

# LIVE GREEN! MONTHLY

**"FOR LIFE WE NEED  
THREE THINGS ONLY:  
NOURISHMENT, LOVE,  
AND PEACE."  
- DEBASISH MRIDHA**

OUR MAIN COURSES FIT INTO  
**THE COURSE**  
OF YOUR  
**ADVENTURE**

ISU.D.I.N.G

**ISU STUDENTS  
NOURISHING GREEN  
AT HOME, IN SCHOOL  
AND IN AMES**

**NOW YOU KNOW:  
GOALS 1 & 2 OF THE  
U.N. SUSTAINABILITY  
DEVELOPMENT GOALS**

**CHALLENGING  
YOURSELF TO SUSTAIN  
HEALTH & INCOME**

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Team members (*from left to right*) Krishnaun Burns, Merry Rankin and Paige Anson attended the 2019 AASHE Conference, along with ISU Recycling Coordinator (Ayodeji Oluwalana) and ISU Procurement Agent (Jayna Grauerholz). As well as attending the conference, Merry, along with Eric O'Brien, UNI Sustainability Director, presented "From Energy to Apathy: Maintaining Positive Momentum on Student-Run Initiatives."

Also highlighted at this year's AASHE conference were the United Nations Sustainability Development Goals, which follows our 2019-2020 Live Green! monthly newsletter overarching themes. This month, we are featuring the Goals 1 and 2: Zero Waste and No Poverty, with the theme "Nourishing Green." In this issue, we explore the importance of food, how Iowa State students are making a difference and the local and global impact of food insecurity.



## Have you seen a box like this?

There are currently 20 B.R.A. boxes around campus, all part of the Bras to Recycle and Aid Women Initiative. B.R.A. is a collaboration between the Office of Sustainability and I Support the Girls organization to empower girls and women in Iowa by donating bras. Visit page 5 to learn more and find out how you can participate!



## Follow Us!



Nourishing Green and want to share your progress? Tag @isu\_livegreen on social media — we would love to see your ideas, thoughts and creations.

Cover image by Paige Anson



# DIRECTOR'S MESSAGE

Welcome to the November issue of Live Green! Monthly, Cyclones!

As we continue with our focus on the United Nations Sustainable Development Goals, this month's issue concentrates on Goal 1 (No Poverty) and Goal 2 (Zero Hunger) and embodies them within the theme of Nourishing Green.

While there is tendency to consider nourishment as food, to truly be nourished consists of considerably more. In being nourished, food is certainly a part of the equation; however, so are all of the other components necessary for life, health and growth. In considering further, things such as clean air and water, shelter, safety, education, healthcare and even recreational amenities are applicable and relevant to fully achieve nourishment.

With this in mind, a number of pieces must fall into place to ensure nourishment. These pieces all rest upon a shared foundation pillar of economic sustainability - ensuring the financial viability and sustainability of a robust, strong and resilient economy that supports livelihoods as well as investment in education, technology, research and all the components necessary for nourishing life and living.

Poverty is the instantaneous game changer that erodes this foundational pillar. When financial resources are scarce, new decisions must be made and current decisions reanalyzed. Suddenly life's staples become delicacies and nourishment is diluted to day-to-day survival. Poverty is young, old, multi-cultural and multi-racial. Poverty is rural, urban and often employed. Poverty has a direct correlation to hunger and creates a domino effect for nourishment.

In this month's issue, we explore different dimensions of the intersection of Goals 1 and 2 and a sustainable and nourishing future. With feature articles highlighting students committed to ensuring nourishment for campus and community through food, basic essentials and well-being to opportunities to connect to and get involved with a diversity of events, internships and volunteer opportunities that enhance and support a sustainable and nourishing future.

In this month of giving thanks, wishing you nourishment with friends, family and the many blessings that surround you each and every day.

Yours in green-ness,

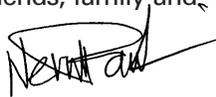


Photo by Krishnaun Burns

**MERRY RANKIN** is Iowa State University's Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability.

The Live Green! Monthly is a monthly publication from the Office of Sustainability at Iowa State University.

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 projects and initiatives, our operations and our campus environmentally, economically and socially sustainability.

## DIRECTOR'S UPDATE



Photo Courtesy of Izzy Wilde

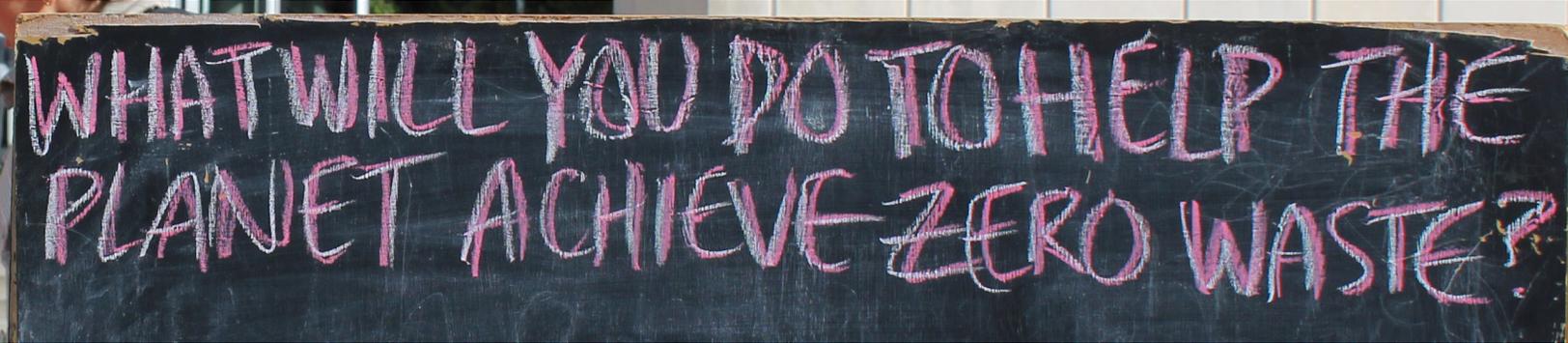
**IZZY WILDE** is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a third-year student majoring in Spanish and community and regional planning.

