EMBRACE THE LEGACY: SYMPOSIUM ON SUSTAINABILITY 2016

AN EXTRA DAY: SPEND IT THE SUSTAINABLE WAY

FEED THE SOUL: COLLECTING CANS FOR THE COMMUNITY

“... a wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder and even ecstasy.”

- Abraham Maslow.

February 2016 Volume 6 Issue 4
February Calendar
Location, dates & times for sustainable connections.

Rethink your Valentine’s Day
Adding a new twist of adoration and appreciation.

GIY (Green It Yourself)
Ways to simplify healthy eating by growing and making simple meals.

Leap Day
Adding sustainability with an extra day in 2016.

Canned Food Month
Raising awareness about food security.

Live Green! Campus and Community Engagement Interns, Madi (left) and Laurelin (right) show off their trash collection bags in preparation for a weeklong Zero Waste Challenge.

They are planning for Earth Week. More information about living for a week without trash cans will be featured on Live Green’s blog.

Green Opportunities
Events and opportunities to engage your green.

Symposium on Sustainability
A detailed timeline of events to take place Feb. 29 - March 1.

February Calendar
Location, dates & times for sustainable connections.

An Invitation from the SHOP
Celebrate five years of service with a weeklong food drive.

Live Green! is Iowa State University’s campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our campus, our operations and initiatives environmentally, economically and socially sustainable.

Please contact us to highlight your sustainability efforts and accomplishments: livegreen@iastate.edu
February is a month commonly associated with Valentine’s Day, love and the giving of gifts. In this issue of Live Green! Monthly, we are introducing a new twist on what is normally thought of in relation to the month of February.

This month’s issue focuses on facets of adoration. While adoration is defined in relation to love, it is also connected to respect. In the articles that follow, we offer this connection through many different lenses.

We celebrate the work of The SHOP student organization - showing adoration every day to fellow Cyclones who could use a helping hand. We offer opportunities to express adoration of our talents, skills and abilities we can share through giving back to others and ourselves. We also offer new thoughts and ideas related to adoration of our friends and loved ones in celebration of Valentine’s Day.

Finally, this issue highlights Iowa State University’s significant connection to adoration related to honoring the dedication of students, faculty and staff for our Live Green! Initiative, as well as their commitments toward a more sustainable future during our annual Symposium on Sustainability.

We hope this month’s issue will encourage and empower a renewed, deepened and diversified sense of all we have to adore and those who adore us - in all shapes, forms, sizes and types.

With adoration and in green-ness,
Merry Rankin

MERRY RANKIN has served Iowa State University as Director of Sustainability for seven years. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and facilitates teams of students, faculty and staff in creating and enhancing programs, events and communication pieces to help educate, engage, and empower our community to live toward a more sustainable future.

THANK YOU FROM THE LIVE GREEN! TEAM

Eboni Brown
Smart Business Challenge Intern
Best wishes as you pursue new opportunities.

WELCOME TO THE LIVE GREEN! TEAM

Michael Gubbels
Smart Business Challenge Intern
Senior, Supply Chain Management
The 2016 Symposium on Sustainability celebrates the eighth year of Iowa State Live Green! Initiative. Join us for this celebration of campus and community-wide sustainability involvement, accomplishment and success.

**SYMPOSIUM ON SUSTAINABILITY**

**MONDAY, FEB. 29:**

**6:30-8 PM**

South Ballroom

**Poster Reception**

Learn about the sustainable research and initiatives taking place at Iowa State and within the Ames community.

**8 PM**

Great Hall

**Keynote Speaker**

Lecture Name: “Climate Change in the Long Emergency”

Speaker: David Orr, environmental studies professor and counselor to the president at Oberlin College. Orr is a leader in environmental literacy and ecological design, having organized the effort to design the first substantially green building on a U.S. college campus.

**TUESDAY, MARCH 1:**

**5-8 PM**

Sun Room

**Poster Reception**

**7:45-8 PM**

Sun Room

**Presentation of Live Green! Awards for Excellence in Sustainability**

The Live Green! Award for Excellence in Sustainability recognizes ISU faculty, staff and students who are currently making impacts on the campus’ sustainability efforts by generating awareness and interest through initiatives that focus on teaching, research, outreach and/or operations.

**5-8 PM**

Sun Room, Great Hall, South Ballroom

**Sustainapalooza**

**Share your commitment:** Leave your pledge toward a more sustainable world in 2016 on the Wall of Cardinal, Gold and Green.

