

LIVE GREEN! MONTHLY

NOVEMBER 2021



**"WATER YOUR OWN HEART,
MIND, AND SOUL DAILY;
SO THAT YOU CAN DO, BE,
AND GIVE FROM A MORE
NOURISHED AND MUCH
FULLER PLACE."**

- LALAH DELIA

Cover Images provided by Chloe Bald and the Sustainable Agriculture Student Association.

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.

CAMPUS SUSTAINABILITY UPDATES

Happy November!



Merry Rankin

Director of Sustainability
mrankin@iastate.edu

With the holidays quickly approaching, this month's focus turns to nourishment – environmentally, economically and socially. This time of the year, especially, the planning begins related to holiday gatherings – meals, schedules and connections, and the balance of embracing and prioritizing.

The theme of this month's issue – Nourish to Flourish – reminds us of the opportunities to infuse sustainable consideration during this busy season, not to complicate... but to enhance, and flourish. Through strategizing menus, distributing gatherings (virtual or in person) over a few weeks (rather than packed into one) and maintaining consistent moments of downtime, we ensure a more sustainable (and flourishing) holiday season.

Along with a newsletter filled with ideas, opportunities and connections to flourish, this month's social media campaign, "[Food for Thought: Give Thought to Food](#)," offers complementary and unique consideration of our relationship with nourishment through food. Add in the [Campus Sustainability Month \(rescheduled\) Celebration](#) event on November 3, offering campus and community connections for physical and mental nourishment, and you have the perfect blend to ensure a month (and beyond) of flourishing.

Yours in green-ness!
Merry



Elizabeth Smith

Sustainability Director, ISU Student Government
edsmith1@iastate.edu

Happy November, Cyclones!

Fall is officially in the air! I will be at Campus Sustainability Day sharing information about the Committee's projects, including working with a student



Ayodeji Oluwalana

Recycling and Special Events Coordinator
aoluwala@iastate.edu

Welcome to November!

The semester continues to be busy related to recycling and waste reduction. This month – I am excited to highlight three areas.

organization interested in installing some [bee hotels](#) on campus, the return of the [Kill-A-Watt](#) Challenge, signage related to the impact of water bottle refillers, and [Trick or Trash](#).

Trick or Trash is a project is courtesy of [Rubicon](#), a waste and recycling company. They are able to RECYCLE candy wrapped collected by schools and businesses using specialized infrastructure. On-campus residents should keep their eyes out for the box at their hall Halloween events. We are so excited to partner with Inter-Residence Hall Association to reduce the number of candy wrappers that make their way to the landfill!

Did you know that the City of Ames is writing a [Climate Action Plan](#)? Student input is a really important part of the plan, as make up a substantial portion of the Ames population! If you have any questions that are not answered by the Climate Action Plan website (linked above), feel free to reach out to anybody at the [ISU Office of Sustainability](#), the [Ames City Council](#), or me!

Sustainably,
Elizabeth

First, an update. In July 2021, a recycling pilot project on the 3rd floor of Parks Library, in conjunction with the Student Government Sustainability Committee, paired recycling bins with trash bins to increase recycling presence in Parks Library. A waste audit was recently completed and showed a 14% diversion rate of recyclable items kept out of the waste stream. Focus now moves to identifying opportunities for continued improvement.

Second, a Save the Date! November 15 marks the annual observance of America Recycles Day and planning is happening RIGHT now to confirm all the details for ISU's celebration. Stay tuned!

Third, a reminder to think ahead and include waste reduction tips in your Thanksgiving (and all holiday) celebration plans. When putting all the details together regarding delicious food and all the little extras that make gatherings with family and friends so memorable, taking a little time for planning can make such a sustainable impact – before, during and after your celebrations.

Find more details (and pictures) in my full [November Recycling Update](#) on the ISU Recycling Services website.

Happy Recycling!
Ayo

STUDENTS LIVING CARDINAL, GOLD AND GREEN



Photo courtesy of The SHOP

Nourishment is defined as the substances needed for growth, health, and good condition. A large part of our nourishment comes from our food, but taking care of ourselves goes beyond what we eat.

From fighting food insecurity by providing nutritious food to those in need to providing resources to connect with others and take care of ourselves - this issue highlights a few organizations committed to our campus and community flourishing!

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive

**1 NO
POVERTY**



**2 ZERO
HUNGER**



Working Toward a Nourishing Future

Physical health, mental health, and feelings of stability are universal life goals dependent on access to livable income and nourishing food. Despite their importance to our ability to flourish, millions worldwide live in poverty without access to nutritious meals.

For this month, we are revisiting the work of Paige Anson and Krishaun Burns, our 2019 Marketing and Communications Team. In this article, the team discussed two of the 17 United Nations' Sustainable Development Goals with a specific focus on poverty and eliminating hunger.

[Read Full Article](#)

LIVE GREEN! MONTHLY CHALLENGE

This month's challenge begins with creating a self-care routine. When we take the time to recharge and nourish ourselves, we can care for others and share our gifts to create a well and flourishing community.



Nourish

- Prepare a [warm meal](#) for yourself
- Write in a [journal](#)
- Meditate for [15 minutes](#)
- Enjoy a [cup of tea](#)
- [Take a walk](#) in nature
- Enjoy your [favorite book or movie](#)

Flourish

- Arrange a "[Friendsgiving](#)" meal
- Write a [letter to a loved one](#)
- Get moving with a [yoga flow](#)
- [Create a tea blend](#) for sharing
- Organize a [walking group](#)
- Host a [movie night](#) or [book club](#)



Support a Biodiverse Future

Attend the Iowa Organics Conference Nov. 28-29, in Iowa City, to learn more about preserving biodiversity and ecosystems through strategic, organic farming. Contact kdelate@iastate.edu for registration details and scholarship opportunities!

