting to become part of the solution by taking responsibility for our own sustainability issues and exporting solutions to the rest of the nation.

There is a lot more we can do to encourage and support this exciting process. While living here you have the opportunity to try out your ideas in an unparalleled atmosphere of innovation, or simply give sustainable living approaches a try.

This pamphlet was created to help you get started in developing environmental awareness on the Princeton campus. It provides easy tips for making small lifestyle adjustments that will lessen your personal ecological footprint, and therefore the campus footprint as a whole. If you are excited by the potential of developing sustainable living approaches and want to get more involved, please contact any of the program offices listed in the back cover of this pamphlet.

ENERGY CONSERVATION



Helpful Tips to Lower Energy Consumption in your Dorm:

- Enable the sleep mode (instead of screen savers) on your computer and set the monitor to deactivate after ten minutes of nonuse
- Consider plugging all electronics, including cell phone chargers (which use power even when not in use), into power strips so that you can conveniently flip one switch to turn everything off at night or when you leave for a few days
- Turn off lights when leaving the room/bathroom
- Replace your incandescent bulbs with compact fluorescents
- Buy Energy Star appliances and electronics
- Wash clothes on the cold water cycle and only run full loads
- Keep windows closed when the heat is on (if it is still uncomfortable call 8-8000 for Facilities Customer Service)
- Adjust the heat if there is a thermostat in your room, turning it down whenever you leave (especially over long breaks)
- Turn off and defrost the refrigerator over long breaks
- Use natural light rather than electric when possible
- Unplug cell phone chargers when not in use

Did You Know. ...?

Facts: Energy Star Website: www.energystar.gov/

- The energy we use in our homes causes more greenhouse gas emissions than driving our cars
- If every household in the U.S. replaced one light bulb with an ENERGY STAR qualified compact fluorescent light bulb (CFL), it would prevent enough pollution equal to removing one million cars from the road
- ENERGY STAR CFLs use 66% less energy than a standard incandescent bulb and last 10 times longer.

Handy Phone Numbers and Information:

- Contact the department of Facilities if a light is out in your room or if the heat is uncomfortably high in the building. The phone number is (609) 258-8000 or you can fill out an online work request form at <http://Facilities.princeton.edu/Customer/workrequest.htm>
- Find out more about Energy Star appliances and electronics at <http://www.energystar.gov>
- Contact OIT if a cluster computer does not power down to sleep mode or the monitor does not shut off after ten minutes of nonuse. To reach the OIT help desk dial 8-HELP or <http://helpdesk.princeton.edu/home>
- Instructions on enabling the sleep mode on your computer can be found at <http://www.energystar.gov/>

WATER CONSERVATION



Helpful Tips to Reduce Water Consumption in your Dorm:

- Take shorter showers
- Turn off the faucet while brushing your teeth
Turn off the water in the shower when lathering
- Only wash full loads of laundry
- Report auto-flush malfunctions to Facilities at 8-8000
- Use front loading washers and dryers instead of top loading in buildings where they are available such as Little or Blair/Buyers
- Do not use the toilet as a garbage bin. Toss tissues and waste into trashcans.
- Report leaky faucets, toilets, and showerheads by calling 8-8000
- Do not wash harmful chemicals down the drain in Laboratories

Did you Know...?

- 25-50 gallons of water are used in the average five minute shower
- Only 1 % of the earth's water is suitable for drinking
- Full-sized Energy Star washers use 18-25 gallons of water per load instead of the 40 gallons used by standard machines
- Water on campus is supplied by Elizabethtown Water Company
- Princeton uses approximately 237,457,119.0 gallons of water annually

Handy Phone Numbers and Information:

- Contact the department of Facilities in the MacMillan Building if you notice a leaky faucet, toilet, or showerhead. The phone number is (609) 258-8000 or <http://facilities.princeton.edu/Customer/workrequest.htm>
- Princeton is part of the Stony Brook Millstone Watershed. Check out information about the health of the watershed at <http://www.thewatershed.org/>
- Environmental Protection Agency (EPA) website: <http://www.epa.gov/>

WASTE REDUCTION



Helpful Tips to Reduce Waste while Shopping and in Daily Life:

Reduce

- Buy non-perishable items in bulk to reduce the amount of packaging
- Edit on screen instead of on paper
- Send email instead of paper communication
- Advertise an event through electronic flyering and/or mass publications such as the Daily Princetonian, the Nassau Weekly, or on Point (point.princeton.edu) rather than flyering the whole campus Print and copy double sided
- Only take the food you will eat in the dining hall to limit food waste
- Carry a tote/bag for shopping so you do not have to use a plastic bag (made from oil!)
- Purchase durable rather than disposable or one-time use products
- Choose simple products containing the least amount of bleaches, dyes, and fragrances

Reuse

- Carry around a reusable. Café Vivian, Chancellor Green Café, Woodrow Wilson Café and the Frist Food Gallery all offer discounts to mug luggers
- Buy a water filter and refill a usable container instead of buying cases of bottled water
- Use the back of previously used paper for notes
- Reuse plastic bags from stores
- Purchase second hand furniture and clothing
- Do not remove reusable plates, bowls, cups or utensils from the dining facilities
- Use Salesline or TigerTrade online to find local deals on furniture/ goods, and Bookline to find second hand, discounted books
- Bring your unwanted stuff to the PU weekly Farmer's Market swap table!