Email Izzy with ideas or questions, [iswilde@iastate.edu](mailto:iswilde@iastate.edu). Follow the Sustainability Committee's Instagram, [@isusustainability](https://www.instagram.com/isusustainability).



# NATIONAL CAMPUS SUSTAINABILITY DAY RECAP

## TOWARD ZERO WASTE



Over 500 members of the Iowa State community moved “Toward Zero Waste” last month during National Campus Sustainability Day (NCS), an annual event hosted by the Live Green! Initiative. Twenty sustainable student, campus and community organizations attended and provided attendees the chance to learn about and participate in green opportunities, as well as initiatives and causes.



Some opportunities included:

- crafting dog tugs out of t-shirts with the [Iowa Department of Natural Resources Iowa Waste Exchange Program](#);
- getting free bike tune-ups from ISU Recreation Services;
- upcycling dictionary pages into watercolor art with [The Workspace](#);
- donating food, clothes and bras (see [page 5](#)) for community members in need; and
- enjoying cookies donated by Insomnia Cookies, apples donated by the [ISU Horticulture Research Station](#) and coffee donated by Hyvee West.



In total, 50 dog tugs were made and donated to the Ames Animal Shelter; 25 pounds of clothes were collected for donation; and 30 non-perishable food items were donated to [The SHOP](#).



Tabling organizations were also invited to highlight their sustainable connections, initiatives and accomplishments on the Iowa State student-produced radio station, 88.5 KURE, throughout the four-hour event, adding a unique education and awareness opportunity for attendees.

Attendees could also earn sustainability-minded giveaway items for visiting and engaging with tabling groups.



Copy, photos and layout by Krishaun Burns

# BRAS TO RECYCLE AND AIDE WOMEN

## SUPPORTING WOMEN AND GIRLS IN NEED



# B.R.A.



Also featured at this year's NCSD event and at various campus locations throughout October and early November was **Bras to Recycle and Aide Women (B.R.A.)**, a collaboration between the Office of Sustainability and I Support The Girls (ISG). ISG is an international network of affiliates that collect and distribute essential items to girls and women.

While collection efforts at ISU are focused on bras, for I Support the Girls, essential items include new and gently used bras, new underwear and individually sealed menstrual hygiene products. These items are of significant importance because they are so vital in empowering girls and women who are experiencing homelessness, impoverishment and/or distress. This support also prevents them from having to choose between food and items that are considered more a "luxury" during challenging times.

Since 2015, 52 ISG affiliates across the United States, four global affiliates (Australia, Canada, Pakistan and the Philippines), 800 vetted donation partners and 300 businesses and corporations have collected and distributed 700,000 bras and 4 million menstrual hygiene products. This amounts to helping more than 320,000 girls and women, many of who have been victims of domestic violence



I SUPPORT THE GIRLS



or sex trafficking, homeless or refugees and evacuees affected by natural disasters.

"I Support the Girls is important because everyone should be able to stand tall and nobody should have to choose between feeding herself or her family and maintaining personal health and their dignity," said Becky Harding, affiliate director of I Support the Girls - Iowa.

In a unique opportunity to increase the number of girls and women helped, the Office of Sustainability contacted I Support the Girls to solidify the impact of the B.R.A. Initiative. Now, more girls and women around Iowa will

receive the support and supplies they need.

In addition, in ensuring environmental sustainability through the vision and passion of Live Green! Special Initiatives intern, Grace, all bras collected that are not suitable for donation will be recycled instead of landfilled.

The B.R.A. initiative is rearing the collection of its first 100 bras, from donations gathered at NCSD, sorority houses, residence halls, Sloss House, General Services, Memorial Union and Parks Library.

According to Harding, this adds to the more than 500 products collected and 356 products donated across the state.

On-campus collection will continue through Nov. 8. A complete listing of collection box locations can be found on the Live Green! calendar event page.

Donations can continue to be made directly to I Support the Girls, after Nov. 8. Harding said they are currently seeking youth sizes and nursing bras. To donate, email Harding at [istg.iowa@gmail.com](mailto:istg.iowa@gmail.com) or visit the [I Support the Girls - Iowa Facebook page](#).

# STUDENTS LIVING CARDINAL, GOLD & GREEN

## NOURISHING THE MIND AND BODY THROUGH FOOD

The USDA defines food insecurity in three levels: food security, low food security and very low food security. In 2018, 14.3 million people in the U.S. were food insecure; 8.7 million had low food security; and 5.6 million had very low food security.

This lack of access to adequate nutrition results in a plethora of negative consequences, including: an increase of chronic diseases and health care costs and a decrease in employability.

This month, we feature two student organizations that work to circumvent food insecurity and its impacts, by educating, empowering and engaging the Ames community about nourishing “green”: Student Dietetics Association (SDA) and the ISU chapter of the national Food Recovery Network (FRN).

### Student Dietetics Association

SDA is an organization for, but not limited to, students majoring in dietetics and having a passion for food and nutrition. Through networking opportunities and prioritizing social time over food, members embrace the multi-dimensional impact food has on individuals and communities.

