

LIVE GREEN! MONTHLY



"WE DON'T HAVE TO ENGAGE IN GRAND, HEROIC ACTIONS TO PARTICIPATE IN CHANGE. SMALL ACTS, WHEN MULTIPLIED BY MILLIONS OF PEOPLE, CAN TRANSFORM THE WORLD."
- HOWARD ZINN



SUSTAINING LOCAL: GIVE BACK OPPORTUNITIES FOR SHOPPING DOLLARS

SUSTAINABLE GATHERINGS: DISCOVER STEPS TO GREEN SEASONAL TOGETHER TIMES

PAY IT FORWARD SHOPPING: INVEST IN THE FUTURE THROUGH CONSUMER CHOICES

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The Live Green! Newsletter 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.

Underlined text throughout this publication is hotlinked to offer additional information.

Photo by Live Green!



(Left to right) Taylor Silvestrini, Merry Rankin and Scott Nemeč

"Smart Business Challenge Team members, Scott Nemeč and Taylor Silvestrini, presented, "Educating, Engaging and Empowering Sustainable Businesses Through a Smart Business Challenge," at the 2018 AASHE (Association for the Advancement of Sustainability in Higher Education) international sustainability conference. In connection to this year's conference theme (Global Goals, Rising to the Challenge), which focused on the role of colleges and universities in furthering the United Nations Sustainable Development Goals, the Smart Business Challenge highlights the commitment of ISU and the City of Ames to goal #11 - Sustainable Cities and Communities.



Design by Heidi Kalb

Continue enjoying our 10-year celebration this November by joining us for our Buying Green event. See [page 5](#) for more information and details on this Ames-unique local shopping day.

Follow Us!



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

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DIRECTOR'S MESSAGE

Happy November, Cyclones!

It's the time of the year of brilliant fall colors, a little more crispness being felt in the air, snuggling into standard time and... shopping.

From a sustainability standpoint, there is a bit of *yin yang* consideration when it comes to consumption and most definitely shopping. Certainly consumption is a reality for consumers. However, there are very different ways of approaching consuming that can support or challenge a sustainable future. From a yang standpoint, consumption can be very supportive of a sustainable future when eco-minded products and services are chosen and shopping is done locally (thereby investing dollars in local needs and causes). From a yin standpoint, consumption can be very challenging of a sustainable future. Creating the products and services that are consumed can be a significant drain on natural resources and the ecosystems from which they are extracted as well as the community systems that are left to manage them at the end of their useful life.

One thing is certain, consumption will always be a part of our past, present and future. Our opportunity is to make purchasing and consumption decisions that consider, support and nurture a sustainable future.

In continued celebration of the 10th anniversary of the Live Green! Initiative at Iowa State University, the area of sustainability achievement highlighted for November, "Buying Green," specifically focuses on dedicated efforts in ensuring sustainable consumption. From green and sustainable purchases encompassing recycled content, recyclable, compostable, reusable, energy efficient and locally sourced products and services as well as "take back" options for products at the end of their useful life. In addition, the implementation of a Vendor Code of Conduct as well as paperless purchasing offers additional sustainable commitment to providing goods and services to ISU.

To highlight the personal impact and opportunity of each individual toward a yang consumptive future, "Sust-Ames," a local shopping day focused on engaging the community in sustainability through keeping local dollars, local is taking place Saturday Nov. 10, as mentioned on page 2 and highlighted on page 5. Live Green! 10 Year Strategic Initiatives and Special Initiatives team members have worked diligently to bring this campus and community event to fruition that offers unique elements of education and awareness (look for the snowflake signs), as well as VERY fun engagement.

Hope you can enjoy this "buying green" adventure, this month, and also find a moment to consider the many yin yang decisions and opportunities that determine your journey toward a sustainable future!

Yours in green-ness,



DIRECTOR'S UPDATE

The first project supported by Student Government's Green Initiatives Fund is officially underway! FP&M interns, Jeff Hyler and Kenzie Foldes, are working to revitalize the student-owned area by Lake Laverne by adding new, pollinator-friendly plants and new pavers. Stop by to check out their progress!

If you have an idea for a sustainably-minded project on campus, please apply for funding from the Green Initiatives Fund! The Sustainability Committee is working on several projects around campus, including a proposal for ISU to transition to 100 percent renewably sourced electricity and several educational events.

If you have any ideas you want to discuss with the committee, reach out to me at tsleugh@iastate.edu.



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.

TONI SLEUGH is Iowa State University's Student Government Sustainability Director. She is a second-year undergraduate student majoring in Biology and Environmental Studies.



Photo courtesy of Toni Sleugh

10-YEAR CELEBRATION

EMBRACING A DECADE OF ENHANCING SUSTAINABILITY EDUCATION

In continuing our yearlong celebration of the 10th anniversary of Iowa State University's Live Green! Initiative, October focused the month's celebratory theme of Learning Green. This included a Sustainability Speaker Series focusing on the three facets of sustainability, social, economic and environmental.