Compost at Frederiksen Court

Reduce food waste by opting into the Frederiksen Court Composting Program, spearheaded by Engineers for a Sustainable World (ESA). Any questions about the program can be e-mailed to Andrew Frank, at akfrank@iastate.edu or visit the [ESA student organization webpage](#) for more information and to sign up.

Live Low-Waste

Join a panel of local experts to learn about low-waste practices and sustainability in the community, as well as some of the current community waste reduction efforts! Join the virtual discussion on Nov. 4 at 7 p.m.. More information and instructions for streaming is available on the Ames Public Library website.

Help Ames Youth Get Moving

Volunteer with ExerCyse is Medicine every Friday this winter to help kids in the Ames community get active. Motivate good health by leading warm-ups, games, and cool-downs with children. Sign up on the [ExerCyse is Medicine GivePulse webpage](#).

Take a Hike on National Hiking Day

Explore the Skunk River Greenbelt with Story County Conservation on Nov. 17. Register by Nov. 15 at 4 p.m. to take part in this two-mile event. Visit the [Story County Conservation webpage](#) for more details and to register!

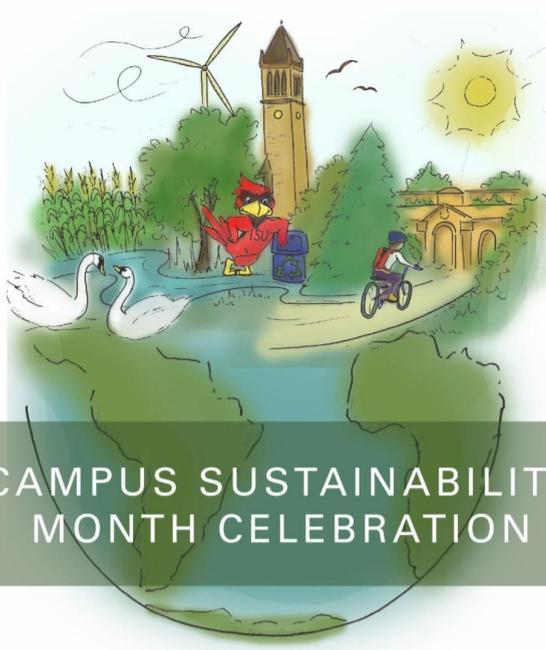
Join the Sustainapalooza Fun

Support Live Green! and sustainability at ISU by joining the planning committee for the year's largest sustainability event. Assist with planning, organizing and implementing Sustainapalooza 2022 (Feb. 22), including upcycling activities, clothing swap, organizational tabling and green giveaways. Contact natalied@iastate.edu or akleve@iastate.edu for more information and to join the team!

NOVEMBER CALENDAR

Campus Sustainability Month Celebration

Live Green! is Reuniting Campus and Community for a Sustainable Future at this year's Campus



Sustainability Month Celebration! Along with other colleges worldwide, we will unite as a campus to honor our sustainability journey with the clubs and organizations that make it possible. Participants will have the opportunity to engage with student organizations, local businesses, and university departments to learn about sustainable initiatives throughout Ames.

Our celebration has been **RESCHEDULED** for **Wednesday, November 3, 10 a.m. - 2 p.m. on the South Campanile Lawn.**

Visit the Facebook
Event Page

1 November, Varies | Octagon Center for the Arts

[The Art of Climate Planning Exhibit](#)

Get inspired by the work of Ames artists and EcoTheatre Lab. This project was created by seven local artists to encourage community involvement in the process of the City of Ames' development of a climate action plan. Catch this display before it is gone on Nov. 6.

11 November, 10:30 a.m. | Reiman Gardens

[World Origami Day](#)

Take part in folding one thousand cranes for peace, watch film showings, and attend an artist talk with origami folder Pam Douglas to learn about the history and significance of origami. All events are free to the public and no registration is required.

18 November, 2:10 p.m. | Campanile Room, Memorial Union

[ISU Lecture: Soil Erosion in Biochemical Cycling of Essential Elements](#)

Join Asmeret Berhe, head of the Department of Energy's Office of Science, in discussing the role of soil erosion in climate change. Dr. Berhe will present what is known about soil, its potentials and its limitations.

27 November, 9 a.m. | Downtown Ames

[Small Business Saturday](#)

Visit Downtown Ames and support your local small businesses on Small Business Saturday. Take the day to share the joy of supporting the local economy by shopping small, no matter where you are.

See 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)

Explore these nourishing creations focused on taking care of your body, mind, and spirit through nutrition, relaxation, and reflection.



Butternut Squash Soup

Cozy up with a warm bowl full of fall flavors with this simple, wholesome soup!



Leftover Tacos

Shake up your holiday meal leftovers by combining them in a tasty, toasted shell!



Build a Nourish Bowl

Explore how to build a nutrient-packed bowl using common pantry ingredients!



Gratitude Jar

Fill an upcycled jar with colorful reminders and reflections of thankfulness!



Candle Wax Melts

Relax and soothe with aromatherapy using these simple, natural wax melts!



Affirmation Cards

Create a deck of positive affirmations using recycled paper or old paint swatches!

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

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu

