

LIVE GREEN! MONTHLY

MARCH 2022



"THERE IS NO SUCH THING AS 'THROW AWAY'. WHEN WE THROW ANYTHING AWAY IT MUST GO SOMEWHERE."
- ANNIE LEONARD



CAMPUS SUSTAINABILITY UPDATES



Merry Rankin
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Happy March, Cyclones!

The month promising that warmer weather is in the not so distant future – bringing spring colors, smells, activities - and spring break!!

But, before getting too far into all the fabulous sustainability opportunities of March, let's reflect on an absolutely fantastic February, that featured the 2022 Symposium on Sustainability and Sustainpalooza.

The kick-off for this year's event, Chris Jordan's keynote, captured so well the vital impact we all have in even the smallest of choices we make and steps we take every day toward a sustainable tomorrow. If you were not able to listen live, I encourage you to treat yourself and view the recording, currently available on the [ISU Lectures Program website](#).

Also... an abundance of kudos to the Campus and Community Engagement Team (and the numerous volunteers) for SO much work in making this year's [Sustainpalooza](#) event an outstanding success. GIY centers, a clothing swap, tabling, art and SUCH delicious (and local) food! If you were not able to join us, you can still catch all the highlights and make all the

connections through the Sustainapalooza 2022 feature later in the newsletter.

And now to March!! This month for the Live Green! Team is all about the eradication of waste – through both diversion (directing waste to beneficial use instead of being landfilled) and reduction (not creating waste to manage). This month's newsletter offers a multi-faceted consideration of how we all can embark on our own personally-directed journeys toward a zero waste future. Alongside the March issue of Live Green! Monthly is our accompanying [social media campaign](#) – also focused on lightening our wasteprints – bursting with tips, waste trivia and a diversity of resources to ensure a multitude of “whoa” moments.

It is also in this month that we sadly bid farewell to a person whose name automatically comes up in any conversation at Iowa State University regarding this month's theme. Ayodeji Oluwalana arrived at ISU in 2018, becoming Iowa State University's very first full-time recycling coordinator. In less than four years, he has absolutely embraced his time as a Cyclone with the fullest and most robust passion, dedication and vision. He has spearheaded connections and forged impact across the entirety of the campus community - educating, engaging and empowering students, faculty and staff toward an enhanced and expanded personal and collective consideration of and relationship to waste. I hope you'll take a moment... drop him a note, give him a call or stop by his office to share a memory and wish him well in his new adventure. And starting this month - commit to one new personal waste-free challenge... for Ayo.

Yours in green-ness,
Merry



Elizabeth Smith

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Happy Spring, Cyclones!

Spring break is getting closer and closer; I know that I'm for sure counting down the days because I'll be studying abroad in Uganda, working with school gardens and nurseries! If you plan on traveling during break, be sure to check out [this month's Live Green! social media campaign](#), "Gone with the Waste", (and the rest of the Live Green! newsletter) for ways to reduce your waste and have a more sustainable experience!



Ayodeji Oluwalana

Recycling and Special Events Coordinator
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Welcome to March 2022!

Thank you for your tremendous support for the recycling program. Here are the latest updates for March.

First, I wanted to make note of reported incidents of contamination across campus in the recycling collection bins (single stream and cardboard specifically) over the last few weeks. Contamination has ranged from trash bags found in the cardboard dumpsters to food and drink contaminants in single-stream recycling.

This semester, the Sustainability Committee is exploring “sustainable living tips” magnets to be distributed to on-campus residents, a waste-themed social media challenge in collaboration with IRHA, signage showing how to reduce your energy consumption, and bat boxes! If you’re interested in staying updated with your projects, follow us on Instagram [@isusustainability](#).

Don’t forget!! If your club or organization needs funding for a sustainability-focused (environmental, economic or social) project, consider applying for the Green Initiatives Fund. Any recognized organization is welcome to apply. To learn more about the Green Initiatives Fund, visit the [Student Government Sustainability Committee website](#) or the funding webpage on the [Live Green! website](#).