Andrew Kozlowski, artist and assistant professor at the University of Florida, kicked off the speaker series on Sept. 20, delving into social sustainability. He discussed his art which is influenced by human interactions with their environment and speaks to the resulting social challenges and conditions that have emerged. Kozlowski also addressed how he impacts these challenges and conditions personally through his use of sustainable methods both in creating his art and in using it as feedstock for the creation of paper at the end of exhibitions.

Mike Draper, founder and CEO of RAYGUN, continued the speaker series on Oct. 4, focusing on economic sustainability. He noted his unique approach to creating sustainable clothing that not only considers environmental and social sustainability in production and messaging, but also exemplifies economic sustainability - through offering percentages of profits to support local issues and economies.

Xiuhtezcatl Martinez, environmental activist and hip-hop artist, was scheduled to round out the series on Nov. 1; however, was invited to perform at the MTV Europe Music Awards during Music Week in Biscay, Spain - Oct. 29 - Nov. 3. His talk, focused on environmental sustainability and his specific experiences and commitments related to worldwide conservation, including joining a federal climate change lawsuit and presenting at the United Nations General Assembly, has been rescheduled to March 7. As an added bonus, he will also serve as the keynote speaker for the All-Iowa Student Sustainability Conference at ISU on March 8.

In addition to the speaker series, posters and TV slides were placed and projected throughout campus academic buildings highlighting the specific sustainability

education commitments (degree programs, courses and learning outcomes) of each college at ISU, offering an impressive diversity of learning green opportunities and experiences for students attending ISU.

For more information at Iowa State University's multi-faceted commitment to learning green and opportunities available to students, faculty and staff, read the Live Green! blog post for October and stay connected to Live Green through subscribing to the Live Green! Monthly newsletter.




OWN A 10-YEAR CELEBRATION T-SHIRT

Buy a specially-designed, RAYGUN-original t-shirt celebrating 10 years of living green at ISU. Available for purchase at the Iowa State University Bookstore, the t-shirts embody sustainability in being made from recycled content and being fair trade certified and support sustainability at ISU in directing a portion of sales profits to the ISU Green Initiatives Fund - supporting student led sustainability projects and initiatives.



Copy and layout by Krishaun Burns Photos by Paige Anson and Krishaun Burns



BUY GREEN, SHOP LOCAL, SUST(AIN) AMES

Every year, cities throughout the U.S. celebrate local businesses by hosting Small Business Saturday the first Saturday after the Thanksgiving holiday. In Ames, we are going one step further and hosting an additional local shopping event in 2018.

In continuation of the ten-year anniversary celebration of Iowa State's Live Green! Initiative, November highlights "Buying Green." To celebrate, ISU's Office of Sustainability, in collaboration with Downtown Ames and Campustown Action Association presents "Sust-Ames", focusing on engaging the community in "buying green" through shopping local.

The event, included in Ames' Snow Magic festivities, features over 25 Main Street and Campustown businesses taking part with many offering one-day special discounts and specials. As well as supporting local businesses, shoppers can enter a drawing for some unique local shopping gift packages and receive a festive reusable and pouchable bags made from recycled soda bottles to (while supplies last).

Although buying green and shopping locally may seem mutually exclusive, they are not. A community's environmental, economy and social sustainability is positively impacted whenever residents choose to spend their dollars locally. In fact, for every \$100 spent locally, \$73 remains in the community. This continues to pay forward as local businesses, in turn, support non-profits and community causes on average 250 percent more than larger businesses. Other local shopping benefits include shorter travel times, reduced travel impacts and having the opportunity to personally engage with business owners.

BUSINESSES PARTICIPATING IN SUST-AMES

American Country Home Store
Cafe Diem
Chocolaterie Stam Ames
Cooks' Emporium
Dogtown University
Duck Worth Wearing
Emerhoff's Footwear
Gilger Designs Jewelry
Grey Elephant
Heroic Ink Intensitee Inc.
It's All About ME! Boutique and Spa
Lindsey Loo's
Little Woods LLC

The Loft Ames
Mormann Clothiers
Morning Bell Coffee Roasters
Octagon Center for the Arts
Olde Main Brewing Co.
PhotoSynthesis
Portobello Road
Powder Studio - Ames
The Pumpkin Patch
Random Goods
Treats On A Leash LLC
We the Dreamerz
Wordly Goods

SNEAK PEEK INTO SUST-AMES

Shop local and buy green with discounts and freebies provided by Main Street and Campustown businesses.



15% off all products and services and opportunity to win a complimentary makeover and photoshoot



15% off next visit



Free chocolate samples and a free chocolate bar with a \$20 purchase



10% off all purchases (dog food excluded)



25% off all items



10% off any one regularly priced item from Nov. 13-Dec. 31 and 20% off items with teal and pink colored tags



Free coffee samples



10% off all purchases

STUDENTS LIVING CARDINAL, GOLD AND GREEN

PROVIDING LOCAL, CREATING LOCAL, SUSTAINING LOCAL

Buying green, shopping sustainably, supporting eco-friendly businesses. No matter how it is phrased, it collectively embraces supporting and ensuring a sustainable future.