**GIY Centers:** Learn new and creative ways to be sustainable in your everyday actions.

**8 PM**

Sun Room

**Documentary Showing**

View “Racing Extinction” and witness never-before-seen images that expose issues of endangered species and mass extinction in an inspiring affirmation to preserve life as we know it. A post-documentary discussion will be led by members of the Student Sustainability Network.
ONE WORLD, GREEN WORLD:
EMBRACING OUR COLLECTIVE CONNECTIONS TOWARD A LEGACY OF SUSTAINABILITY

Join The Green Umbrella for the fifth annual Sustainapalooza, an event within the 2016 Symposium on Sustainability. Sustainapalooza is focused on green and sustainable initiatives, accomplishments and opportunities in the Ames and ISU communities.

SUSTAINAPALOOZA

Including a variety of engaging activities!

- Green-It-Yourself (GIY) Centers
- Sustainability poster session
- Wall of Cardinal, Gold and Green
- Local food refreshments
- Sustainable student art
- "Live Green!" carpet photo opps

Contact Megan Koppenhafer, The Green Umbrella president, for more information.

WHERE: Great Hall, MU • WHEN: Tuesday, March 1, 5-8 PM

EXCHANGE FOR CHANGE: Swap Your Old Wardrobe for a New One
Sustainapalooza is hosting the first-ever Sustainapalooza Clothing Swap. For every item of clothing you donate, you can swap and receive a "new-to-you" item at the event! Swapping clothing helps the environment, the economy and the community become more sustainable. All extra clothing items will be donated to non-profit organizations in the Ames community.

MENDING: Repair, Restore and Recreate Your Style
Learn how to give your old clothes a new twist, as well as save money repairing old clothes rather than buying new ones. You will receive a free sewing kit and learn the basics of sewing and mending at this GIY Center.

OATMEAL: Doing Your Body Good, One Jar at a Time
At this GIY Center, learn how to make healthy, eco-friendly breakfasts. Discover how to make delicious and nutritious refrigerator oatmeal using upcycled jars, and take some home to share with your family and friends.

CLEAN AND GREEN: Giving Your Cleaning Products a Green Twist
Create green cleaning products from scratch with the Clean and Green GIY Center. Learn how to make your own personal green cleaning supplies using bulk materials, and save money.
Traditionally, when we think about hunger, it is easy to think about countries other than the United States. But hunger is a very real issue in our own community, and one ISU student organization is dedicated to combating this ever-growing problem.

Students Helping Our Peers (called the SHOP) is an on-campus, student-run (no questions asked) food pantry for students. The SHOP’s mission is to increase food security and remove the stigma of food pantries.

“One of our goals is to continue de-shelving the food pantry stigma,” said Heather Van Wyk, president of the SHOP and senior in dietetics. “We want to make others more aware of this resource and help those who truly need it.”

60-110 ISU STUDENTS SERVED BY THE SHOP EACH MONTH IN 2015

The SHOP started in early 2011 by a group of students in the Food Science and Human Nutrition (FSHN) transfer learning community, is celebrating its fifth year of service to ISU students in 2016.

In celebration, the SHOP will host a food drive with various outreach events on campus. On Feb. 15, members will hand out treats and reusable bags outside Curtiss Hall. On Feb. 16-17, the SHOP will host 2016’s first mobile distribution at the Memorial Union, along with the treat and bag giveaways. On Feb. 18, anyone can bring a canned food item to the SHOP between 3-6 p.m. and get a free SHOP T-shirt.

To continue the celebration, the SHOP has a goal for more outreach efforts throughout 2016.

Van Wyk hopes to look into a more-accessible location for the SHOP, as well as adding new elements to the pantry, such as a mini-fridge for fresh produce.