Nicole Bever, secretary of SDA, said that the overarching goal of the organization is to educate and promote



Image courtesy of Nicole Bever

**Nicole Bever**

Student Dietetics Association | Secretary

all aspects of dietetics to members: from the nutrients food provide to the social aspect when it is shared with friends and family.

“Food is social. It’s not something you consume just because your body needs it — it’s also something you should enjoy,” Bever said.

This focus supports the overarching connection of dietetics to balance — balance, according to Bever, being the key to nourishing your mind and body.

Balance is all-encompassing: from how much you exercise, how long you sleep, with whom you are sharing your time and energy with, as well as what you eat.

Though a part of the balance, food does tip the scales in terms of charting the course for health and wellbeing.

“Food is the new healing method,” Bever said. In fact, she believes food can be prescribed as a supplemental medicine.

With that in mind, SDA focuses on traditional balance — the 80/20 split (80% food and 20% exercise), due to how impactful food is to the overall health of people.

Eating more fruits and vegetables, drinking water, balancing the types of carbs you eat and getting enough protein can all have a big effect on a person’s health.

Doing all of these ensures a person’s muscles, tissues and brain function correctly. However, making sure you are balancing it correctly is the most important part of ensuring nourishment.

Dietetics majors — the majority of SDA members — spend their entire college career learning how to create this

balance and how to tailor it for a variety of individuals.

With this knowledge and training, SDA members enhance and practice what they learned through a variety of channels, including connecting with industry professionals to speak at their bi-weekly meetings; attending the Iowa Academy of Nutrition and Dietetics Annual Meeting; and organizing an internship panel about their experiences and helping others find nourishment through balance.

Finding and creating that 80/20 balance is what’s important, whether it’s through a dietitian or through self-research. A balanced, nutritious diet plays a big role in fighting off diseases, producing more energy, inducing better sleep, and creating a clear and highly-functioning brain.

For non-dietetics majors, there are resources available to assist in achieving balance. The British Nutrition Foundation provides booklets and guides and Harvard University has a Healthy Eating Pyramid published.

### Food Recovery Network

The Food Recovery Network is also in the fight to ensure adequate nutrition in the community.

FRN focuses on community



Image by Paige Anson

**Caitlin Tipping**

Food Recovery Network | President

Background photo by Paige Anson





**To get involved with the Student Dietetics Association:**

Email Nicole Bever at [nrbever@iastate.edu](mailto:nrbever@iastate.edu).



**To get involved with the Food Recovery Network:**

Email Caitlin Tipping at [ctipping@iastate.edu](mailto:ctipping@iastate.edu).



Image courtesy of Student Dietetics Association



Image courtesy of Food Recovery Network

engagement, in support of their cause. Specifically working with the community to recover food and reduce food waste.

Established in 2015, the ISU chapter of FRN partners with ISU Dining and Food at First, a daily free meal and perishable food pantry, to collect, divert and distribute food to people in need.

"We show up [to ISU Dining] at 3 p.m. with our bins ... they give us all the leftover food from that day, and we transport it to Food at First," said Caitlin Tipping, president of FRN.

To date, FRN has recovered 25,346.62 pounds of food from ISU Dining, and on average, delivers 200 pounds a week to Food at First. Occasionally, FRN also recovers food from on-campus events with food from ISU Catering, such as the College of Agriculture and Life Sciences (CALs) Week and homecoming events.

This food recovery effort in Ames is even more impactful because of Story County's history. Between 2001 and 2016, 15.5% (13,860 people) of Story County were food insecure, above the

state average of 12.6%, making the county the most food insecure in Iowa.

Through organizations such as FRN, food insecurity in the county has decreased. In 2017, 14.9% (14,280 people) of Story County was food insecure. This moved the county to the second most food insecure, only behind Black Hawk County.

This percentage of food insecurity in Story County may come as a shock because of how difficult it is to identify people without adequate access to nutritious food. However, according to Tipping, it is important to recognize that more than homeless people are food insecure.

Food insecurity also affects college students (whether living in residence halls, working 20 hours a week, etc.); moms and dads who can afford boxed meals but not fresh food; retired couples who use food assistance; and recent graduates who can afford to eat two, but not three meals a day.

"Food insecurity doesn't mean you are starving all the time. It can mean running out of food before your next

paycheck, or saving food and eating it very slowly because you don't know if you have enough money to buy more," Tipping said.

Two of the best ways to help people who are in scenarios like the above is to volunteer and spend time with your community.

On average, five to eight members of FRN volunteer to collect the food, deliver it to Food at First, unpack the food and sort it on shelves, every week.

This firsthand experience in the community helps humanize the issue and serves as a reminder that basic necessities to live are treated as a privilege for many, although it should not be.

"If you are born into a low-income family or have dealt with more factors of life pitted against you, you shouldn't be to blame for that. Water, food, hygiene and healthcare are basic human rights, and ... are things [a lot of] people don't have. Often people who have those things take it for granted," Tipping said.

# NOW YOU KNOW

## WORKING TOWARD A NOURISHING FUTURE

Physical and mental health and stability are universal life goals that depend heavily on access to consistent and fair livable income and nutritious foods. Despite their rudimentary importance as basic building blocks for health and nourishment, millions of people globally are deprived of livable income and access to affordable and healthy food. In an effort to solve this global issue, the United Nations framed Goal 1 and 2 of their 17 Sustainable Development Goals around eliminating poverty and hunger in the world.

## GOAL 1: NO POVERTY

### WHAT IS POVERTY?

To live in poverty is to survive without consistent sufficient income to sustain daily basic living necessities.

