

IOWA STATE UNIVERSITY™

Office of Sustainability

Enjoy your **LIVE GREEN!** Adventure

Sustainability Guide

Resources, information, tips and
connections for your Live Green!
Adventure at Iowa State University.



WHAT DOES IT MEAN TO LIVE GREEN?

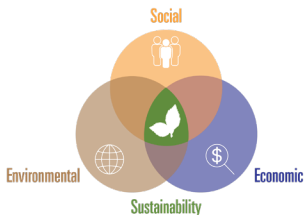
Live Green! is Iowa State University's campus-wide sustainability initiative encouraging all students, faculty and staff to be fully committed to and engaged in making our campus, its operations and initiatives as sustainable (green) as possible.

HOW WE DEFINE SUSTAINABILITY

Responsible and thoughtful consideration and use of the planet's resources is of necessity for a sustainable future. The United Nations provides an overarching definition:

"Sustainable development is development that meets the needs of the present without compromising the ability for future generations to meet their own needs."

- Brundtland Commission (1987)



THE THREE LEGGED STOOL OF SUSTAINABILITY

Sustainability can be defined as a three legged stool – each leg balancing the other. **One**, environmental sustainability, ensuring ecological integrity.

Two, economic sustainability, ensuring economic vitality, and **three** social sustainability, ensuring social welfare and wellbeing.

A sustainable future **requires all three** components.



HOW CAN I LIVE GREEN?

Living green means focusing on and being mindful of day-to-day decisions that impact and support a sustainable future. As a Cyclone, these opportunities start as you plan your move to campus.



BEFORE YOU MOVE TO CAMPUS

SHOP SMART!

Buy the necessities, but challenge yourself by asking, “What do I absolutely have to own and what can I borrow or rent when I need it?” Making this determination can help save on storage space challenges as well as the consideration (and possible hassle) of ensuring items no longer needed are disposed of properly. For those necessity pieces, opting to purchase second-hand offers a fun, unique and vintage look for your space as well as an impressive “green” statement. Another approach to necessity items is teaming up with your roommate(s) to designate who can provide what items instead of having multiples of items. Included in this list of “who can bring what” is plants. Even the smallest of plants can offer a fun, homey look to your space as well as acting as a natural air purifier.

REMEMBER SPACE!

As you are shopping and moving, consider extra storage for your room. A pull-out-drawer plastic moving container can be stacked after moving and become easily accessible storage containers. Looking for unique finds? Try secondhand stores for dual-purpose items - a TV stand with drawers becomes a coffee table with extra storage, or old drawers stack to make a bookshelf!

AFTER YOU MOVE TO CAMPUS

KEEP IT MOVING!

Wellness is important to keep mind and body active and working. Consider new opportunities like yoga, rock climbing or judo to make your adventure the best experience possible.

MAKE IT QUICK!

Be considerate of water usage and electrical power. Remember to shut it off and unplug the unused. Make water usage a short interval from start to finish.

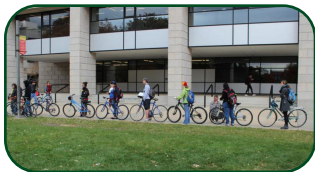
CLEAN SMART!

As you purchase cleaning agents, consider the environment. Harsh smells in small spaces become overwhelming. Read labels and do the nose test, before you purchase. Consider making your own, vinegar and water with some essential oils create a fine cleaning agent. Consider plants that specialize in air-purifying.

HOW CAN I GREEN MY RIDE?

PARK IT!

Driving and parking on campus can be both time consuming and expensive. You will find Iowa State University is a pedestrian-friendly campus where you can easily walk (or bike, board or in-line) to your classes, meetings and activities. Adding wellness and well-being to your community.



TRY CYRIDE!

CyRide uses hybrid buses (accounting for approximately 17% of its total bus fleet) to help provide public transportation to our campus and community. These “Cybrid” buses result in a reduction of 23,000 gallons of fuel and 464,102 pounds of CO₂ emissions per year. Electric buses are now also a part of the CyRide fleet with more on the way, further reducing emissions as well as decreasing noise pollution.



IF YOU BRING A CAR TO CAMPUS

TRIP CHAIN!

When you do need to head out solo, ensure the most efficient use of your time and fuel with a sustainable outing. By “chaining together” all the errands and stops you can (instead of doing one or two through multiple trips) and planning the most direct route in completing them (with little or no back-tracking), you can make a significant “green” difference to our community.



