

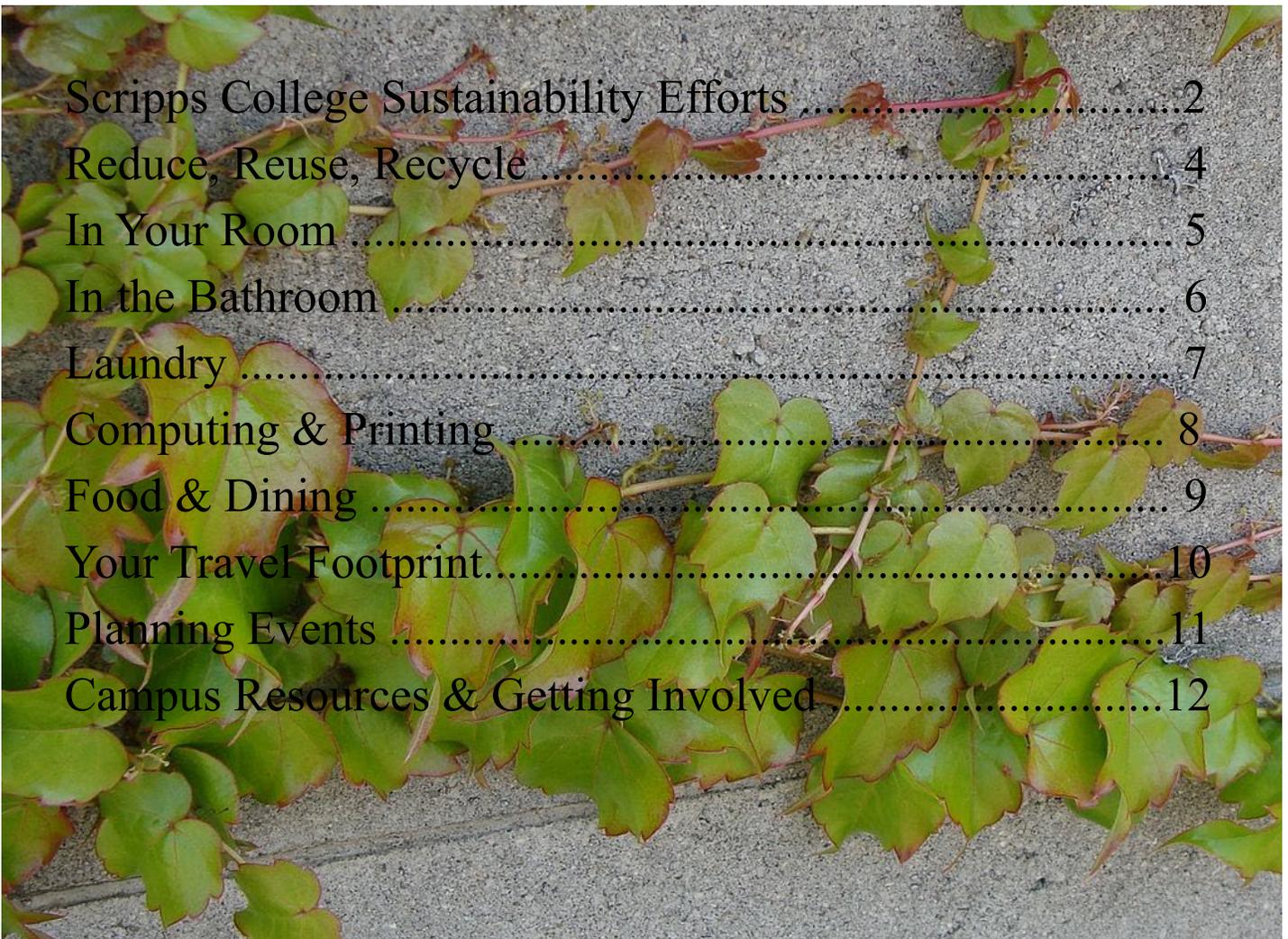
# Introduction

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This guide was created by students, faculty, and staff at Scripps in conjunction with the other 5Cs. We hope this guide will serve as a resource and enable students to attain a more environmentally and socially sustainable lifestyle.