From a community level, residents buying green through shopping local, and in turn investing in their community, offers a direct correlation. As discussed on [page 5](#), 73% of all expenditures made locally, are reinvested locally - offering the opportunity to directly support the future you envision for your community.

While at Iowa State University, students have the opportunity to immerse themselves in creating the changes they wish to see in the world. This month's spotlighted students offer unique approaches to "Buying Green," both through engaging the community and providing for the community

Students Helping Our Peers, otherwise known as The SHOP, is a student-run food pantry that provides for the local community through fighting food insecurity at ISU. Students, faculty and staff are able to visit The SHOP anonymously, no questions asked, and pick-up food, as well as other household necessities.

"People can just go in. They can bring their own bag, or pick up a [reusable] bag and grab what they need. It is very private," Sarah Jepsen, president of The SHOP said.

When the organization was created, the founders wanted to be mindful of the ability of peers to access food, when they needed it, without feeling judged or watched. They were grateful when a discrete location in the Food Science Building, Room 2616, became available.

Community support is what keeps The SHOP open today. The organization is

supported by an average of 200 volunteers annually - made up of students, faculty and staff - and always welcomes more volunteers, Paige Ahlrichs, The SHOP's vice president, said.

In addition, The SHOP relies on donations of food, hygiene supplies and other household needs, as well as monetary donations to purchase items that are most needed.



Many of The SHOP's regular donations are purchased locally and dropped off directly to The SHOP or provided through food drives organized by churches, student organizations and individuals aiming to support the community through purchasing and providing locally.

Jepsen and Ahlrichs feel people are inspired to donate time and goods because of a common empathy and understanding of basic human needs.

"[Eating] is a basic human need, and if it's not being met, it's super important that there are resources to help you," Ahlrichs said.

In considering the fact that one in six children and one in eight adults are food insecure and charitable programs are unable to fully support those who are struggling with food insecurity ([according to Feeding America](#)), The SHOP's mission is especially vital for the campus community.

"A lot of the time people forget you can do a lot to help your neighbor by just giving them food or being a friend."
- Paige Ahlrichs

There are currently 34,992 students enrolled at Iowa State University. If one in eight adults is food insecure, 4,374 ISU students are currently needing help putting food on the table.

This is a concerning statistic to consider when often times food insecurity is connected to other countries and not the U.S. For some, it can be easier to think about helping people in other countries, whose plights they hear about in the news, Ahlrichs believes.

However, as Jepsen and Ahlrichs know, food insecurity can happen anywhere, even at Iowa State University.

Food insecurity also happens during all seasons. With that in mind, donations are needed at The SHOP year-round. Donations do not need to be specially purchased items, they can be extra, unneeded food and household supplies that community members may find they have at the end of the semester or after the holidays.

An especially unique opportunity for students to help their peers involves them spending their extra dining dollars each semester to purchase non-perishable food items at campus C-stores, that they can then donate to The SHOP. For more information about SHOP hours and how to support its mission, visit [The SHOP's website](#).

While members of the SHOP offer volunteer and donation opportunities to sustain people locally, another ISU student supports community sustainability through creating a sustainably-focused business that supports local shopping.

Anahy Carujo, a freshman in her application-year in the College of Design, supports buying green by empowering and engaging people in sustainable practices through her micro-business selling individually crafted, upcycled clothing.

Corujo's business, "ARD Corujo," titled after her full name: Analy Rosa Daniela Corujo, offers clothing that Corujo has upcycled



or repurposed with hand-painted designs using screen printing ink. Her clothing line, "Tropi", can be viewed on [Instagram](#) and is available for sale at "We the Dreamerz" on Main Street in Ames.

Corujo arrived in Ames, as an exchange student from Puerto Rico, after Hurricane Maria devastated her country last year. An important goal for Corujo as she creates new items involves creating pieces that touch her roots and inspire joy.



"What's really [been] important with my work process [since] the hurricane, was that I was going to bring back color into my life and my country... I also decided that all of the designs I would make here would be inspired by home," Corujo said.

Corujo's desire to create new styles out of used materials stems from her passion for creation, her desire to make clothes for individuals rather than a mass-market and her hope to help herself and others save money and protect the environment.

"Upcycling brings value to things that other people have no value [for]. It [also] saves money [and] the environment . . . If you don't have a lot of money and you want to look fly and good, you can just spend on something cheap and make it look better," Corujo noted.



Buying used, thrifted clothes and upcycling them into a new style also is beneficial in keeping money in the community while empowering people to have affordable and confidence-boosting clothes, Corujo said.

"You can get something really expensive that's good quality, but if you can get something super cheap of the same quality and make it into something better, that gives it a whole new value . . . and you're not accommodating yourself to the product, you are accommodating the product to yourself," Corujo added.

In the last four years, Corujo has upcycled 100+ items, all sourced from thrift stores. Each of which takes her 2-3 days to finish.

ARD is a facet of Corujo's life that she loves and looks forward to continue evolving with, she said. She plans to travel back to Puerto Rico in December to collaborate with a friend on a new line of clothing themed around the values and beauty of physical and mental diversity.

Based on her experience starting ARD, Corujo encourages people to follow their own sustainable passions, she said.