CAR POOL!

Before you head out on an errand, for food or to a venue, check in with roommates or friends for carpool opportunities. One car used for multiple people and purposes offers a greener impact than everyone driving separately and can result in many fun college memories.

HOW CAN I GREEN MY ACTIVITIES?

LEARN GREEN!

Iowa State University has a wide range of sustainability courses to take in every discipline. Consider taking a course on sustainability within your field of study. You can also pursue a Sustainability Minor that has only two required classes, allowing you to build the minor that best suits your professional goals.

PRACTICE GREEN!

It is your turn to practice reducing, reusing, recycling, or refusing. While at Iowa State, take the opportunity to practice the lifestyle of Living Green! and share your experiences tips and tricks with others.

PARTICIPATE GREEN!

There are a diversity of ways to find green connections and make a sustainable difference during your time at Iowa State University. Join a sustainability-minded student organization, attend green events and volunteer to assist with efforts and causes in our community.



LIVE GREEN!

In 2009 through announcing the Live Green! Initiative, Iowa State University prioritized a commitment to learning, working and living toward a more sustainable future for current and future generations. Through being mindful of actions, decisions, strategies and initiatives student, faculty and staff at ISU exhibit this commitment on a daily basis.



HOW CAN I GREEN MY DEGREE?

PURSUE A DEGREE

Iowa State University offers a number of sustainability-focused degree programs, including:

- Master of Urban Design
- Master of Design in Sustainable Environments
- Masters and Doctorate degrees in Sustainable Agriculture
- Doctorate degree in Wind Energy Science, Engineering and Policy.
- Undergraduate degree in Environmental Engineering.

ADD A MINOR

Iowa State University offers an Interdisciplinary sustainability minor, as well as an energy systems minor. Only having two required classes, the sustainability minor allows the opportunity to build the minor that best suits your professional goals.

TAKE COURSES

Every college at Iowa State University offers sustainability-focused or related courses. Courses are designed as focused or related to sustainability based upon the following definitions:

- Sustainability-focused courses concentrate on the concept of sustainability, including social, economic, and environmental dimensions, or examine an issue or topic using sustainability as a lens.
- Sustainability-related courses incorporate sustainability as a distinct course component or module, or concentrate on a single sustainability principle or issue.

JOIN A LEARNING COMMUNITY

Learning communities provide a space and a structure for students to connect and engage around a shared interest. Iowa State University offers more than 85 learning communities to students.



MORE INFORMATION

For information on sustainable academics at Iowa State University, and to explore the Live Green! Sustainability Course Directory, visit the Live Green! academics webpage.

RESOURCES FOR YOUR LIVE GREEN! ADVENTURE

FIND MORE CAMPUS RESOURCES

Find more details on campus resources listed on this page on the [Live Green! campus resources webpage](#).



STUDY GREEN

Find green classes to add to your portfolio in the [Live Green! Sustainability Course Directory](#).



CHOOSE A GREEN RIDE

Travel sustainably with [CyRide](#), a campus and citywide bus system, and [ISU's airport shuttle service](#).



JOIN A GREEN CLUB

Find your sustainability connection and join a sustainability-minded (environmental, economic or social) club. Check out the [Live Green! Sustainability Student Organizations Listing](#) for ideas and contacts.



REDUCE YOUR TRASHPRINT

Practice your 4Rs: Reduce, Reuse, Recycle, Rethink! Visit the [universities Recycling Services webpage](#) for on-campus recycling resources, or [Earth911.com](#) for off-campus recycling.



LEARN WITH SUSTAINABLE FRIENDS

Connect with other students interested in sustainability by joining a [learning community](#).



STAY IN THE GREEN KNOW

[Keep connected to sustainability events and opportunities](#) at Iowa State University as well as around the Ames community.



SAVE SOME GREEN, ONE CUP AT A TIME!

Reduce waste and add some "green" to your budget. Use your reusable mug and save 35 cents at [ISU Dining Cafes and C-Stores](#).



GIVE BACK AND PAY FORWARD

Make a difference to our community. [Join the Live Green! listserv](#) to stay connected to opportunities.

WHAT CAN I RECYCLE?