**THE SHOP OFFERS AND ACCEPTS THE FOLLOWING NON-PERISHABLE ITEMS:**

- **Baking Items**: canned pumpkin, sweetened condensed milk, extracts (i.e. vanilla), pie fillings, etc.
- **Beans**: chili beans, pork and beans, black beans, pinto beans, butter beans, lima beans, refried beans, navy beans, etc.
- **Boxed Mixes**: corn bread, cookie mix, muffin mix, stuffing, boxed potatoes, other varieties.
- **Breakfast Items**: oatmeal packets, whole oats, cereal varieties.
- **Canned Fruit**: mixed fruit, mandarin oranges, apricots, cranberries, sliced peaches and pears, pineapple, etc.
- **Canned Meat/Fish**: SPAM, potted meat, chunk light tuna, red/pink salmon, etc.
- **Canned Soups**: vegetable, tomato, chicken noodle, French onion, cream of celery, vegetable beef, cream of mushroom, etc.
- **Canned Vegetables**: beets, diced potatoes, sweet potatoes, asparagus, corn, green beans, peas, tomatoes, etc.
- **Condiments**: ketchup, mustard, mayonnaise, etc.
- **Noodles**: mac & cheese, Ramen noodles, pasta side dishes, egg noodles, spaghetti, noodle bowls, other boxed varieties.
- **Rice**: rice side dishes (Zatarain’s, Rice-a-Roni, Spanish rice, etc.).
- **Sauces/Dressing**: pizza sauce, pasta sauce, sloppy joe sauce, BBQ sauce, hot sauce, other salad dressing varieties.
- **Household Items**: dish liquid.
- **Personal Care Items**: floss, toothbrushes, toothpaste, bar soap, deodorant, mini bottles of shampoo, conditioner, lotion, etc.
- **Other Items**: peanut butter, pickles, tomato paste, jelly/jam, soup broth, syrup, Crystal Light flavor packets, canned chili, microwave popcorn, Jell-O, pudding, taco shells, snack foods, etc.

**LOCATION AND HOURS:**

**FOOD SCIENCES BUILDING ROOM 2616**

**TUESDAYS**: 3-6 PM

**WEDNESDAYS**: 11 AM-6 PM

**THURSDAYS**: 3-6 PM

**PICTURE BY CAITLIN DEAVER**
Madison Jacobsen, vice president of the SHOP and junior in computer engineering, hopes to expand the Mobile SHOP, an outreach event where SHOP volunteers go to different locations to hand out pre-packaged meals and spread awareness of the SHOP’s services. One Mobile SHOP event occurred at the Schilletter-University Village (SUV) laundromat.

“College students don’t have a lot of time to go out of their way to get food,” Jacobsen said. “We make it easy when we can go to them.”

The SHOP also hopes to host more donation drives, as they currently get most of their donations from other student clubs and outside donors.

Other than making a difference for their hungry peers, the SHOP is also taking steps to being more sustainable in their everyday operations. They have started using reusable bags (pictured below), and when a canned item is nearing its expiration date, the SHOP is making plans to donate those items to Food at First, an Ames Community food assistance program.

There are plenty of ways to support the SHOP’s mission.

Van Wyk said volunteering with the SHOP is a great way to find leadership opportunities and create connections with others who are passionate about food insecurity. Volunteers are only required to work in the SHOP three hours a semester, with the option to attend monthly SHOP meetings.

Jacobsen also said anyone can drop off food items or cash donations to the donation box in the pantry.

The biggest way others can help, Van Wyk and Jacobsen said, is to get the word out about the SHOP as a resource for students.

“We are students helping our fellow students,” Van Wyk said. “For all we know, we’re helping the person sitting beside us in class from going hungry.”

Even when the SHOP is closed, students can still gain access to the pantry. They must go to the Main Office in the Food Sciences Building, Room 2312, for the key.

“I have a lot of friends who grew up in low-income families, often not having enough to eat,” Jacobsen said. “I’ve seen hunger affect people I love, and I don’t want to see others go through it, too.”
The year 2016 is special, as it offers us 366, not 365, days of the year. The concept of Leap Year was designed by Julius Caesar to help synchronize the calendar year with the solar year. A purely astronomical phenomena, leap year occurs every four years (as long as the year in question is divisible by 400) giving us an extra day in the month of February. How will you spend the gift of an extra 24 hours? Here, we offer some sustainable solutions to make the most of your Leap Day.

**MORNING**
Start your day with a hearty and self-sustaining breakfast. Fill yourself with a nutritiously-fueled meal to power you through your extra day. Not sure what to make? Check out our Pinterest page for a variety of healthy recipe options.

**AFTERNOON**
Spend the afternoon giving back to your community. Volunteering is a rewarding experience to be had. Investigate your local networks to find the right opportunity for you. Help feed the community or offer assistance to your neighbors in need. Choose some work that resonates with you and lend your helping hand wherever you are needed.

**EVENING**
Enjoy some quality time with your special friends, family and pets. Putting into perspective how we all have our more-than-busy-schedules and hectic routines, sometimes in the hustle and bustle of things one can lose sight of the things that matter most. Treat your dog to an extra walk, enjoy an opportunity to get crafty at the Workspace or gather together and enjoy an evening of games and movies.

