



Sustain Champlain

GO GREEN:
Your Guide to
Sustainable Living at
Champlain College



CHAMPLAIN
COLLEGE

Credits:

This guidebook was created in the Spring of 2008 by Zach Mangione, Campus Coordinator of Vermont Campus Energy Group, (now the Vermont Campus Sustainability Network, www.vtgreencampus.org) with the assistance of Sarah Cohen, Librarian at Champlain.

The second edition, published in the Fall of 2009 was updated by Christina Erickson, Sustainability Coordinator at Champlain College .

Thanks to *The Guide to Green Living at UVM* for some content.

About Sustain Champlain

Our Mission: To create a culture that engages the Champlain College community to make effective use and re-use of our resources, with an eye towards promoting fiscally responsible environmental leadership, and a shared commitment to the ecological health of the planet for present and future generations.

Sustain Champlain works to implement this mission in four areas:

1. Our institutions
2. Our academic programs
3. Our operations
4. Our campus culture

www.champlain.edu/Sustain-Champlain.html

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*This guide is printed on 100%
post-consumer content paper.*



Welcome Students!

GO GREEN was created to let you know all about sustainable living at Champlain College. But what does that mean? Sustainability is commonly defined as meeting the needs of the present without compromising the ability of future generations to meet their own needs. Simply put, it means not using up our resources before they are replenished. It means to be mindful of the social, environmental, and economic impacts of our everyday lives.

GO GREEN contains information that will be useful to you during your life at Champlain and beyond. We've prepared this guide because, whether we're conscious of it or not, everyone is affected by the decisions each of us makes on a daily basis. GO GREEN is by no means an exhaustive guide to college "green living", but is rather a way to get you started.

We hope that whether this guide encourages you to just change a few light bulbs or get fully involved in the sustainability movement on campus you'll find it worthwhile. Enjoy!

-The Sustain Champlain Team

Save Energy

- ✦ **Turn off lights, electronics and appliances** when they are not being used or if you leave the room for more than 5 minutes. Many appliances (TV, DVD, stereos) and chargers (iPod, cell phone) use power even when they are not being used. To stop these appliances and chargers from stealing energy, **plug them into a power strip and turn it off when not in use.**
- ✦ **Screen savers don't save any energy!** Program your computer to enter sleep mode when you are not using it.
- ✦ **Use compact fluorescent bulbs (CFLs)** in place of incandescent bulbs. CFLs use up to 75% less energy and last 10 times longer. During the day take advantage of natural sunlight.
- ✦ **DON'T open windows and doors to the outside in heated or air-conditioned rooms.** DO call physical plant at x5992 to report a heating or cooling problem. For heating set your thermostat to 68° or below to conserve energy.
- ✦ **Use cold water** to wash your clothes and hang them to dry when possible.
- ✦ **Unplug and defrost your fridge** when leaving for an extended period of time. Be sure to leave the door open so mold doesn't form inside.

Did You Know?

- ✦ The Carriage House residence hall utilizes a combined heat and power generator system, which simultaneously generates both heat and electricity, to both significantly improve efficiency and decrease the college's carbon footprint.

Reduce, Reuse, Recycle!

Reduce Your Waste

- ✂ **Think before you print or photocopy!** Edit on screen instead of on paper. Use 1" margins. Use print preview feature to select only the pages you need to print. Make sure you are printing to the right location. Use scrap paper for drafts. Print double-sided.
- ✂ **Ask yourself — is this something I really need?** Go for less packaging. Bring your own mug/bottle/bag.

Reuse

- ✂ **Reuse bags** at the store, glass jars for drinking glasses or as water bottles, and yogurt containers for leftovers.
- ✂ **Collect scrap paper** and make your own notepads.
- ✂ **Donate your unwanted things** to a local charity or thrift store.

Recycle

- ✂ **Recycle mixed paper** (newspapers/magazines/catalogs, printer paper, envelopes/junk mail, corrugated cardboard, cereal and other food boxes).
- ✂ **Recycle all plastics #1 through #7**, including laundry soap and shampoo bottles.
- ✂ **Recycle glass bottles and jars**, metal food cans, soda and beverage cans.

For a full recycling guide, see www.cswd.net

*“Every person is the right person to act.
Every moment is the right moment to begin.”
- Jonathan Schell, author, Fate of the Earth*

Ecological Eating

- ❶ **Not too much:** Be conscious of portion size in order to reduce waste.
- ❷ **Eat food that is produced, processed or distributed by Vermont companies.** Eating locally supports the Vermont economy and reduces energy for transportation.
- ❸ **Eat lower on the food chain** by sampling some vegetarian options. Meat production can be energy, resource and pollution intensive.
- ❹ **Avoid using disposable cutlery and dinnerware.** Bring your own and opt for reusable items.
- ❺ **Eat organic.** Organic food is grown without toxic pesticides, herbicides, and fertilizers.
- ❻ **Compost** your food waste.

Did You Know?

- ❶ Champlain College purchases a most of its produce from Black River Produce. Black River partners with Vermont's farmers, food producers and chefs to preserve Vermont's rural identity and its working farms. Champlain is also a member of the Vermont Fresh Network, a partnership between chefs & farmers.