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# Sustainability Efforts

## Water Conservation

### On the Grounds

Some past projects the Grounds Department has implemented include replanting the Platt Blvd Islands (the planters in the middle of the road) with native, drought-tolerant plants. Many of the lawns were replaced with alternative landscaping, and other existing lawns with Bermuda grass, which requires 30% less water and goes dormant when ambient air temperatures get cold (usually around winter break, so don't be surprised if it looks golden or brown in the winter!)

You can participate in furthering water conservation efforts by reporting broken sprinklers (*email: grounds@scrippscollege.edu*)

### Water Features

All campus fountains are recirculating and water is only added when necessary. During summertime fountains are left empty to conserve water.

In the pool a variable speed pump is used to save energy.

### In Buildings

Some of the projects the Facilities Department has implemented include low flow showerheads and low flow toilets.

Students can do a lot to reduce water consumption as well: take shorter showers, turn off the sink when possible, report leaky faucets and showers (*email: maintenance@scrippscollege.edu*) and only do your laundry when you have a full load.

NEW Hall also has a host of water saving features including a water retention basin, drip and deep water irrigation, and low flow sinks, showers, and toilets.

### Highlight

In 2014 grass turf on the Platt St. islands was removed and replaced with native plants. The native plants are mostly drip irrigated, but the edges of each island are not. This means that the flowers each spring are an indicator of how much rain we received during the winter!



# Sustainability Efforts

## Miscellaneous

### Green Building

The College is currently in the process of renovating older residence halls to make them accessible and add Energy Star Certified Air Conditioning.

NEW Hall is our first LEED certified building built to LEED Gold standards. It incorporates many innovative energy and water saving measures.

Garrison Performing Arts complex is our first academic building with solar power.

### Edible Plants

There are local, organic fruits and vegetables all over Scripps from the Student Garden (which you can participate in) to New Hall to the orange trees on Jaqua lawn. If you are looking for edible plants around campus, please refer to the [Edible Plant Map](#).

### Administrative Support

The SAS Sustainability Chair as well as the Diversity and Inclusivity Chair sit on the Facilities and Planning Committee. Additionally, the SAS Sustainability Chair sits on the Sustainability Committee. The Building and Grounds Committee of the Board of Trustees hears proposals of incorporating sustainability into projects on campus.

### Annual Events

- Olive Harvest (**Fall**)
- PowerDown Challenge - *An energy conservation competition* (**Spring**)
- SustainabiliTea (**Fall/Spring**)
- Sustainability Fair (**Spring**)

# Reduce, Reuse, Recycle

## Reduce

The most important and impactful thing you can do to reduce your waste is reduce your consumption. It takes a lot of time and energy to make, ship, and recycle products. Most recyclables are “downcycled” and can only be processed a few times before the materials become too brittle for use. Please think before you buy:

*“Do I really need it or do I really want it?”*

## Reuse

Reusing local products like your classmate’s clothes or room items, can save shipping, production and recycling costs, raw materials, energy, and waste. Look on the [5C for sale/for free, 5C Book Exchange](#), check your class Facebook pages or go to the second hand shops in the Village.

You can also repurpose items, [Here’s a few ideas](#) and [a few more!](#)

## Recycle/Compost What You Can

Tearable Recycling:

- Paper
- Magazines
- Clean cardboard

Mixed Recycling:

- Clean
- Plastic #1-6
- Glass
- Metal
- Paper/Cardboard

Compost:

- Vegan food scraps
  - Newspaper
  - Green waste
- Located in Residence Hall Kitchens*

Trash:

- Dirty waste
- Wax paper/cups
- Soft plastic
- Plastic Film
- Styrofoam

### Special Recycling

**NEW Hall Kitchen:** Batteries, Brita filters, plastic bags

**IT:** Batteries, electronics (*deliver to facilities*)

**Facilities:** Lightbulbs

**Platt Campus Center (HMC, bin outside) and**

**QRC:** Clothing



# In the Residence Halls

## In Your Room

### AC/Heating

- Turn it down and opt to cool/heat your body instead of your room
- Don't leave windows and doors open when your unit is on.
- Make sure it is working properly. If it isn't, email your RA for a maintenance request.
- Draw your blinds at night to keep warm air in, open your blinds during the day to let the sun heat your room

### Lighting

- Turn off the lights when you leave the room
- Use daylight when possible
- Use efficient bulbs, try for CFLs
- Study with friends or in communal spaces so less rooms need to be lit

### Purchasing

- Buy dorm items from friends during "senior sales" during finals week
- Share items with roommates or friends
- Purchase used and reusable items when outfitting your dorm
- Attend clothing swaps that are held throughout the year

### Power

Your "phantom load" consists of the energy your electronics use when on standby or when plugged in. This accounts for an estimated 5-10% of your energy use. To eliminate this:

- Unplug electronics when not in use – make this easy by using a power strip with surge protection
- Turn electronics completely off when not in use for extended periods (e.g. overnight)

Dim your screen brightness

Share larger appliances like fridges with roommates, suitemates, or the other people in your residence hall.