**NIGHT**
Before you tuck into bed, pause and reflect upon your day. Meditating and being mindful of one's actions can make way for a variety of healthful benefits such as reduced stress, improved concentration and increased happiness. Set aside a few minutes to sit in silence, light a candle and offer gratitude and appreciation for all the wonderful things in your life.
Canned food was originally invented to serve nutritious food that was non-perishable to Napoleon Bonaparte’s army in the eighteenth century, as other methods of preserving foods were largely ineffective.

Canned Food Month is celebrated in February due to the lack of fresh fruits and vegetables in the winter months. Canned food is packed at the peak of harvest, meaning it is also packed at its nutrient peak. As foods age, nutrients begin to be lost. However, according to recent studies, the canning process may actually help to enhance the nutrient content of certain foods. Therefore, canned foods maintain nutrient quality, despite long shelf lives, making these foods an effective way to help combat food insecurity.

Hunger is not simply a worldwide issue. Each day, food insecurity is experienced in every community. It affects local economies and creates instability in education, income and health. If there is a lack of access to adequate means of nutrition, quality of life is significantly diminished. Food insecurity also forces people to give up one basic need for another - they may need to choose between paying their bills for food.

According to an ISU Extension and Outreach report on poverty and hunger in Story County, about 13,630 individuals are food insecure, meaning 15.2 percent of Story County residents are struggling to have enough food to eat each day.

To combat these numbers, there are several assistance programs, such as the state’s Food Assistance Program. There is also a number of local food banks (see local listing above) needing donations involving canned food. In recognition of Canned Food Month, grab an extra can or two during your next shopping trip and donate them to the SHOP or a local food bank.
1. Add soil halfway into the jars and incorporate crushed eggshells into the organic soil mixture.
2. Place herb plants and cover the roots with the remaining soil.
3. Make sure that each jar contains only one herb plant. Do not mix varieties of herbs into a single container.
4. Set the jars in a well-lit and warm area that provides natural sun light for at least six hours a day.
5. Keep soil moist, but do not over-water your new herbs.
6. Watch your herbs flourish over the next few weeks, and then enjoy picking off a leaf or two to add to any meal for a fresh taste.

Herb plants (the best to grow indoors include basil, sage, oregano, thyme, rosemary, chives and parsley)
Crushed eggshells (1:3 ratio, eggshells to soil)

1. Place dried mushrooms in a small mixing bowl and cover with two cups boiling water, set aside 20 mins.
2. Heat butter over medium-high heat. As it browns, add sage leaves, mushrooms and a generous pinch of salt and cook for 20 mins.
3. Sauté for one min to evaporate all liquid, add garlic.
4. Stir together, onion, leek and salt. Turn the heat to medium-low and cook, partially covered, for 10 mins.
5. Drain liquid from soaking mushrooms.
6. Add chicken stock and mushrooms, season with salt and pepper. Bring mixture to a boil, reduce to a simmer and cook another 20 mins.
7. Purée the soup in blender and finish with a squeeze of lemon juice before serving this savory treat!

4 garlic cloves, thinly-sliced
2 cups chicken (or vegetable) stock
Salt, pepper and lemon juice, to taste
Covered sauté pan
Blender

1. Combine all ingredients in a mason jar.
2. Boil the water and remove the basil leaves from the jar.
3. Cool boiled water for a minute before adding to jar, leaving a 1/2 inch gap at the top.
4. Stir, cover and let sit for five minutes.
5. Stir again, tear the basil leaves and add to the jar.
6. Keep refrigerated until ready to enjoy this Italian-style, gluten free noodle pot.

1/4 tsp dried oregano or thyme
A pinch of chili flakes, salt and pepper
1 tbsp parmesan cheese, grated
Mason jar, quart size or higher
1 handful basil leaves

1 oz dried, 3/4 cups sliced mushrooms
4 tbsp butter
6 fresh sage leaves
1 small yellow onion, chopped
2 medium leeks, thinly-sliced
When we think of Valentine’s Day, we tend to think of those we love and appreciate and the ways in which we could show that appreciation. Americans spend about $20 billion each year (about $130 per person) showing appreciation through buying gifts for Valentine’s Day. Whether you are spending the holiday with your significant other, your friends or your family, there are plenty of ways to show your appreciation without depleting financial resources.

Enjoy your time with the ones you love and share unique experiences that will become positive, lasting memories for years to come with these ideas to get you started.