*“A nation that destroys its soils destroys itself.
Forests are the lungs of our land, purifying the
air and giving fresh strength to our people.”
- Franklin D. Roosevelt*

Sustainable Purchasing

-  **Support local Vermont businesses** by shopping at locally owned shops and buying locally produced products.
-  **Reduce waste** by bringing your own reusable bags. Many stores offer discounts for every bag you reuse.
-  **Purchase durable and reusable products** rather than disposable single-use items.
-  **Purchase items that use minimal packaging and/or purchase in bulk.**
-  **Look for products that contain recycled contents** (especially paper).
-  **Shop at local second-hand and thrift stores.** Buying secondhand keeps items out of the landfill and conserves natural resources.
-  **Bring your own mug.** Save trees and money. Many cafés offer discounts for using your own mug, including our own Jazzman's!
-  **Purchase fair-trade products.** Fair-trade certified products pay producers a fair price and promote strong social and environmental standards.

“Man did not weave the web of life, he is a strand in it. Whatever he does to the web, he does to himself.” - Chief Seattle

Conserve Water

- ◆ **Do not leave the faucet running** while brushing your teeth, shaving or doing dishes.
- ◆ **Keep your showers short.** Try five minutes or less! You'll conserve both water and energy to heat the water.
- ◆ **Stop the leak!** Report leaky faucets and toilets to Physical Plant at x5992. A leaky faucet can waste over 200 gallons of water a year.
- ◆ **Tap into Champlain.** Producing bottled water uses vast amounts of energy and resources and creates millions of pounds of waste. Here in Burlington, we are fortunate that Lake Champlain provides us with clean, healthy drinking water (which is far less expensive than bottled water).

Did You Know?

- ◆ The IDX Gymnasium has a “green roof” carpeted with grass which retains storm water runoff and provides building insulation.

“Treat the Earth well. It was not given to you by your parents. It was loaned to you by your children.” - ancient proverb

Getting Around

Walk, Bike, Bus



Most of Burlington can be easily accessed on foot. Walking is a great way to get around campus as well as downtown.



Burlington is a bike-friendly town, with many bike paths and designated lanes. When riding your bike please remember to obey all traffic laws, wear a helmet and always lock your bike securely to a rack.

Getting around campus

Free campus shuttle buses run daily on campus and to Spinner Place in Winooski. Check out the current schedule at <http://shuttle.champlain.edu>

Getting around Burlington



Champlain students, staff, and faculty can ride the local city buses for FREE! Bus service on the CCTA can get you downtown, to the Airport and even to Montpelier. Simply swipe your student I.D. to board the bus. Schedules are available at www.cctaride.org




Still need a car? Try CarShare Vermont! Two vehicles are located on campus in the McDonald lot on Maple Street. See carsharevt.org for more information.


Did You Know?





Bicycle Benefits rewards cyclists for their commitment to healthy transportation with discounts at local businesses. Info: www.bicyclebenefits.org


Enjoying The World Around Us

 The Intervale Center is great for exploring and has over 350 acres of organic farmland, trails, wildlife corridor, native plant nursery and a compost facility. Info: www.intervale.org

 The Island Line is a 12 mile recreational trail that spans from Oakledge Park along the Burlington Bike Path onto the Colchester Causeway three miles into the middle of the lake! Info: www.localmotion.org

 Burlington Parks: Burlington has more than 10 parks. Popular destinations are Leddy Park, North Beach, and Waterfront Park all along Lake Champlain. Burlington also has a free skate park down near the waterfront.

 Cycle the City: This loop tour showcases the history, culture, and natural splendor of Burlington. You'll pass by Lake Champlain, the Winooski River and countless other interesting sites. Info: www.champlainbikeways.org

 Outside Burlington: The Green Mountains in Vermont and the Adirondacks in New York make great playgrounds for hiking, skiing, climbing and anything else.

“Take long walks in stormy weather or through deep snow in the fields and the woods, if you would keep your spirits up.”
- Henry David Thoreau

Get Involved

- ✎ **Sustain Champlain** is a group of faculty, staff, and students who are interested in the environmental impacts of Champlain College. To learn more and get involved contact cerickson@champlain.edu
- ✎ **Center for Service and Civic Engagement** offers a number of programs to address community needs. If you have an idea and would like to get it off the ground contact the Center at service@champlain.edu
- ✎ The Champlain College **Environmental Club** is a group of students whose focus is to create a campus culture of environmental stewardship. For information contact cerickson@champlain.edu
- ✎ There are several environmental/sustainability related activities that are approved for **LEAD 104 credit**. You are also welcome to submit your own proposal. See <http://www.champlain.edu/LEAD-Program.html> for more information.
- ✎ **Wilderness Club** is a student organization that runs outdoor trips. Contact wilderness@champlain.edu

“In every deliberation, we must consider the impact of our decisions on the next seven generations.” - Great Law of the Six Nations Iroquois Confederacy

Resources

- ① **Sustain Champlain**
www.champlain.edu/Sustain-Champlain.html
- ① **Burlington Dept. of Parks & Recreation**
www.enjoyburlington.com
- ① **Burlington Electric Company**
www.burlingtonelectric.com
- ① **CarShare Vermont**
www.carsharevt.org
- ① **CCTA (Chittenden County Transportation Authority)**
www.cctaride.org
- ① **CSWD (Chittenden Solid Waste District)**
www.cswd.net
- ① **Efficiency Vermont**
www.encyvermont.com
- ① **Local Motion**
www.localmotion.org
- ① **Vermont Earth Institute**
www.vtearthinstitute.org
- ① **Vermont Fresh Network**
www.vermontfresh.net

“Use what talents you possess; The woods would be very silent if no birds sang there except those that sang best.” - unknown



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