In other words, to live in poverty is to live in fear of not making enough money to sustain access to things like healthy food, warm and clean water, electricity, sanitation, transportation and health care.

For some, poverty can mean sleeping in a house without power or under a bridge in the hottest and coldest seasons. It can also mean going to work, school or bed hungry.

Along with creating stressful lifestyles, poverty also negatively impacts human health by increasing a person's risk of death, disease and other life-altering ailments.

Over 780 million people today (11 % of the world population) are struggling to survive in these and varying conditions resulting from having insufficient income to live healthily.

Extreme insufficient income, or extreme global poverty, has defined by the U.N. as those living on less than \$1.25 a day.

In other words, the income that those in extreme poverty are living on in a year (\$456.25) is equal to what some smaller American families spend in a month on groceries alone.

### "NO POVERTY"

Since 2015, Goal One of the United Nation's Sustainable Development Goals has worked to guide local, state-wide and national policies to help eliminate global poverty.

Sub-targets of this goal include:

- reducing people in poverty by half
- implementing social protection systems globally
- ensuring all have equal access and rights to economic resources
- building the resilience of poor and disaster vulnerable populations
- creating policies globally that support accelerated investment in poverty eradication

Causes of poverty vary and are often multi-faceted.

In general, according to the U.N. website, unemployment, social exclusion and high vulnerability of populations to disasters and diseases interfere with job availability and people's ability to obtain or complete work.

### LOCAL POVERTY

Around 38.1 million people in the U.S. alone in 2018 were living in poverty.

At this time, the poverty level averaged at \$12,490 for annual household income (+\$4,420 per additional household member).

**1 NO POVERTY**

**1 out of every 5 children** worldwide suffer from poverty.

**22,000 children** die each day due to poverty-related ailments.

Nearly **1/2 of the world's population** live on less than \$2.50 a day.

In Iowa, one out of every 8 residents lives in some form of poverty.

In Ames, 29.3% of residents (16.3k out of 55.5k people) live in poverty: the majority of which are college aged (18-24 years), according to datausa.io.

### HOW YOU CAN HELP

- Advocate for policies you feel help support poverty reduction
- Increase poverty awareness campaigns in your community
- Research poverty-fighting opportunities and tactics
- Speak up for fair pay
- Take a personal finance course at Iowa State University

## 2 ZERO HUNGER



**45%**  
**OF CHILD**  
**DEATHS ARE**  
**FROM POOR**  
**NUTRITION**



1 in 4 kids globally are stunted in growth due to malnutrition

# GOAL 2: ZERO HUNGER

## WHAT IS HUNGER?

For many people, hunger simply is a bodily signal reminding them to eat their next meal.

In 2019, hunger to over 820 million people worldwide was the chronic feeling and discomfort of not having enough to eat to be healthy.

This number is up 9 million from 2018, the third year of consecutive increase in global hunger following a previous global decline.

With the global demand for food increasing with rising world populations, more people every year are expected to be living in cases of extreme hunger.

Extreme hunger, or chronically not having enough to eat (experienced by one in nine people in the world today) can be a result of a variety of factors.

Poverty, income inequality and marginalization are primary factors causing an increase in food insecure populations, according to the U.N.

The harms of being food insecure, or living unfed and hungry in daily life, includes a variety of health problems.

For anyone, not eating for days or weeks on end is fatal.

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Other major health impacts of chronic hunger among children include:

- anxiety, aggression
- behavioral problems
- growth stunting and wasting
- increased risk for asthma, anemia, diabetes and other chronic illness

There are also chronic health and behavior issues among adults and older adults associated with food insecurity (or lacking consistent access to foods).

These health issues also impact those who have food, but are lacking access to nutritious foods: a problem that affected 1.3 billion people (17.2 % of the world's population) in 2019.

Where these numbers and impacts are severe, history has proven through collective action, world hunger can be reduced.

## "ZERO HUNGER"

Target goals for 2030 proposed by Goal 2: Zero Hunger of the United Nations Sustainability Development Goals include:

- ensuring access by all people to safe, nutritious, sufficient food
- end malnutrition
- achieve targets for stunting and wasting reduction in children
- address nutritional needs

of adolescents and mothers

- double agricultural productivity of small-scale food producers
- ensure sustainable and resilient food production systems
- increase investment in developing and developed countries' rural infrastructure, agricultural research and technology development
- maintain the genetic diversity of crops and domesticated animals
- ensure food market function and timely access to market information

## LOCAL HUNGER

With more than 11.1 % of U.S. households (14.3 million households) food insecure in 2018, and one in nine lowans being food insecure, opportunities for governments, organizations and individuals to improve food security locally abound.

## HOW YOU CAN HELP

- Volunteer at a food pantry
- Donate unwanted food
- Reduce food waste
- Join a student, local, national or international hunger relief organization
- Support and advocate for policies that you feel support poverty reduction

# FOOD IS ... EVERYTHING

Energy, art, nourishment. Food can be defined in a variety of ways that differ for each individual. Because definitions can differ so vastly, some have defined food as simply: everything (as discussed in a [blog post](#) discussing and defining food).

## ENERGY



Food is the energy and nourishment that keeps people alive, healthy and productive.

## A PROCESS



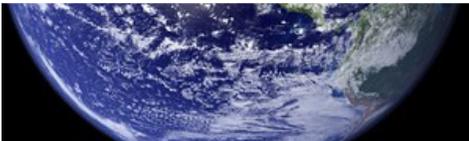
Food production is a multi-step process that relies on healthy water, soil and nutrients.

