

WHAT IS SUSTAINABILITY?

Sustainability focuses on meeting the needs of today without compromising the ability of future generations to meet their own needs. Sustainability is about protecting the planet for the future, and includes the health and well-being of our environment, community and economy. Mitigating climate change, supporting livelihoods and giving back through volunteerism are all issues sustainability embraces.

Colleges and universities throughout the world are leading the way in offering connection to sustainability through campus and community opportunities, events and initiatives focused on educating, engaging and empowering.

Use this guide to learn more about ISU's commitment and the support you can offer.

THE FACETS OF SUSTAINABILITY



WASTE

Join fellow Cyclones in supporting ISU's Zero Waste Initiative and keep material out of the landfill. As you consider and make purchases, keeping in mind the 4R's is first and foremost – Reduce, Reuse, Recycle, Rethink.

If purchases can be avoided, waste is immediately reduced. If purchases are absolutely necessary, how about a thrift find? If a new purchase is needed, is it in packaging that can be recycled at the end of use?

All in One Bin

At Iowa State University our recycling efforts are single-stream, meaning all of your plastic, metal, glass and paper recycling can be placed in any recycling bin around the Iowa State campus – no separating needed. However, DO empty and rinse food and beverage containers you are recycling and DO read "accepted items" signage carefully.



All these considerations help reduce our trashprint at ISU. As well as recycle, Cyclones can also compost and donate through campus and community outlets.



Did you know...

The average person generates over 4 pounds of trash every day and about 1.5 tons per year, a pile the height of nearly two Campaniles?

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ENERGY

Every reduction of your energy use is a reduction of carbon emissions and an increase to your bank account. Reducing energy use can be simple!

Eliminate Standby Power

Unplug small appliances, electronics and chargers after use. Use power strips to shut off multiple plugs at once.

Not Around? Turn it Down

Optimize your energy efficiency by choosing green thermostat settings (winter 65F, summer 75F).

Switch Out for Switch On

Choose energy and cost saving CFL or LED bulbs for lamps and light fixtures.

Dry with Air

Choosing air dry over machine dry saves energy, reduces your carbon footprint and offers natural humidity to your space.

IOWA STATE UNIVERSITY

LIVE GREEN!

SUSTAINABILITY POCKET GUIDE

OFFICE OF SUSTAINABILITY
LIVE GREEN! INITIATIVE

WATER

Every life requires water. With increasing concerns of water stress and pollution, every consideration given to water conservation is vital.

Make Your Flow Low

Turn water off when brushing your teeth or shaving and challenge yourself to take shorter showers (seconds equal gallons).

Wait to Wash

Wash dishes and laundry in full loads, saving water, electricity and money.

Stop the Leaks

When you see leaky faucets and other water waste happening, let us know.

Residence halls call: (515)-294-3322

All other campus buildings call: (515) 294-8795

TRANSPORTATION

ISU is a pedestrian-friendly campus offering walkability resources and options to all campus facilities. Campus also offers amenities for biking and Cy-Ride offers free busing anywhere in Ames for all ISU students.

When those times when you do need a car, we have you covered. Instead of having your own car to maintain and figure out parking, opt for ISU's ZipCar car-share program – a car only when you need it. Or connect with a fellow Cyclone, through our Rideshare website to find a ride (or offer a ride if you are driving).

If you do determine you need your own car on campus, consider opportunities to minimize your carbon footprint.

Park It

Choose a day or two a week to opt for biking, walking or busing instead of driving your car.

Drive Low Impact

If you do drive, consider these greener options (environmental and economic):

- Make it a carpool trip for one carbon impact instead of many.
- Tripchain your outings and do all errands with one drive instead of multiple ones.
- Drive steady and smooth and on properly inflated tires.
- Do not leave your car running when you are not in it.



FOOD

Food is fuel supporting a healthy you and a sustainable lifestyle. Whether at the dining centers, a campus café or grocery store, consider greening choices.

Pack Waste-Free

Opt for reusable containers, cloth napkins and reusable silverware instead of plastic bags, wrap and silverware and paper napkins.

Green Your To-Go

If you do need to grab something "on the go" choose options with no packaging (like a piece of fruit) or minimal and recyclable packaging and opt out of single use disposable options like silverware, bags and condiment packets.