### Water

-Don't buy bottled water, get a refillable water bottle, and make use of the water fountains

-Take shorter showers and turn off the water when you are not using it

### Cleaning

- Use a reusable rag or cloth
- Buy non-toxic cleaning supplies or make your own with vinegar and water
- Deodorize with baking soda



# In the Residence Halls

## In the Bathroom

### Shower

- Take shorter showers and use a timer or some tunes to help you keep track of time
- Take cooler showers
- Do not to let the water run too long while waiting for hot water – try taking a shower right after you work out so the cold water feels nice
- Turn off the shower when sudsing up—stop the timer too
- Don't shower as often – depending on your activity level, you may only need to shower a few times a week
- Report leaky showers

### Toilets

- Talk to your hall/suite mates about the “if it's yellow let it mellow, if it's brown flush it down” rule
- Do not use the toilet as a trash can e.g. for tissues, spiders etc.

### Sink

- Turn the water off when brushing your teeth and washing your face/hands
- Use cooler water and don't wait for the water to warm up
- Report leaky faucets
- Try to not use paper towels, instead opt for a reusable hand or face towel

### Menstruation

Menstruation products generate a huge amount of waste per year through their manufacture, which involves many toxic chemicals, to their disposal in landfills.

Some solutions:

- DivaCups (a brand of menstrual cup) can be purchased at the Motley
- Use reusable, cloth pads
- Use all natural, organic products

**Remember to turn the lights off when you leave!**



# In the Residence Halls

## Laundry

### Washing

-Wear clothes multiple times before washing them

The machine will use the same amount of water and energy no matter how many clothes you put in.

-Only do laundry when you have a full load

-Don't have a full load? Combine laundry with your friends/roommates/suitemates

About 90% of the energy used by the machine goes into heating the water.

-Wash with cold water!

Make your detergent count!

-Use environmentally friendly detergent, make your own, or use concentrated formula so the packaging lasts longer

-Use half the recommended amount of detergent

### Drying

-Air dry your clothes! This reduces energy consumption and makes your clothes last longer. You can also prevent wrinkles better by hang drying or lying flat to dry

-Clean out the lint filter – dirty lint screens make dryers use 30% more energy

-Avoid fabric softeners and drying sheets – less chemicals mean less waste and pollution as well as a healthier you!



# Computing and Printing

## Computer Settings

- Turn your computer completely off when you won't be using it for a while e.g. at night
- Lower your screen's brightness
- Use your energy-saving settings
- Set your screen to sleep after 5 min and your computer to sleep after 15 min of inactivity
- Do not use screen savers
- Do not fully charge your battery
- Do not leave your computer plugged in past full
- Keep your laptop cool by using a cooling pad and not placing your laptop on soft surfaces

## Printing

- Turn your computer completely off when you won't be using it for a while e.g. at night
- Lower your screen's brightness
- Use your energy-saving settings
- Set your screen to sleep after 5 min and your computer to sleep after 15 min of inactivity
- Do not use screen savers
- Do not fully charge your battery
- Do not leave your computer plugged in past full
- Keep your laptop cool by using a cooling pad and not placing your laptop on soft surfaces

## Computer Use

- Save paper by reading and annotating PDFs and Word documents on your computer rather than printing them out
- Use Adobe Acrobat (installed on all Scripps computers) to fully annotate PDF files
- Use Track Changes in Word to make edits and comments on papers



# Food and Dining

## In the Dining Hall

### Reduce your waste

- Take only what you can eat
- Always use your reusable clamshell and mug
- Limit use of disposable items
- Only take napkins if you need them and use fewer
- Get your own reusable dishes

### Sustainable food choices

- Eat lower on the food chain
- Reduce consumption of animal products
- Eat less processed foods – processing uses energy, water and chemicals