## AN OBSTACLE



Food demand, hunger and undernourishment have been on the rise since 2015 and have been impacting people's ability to learn, work and thrive. Over 820 million people in the world were undernourished in 2017. Learn how the United Nation's Sustainability Development goals are fighting global food insecurity and poverty (and how you can fight too) on [pages 8-9](#).

## GLOBAL



Food and agriculture creates jobs for around 40% of the world's population.

## ECONOMY



Food-related industries created \$1.053 trillion of the U.S. Gross Domestic Product (GDP) in 2017.

## AND SO MUCH MORE ...



### FOOD FACTS

- 1,996 POUNDS OF FOOD (ABOUT 1 TON)** ARE CONSUMED BY THE AVERAGE AMERICAN ADULT EACH YEAR
- 11 MILLION POUNDS OF FOOD** ARE CONSUMED EVERY MINUTE BY PEOPLE AROUND THE WORLD
- 12 PLANTS AND 5 ANIMALS** CREATE 75% OF THE WORLD'S MOST EATEN FOODS
- 1/3 OF ALL FOOD CREATED WORLDWIDE** IS WASTED

Show us your favorite nourishing meal and what food means to you!  
Tag @ISU\_LiveGreen and #NourishingGreen #WhatsIsFood



Copy and layout by Paige Anson



# MONTHLY CHALLENGE

## NOURISH YOUR FINANCES, BODY AND COMMUNI-

Sustain your mind, body and community this month by challenging yourself to think, speak and act in favor of personal and community nourishment. Whether working toward nourishing finances or meals, both start with small changes and build through long-term commitment.

### THINK



### SPEAK



### ACT



**Consider your current nourishment levels.**

**Food:** Add up your daily nutrient intake and compare to recommended amounts.

**Finances:** Sum up monthly purchases and compare to monthly income while keeping long-term goals in mind.

**Learn how to nourish wallets and bodies by asking professionals questions.**

**Food:** Ask a dietitian about healthy habits and recipes.

**Finances:** Talk to a personal finance coach or start and/or join a "smart spending" conversation online.

**Add one nourishing habit into your meals and budget.**

**Food:** Replace one frequently eaten food item with a more nutritious food item.

**Finances:** Replace unnecessary single-use purchases with reusable items. E.g. a reusable coffee mug.

**Explore online content that can inspire healthy habits.**

**Food:** Click through at least two new food blogs and research different nutritious foods.

**Finances:** Search online to find and contemplate different spending and budgeting habits.

**Share what you learn with others on social media. Listen to what others are saying.**

**Food:** Post about how you are working to improve how you nourish your body and mind with nutritious foods.

**Spending:** Share and like your favorite budgeting tips and tricks across all platforms.

**Try something new.**

**Food:** Test a recipe that includes three nutrient dense foods to sustain your body.

**Finances:** Put \$10+ into a savings fund each week instead of making a purchase that does not truly nourish your goals.

**Discover how you nourish social, economic, environmental wellness.**

**Food:** Find out how and where your food is grown.

**Finances:** Research where your money goes when you make a purchase. Does it fuel values that align with yours?

**Tell others about your goals as they evolve this month.**

Tell a friend your food and finance goals. Doing so can help you commit to them and can inspire others to set goals also. Be the spark that ignites "green," nourishing change in your community.

**Volunteer this month to nourish community members during holiday events.**

Learn more about volunteer opportunities in Ames on the Volunteer Center of Story County website and on pages 14, 15 and 16. Invite a few friends to volunteer with you.

**Thinking, speaking and acting to Nourish Green this month?**

**Share your success on social media!**

**Use #NourishingGreen and contribute to the growth of a greener online community.**



# GREEN-IT-YOURSELF

CELEBRATE THE SEASON WITH THESE NOURISHING CREATIONS

## BIRD SEED PINECONES

**Supplies:** 1 C. birdseed, 1 large pinecone, 1 C. creamy peanut butter, 12 - 6 inches of string or twine, 1 butter knife, 1 small bowl, 1 screw

### Instructions:

1. Check stem length on pinecone. If it is not long enough to hold on to, push and twist a screw into the base of the pinecone for secure handling.
2. Using butter knife, spread peanut butter all over pinecone surface (leaving stem).
3. Pour 1 C. birdseed into a small bowl.
4. Holding on to the stem, dip the pinecone into the birdseed.  
Ensure an even coating by dipping multiple times, rolling cone in the seeds.
5. Tie your string or twine to the pinecone stem or screw.
6. Use remaining string (length at preference) to tie the pinecone to a tree branch.
7. Watch throughout the next few days as birds flock to their treat.



## NOURISHING LOTION BAR

**Supplies:** A favorite silicone mold, 3.5 oz. olive oil, 3.5 oz., shea butter, 2.5 oz. yellow beeswax, 3 mL. favorite essential oil, heat-safe container (glass measuring cup), a microwave, a spoon

### Instructions:

1. In a small heat-safe container, combine olive oil and beeswax.
2. Place container in microwave and heat for 30 seconds. Take out and stir.
3. Repeat in 30-60 second increments until contents are fully melted.
4. Add shea butter and stir. The heat from the mixture will melt the shea butter.  
(if needed, and shea butter is not melting, microwave for 15-20 seconds).
5. Add your favorite essential oil and stir with spoon to combine.
6. Carefully pour the mixture into each mold. Distribute contents as evenly as possible.
7. Allow mixture to harden in the molds overnight. Refrigerate to speed up process.
8. Remove bars from molds once mixture has hardened.
9. Rub between palms to warm up and use lotion bar. Store bars in a cool place.