"At the end of the day there is happiness and simplicity. [Know] if it makes you happy, it is not a mistake."



Layout by Krishaun Burns
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Most Needed Donations at The SHOP

- | | |
|----------------------|-------------------|
| 1. Pretzels | 9. Cans of Chili |
| 2. Granola Bars | 10. Snack Mix |
| 3. Canned Fruit | 11. Spices |
| 4. Nuts | 12. Toothbrushes |
| 5. Oatmeal | 13. Shampoo |
| 6. Low-sugar cereals | 14. Deodorant |
| 7. Pasta | 15. Razors |
| 8. Pasta Sauce | 16. Shaving Cream |



Sarah Jepsen

President of The SHOP
Photo courtesy of Sarah Jepsen



Paige Ahlrichs

Vice President of The SHOP
Photo by Paige Anson



Anahy Corujo

Owner of ARD Corujo
Photo by Paige Anson

NOW YOU KNOW:

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. The greatest sustainable impacts and benefits happen when a person is mindful in the store: questioning which products will last the longest, be the most efficient, and can be recycled, composted, reused or repurposed at the end of their useful life to avoid being buried in a landfill.

Asking these questions in the store rather than after purchase, and purchasing products that will last and that can be managed with one of the Rs of sustainability (Reduce, Reuse, Recycle and Refuse), can support a lifestyle that is self-sustaining, affordable and proactive.

Here are some tips to kick off your next buying “green” shopping trip!

Buy To Last

Buying products that are durable is one essential mindset that can help you save money and environmental resources. Knowing which products will last can most easily be done by avoiding words like “disposable,” “paper,” and “plastic” in the store.

Avoid Plastic & Paper Waste

Examples of such products include disposable plastic, paper cups and plates which approximately 224 million (74.6 percent) of Americans use.

Use of single-use plastic and paper products contributed over 44,290 million tons of waste to landfills in the U.S. in 2015, according to data in the last major analysis collected by the EPA. This was 32.2 percent of all of municipal household, commercial and business waste landfilled in that year.

Of 2015’s total landfilled waste, about 18.9 percent

(26 million tons) of waste was made of plastic and 13.3 percent (18.3 million tons) was made of paper and paperboard materials.

Another analysis insists that of the plastic waste generated today, 2 million tons comes specifically from disposable plastic water bottles.

Sustainable alternatives when shopping can help reduce these numbers.

For example, in considering the average consumption of four water bottles per day (recommended human intake), by using one reusable water bottle 1,460 disposable bottles are diverted annually from the waste stream.

“... 32 percent of the 78 million tons of plastic packaging produced annually kills over 100 million marine animals each year.”

-Earth Day Network & Sea Turtle Conservancy

Refusing to use plastic materials can also save on the amount of resources going into their production. For example, it takes three liters of water to make a single-liter water bottle. By not buying a 24 pack of water, and instead using a reusable water bottle, you could save 19.02 gallons of water. If you buy that 24 pack weekly, that could save 152.16 gallons of water a year; not to mention what would also be saved with other energy inputs that go into making disposable bottles.

Through recycling and/or reduction in use of plastics, it is also possible to reduce and even stop the 32 percent of the 78 million tons of plastic packaging produced annually from flowing into our oceans and killing over 100 million marine animals each year.

Currently, the amount of plastic put into our oceans equates to dumping one garbage truck of plastic into the ocean every minute. This number is expected to increase to two garbage trucks a minute by 2030, and four by 2050. Since plastic takes decades (in some cases, centuries) to

Decomposition Estimates For Common Waste



Item	Decomposition Estimate
Glass Jar	1 Million Years
Plastic Bottle	450 Years
Diaper	450 Years
Soda Can	80-200 Years
Plastic Bag	10-20 Years
Wool Socks	1-3 Years

decompose, an increase in long-term marine animal deaths is likely, which will harm fishing industries and the ecological integrity and beauty of our oceans.

Other “green” buying habits include choosing purchases that support positive, sustainable impacts on environments and communities.

Support Green Businesses

Learning more about the [labels on your products](#) (food, plates, clothes, furniture, etc.) and buying items that are developed with practices that support a sustainable future (for example, healthy environments and the fair payment and treatment of employees) is one way consumers can use to make sustainable purchases.

Buying items that are locally made is another “green” shopping habit that can help reduce the carbon footprint of your purchases while supporting your local economy (see [page 5](#) for a unique opportunity to shop local and support Ames).

Quality Over Quantity

Purchasing items that support quality over quantity is another “green” shopping practice that supports less waste and more efficient use of financial and environmental resources. This is especially true when it comes to clothing.

Avoiding the fast-track mindset of cheap and trendy clothing diverts millions of tons of textiles sent to

landfills yearly, as well as reduces the amount of water used in traditional clothing production, (more than 5,000 gallons of water for a T-shirt and a pair of jeans).



Buying quality clothing, buying clothing made out of recycled materials, repurposing used clothes to new styles, donating clothes, upcycling used items and patching up items for continued use are additional ways to create a more sustainable and budget-friendly closet.

Bulk Buys & Less Packaging Waste

Another sustainable tip when shopping includes buying food items in bulk and using reusable containers to store products.

Taring is a system often used to buy food in bulk using a reusable container (like a glass jar). It includes bringing this container to a store and buying your favorite foods by weight. A ‘tare’ is the weight of the container, which is subtracted from the filled weight (with food) in this container, which ensures one only pays for the weight of the food they are purchasing. Taring helps you avoid purchasing single-use packaging that you do not need and will have to dispose of frequently.

On your next shopping trip, empower yourself and impact your community with these buying “green” tips.

Learn more about buying “green” and sustainable living, participate in our Monthly Challenge on page 14 and visit the [Live Green! blog and website](#). Ask questions and share ideas by tagging @isulivegreen on social media!

SUSTAINABLE GATHERINGS

ADD SOME GREEN TO YOUR FALL GET-TOGETHERS

Falling leaves and dropping temperatures are great reasons to bring together friends and family for a warm, seasonal and sustainable get-together! To create a gathering that inspires love and appreciation for your loved ones and the planet, use this easy and mindful "Sustainable Get-Together" checklist to throw a shin-dig that is budget-friendly, renewing and healthy for the environment.

10 Steps for a Sustainable Get-Together

Send Digital Invitations

1 Save on the paper, money and fuel required to send a letter in the mail by sending your family and friends a digital invite to your gathering. Anyone can create a digital invitation masterpiece using websites like [Canva.com](https://www.canva.com) and [GreetingsIsland.com](https://www.greetingsisland.com). If you have friend or family member that does not use email or another digital mail platform, try using recycled paper to make a more sustainable invitation!



Use Recycled/Upcycled Decorations

2 Get creative with your decorations! Decorating with natural items, like pinecones, fall leaves and pumpkins, can prove to be a fun, organic way to spice up your party! It will also reduce the amount of energy used in creating, and waste produced by, plastic or paper decorations. Another way to reduce paper and plastic waste at your party is to opt to use flower petals or fall leaves as confetti. Check out [page 16](#) for an opportunity to create your own homemade, sustainable decorations.

Find Flower Options

3 Empower your flowers and support local businesses by buying [locally grown flowers](#) for your gathering. Native flowers support healthy local ecologies and can add a natural, refreshing touch to a party. Want to decorate your party with plants you've grown yourself, but have no yard space? [Try growing plants indoors!](#)

Don't Invite Throwaway Products

4 Help out your budget and the environment by replacing paper, plastic and throwaway items with reusable party accessories. Reusable coffee mugs, water bottles, silverware, and plates are some examples of such items. Cloth napkins and small towels are also great reusable products to use at your get-together! If you are having trouble making the switch to reusables, explore [this list](#) of more sustainable plastic-alternative products.



Enjoy The Season's Bounty

5 Support your community's economy by visiting a local store and purchasing locally grown apples and pumpkins to make into delicious pies or breads for your get-together! By purchasing locally grown foods in season you are reducing the distance your food has to travel to get to your plate (reducing your carbon footprint). Check out [page 15](#) to learn about ISU Horticulture Research Station's [local produce sales](#).

6

Reduce Tossed Food

Help reduce food waste in the U.S. (estimated at **30-40 percent** of the nation's total food supply) by planning ahead. When buying food, purchase close to your gathering day and freeze what you will not use right away to avoid creating unused-food waste. Other helpful food-saving tips include freezing leftovers for later consumption and/or distributing them to guests. Donating unused food and ingredients to a local food pantry can also help divert food waste from slowly decomposing in a landfill. For more tips on reducing food waste, check out this [blog post](#).

7

Ditch Waste With Thoughtful Party Favors

Avoiding single-use party favors saves party budgets and reduces waste—which increases an average of **25 percent during the holidays**, adding about 1 million extra tons of trash to our landfills. Instead, consider more [sustainable party favors](#) that create long-lasting memories of your special gatherings. For example, offering potted succulents or holiday ornaments with guests' names rather than plastic trinkets.

8

Swap For Friendsgiving

Swap useful, reusable items with friends or family at your gathering! This “friendsgiving” to gain new-to-you items can include exchanging clothes, furniture, appliances or any useful product. By exchanging items that still have use, the lifespan of quality items are prolonged while helping you save money and reduce waste. Swapping old cookbooks at your event is also a great way to experience new tastes and food cultures. For other fun friendsgiving ideas visit the [Live Green! blog!](#)



9

Offer Sustainable Disposal Alternatives

In an average lifetime, a person will throw away **600 times** their weight in trash. A 150 pound adult will leave behind 90,000 pounds of waste! Offering receptacles for recyclable waste, such as glass, plastic, paper, etc., is a sustainable disposal option to consider offering at your gathering to help reduce these numbers. When including and labeling recycling bins at your party, you educate your attendees regarding sustainable opportunities for items they consider garbage. This can encourage guests to consider the impacts of their waste while empowering them to choose what they consume and how they dispose of their waste.