If you have suggestions for how the dining hall can improve, please write a comment for their suggestion box

## At the Motley

- Bring your own mug
- Opt for alternative milk
- Stay a while and use one of their reusable mugs and have them put your food on a plate instead of in a wrapper

## At Snack

- Bring your own mug, bowl and utensils
- Only take what you can eat

## Grocery Shopping

- Eat local, organic, humane, and fair
- Go to the local farmers' market on Sunday mornings
- Bring your own reusable containers and bags
- Carpool or walk to the store
- Shop in bulk

## Eating Out

- Try to eat sustainably – low meat, non-processed, raw, whole foods
- Save extras for later
- Compost!



# Your Travel Footprint

## Travel Around Claremont/LA

- Walk or bike whenever and wherever you can
- Don't have a bike? No problem! Borrow a bike from the Green Bike program for a semester or a day – inquire at the Sally Tiernan Field House
- Carpool when possible
- Take Foothill Transit to get around the immediate area: [foothilltransit.org](http://foothilltransit.org)
- Take the train, buses, or other public transportation to get into LA and the surrounding area: [metrolinktrains.com](http://metrolinktrains.com)
- Rent a Zipcar with some friends: [zipcar.com/universities/scripps-college](http://zipcar.com/universities/scripps-college)

## Your Own Car

- Carpool
- Make sure your tires are properly inflated to increase your gas mileage
- Check your engine air filter for a more efficient engine
- Use cruise control
- Avoid idling**
- Get your car washed at a station that uses recycled water and prevents soapy runoff
- Use a windshield sunshade or park in the garage to keep your car cool

## Airline Travel

- Carpool to the airport using Supershuttle, 5C Ride Share, or go with friends
- Airplanes use a LOT of fossil fuels to run and thus produce a lot of pollution
  - Try not to fly - find some fun things to do locally
  - Participate in off-campus trips through OWL or OTL rather than flying places over optional breaks



# Conscious Consumption



# Planning Events

## Reduce, Reuse, Recycle

- Think about how much waste will be consumed at your event
- Buy local, organic, non-processed, responsibly sourced snacks with less packaging/bulk
- Buy decorations/materials you can use again for future events or borrow from another club
- Make recycling/compost bins available
- Have attendees bring their own dishes

## Advertising

- Print fewer paper fliers and use online platforms like email and Facebook
- Print fliers on a half sheet of paper and use recycled paper
- Recycle printed fliers after your event

## Collaboration

- Print fewer paper fliers and use online platforms like email and Facebook
- Print fliers on a half sheet of paper and use recycled paper
- Recycle printed fliers after your event

## Resources

- Smoothie bike:** looking for a no electricity way to make healthy snacks? Contact SAS Sustainability Chair to check it out
- Greenware:** Contact SAS Sustainability Chair to check out
- Produce from the Student Garden:** Contact the Garden Coordinator or the President of the Garden Club
- Weekly SAS email:** email the SAS Vice President of Student Activities to advertise your event



# Campus Resources and Getting Involved

## Student Government

### **SAS**

- SAS Sustainability Chair
  - SAS 5C Events Chair
  - SAS Vice President of Student Affairs
  - SAS Student Organizations Commissioner
- Find out more at [sas.scrippscollege.edu](http://sas.scrippscollege.edu)

All the other 5C's have a Sustainability Officer

## CLORGs

### **Scripps**

- SEED
- Scripps Garden Club
- Ocean Initiative Club

### **Other Colleges**

- SSPEAR (CMC)
- Environmental Affairs Committee (CMC)
- ESW/MOSS (HMC)
- A Cleaner Tomorrow (PZ)
- EcoCenter (PZ)

### **5C**

- Native Habitat and Community Club
- Designing Urban Spaces
- 5C Divest

## Scripps Staff

- Director of Grounds: Lola Trafecanty
- Director of Facilities: Josh Reeder
- Sustainability Coordinator: Crystal Weintrub
- Malott Dining Hall Manager: Tom Atkins
- Members of the Sustainability Committee

## 5C Sustainability Resources

- CMC Environmental Concerns Committee/Roberts Environmental Center
- Harvey Mudd Hixon Center for Sustainable Design
- Pitzer Redford Conservancy/Sustainability Manager
- Pomona Sustainability Integration Office