## HOMEMADE PLANT FOOD

**Supplies:** 1 tsp. baking soda, 1 tbsp. epsom salts, 1/2 tsp. ammonia, 1 gallon of water, 1 empty gallon milk jug and its cap

### Instructions:

1. Take off the cap of the milk jug.
2. Measure 1 tsp. of baking soda, 1 tbsp. of epsom salt and the 1/2 tsp. of ammonia and pour into empty milk jug.
3. Add tap water to the milk jug, until an inch of space exists between the top of the spout and the water line.
4. Replace the cap on the jug.
5. Shake the jug to mix the ingredients.
6. Lightly water your household plants once a month with this solution. Shake jug before each use.



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# RECIPES

ENJOY AND SHARE THESE HEARTY, HEALTHY SNACKS



## NO-BAKE ENERGY BITES

**Ingredients:** 2 spoons, 1 bowl, 1 storage container, 1 C. oats, 2/3 C. creamy peanut butter, 2 tbsp. honey, a pinch of salt, 1/4 C. ground flax seed, 1/4-1/2 C. of chocolate chips (or dried fruit bits), a large plate, a refrigerator

**Directions:**

1. Combine the peanut butter and honey in a bowl.
2. Add the oats, flax seed, chocolate chips and salt into the bowl.
3. Thoroughly combine all ingredients with a spoon.
4. Place a plate over the top of the bowl with the combined ingredients.
5. Place bowl and plate in freezer for 15 minutes (to make it easier to form energy bites).
6. Remove bowl from freezer and remove plate from bowl.
7. Use a spoon to pull out a small piece of the mixture.
8. Roll the mixture piece between hands to form small balls.
9. Continue process, placing finished energy bites into a storage container.
10. Store in a refrigerator (2 weeks) or freezer (1+ month) and enjoy!



## FIVE BEAN SOUP

**Ingredients:** Diced 1/2 of a yellow onion, 1 diced red bell pepper, 2 tsp. minced garlic, 2-4 C. of broth (chicken or veggie), 1 C. tomato sauce, 1 can each of your five favorite beans, 2 tsp. cumin, 1 tsp. of salt, tsp. pepper, tsp. paprika, 1 tsp. onion powder, 2 tsp. garlic powder, a large pot, an oven, a collendar

**Directions:**

1. On medium heat, saute onion and pepper in a pot until onions are clear.
2. Add garlic and saute well for about a minute.
3. Add broth and tomato sauce.
4. Drain and rinse the five cans of beans in a collendar, then add them to the pot.
5. Mix the pot on medium-high heat until mixture begins to bubble on the edges.
6. Add the cumin, salt, pepper, paprika, garlic and onion powders and mix into pot.
7. Allow mixture to boil, then turn off the heat.
8. Wait to cool, then serve.



## ROASTED FALL VEGGIES

**Ingredients:** 1 lb. of peeled carrots, 1 lb. peeled parsnips, 1 1/2 lb. baby potatoes, 1 butternut squash (skin removed), 5 shallots (skin removed), 3 tbsp. olive oil, 1 1/2 tsp. pepper, 2 tsp. salt, 2 tbsp. chopped rosemary or thyme, 1 head of garlic cloves (peeled), a knife, a large bowl, a large baking sheet, a large cutting board, an oven

**Directions:**

1. Wash all veggies and preheat oven to 425 degrees Fahrenheit.
2. Use knife to cut: carrots into 2 inch pieces, parsnips into 1x2 inch pieces, squash into 2-3 inch pieces and shallots length wise.
3. Mix all ingredients in a large bowl with hands.
4. Place onto baking sheet, spreading ingredients evenly.
5. Bake for 30-40 minutes or remove from oven when all vegetables are tender.
6. Serve warm.

# GREEN OPPORTUNITIES

## EXPLORE ORGANIC FARMING



Learn about organic farming from producers and industry experts at the Iowa State University Organic Agriculture Program's 19th-annual Iowa Organic Conference in Iowa City, Nov. 24 and 25. The conference will kick off with a screening of "Dreaming of a Vetter World" and feature break-out sessions, exhibitors and a locally-sourced lunch. [Public registration is available online](#) — \$100 until Nov. 17 and \$120 after. Students can register for \$35 by emailing Kathleen at [kdelate@iastate.edu](mailto:kdelate@iastate.edu). For more information, visit the [conference website](#).

## MANAGE WASTE PRACTICES



Gain experience in the waste management industry by applying for the Environmental Research & Education Foundation's [EREF Internship in Excellence Program](#). Network and work with one EREF's corporate partners in one of five industry niches: sustainable management of waste materials, recycling, waste equipment design, manufacturing and engineering. Applicants must be a full-time undergraduate or graduate student with at least a 3.0 GPA and one semester remaining after the internship. All majors are encouraged to apply for this paid position. [Apply](#) by Dec. 4 to receive priority consideration.

## FIGHT FABRICATION



Help the news industry combat fabricated videos, photos and audio, and win up to \$10,000 by entering the Reynolds Journalism Institute Innovation Competition, either as an individual or with a team (up to four members). Competitors must create a tool, prototype or program for photo, video or audio verification and [submit](#) it by Dec. 1. All U.S. college students are eligible to enter, but at least one team member has to be a communication or journalism student. For more information, [visit the RJI website](#).

## WEATHERIZE LOCAL HOMES



Volunteer your time this winter and help local homeowners make their homes more energy efficient. The Volunteer Center of Story County will provide training and all supplies, but not transportation to and from the homes. Winter Weatherization shifts are available from Nov. 1 to Nov. 23, with both morning and evening shifts available. For more information, visit the [Volunteer Center of Story County website](#).