10

Scrub Sustainably

Use environmentally friendly, minimally-packaged or reusably-packaged cleaning supplies to clean up at your event. Environmentally friendly, reusably-packaged products can be [homemade](#) or bought in bulk and put into a reusable container. Using these products supports sustainable cleaning habits by reducing the demand for natural resources, increasing household budget savings and reducing waste.

THE TASTE OF FALL

Enjoy the end-of-season harvest with these easy, oven-roasted recipes that support local buying and healthy eats.



ROASTED PUMPKIN SEEDS

Ingredients: Whole pumpkin, 2 teaspoons olive oil, 1/2 teaspoon garlic salt

Supplies: Pan, colander, bowl, knife, parchment paper

1. Carve open pumpkin with knife
2. Scoop out seeds with spoon, place in colander
3. Rinse colander under faucet to separate seeds from pumpkin
4. Place parchment paper on pan
5. Pour seeds onto parchment paper, allow to dry overnight
6. The next day, preheat oven to 350 degrees
7. Place dry seeds in bowl, remove remaining pumpkin
8. Toss seeds in bowl with olive oil and garlic salt
9. Spread olive oil and seeds evenly on pan
10. Bake for 30-40 minutes or until golden brown
11. Wait for them to cool, serve and enjoy!

Substitutions: Use any non-stick cooking agent instead of olive oil on the pan!



ROASTED SQUASH, CARROT & WALNUT

Ingredients: Butternut squash (3 pounds), 2 pounds carrots, 1/4 cup olive oil, 1 cup walnuts, 1/4 cup brown sugar, 1/2 teaspoon ground cinnamon, 2 teaspoons of salt, 1/4 tablespoon ground nutmeg

Supplies: Knife, large bowl, pan

1. Preheat oven to 400 degrees
2. Cut carrots in half lengthwise, then in half crosswise
3. Cut up squash into medium cubes
4. Toss carrots and squash with brown sugar, oil, salt, cinnamon and nutmeg in a bowl
5. Line a pan with foil greased with olive oil
6. Transfer mixture to pan
7. Roast for 30 minutes, stirring occasionally
8. Remove from oven, sprinkle walnuts over vegetables
9. Roast again 5-19 minutes until veggies are tender

Substitutions: Add raisins instead of nuts and use parchment paper instead of foil!



APPLE CHIPS

Ingredients: Two large red apples, 2 teaspoons of white sugar, half a teaspoon of cinnamon

Supplies: Bowl, pan, knife, cooling rack

1. Preheat oven to 200 degrees
2. Slice apples in 1/6 inch slices
3. Place slices into a bowl and sprinkle on sugar and cinnamon
4. Toss to combine ingredients
5. Place a cooling rack onto the pan
6. Place slices flat on the cooling rack
7. Place the pan with the cooling rack and slices into the oven
8. Bake for 2-3 hours (until crisp) flipping slices halfway through
9. Let cool, then enjoy!

Substitutions: Use brown sugar, try green apples or try the recipe with sweet potatoes!

For more recipes, visit our Pinterest.



GREEN-IT-YOURSELF

Embrace your ability to buy "green" through making these everyday products.

REUSABLE FACIAL WIPES

Save money on this facial cleanser by purchasing natural products and reusable wipes.

Supplies: 3/4 cup of distilled/boiled water, 1/2 cup of witch hazel, 1 tablespoon of almond/ jojoba/olive oil, 1 tablespoon of castile soap, 1 sealable jar/container, 7 baby washcloths, medium-bowl

1. Place baby wipes in storage container, set aside
2. In bowl, combine water, witch hazel, oil and castile soap
3. Pour solution into the storage jar over cloths
4. Press cloths into liquid, seal container

To use: Use a cloth from the jar to wash face and remove dirt and (if applicable) makeup. Rinse washcloth with warm water, then wipe your face with the clean cloth. You can then use your favorite moisturizer. Finally, save used wipes, launder and use again in a new solution.



KNOT A SHIRT: T-SHIRT BAGS

Put old or cheap thrift T-shirts to use and save on plastic waste with this T-shirt bag.

Supplies: A T-shirt, washable market and a pair of scissors

1. Cut sleeves off at the hem line
2. Cut the neckline out
3. Turn T-shirt inside out
4. Determine how deep you want the bag to be, mark the depth at the T-shirt's bottom
5. Cut inch-long strips in a fringe along the bottom, matching cuts on both of T-shirt's sides
6. Knot together each fringe with it's matching front/back piece
7. Tie knots together going left to right: use the right-most strip of the first knotted pair and the left-most strip of the second pair.
8. Flip the bag right side out, hiding knots

To use: Take the bag with you on shopping trips to the store or farmer's market.

Try: Knotting the sleeves for handles and leaving the fringe out.



HOMEMADE SHAVING CREAM

Green your a grooming habit with this all-natural shaving cream recipe.

Supplies: 1 1/2 cups of water, 1 cup Dr. Bronner's Pure-Castile Soap, 3/4 cup baking soda, stock pot, slotted spoon, bowl, sealable jar

1. Put all ingredients into a pot.
2. Heat on medium high heat until ingredients start to foam up
3. When foaming just below the pot's rim, turn off heat and move pot to cool for a few hours
4. When completely cool, use the spoon to collect the paste that separated from water
5. Move paste into bowl and whip it into a creamy, "shaving cream" consistency
6. Store cream in sealable jar, best used within two weeks.