Sustainably,
Elizabeth

When contamination occurs within a recycling bin, sadly, the bin contents (even those properly recycled) have to be disposed of as trash. Please assist in doing your part to ensure a “clean”, contamination-free recycling stream.

Second, we are in the fourth week of the annual recycling competition “Campus Race to Zero Waste Competition” (formerly Recyclemania) which started on January 30. Find out Iowa State’s ranking (at the end of week three) under the “per capita” category on the [Campus Race to Zero Waste Competition scoreboard webpage](#).

Third, a unique opportunity for graduate student fellowships with the [National Wildlife Federation](#). Please share!!

Lastly, on an emotional note, this will be my last newsletter to you as I will be leaving Iowa State to pursue a new adventure on the east coast and to be closer to family.

Read full details, about all of these highlights, in the March Recycling Update on the [ISU Recycling Services website](#).

I will miss you all!
Ayo

SUSTAINALOOZA RECAP



Campus and community members came together on February 22 to “Take Small Actions Today for a Sustainable Tomorrow” at Sustainapalooza 2022. Read about the event on the Live Green! blog!

[Read Full Article](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN

Toward a Waste-Free Future

Reducing waste can be accomplished in many ways. This month's contribution to Students



Living Cardinal, Gold and Green highlights some unique opportunities offered to students, faculty and staff, through two student-empowered organizations: the Student Government Sustainability Committee and the Zero Waste Team.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive



Buying Green: Tips to Sustain Your Shopping Trip

Sustainable living does not require dropping your shopping game. Buying “green,” or having sustainable shopping habits, is all about considering how to best make your purchases benefit you and the world around you.

This month's Now You Know reading comes from the October 2018 issue of Live Green! Monthly. Revisiting the work of former Marketing and Communications interns Paige Anson and Krishaun Burns, this month's article offers some tips to empower your next green shopping trip.

[Read Full Article](#)

LIVE GREEN! MONTHLY CHALLENGE

In order to reduce your waste, it is important to understand what you are throwing away as waste. This month’s challenge guides you through completing a waste audit and offers resources to start tackling waste throughout various components of life and living.

HOW TO COMPLETE a WASTE AUDIT:

[Take the Monthly Challenge](#)

Resources for Reducing Waste

- [Food Waste](#)
- [Clothes Shopping Waste](#)
- [Travel Waste](#)
- [Health and Beauty Waste](#)
- [Home Waste](#)
- [Outdoor Recreation Waste](#)
- [Daily Life Waste](#)



[Adopting for a Green Campus](#)

Engage in creating a culture of beautification at ISU, through adopting a part of campus to keep "clean and green." The Adopt-a-Campus program offers students, faculty and staff - as individuals or in teams - the opportunity to offer support in ensuring a designated area of the ISU campus is litter-free. For more information and to sign up, email kisb@iastate.edu.

[Harvest Vegetables for the Community](#)

Join the Mustard Seed Farm team and learn about organic farming and what life is like on an organic vegetable farm. Skilled and enthusiastic individuals are sought to fill agroecology intern positions for the 2022 "growing season." Internships occur between May 1 and October 15, with a minimum term of 8 weeks. Applications are due by March 15. For more information and to submit application materials, [email Mustard Seed Farm](#).

[Share Your Photographic Talent](#)

Participate in Story County Conservation's annual photography contest. Submitted images may show animal behavior, portraits of wildlife, plant life, natural landscapes or people interacting with nature. Photo entries can be submitted from March 1-22. For more information about the contest and instructions for photo submission, visit the [Story Country Conservation website](#).

[Cultivate Your Environmental Leadership](#)

Apply to be a part of the 2022-2024 Roger Arliner Young (RAY) Diversity Fellowship. Applicants must be persons of color who demonstrate a commitment to equity, environmental justice, social change and must be less than one year out of college. Applications must be completed and submitted to the [RAY Diversity Fellowship website](#) by March 27. For more information email mariaj@elpnet.org.

[Strategize With Iowa College Students About Sustainability](#)

Attend the One Sustainable Iowa Student Conference, April 9 - this year hosted at the University of Iowa campus. The event, originating at ISU, offers a day of all-Iowa student sustainability networking. Visit the [One Sustainable Iowa Student Conference website](#) for more information and to register. Contact livegreen@iastate.edu about carpooling.

[Join the Live Green! Team](#)

Live Green! needs YOU! Applications are now open for 2022-2023 internship positions with the Office of Sustainability. Positions are available related to marketing and communications, social media engagement, events planning and management and coordination of the City of Ames Smart Business Challenge. Learn more about the opportunities and find applications instructions on the [Live Green! website](#).

[Pitch Your Carbon Negative Idea](#)

Through a collaboration between The Green Umbrella student organization and the Consortium for Advanced Bioeconomy Leadership Education (CABLE), a carbon-negative lifestyle pitch competition will take place April 11, 3 – 5 p.m. in 3204 Student Innovation Center. Competitors must pre-register and send their pitch slides by April 4, 2022. Pitches will be judged and prizes awarded to the top three ideas (gift card prizes of \$300, \$200, \$100). Email muddin@iastate.edu for additional information. Register via the [event registration Qualtrics form](#).

MARCH GREEN EVENTS CALENDAR

10 March, 12 - 1 p.m. | Reiman Gardens

[Nature at Noon: Expanding Environmental Justice Beyond the Human](#)

Join Reiman Gardens and Brianna Burke, Associate Professor of Environmental Humanities and American Indian Studies in the English Department at Iowa State University, for an open talk about environmental justice and what it means to take that

discussion beyond humans. No pre-registration is required. Free for members and ISU students. Free (with paid admission) for non-members. More information on the [Reiman Gardens event page](#).

17 March, 6 - 8 p.m. | Reiman Gardens

[Dorm Plant Basics: Choosing the Right Plant for You!](#)

Make your dorm room healthier and greener. Join Reiman Gardens' Education Assistant, Logan Metzger, for a series of classes about caring for houseplants in small spaces and setting yourself on the right path to win plant parent of the year. Preregistration and prepayment required by Tuesday, March 15. For a full list of events in the series and cost information visit the [Reiman Gardens event page](#).

23 March, 6 p.m. | via WebEx

[George Washington Carver and the Liberatory History of Black Agriculture](#)

Learn from Dr. Monica White as she discusses the Freedom Farmers, revises the historical narrative of African American resistance, and breaks new ground by including the work, roles, and contributions of southern Black farmers and the organizations they formed. The event [WebEx link](#) can be found on the ISU Lectures Series website.

Varies | City of Ames Facilities and Virtual

[City of Ames Musical Performances](#)

Explore opportunities to listen to a variety of musical performances throughout the month, made possible by the City of Ames. Performances begin with Hip Hop 101: The History of Hip Hop Culture (March 1, 7 p.m., in the MU Great Hall) and complete with Nostalgia in Reverse with Nova Labs (March 26, 6 p.m., at the Ames City Auditorium) with additional events in between - virtually and in-person. Find full details for all events on the Ames City Auditorium and Durham Bandshell Facebook Page [@amesauditorium](#).

Explore All Live Green! Calendar Events

Have a green event, initiative or accomplishment that you would like to have featured? Share it with us via email at livegreen@iastate.edu.

RECIPES AND GREEN-IT-YOURSELF (GIY)

Demonstrate ways to reduce waste for the environment, yourself and others this month through recipes and GIYs that can culminate into a more sustainable planet.



[Leftover Fruit Smoothie](#)

Divert over-ripened fruit from the compost to the blender for a sweet treat.



[Stuffing Stuffed Peppers](#)

Upcycle staling bread into a delicious and nutritious dinner main dish.



[Excess Carrot Bread](#)

Turn extra carrots into a unique and healthy quick bread variation.



[Use Again Makeup Pads](#)

Wipe away makeup and makeup waste with this reusable option.



[Reusable Dryer Sheets](#)

Adopt a zero waste clothes drying strategy with this "use again" product.



[Make-at-Home Deodorant](#)

Save money and eliminate excess packaging with this beauty solution.

Find More Recipes and GIYs on the Live Green! Pinterest Page

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



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 sustainable.

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