## INNOVATE AT IOWA STATE



Tackle one of three challenges presented during the [ISU Innovate Prize competition](#), held Nov. 8-9 in MacKay Hall 0017. Participants will form small groups, based on interests, and innovate for one of the Bold Challenges: AgTech, EdTech and Global Impact. Groups will be incentivized by a \$1,500 prize to innovate the best solution. The competition is free for students, faculty, alumni and community members. To be eligible for the prize, participants must register on the [ISU Pappajohn Center for Entrepreneurship website](#) and participate on both days.

## EXCEL AS A DOE SCHOLAR



Gain a competitive edge in the STEM industry and learn from top scientists and subject matter experts in fields ranging from clean energy to cybersecurity to climate change as a 2020 DOE (U.S. Department of Energy) Scholar. Applicants must be completing an undergraduate degree, graduate degree or certificate program (or completed one in the last five years), or be a military veteran. [Applications](#) are due by Jan. 3 and consist of a profile, essay, resume, transcript and letter of recommendation. For more program information and to apply, visit the [Oak Ridge Institute for Science and Education's website](#).

## EMBRACE A WORLD OF CULTURES



Celebrate the diverse cultures of students, faculty, staff and members of the Ames community during [International Week](#): Nov. 10-16. Enjoy food from around the world during [World Cuisine](#), Nov. 10. Entry will be \$2 during pre-sale (Nov. 4-8 in the West Student Office Space in Memorial Union) and \$3 at the door. Bazaar Night, Nov. 11, will feature traditional cultural outfits, jewelry and folklore. International Night, Nov. 15, will have performances, crafts, games and free food. For more information, visit the [International Student Council website](#).

## SUPPORT IOWA STATE VETERANS



Pay respect to veterans during Veterans Week, Nov. 8-15. Start the week with a 6 a.m. workout with ROTC cadets at Lied Recreation Center. Then, remember and honor the lives of fallen student veterans during the Gold Star Hall Ceremony on Nov. 11 at 3:15 p.m. in the Memorial Union Great Hall, and celebrate current veterans during the 77th Annual Community Supper on Nov. 13 from 5-7 p.m., also in the Great Hall. For more information, visit the [ISU Veterans website](#).

## SHARE A MEAL WITH LOCALS



Prepare and share a meal with 8-12 guests at the [Emergency Residence Project](#) either one-time or routinely this November. With a small group of friends, coworkers or family members, cook the meal at home using your own ingredients or use the kitchen and available ingredients at the residence. Your group can choose to drop the meal off prior to 5:30 p.m. or stay, serve and share the meal with the guests. All ages can participate, but youth groups must be supervised by an adult. Sign up on the [Volunteer Center of Story County website](#).

## GO GREEN FOR A GRANT



Apply to The Greenhouse Initiative by Sambazon and The Ecology Center to receive mentorship, a \$4,000 grant and access to three workshops for your sustainable project or business venture. To apply, submit the online application with a 2-3 minute video explaining how your venture is economically, socially and environmentally sustainable and how it transforms your college campus for the better. Individuals and teams are eligible to apply. The early application deadline is Nov. 7, and the final deadline is Nov. 14. Apply to The Green House Initiative on the [Sambazon website](#).

## HANDCRAFT HOLIDAY SOAP



Join Ann Staudt, owner of the Siberian Soap Company, in handcrafting your very own soap on Nov. 20 from 6-8:30 p.m. at the Story County Extension Christy Hall, in Nevada, IA. During the class, use the age-old cold-process soap making technique to combine plant-based oils and lye to craft a mild, moisturizing and eco-friendly 1.3 pound soap bar. Participants must be 16 years or older, and wear long sleeves, long pants and closed-toe shoes. Register and pay the \$30 fee by Nov. 14 at 4 p.m. on the [Soap from Scratch event page](#).

## FEED YOUR COMMUNITY



Support your community and volunteer or donate to The SHOP, Iowa State's on-campus food pantry, during their newly extended open hours: Monday through Thursday, 10 a.m. - 5 p.m. and Friday, 9 a.m. - noon. To volunteer, sign up on the [SHOP website](#) and obtain a [Safe Food Certification](#). To donate, refer to the [donation requests](#) information on The SHOP's website, then drop donations off at 2312 Food Sciences Building or [request pick-up](#).

## RESEARCH AS A USDA FELLOW



Collaborate with world-renowned scientists and policymakers as a 2020 U.S. Department of Agriculture (USDA) Wallace-Carver Fellow. Assist with food, nutrition and rural development programs, analyze agriculture and economic policy and participate in field and lab-based research at a USDA research center or agency for eight to twelve weeks. Applicants must be a full-time college student in Fall 2020 and a previous participant in a World Food Prize Youth Program. Apply by Dec. 16 on the [World Food Prize website](#).

## RESTORE YOUR LAWN



Enhance the health of your lawn this fall by taking time to restore it. Using the Soil Restoration Rebate offered by the City of Ames Smart Watershed Program, improve your lawn's soil quality, increase the infiltration of rainwater into the ground, and reduce the amount of water and fertilizer your lawn needs to flourish. All Ames Utility customers are eligible to apply for up to a \$350 rebate. Rebates are also available for installation of native landscaping and/or native turf, rain gardens, composters and rain barrels. To apply for the rebates, visit the [City of Ames website](#) and download the applicable rebate forms.

## DROP OFF YOUR FALL YARD WASTE



Drop off your yard waste for free on one Saturday of [Yard Waste Days](#) this November. Waste can be dropped off at GreenRU, 400 Freel Dr., from 8 a.m. - 4 p.m. On Nov. 2, 16 and 30, only leaves will be accepted; on Nov. 9, brush will also be accepted. New this year, participants will be able to get a one-time, no-charge voucher to replace the Nov. 9 date. Vouchers can be picked up at the Resource Recovery Plant (RRP) and redeemed at GreenRU from noon - 5 p.m. on Nov. 8, 11 or 13. For more details about the voucher, contact the RRP at 515-239-5137.

## VIEW GLOBAL ISSUES THROUGH ART



Visit [Force of Nature: The Art of Susan Chrysler White](#), a contemporary social issues exhibition held at the Christian Petersen Art Museum in Morrill Hall until Dec. 20. The exhibition will engage viewers with climate change, the negativity of digital data and women's rights issues, of the past, present and future. The museum is open Monday-Friday from 10 a.m. - 4 p.m., and entry is free.

# NOVEMBER CALENDAR

08

## Snow Blower Service Days

**Sukup Hall | 1 - 6 p.m.**

Service your snow blower for a more efficient and cost-effective winter. Nov. 8 - 9 on the west side of Sukup Hall. Hours on the 8th are 8 a.m. - 1 p.m. Customers can request \$15 pickup/delivery no later than Nov. 7. Cost: \$25

## Serve the World with Innovation

**MacKay Rm 0117 | 4- 5 p.m.**

Listen to Steve Johnannes, founder of Veriown Global Inc; a business bringing Internet-connected solar energy to 1.2 billion people without access to power. Cost: Free.

## Marbled Clay Dish Walk-In Craft

**The Workspace, MU | Vary**

Give some rein to creativity and learn how to create marbling with five colors of polymer clay and shape it into a bowl. This craft is available Nov. 1 - 22 during walk-in hours: M-F 4 - 9 p.m. and Saturday 10a.m. - 4p.m. All ages welcome, children need an adult. Cost: \$8.

## Snow Magic Kick-Off

**Ames Main Street | 5 - 8 p.m.**

Embrace the joy of the chilly season while strolling around on Main Street and enjoying special sales, treats, carolers, carriage rides, and free hot chocolate. Santa, Mrs. Clause and children's activities and other planned fun are sure to please community members of all ages. Cost: Free.

09

## Coffee Appreciation with Morning Bell

**Wheatsfield | 10 - 11:30 a.m.**

Share in a coffee-focused conversation, sample coffee and learn some tasting, prep, bean storage and purchasing tips with Morning Bell Coffee Roasters owner, Nadav. Cost: Free.

10

## Torrent Chili Cookoff

**Torrent Brewing Company | 4 - 7 p.m.**

Bring your best chili recipe for this cookoff and chance at winning a \$25 gift card. Sampling begins at four, champion is crowned at 6 p.m. Public welcome and encouraged to sample and vote for the best chili. Cost: Free.

11

## Veteran's Day at the Gardens

**Reiman Gardens | 9 a.m. - 4:30 p.m.**

Embrace nature while honoring veterans for their service at Reiman Gardens. Cost: Free admission to active duty military and veterans.

## Ames Transportation Info Meeting

**Ames Public Library | 5:30 - 7:30 p.m.**

Learn about and give feedback to "Forward 2045," an update to the Ames area's regional Metropolitan Transportation Plan (MTP). In the Farwell T. Brown Auditorium. Cost: Free.

12

## Fobes Ronald Lecture in Conservation

**Sun Room, MU | 7 p.m.**

Hear from distinguished professor Margaret A Palmer from the University of Maryland as she talks about restoration ecology, particularly with water bodies and wetlands. Cost: Free.

13

## Community Veteran Supper

**Great Hall, MU | 5 - 7:30 p.m.**

The Veterans Center invites the community to a free dinner and ceremony to support and honor military students and members. RSVP by Nov 6. Cost: Free.

## Art Walk, Agriculture and Art

**Farm House Museum | 12 - 1 p.m.**

Journey through campus and contemplate the unique times where agriculture and art have come together. The walk will begin at the Farm House Museum, move to Food Sciences and will end at Kildee Hall. Cost: Free.

## Sewing Lesson at The Workspace

Work one-on-one with Judy Lemish and learn how to sew beautiful creations, one stitch at a time, on a machine. Cost: ISU \$40, public \$50.

14

## DIY Holiday Decorating

**Reiman Gardens | 12 - 1 p.m.**

Bring your favorite lunch to the gardens for a fun DIY demonstration for decorating with floral designer Sandy Grossman and Reiman's Education Manager Sara Merritt. No registration is required. Cost: Free for ISU students and members, public free after price of general admission.

15

## America Recycles Day

**ISU Bookstore, MU | 10 a.m. - 2 p.m.**

Join ISU Recycling Services and the Student Government Sustainability Committee for a day of reducing, reusing and recycling. Information, games and prizes will be offered. Cost: free

20

## Ethical Evolution Lecture

**Sun Room, MU | 7 p.m.**

Inventor Martin Hellman calls on policymakers to take a wider view of global issues like nuclear weapons, cyberattacks, terrorism and environmental crisis. Cost: Free.

24

## RG Express Holiday Railroad

**Reiman Gardens | 9 a.m. - 4:30 p.m.**

Experience Reiman's custom-built garden-scale train Nov. 23 - Jan. 4 Cost: Free for ISU Students and Members, Public free after price of general admission.

Have a sustainability highlight, accomplishment or event to share? Contact the Marketing and Communications Team!

Paige Anson | [pmanson@iastate.edu](mailto:pmanson@iastate.edu)

Krishaun Burns | [koburns@iastate.edu](mailto:koburns@iastate.edu)

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