To use: Rub the solution on an area where hair removal is desired then shave away unwanted hair.



For more GIYs, visit our Pinterest.



MONTHLY CHALLENGE

DARE YOURSELF TO BUY SUSTAINABLY THIS MONTH WITH THESE WEEKLY CHALLENGES



WEEK 1 | Purchase in Bulk

Save your wallet and the earth this holiday season by buying in bulk! Buy cleaning, health and beauty and other products supplies in larger packages to cut down on the additional waste and reduce your personal wastepprint. Americans can save the waste stream tens of millions pounds of trash annually, by buying in bulk. This week, challenge yourself to buy at least one item in bulk instead of individually.

WEEK 2 | Buy Alternatively

Have an item on your "needs" list, but looking for some unique choices? Challenge yourself this week to do some alternative buying and shop at a thrift or consignment store. You will be certain to find something fun and one-of-a-kind. In considering that just in clothing alone, Americans send an average of 62 pounds of clothes (the equivalent weight of a 9-year-old child) into the waste stream each year, shopping needs instead of wants and shopping durable instead of quick-made, makes an impressive difference. For even more challenge - rent or borrow instead of buying.



WEEK 3 | Upcycle Your Stock

That new unique look you are looking for or that need you need to fulfill, you may already own—just in a different form. This week, challenge yourself to upcycle — transforming your unneeded, (seemingly) useless items into something needed and useful. For example, a spaghetti jar can become a candle container, a chair can become a shelf and a t-shirt can become a reusable shopping bag (see [page 13](#) for instructions and additional inspiration). Through upcycling, not only is money saved; a need is met and for those options that involve textiles, for every ton that are kept out of the landfill, 20 tons of CO2 is kept out of the atmosphere.



WEEK 4 | Host a Green Swap

Need to refresh your closet, bookshelf, music, kitchen gadgets or general home furnishings? Plan a night this week to host a "swap" event and challenge yourself to make it happen. All facets of sustainability (environmental, economic and social) are positively impacted and you end up with some great things and whatever is leftover can be "paid forward" by donating to community non-profits. In planning your event, you can designate a specific category of items to bring or just invite guests to bring something they no longer need, but is still useful. Top off the gathering with tasty snacks (see [page 12](#) for some seasonal ideas).



GREEN OPPORTUNITIES

COLLAB ORGANICALLY



Learn more about organic farming at the 18th annual Iowa Organic Conference Nov. 18-19 in Iowa City. Considered the largest university-sponsored organic conference in the nation, the conference is the product of a joint effort between Iowa State University and the University of Iowa Office of Sustainability. Producers and experts from across the country will share tips for transitioning into organic production at the event. Student registration is online at the [conference website](#) for \$35 until Nov. 11.

INSPIRE SMART BUSINESSES



Contribute to a sustainable mission by inspiring local businesses to join in the Smart Business Challenge as a [Smart Business Challenge intern](#) in the 2019 spring semester! Applications require a resume, a cover letter and three references. Joining the Live Green! Team is a great portfolio builder, and a great opportunity to get involved with sustainability initiatives at Iowa State University and to work with the Ames community. Apply via email through Nov. 16.

JOIN A SUSTAINABLE FELLOWSHIP



Strengthen your skills in policy, finance, organizing, communication and leadership by applying for a Castanea fellowship. The fellowship invests in the values of racial equity, diversity and in understanding political and cultural impacts on sustained, healthy food systems. Castanea Fellows will experience six in-person gatherings, an international learning experience exploring global food systems and an award of \$40,000 over two years. For more information, visit the [Castanea website](#). Apply through November.

TRAVEL AND LEARN ABOUT BIODIESEL



Apply for a scholarship to attend the National Biodiesel Conference & Expo on Jan. 21-24 in San Diego to learn about all aspects of the biodiesel industry. Recipients will receive a complimentary conference registration (a \$1,200 value), a travel award of \$600, a preconference biodiesel educational overview and the opportunity to attend a private mentoring mixer with prominent biodiesel scientists. Interested science-majoring students must register for free with the NextGeneration Scientists for Biodiesel and apply on the conference's website by Nov. 19. Learn more on the [conference website](#).

SUSTAIN OTHERS WITH MEALS



Volunteer and energize your community this fall by volunteering your time at Food At First in Ames to help prepare meals for food-insecure community members. Signing up to help out during the organization's daily free meal or volunteering during their Thanksgiving Meal can be done online at the Ames' Food At First [volunteer sign-up website](#). Learn more about future volunteer opportunities to help sustain the community on the [Food At First Website](#).

STUDY ORGANIC AGRICULTURE



Discover theories and practices surrounding organic agriculture and earn three course credits this spring by registering for "[Organic Agriculture: Theory and practice](#)." The 16-week class is cross-listed as HORT 484/584 and SUSAG 584, and is an Extension course at Iowa State. Class will be held in the evenings, and will begin Jan. 15, and end May 7, 2019. Interested students can learn more about the class by emailing Kathleen Delate at kdelate@iastate.edu and by viewing the classes on the [ISU course catalog](#).

BUY FOODS THAT SUSTAIN



Learn about the impacts your food choices have on the environment and on your health at Wheatsfield Cooperative Nov. 8 at 6-7 p.m. Speaking at the CoOp is Dr. Ted Scherier, who will explain the reversal process for diabetes and demonstrate how to make a healthy hummus and salmon mango spinach salad. Charge for the event: \$5 members, \$8 non-members. For more information about the event, visit the [Wheatsfield website](#).

LETTUCE BUY LOCAL



Sustain your body, environment and community by purchasing fall produce from the Horticulture Research Station. Available produce is posted on Mondays by 4 p.m. and can be viewed and purchased on the station's [Produce for Sale website](#). Orders must be made before Thursdays at noon, and can be picked up every Friday from 11:30 a.m. to 1:30 p.m. in the courtyard, and or by Harl Commons, of Curtiss Hall. Orders are paid for at pick-up in the form of cash or a check. To learn more about how to get involved with the station, visit [their website!](#)

NOVEMBER CALENDAR

01

Great Pumpkin Disposal Program
110 Center Ave. | M-F 7 a.m.- 3:30 p.m.
Keep your pumpkins out of the trash by dropping them off at the Resource Recovery Center, 110 Center Ave. for composting through Nov. 15 M-F and Sat. 8 a.m.- noon.

03

Free Yard Waste Day
400 Freel Drive | 8 a.m. - 4 p.m.
Rake up and dispose of all those Autumn leaves during the City of Ames free Yard Waste Days, Nov. 3, 17 and Dec. 1. Brush, as well as leaves, is also accepted on Nov. 17.

FIRST LEGO League
Howe Hall | 10 a.m. - 3 p.m.
Promote STEM to children and assemble LEGO League kits. All ages are welcome to participate. Large groups are encouraged to email fil@iastate.edu.

06

Midterm Elections
Polling Locations | 7 a.m. - 9 p.m.
Vote in the 2018 Midterm elections. View the candidate list and learn about each candidate's platform issues and [create a personalized ballot](#).

08

Nature at Noon - Holiday Decorating
Reiman Gardens | 12 p.m.
Attend this month's Brown Bag Lecture and learn how to decorate for the holidays using florals, greens and other sustainable materials. ISU students and Reiman Garden members can attend for free. Non-members pay admission to the Gardens to attend.

Mobile SHOP
Fredrickson Court, SUV | 3 - 6 p.m.
Grab a free meal through the annual SHOP (Students Helping Our Peers) mobile pantry at the Frederiksen Court Community Center and SUV laundromat. An assortment of snacks will also be available for pick-up.

09

Snow Magic Kick-off
Downtown Ames | 5 - 8 p.m.
Welcome the holiday season by attending this free event in Downtown Ames. Write a letter to Santa, watch the holiday tree lighting, ride in a horse-drawn carriage and many kid-friendly activities.

10

Recreation Services Trip Registration Deadlines
Multiple Locations | Nov. 9, 12 and 30
Register to explore the outdoors across the United States over break with ISU Recreation Services. Canoe, backpack, kayak or rock climb during weekend trips. Registration ends on Nov. 9, 12 and 30.

14

Sust-Ames Local Shopping 2018
Downtown and Campustown | All Day
Shop local with Main Street and Campustown businesses. Receive discounts, enter to win local shopping gift packages and get a free reusable/pouchable shopping bag (while supplies last).

Soap from Scratch
Story County Conservation Center | 6 - 8:30 p.m.
Handcraft eco-friendly soap bars using the cold-press technique. All participants must be at least 16 years old, register and pay a \$30 fee by Nov. 5 at 4 p.m. [Register online](#).

Growing Together Community Garden
Curtiss 0013 | 3:10-5:00 p.m.
Learn about [FARRMS](#) (Foundation for Agricultural and Rural Resource, Management and Sustainability) from speaker Mindy de Herrera. Students, faculty, staff and community members are welcome to this free panel hosted by the Sustainable Agriculture Program.

15

America Recycles Day
West Staircase of M.U. | 10 a.m. - 2 p.m.
Meet the Student Government Sustainability Committee and other organizations at the Memorial Union Nov. 15 to learn more about recycling at ISU, and get a chance to win fun prizes.

24

Small Business Saturday 2018
Downtown Ames | All Day
Continue the season festivities by shopping small and local. Visit local shops, take advantage of holiday specials and even have breakfast with Mr. and Mrs. Claus (from 9 - 11 a.m.).

29

Creating Green
Memorial Union, Workspace | 10 a.m. - 5 p.m.
Find gifts for friends and family at ArtMart or bring any gift that needs wrapping and get them wrapped, at no charge, by members of the Live Green! Team and The Green Umbrella student organization. Wrapping is made of upcycled materials (including ISU Athletic posters) as part of the Live Green! 10-Year Anniversary celebration. Event continues Nov. 30, 10 a.m. - 8 p.m.

See more sustainability events on the [Live Green! calendar](#).