For any food purchases, buy the quantity you know you can eat, no matter how good the deal, and minimize food waste.

Choose Local

Supporting local businesses and producers when shopping for food, supports local economy and community. Find a selection of local products and produce at the Ames' farmer's markets and community grocery stores.

BYOM

Bring your own (reusable) mug to any campus café, reduce single use disposable waste and receive a \$0.35 discount.



CLEANING

Add some green to your clean routine, opt for non-toxic and non-irritating cleaning supplies.

Shop for Green

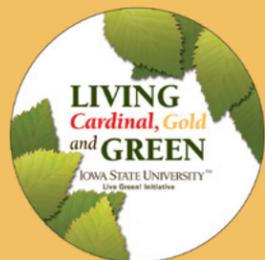
When shopping, look for keywords such as non-toxic, biodegradable and made from renewable resources for a green alternative.

Or, make your own! Vinegar and baking soda can clean almost anything – mix a little warm water with either for an easy all-purpose cleaner.

Clean the Air

Every room can use a little refresh now and then, but air fresheners can often include ingredients that cause irritations. DIY with ingredients including vanilla extract, essential oils, lemon juice and cinnamon.

ENJOY YOUR LIVE GREEN! JOURNEY AT IOWA STATE!



CONNECT WITH US!

livegreen.iastate.edu



WELLNESS

Sustainability is not just about the health and well-being of the planet – it is also about the health and well-being of you! Make sure that you are taking care of yourself and your needs as well as saving the planet!

Keep Moving

Make sure to find time in your schedule to exercise, even if it is just for a few minutes each day. Mix your routine up with a new fitness class or moving an indoor workout outdoors – staying healthy and embracing new places and experiences.

Take the Stairs

For those crazy busy schedule days, ensure wellness and add some active pieces to your daily routine, even when you don't have time to workout – walk instead of bus between classes, take the stairs, instead of the elevator.

Hydrate Green

Hydration is vital for wellness. Choosing non-disposable green options through, using drinking fountains or bringing a reusable water bottle is vital in ensuring a sustainable future.

Embrace Resources

Busy schedules and college life can feel overwhelming, exhausting and stressful at times.

ISU offers SO many resources, specifically tailored to support you, in overcoming these challenges through Student Counseling Services, Recreation Services and Student Wellness.



PURCHASING

Every dollar you spend, supports a business, a practice, and ingredients list and a product or service. In choosing your purchases with purpose, you support a more sustainable future.

Cut the Wrap

A majority of waste comes from packaging. Although some packaging can be recycled, consider less waste before purchasing and avoid over-packaged items when possible.

Or shop in the bulk section and use your own refillable containers to eliminate packaging waste.

Green Bag It

Bring reusable bags or go bag-less for small quantity purchases, instead of bagging disposably.

SPACE

Making the move to a new space is exciting and offers fun greening opportunities as well!

Add O2

Adding houseplants to a room or space brings a green look and sustainable qualities through air quality and purification. Edible and medicinal plants offer even more benefits.

Study Green

Study needs like markers, pens, staples and note pads can really add up. Make study sessions more sustainable by reusing supplies and shopping green.

For writing utensils, opt for refillable instead of disposable for pens, pencils and markers (or a grease pencil or china marker as a green alternative). Choose reusable paper clips and binder clips over staples.

Make your own note pads by reusing page-a-day calendar pages and the blank sides of paper printouts (if you do opt to purchase note pads and sticky notes, look for recycled content options and make sure and use both sides).

Furnish Upcycled

Although you might have a small space, creative solutions can ensure it is roomy in function. Choose furnishings that have two uses... a storage chest can serve as a coffee table and storage boxes can be end tables, a mini-food pantry and stackable closet dividers. Move out packing up will be that much easier too.



IOWA STATE UNIVERSITY

LIVE GREEN!

IOWA STATE UNIVERSITY SELF-GUIDED SUSTAINABILITY FEATURES AND INITIATIVES WALKING TOUR

THE IOWA STATE UNIVERSITY
CAMPUS IS BOASTS A DIVERSITY
OF EXAMPLES REPRESENTING
COMMITMENT TO SUSTAINABILITY
AND A SUSTAINABLE FUTURE
THROUGH OPERATIONS AND
INITIATIVES. USE THIS MAP AS A
GUIDE TO DISCOVER OUR CARDINAL,
GOLD AND GREEN!

TO LEARN MORE ABOUT SUSTAINABILITY
AT IOWA STATE UNIVERSITY:

LIVEGREEN.IASTATE.EDU

LEED BUILDINGS & FACILITIES

- 1 Morrill Hall | Silver, 2008
- 2 King Pavilion | Platinum, 2010
- 3 Hach Hall | Gold, 2011
- 4 Biorenewables Research Laboratory | Gold, 2011
- 5 State Gym Expansion & Renovation | Platinum, 2012
- 6 Vet Med Small Animal Hospital, Phase II | Gold, 2013
- 7 Iowa State Football Training Complex | Silver, 2014
- 8 Troxel Hall | Gold, 2014
- 9 Hansen Ag Student Learning Center | Gold, 2015
- 10 Curtiss Hall, Monsanto Student Services Wing | Gold, 2015
- 11 Curtiss Hall, Harl Commons | Gold, 2015
- 12 Lagomarcino Hall, Office Remodeling | Silver, 2016
- 13 Ag and Biosystems Engineering Complex (Sukup & Elings) | Gold, 2017
- 14 Geoffroy Hall | Gold, 2017
- 15 Marston Hall Renovation | Gold, 2017
- 16 Frederiksen Court (6 buildings LEED for Homes) | Gold, 2017
- 17 Biosciences, Bessey Hall Addition | Silver, 2019
- 18 Biosciences, Advanced Teaching & Research Bldg. | Gold, 2019
- 19 Student Innovation Center | Gold, in progress
- 20 Sports Performance Center | Silver, in progress
- 21 Morrill Hall | Gold, in progress
- 22 Veterinary Diagnostic Laboratory | Silver, in progress

RESEARCH & STUDIES

- 23 Iowa State's two-panel solar array provides electricity to campus and is a useful tool in teaching and research.
- 24 ISU's demonstration wind turbine offers an up-close educational opportunity and produces energy to provide renewable electricity to campus, in addition to the electricity provided from a local wind farm near Zearing, Iowa.
- 25 CyRide, the city bus system serving Ames and ISU, uses bio-diesel made by the student organization, ISU BioBus, using cooking oil to fuel hybrid buses.
- 26 One of Iowa State's newest bioretention basins, the rain garden near the Music Hall retains and filters runoff.
- 27 ISU's solar trash and recycling compactors, found throughout campus, are monitored through wireless technology, saving time and resources.
- 28 The MU green roof is one of four on campus (joined by Troxel and Horticulture Halls and King Pavilion) and the most visible.