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**When we think of Valentine’s Day, we tend to think of those we love and appreciate and the ways in which we could show that appreciation.**

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**Reinvent your date.**

Spend some quality time at home with your Valentine(s). Find a favorite recipe, purchase local ingredients and create a delicious meal to enjoy! If cooking is not your strong suit, you can hone your culinary skills and spend time together by trying a cooking class.

**Unplug your day.**

Put down the electronics and give the gift of focused, uninterrupted time. Participate in activities where you are completely focused on that other person, minus the distractions of your electronic devices. Go ice-skating, break out the board games, make some Do-It-Yourself crafts for your home or visit local attractions.

**Share your favorites.**

Share some of your favorite things with others to learn more about each other. Share your favorite book or recipe with a loved one, and save them a trip to the bookstore and time in researching new menu items. The possibilities are limitless with this Valentine’s Day gift alternative.

**Enrich your creative side.**

Expand your cultural horizons this Valentine’s Day. Support local artists by visiting art galleries, enjoying local music or visiting a nearby museum, such as those on Iowa State’s campus. These options are affordable and help support the community.

**Embrace your town.**

Explore your town, investigating its nooks and crannies for new places and spaces as well as revisit your favorite places.

**Donate your time.**

Support your community through various acts of volunteering and service with those you appreciate. Make a difference by volunteering your time at local animal shelters, nursing homes, programs assisting children and families, food pantries and for other community causes. You can also schedule a time to donate blood and give the gift of life.

**Spread your smile.**

Be the one to put the smile on the faces of those you appreciate by leaving little gifts for them in the shape of a smile. Even if it is just a banana and some apples or oranges, the gesture will be a symbol of your appreciation and wish for that person to have a great day.
GREEN OPPORTUNITIES

**Make a Sustainable Difference with Green Iowa AmeriCorps**

Green Iowa AmeriCorps is recruiting members to kick-off a new program in Storm Lake, as well as fill a number of positions for programs in Des Moines, Cedar Falls and Cedar Rapids.

**Logistics Team Leader**
In this position, students will help manage the site office, schedule daily assignments and all weatherizations and blower door tests, as well as create quarterly performance reports. Students will be able to communicate regularly with other office team members, too.

**Energy Audit Team Leader**
Train to become an energy auditor (take a certification test upon completion), perform all pre- and post-weatherization blower door tests, take inventory of tools and materials, communicate equipment needs to site supervisors and purchase needed tools and materials. Gain the opportunity to communicate with other sites for bulk material purchase options, attend certification courses together and share techniques and resources.

**Education Team Leader**
Identify community partners for which to perform educational programs, schedule educational workshops and presentations, develop educational activities, facilitate presentations, work with Outreach and Marketing Coordinators to magnify the impact of AmeriCorps events and keep presentation statistics updated.

**Outreach Coordinator**
Identify existing community events and find ways to get involved, plan events for national days of service, maintain correspondence with local organizations, coordinate canvassing and table events for new projects and maintain an outreach log. Gain the ability to share contacts and co-plan events.

**Marketing/PR Coordinator**
Develop a marketing scheme and identify target audiences, recruit AmeriCorps members and candidates for audits and weatherization, promote events, distribute press releases and flyers, maintain social media accounts and website presence, coordinate canvassing and tabling efforts and work with team members on the monthly newsletter.

**Project Development Coordinator**
Organize community blitz projects, maintain correspondence with local organizations, identify work opportunities for AmeriCorps members, work to connect Green Iowa AmeriCorps with projects and take the lead on fundraising projects. On-site collaboration includes national days of service planning and multi-site projects.

**Volunteer Coordinator**
Organize and identify potential volunteers for AmeriCorps, facilitate volunteer training events, partner with community volunteer organizations and maintain correspondence with local organizations. Site collaboration opportunities include multi-site volunteer opportunities and communication regarding effective volunteer strategies.

**Show Appreciation with Hand-crafted Gifts**
Show your craftiness by creating a Valentine’s Day pottery gift for that special someone on Feb. 5, from 5-8 p.m. in The Workspace. The Workspace’s staff will show you the basics of painting your gift and will fire it within a week for you to come pick up. The studio fee is $4 for ISU students, and $5 for the public, plus the cost of the bisque you select.

**Intern in the Gardens this Summer**
Reiman Gardens is offering several internship opportunities for this summer, including work in events, education, entomology, retail management, turfgrass and irrigation maintenance, plant collections and records, garden and landscape maintenance and glasshouse display and greenhouse production. Undergraduate students with an interest in public gardens or non-profit organizations is encouraged to apply on-line by Sunday, Feb. 14. Contact Aaron Steil with any questions.