Recycle

- Recycle plastic (#1 and #2 only), paper, cans, and bottles in the appropriate containers on campus
- Participate in RecycleMania early in 2007!
- Buy recycled paper notebooks and copy paper at the U-Store
- Break down and recycle cardboard boxes in large bins outside (no pizza or other greasy food containers please!)
- Separate food waste properly in the dining halls
- Buy products, such as paper, with a high content of post-consumer recycled material

Handy Phone Numbers and Information:

- The thrift store, Nearly New, is located on 234 Nassau Street and offers second hand clothing, shoes, and select items. For store hours call 924-5720
- Salesline and Bookline are both located on the USG website at <http://www.princeton.edu/usg/>, and TigerTrade is located at <http://point.princeton.edu/tigertrade>
- Contact the department of Building Services if in need of a recycling container or if you have a question at (609) 258-8000.

Did you Know...?

- Recycling facts are from the Association of New Jersey Recyclers: <http://www.anjr.com/>
- Substituting recyclables for new raw materials in manufacturing saves energy. For example, recycling can conserve 95% of the energy required to manufacture aluminum
- Last year Princeton competed in RecycleMania, a friendly competition between colleges, and finished 16th out of 93 participating schools. For more info visit <http://www.recyclemaniacs.org/>
- 17 trees and 16,320 kilowatt hours are needed to produce 1 ton of paper compared to 0 additional trees and 5,919 kilowatt hours to make 1 ton of 100% recycled paper
- In the United States, almost one ton of solid waste per person is collected annually from residential, commercial and institutional sources. Reduction, reuse and recycling of material decreases this amount

What Can you Recycle at Princeton?

Princeton Environmental Health and Safety: <http://web.princeton.edu/sites/ehs>

Item	Procedure/Location	Contact
Food-Uneaten	Donated to local soup kitchen	Sue Pierson (Dining Services)
Food Waste	Used for animal food	Al King (Building Services)
Glass, Aluminum and Plastic: <ul style="list-style-type: none"> • Glass bottles and jars • Detergent/softener containers • Aluminum, steel, tin cans • Plastic drink bottles • Soda cans and bottles • Paper juice and milk cartons • Juice containers and boxes • Yogurt containers 	Bottles and Cans recycling receptacles Gray containers with a circular opening in the hallways of dormitories Tri-compartmentalized bins inside/outside Frist Green receptacles next to trashcans on campus	Al King
Paper <ul style="list-style-type: none"> • Brown paper bags • Newsprint, cardboard • Envelopes (All) • Magazines, pamphlets • Manila folders • Paperback books • Phone books • Post-its, paper board • Pads, NCR forms • Computer, fax, office, Kraft, colored paper • Index cards, posters 	Paper recycling receptacles Designated black bins located in dorm rooms Tri-compartmentalized bins inside/outside Frist	Al King

CONSUMPTION



Helpful Tips to Promote Environmentally Friendly Eating Habits in Dining Halls and Dorms:

- Eat food that requires less energy to produce: Energy is lost up the food chain, so plant-based foods require less energy to produce than animal-based
- Once a week choose a vegetarian meal when you would have otherwise eaten meat
- Eat organic food, which helps decrease the amount of pesticides used in agriculture
- Make sustainable food decisions: Purchase local, seasonal produce which require less transportation energy
- Follow Monterey Bay Aquarium Seafood Watch recommendations when you eat out (Dining Services already does!)
- Buy non-perishable items in bulk. It's also less expensive!
- Purchase fairly traded, organic coffee where offered

Did You Know...?

- Princeton Dining Services is now a partner with the Monterey Bay Aquarium Seafood Watch program! That means that all seafood served in the dining halls meets their environmental criteria. Antibiotic-free meat is also increasingly offered. <http://facilities.princeton.edu/dining/>
- Princeton recycled 646 tons of food waste in 2005 to Neil McIntyre, Recyclers of Food waste, where the excess food is sterilized and fed to pigs. Annual Recycling numbers are provided by Jon Baer in Building Services.
- The PU residential dining halls serve fairly traded organic coffee. Ask about it!
- Dining Services purchased over 25,000 pounds of local produce in the last academic year.