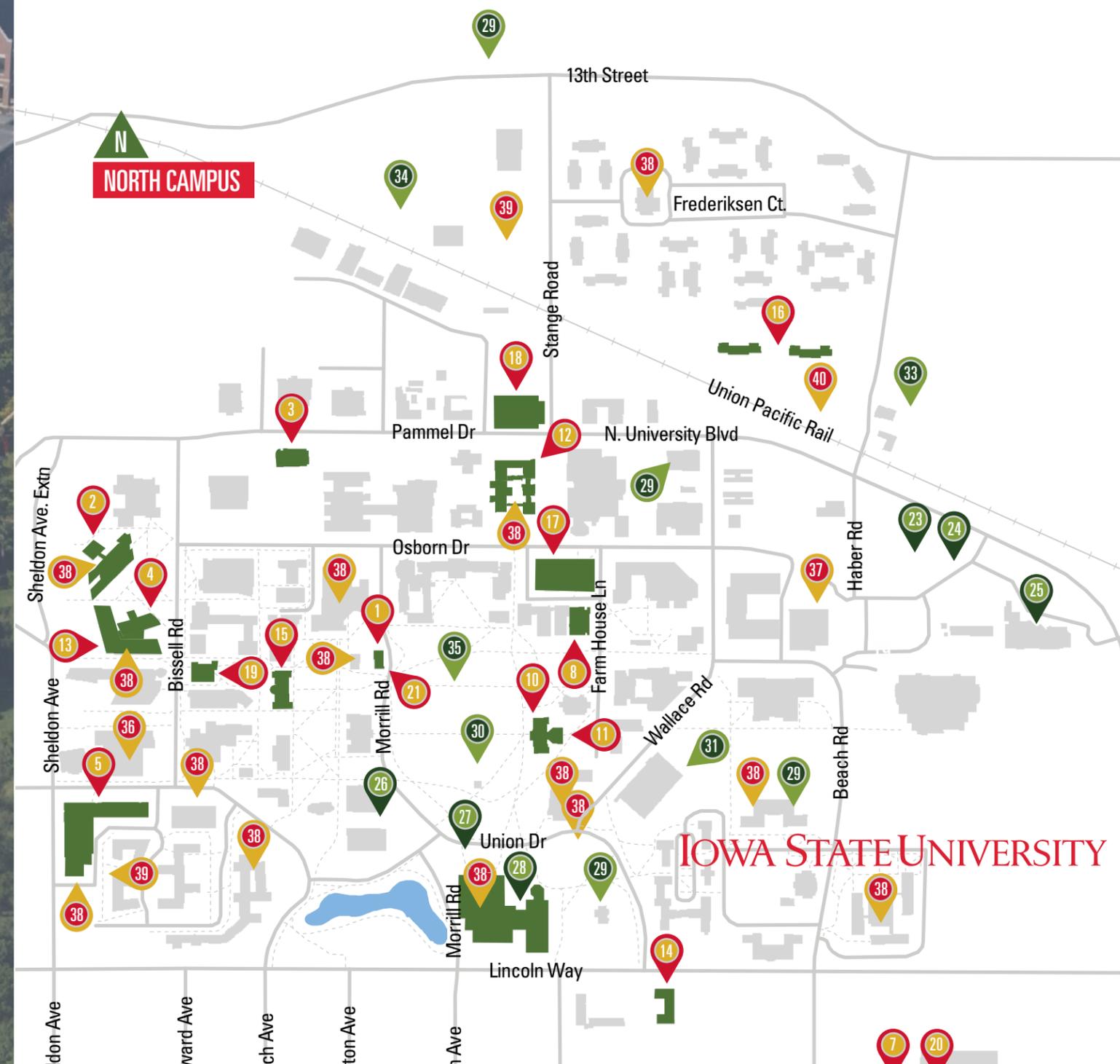
LANDSCAPE & GROUNDS

- 29 Pollinator gardens support a variety of native pollinators, assist in slowing and utilizing storm water runoff, and reduce maintenance needs by 50%.

- 30 Iowa State's Central Campus is renowned across the globe for its beauty - the 20-acre central lawn was awarded the title one of ten most beautiful campus in the world and has many other distinctions.
- 31 The East Campus Parking Deck is equipped with a sand filter, which is used in water purification.
- 32 Iowa State's Reiman Gardens offer outdoor space for connection with nature and reflection through multiple sustainable practices. ISU student admission is free.
- 33 Lot 112N is a "green" parking lot - the entire site was reshaped to create storm water retention.
- 34 Iowa State parking lot, Lot 122, was constructed with "pervious" pavement, reducing storm water runoff and flooding.
- 35 For ISU's diversity and consideration of the campus forest, the university was designated as a Tree Campus USA in 2016 and continues to gain annual designation.

PROGRAMS & PARTNERSHIPS

- 36 The S.H.O.P. (Students Helping Our Peers), located in the Beyer Hall, is an on-campus food pantry for students, faculty and staff, founded and resourced by students.
- 37 Iowa State's campus power plant uses "cogeneration" providing combined heating, cooling and electricity.
- 38 Across campus, ISU Dining offers locally-sourced food options and reduces food waste through trayless dining, donating leftover food and composting.
- 39 Partnering with ZipCar®, Iowa State offers a car share program that encourages students to reduce their carbon footprint (www.zipcar.com).
- 40 Electric vehicle charging stations offer a unique transportation service and lower the University's carbon footprint through the opportunity to add electric cars to the daily rental motor pool.



Art on Campus Collection

Iowa State University is home to one of the largest campus public art programs in the United States. Over 2,500 public works of art make up the Art on Campus Collection, and are located across campus in buildings, courtyards, open spaces and classrooms.

Visit the University Museums website for a campus art map.