**Lend a Hand on an Organic Farm**
Wabi Sabi Farm, a USDA-certified organic farm in Granger, Iowa, is looking for seasonal farm help this summer to assist with CSAs (Community Supported Agriculture) and farmers’ market, as well as general farm duties. Farm crew members learn the diverse operations of an organic farm by assisting with day-to-day activities at the farm, including: planting and harvesting crops and irrigation. Send a resume and cover letter to Ben Saunders to apply for this paid position.
FEBRUARY

06

ORCHID FEST
View exotic orchids that will be on display and available for purchase. The Central Iowa Orchid Society will also hold a Q&A about proper orchid care.
Reiman Gardens, 9 AM-4:30 PM
Continues on the 7th.

LUNCH & LEARN: FINANCIAL WELLNESS
Join Brian Hood of Legacy Financial Group to learn about risk and choosing investments wisely with “Investing 101.”
Pioneer Room, MU, noon-1 PM

“MY HOLOCAUST STORY” LECTURE
Join Marion Blumenthal Lazan, Holocaust survivor, as she shares her inspirational story of her family’s life in Germany, their imprisonment in concentration camps and life after their liberation in 1945.
Great Hall, MU, 7 PM

VERITAS FORUM: MERCY AND INJUSTICE IN AMERICAN PRISONS
Join Alex Tuckness, co-author of “The Decline of Mercy in Public Life,” to examine why mercy is rarely used as a justification for decisions in today’s law and public policy.
Sun Room, MU, 6 PM

POP-UP VALENTINE’S DAY ART SALE
Support local artists and give an original gift of art to your Valentine. Continues through Feb. 12.
Outside MU bookstore, 11 AM-2 PM

FUTURE OF HEALTHY FAMILIES
Join Ronald Dahl, director of the Institute of Human Development at the University of California, Berkeley, to discuss how family is defined and how families can become healthier in the future.
2019 Morrill Hall, 4-5 PM

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LUNCH & LEARN: FINANCIAL WELLNESS
Join Brian Hood of Legacy Financial Group to learn about incorporating social security benefits into your retirement strategy.
Pioneer Room, MU, noon-1 PM

PLANT PROTECTION PROGRAM
Learn to detect and diagnose “high-consequence” pests and pathogens like the emerald ash borer.
Reiman Gardens, 6-9 PM

“ANDREA’S VOICE, SILENCED BY BULIMIA”
Learn about one family’s harrowing experience with eating disorders. Lecture as part of Eating Disorder and Body Image Awareness Week.
Great Hall, MU, 7 PM

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2016 SYMPOSIUM ON SUSTAINAPALOOZA
Join the Live Green! Initiative for the 2016 Symposium on Sustainability, a celebration of all the sustainable commitments, actions and initiatives within the ISU and Ames communities.
Great Hall, MU, see page 4 for times/events

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COMING UP FOR MARCH 2016

01

SUSTAINAPALOOZA
Learn and practice sustainable living skills with different Green-It-Yourself centers. Part of the 2016 Symposium on Sustainability.
Great Hall, MU, 5-8 PM

02

SPRING PRUNING WORKSHOP
Join Reiman Gardens for an informative and hands-on workshop designed to familiarize participants with the W’s of spring pruning. Dress to work outdoors and bring a pair of gardening gloves.
Reiman Gardens, 1-3 PM

03

INTRO TO PLANT PROPAGATION
Learn how to save money by growing your own plants from cuttings and seeds, and take home some plants to start your garden!
Reiman Gardens, 6-9 PM

For sustainable events or highlight your events, contact the newsletter team!
Caitlin Deaver | Marketing & Communications Intern | cmdeaver@iastate.edu
Steve Kohtz | Sustainability Coordinator | sakohtz@iastate.edu
Sindhuja Ram | Marketing & Communications Intern | sram@iastate.edu
Happy 5th Birthday to the SHOP!

Celebrating FIVE YEARS of FREE food for students and faculty with the SHOP food pantry Feb. 15-18!

Monday, Feb. 15
Freebies near Curtiss Hall

Tuesday-Wednesday, Feb. 16-17
Visit the SHOP in the MU

Thursday, Feb. 18
Food Drive Finale

Receive a FREE SHOP T-shirt when you donate two canned food items

Where: The SHOP, in 2616 Food Sciences Building.
When: 3-6 PM

Earn a free, reusable bag by liking our Facebook page or following us on Twitter!