Handy Phone Numbers and Information:

- Monterey Bay Aquarium Seafood Watch program: <http://www.mbayaq.org/>
- Wild Oats and Whole Earth are two food markets in Princeton specializing in organic and healthy food: Wild Oats is located on 255 Nassau Street and Whole Earth is located at 360 Nassau Street #1.
- More on Fair Trade products can be found on the Fair Trade Federation website: <http://www.fairtradefederation.org>
- Email dining services with questions at ds@princeton.edu and visit the webpage for more information <http://www.princeton.edu/food>

TRANSPORTATION



Helpful Tips to Promote Environmentally Friendly Forms of Transportation:

- Do not use a car on campus
- If buying or renting a car, choose one with good gas mileage (small cars, hybrids, etc.), saving you money and limiting greenhouse gas emissions. Walk, ride a bike, or take a shuttle instead of driving
- Use public transportation such as New Jersey Transit or Septa instead of driving into Philadelphia or New York City
- Take the bus to the Princeton Shopping Center or the Quakerbridge Mall
- Eat at local restaurants within walking distance
- Have McCaffreys deliver groceries rather than driving to the market or buy food from Wild Oats or Whole Earth, which are both within walking distance
- Use Rideline or TigerTrade to find carpools home during breaks
- Use an airporter or the train to travel to the airport
- Amtrak stops at Princeton Junction providing an alternative to traveling by car
- Greyhound bus service also provides transportation to many cities and destinations and is located in Trenton and Newark, New Jersey

Did You Know...?

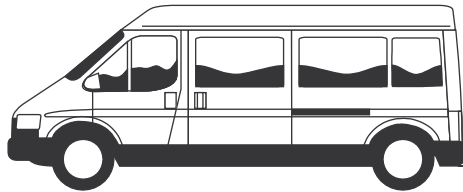
- Many local restaurants and establishments offer discounts for Princeton students. For a complete list: <http://www.princeton.edu/~isg/>
- The average car releases five tons of Carbon dioxide a Year¹
- There are currently more than 8000 parking spaces on the Princeton campus²
- Princeton owns and operates two natural gas shuttles

¹ Pollution Fact: <http://www.capitolrideshare.com/ridefiles/pollution.htm>

² 2000 Audit of Princeton University

Handy Telephone Numbers and Information:

- Two New Jersey Transit Bus Routes serve Princeton and the University. They are the 605 and the 606. For more information visit the USG website for schedule and destination information: <http://www.njtransit.com/>
- The USG offers a program allowing students to post notices to find carpools home or offer rides. Visit <http://point.princeton.edu/tigertrade> and click on “Rides”.
- Ride the campus shuttle. Routes can be found at <http://www.princeton.edu/main/administration/transportation/shuttles/>”
- Information on McCaffrey's free delivery service can be found in the Independent Student Guide <http://www.princeton.edu/~isg/mccaffreys.shtml>
- A list of local restaurants in walking distance can also be found in the Independent Student Guide <http://www.princeton.edu/~isg/reviews.shtml>
- Visit New Jersey Transit www.njtransit.com, Septa www.septa.com, Amtrak www.amtrak.com and Greyhound www.greyhound.com for schedules and information
- More information on the Princeton Airporter can be found at <http://www.goairporter.com>



GREEN INTEREST

The tips contained in this guide are simply suggestions and ways to foster sustainable practices on Princeton's campus. You can pick and choose those that appeal to you. They are simply ideas presented to integrate environmental strategies easily into a student's lifestyle. For individuals with greater interest in helping the environment and raising awareness, campus environmental organizations are listed below.

ENVIRONMENTAL ORGANIZATIONS:

Sustainability at Princeton

Princeton has hired Shana Weber as Sustainability Manager to help raise awareness about sustainability both locally and nationally, and to coordinate the existing PU sustainability efforts. She is also engaging the university in exploring how to address global climate challenges broadly and here on campus. To contact Shana call 258-1518, email at shanaw@princeton.edu, or stop by 111 MacMillan Annex.

Greening Princeton:

Greening Princeton is a student organization working to implement more environmentally conscious practices in many aspects of the university. Projects include introducing local and organic produce into the dining halls, purchasing more environmentally friendly products, recycling and reducing packaging, and energy conservation. For more information visit the website at <http://www.princeton.edu/~greening/> or email greening@princeton.edu

Princeton Environmental Action (PEA):

PEA is a group of undergraduate students committed to improving the environment and raising awareness of environmental issues through campaigns and actions on local and national issues. Past projects have included teaming up with Water Watch to raise awareness about mercury in the environment and promoting energy conservation among students. For more information visit our website at <http://www.princeton.edu/~pea/>

Water Watch:

Water Watch is a student organization working to empower students and community members to address water quality problems in New Jersey through education and service. Projects include: Cleanups, Stream monitoring, and Environmental Education. For more information visit the website at <http://www.princeton.edu/~njh2o/> or contact njh2o@princeton.edu

Princeton Sustainability Committee (PSC):

Formerly the Princeton Environmental Oversight Committee (PEOC), the PSC is a coalition of undergraduate students, graduate students, faculty, staff, and administrators working to monitor the University's relationship with the environment and encourage improvement in that relationship. Past accomplishments have included helping the university switch to 100% post-consumer content office-use paper and purchasing global electric motor (GEM) carts. For more information visit the website at <http://web.princeton.edu/sites/peoc/>

Princeton Environmental Institute (PEI):

PEI coordinates environmental education, research, and outreach activities on the Princeton campus. PEI offers a Certificate in Environmental Studies for Undergraduate students and also administers graduate, postdoctoral training, and fellowship programs. For more information visit the PEI website <http://web.princeton.edu/sites/pei/>