RECYCLE 回收 RECICLAR

PLEASE NO:
Food | Liquids in recycling
请不 食物 | 液体 在回收中
por favor no: alimento | líquidos en reciclaje

			Plastic* 塑料 Paper 纸 Papel Metal* 金属 Metal Glass* 玻璃 Vidrio

Recycle rigid plastic (#1-3) with twist lid, leave the cap on

Recycle metal cans and lids, leave the label on, and recycle

Recycle glass bottles, jars, and lids, and recycle

When in doubt, keep it out

Learn More:

KIOWA STATE UNIVERSITY
Sustainable Management Services
Beautiful

KIOWA STATE UNIVERSITY
LIVE GREEN!
Recycling

KIOWA STATE UNIVERSITY
Student Government

LANDFILL 垃圾填埋 VERTEDERO

				Shiny wrappers bags 闪亮的包装纸 Envolturas brillantes de comida Single use plastics 一次性塑料 Plásticos de un solo uso Pizza boxes Food packaging 食品包装 Envasado de alimentos Food and liquids 食物 液体 Comida y líquidos

Learn More:

KIOWA STATE UNIVERSITY
Facilities Planning and Management
Recycling Services
Beautiful

KIOWA STATE UNIVERSITY
LIVE GREEN!
Recycling

KIOWA STATE UNIVERSITY
Student Government

DID YOU KNOW?

A number of additional targeted waste-diversion efforts take place throughout the academic year to add to the impact of ISU's single-stream recycling program. These include residential food waste composting and move-out reusables collection and donation as well repurposing campus-wide operational equipment and supplies through ISU Surplus. Learn more on the ISU Recycling Services webpage.

A YEAR OF NOT-TO-MISS EVENTS!



Rummage RAMPage



Campus Sustainability
Month Celebration



Symposium on Sustainability
and Sustainapalooza

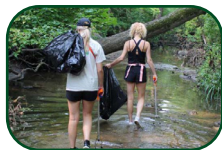
MAY | JUNE | JULY | AUGUST | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER | JANUARY | FEBRUARY | MARCH | APRIL

College Creek
Clean-Up

Local Food Festival

America Recycles Day

Stash the Trash
Earth Day Celebration



GET INVOLVED!

Explore more green opportunities on the Live Green! Calendar on our website.



FIND MORE INFORMATION
livegreen.iastate.edu

EDUCATE, ENGAGE AND EMPOWER WITH US!

VISIT OUR WEBSITE
LIVEGREEN.IASTATE.EDU



FOLLOW US!



@isulivegreen



isulivegreen.wordpress.com



@isu_livegreen



@isulivegreen

IOWA STATE UNIVERSITY

LIVE GREEN!

Stay connected with sustainability on campus through internships, volunteer opportunities and more! Visit the Live Green! website for questions and information.



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2024 college creek clean-up

JOIN US!

JUNE 22
10:00 A.M. - 2:00 P.M.



Volunteers can check in starting at 9:30 a.m. in the Forker Building Parking Lot (Lot #50A). Volunteers can also arrive at any time between 10 a.m. and 2 p.m. to volunteer.

Email livegreen@iastate.edu for any questions.

VOLUNTEER TO HELP CLEAN UP COLLEGE CREEK!

In recognition of National Rivers Month, Iowa State's Live Green! Initiative and Keep Iowa State Beautiful are teaming up with Facilities Planning and Management to give College Creek a good cleaning.

Volunteers will walk through designated sections of the creek along the banks and pick up trash. Volunteers can also assist in the removal of garlic mustard. No time limit is required; all help is appreciated. Volunteers should register online in advance and check in at the Forker Building parking lot.

Volunteers should dress for the weather and wear closed-toe shoes. Supplies (gloves and bags and trash grabbers) will be provided; however volunteers are welcome to bring their own supplies as well. Refreshments will be provided for all volunteers.

To ensure event supplies, online registration for this event is recommended. Visit the ISU Calendar Event for details and sign-up link (scan below).



SCAN TO VISIT THE
CALENDAR EVENT!

LIVE GREEN!

www.livegreen.iastate.edu

**Keep Iowa State
Beautiful**

SAVE THE DATES!

RUMMAGE RAMPAGE

FRIDAY, JULY 26 - SATURDAY, AUGUST 3
AMES INTERMODAL FACILITY, 129 HAYWARD AVE.

ABOUT RUMMAGE RAMPAGE

The City of Ames, in partnership with the ISU Office of Sustainability, annually hosts "Rummage RAMPage," a community sale designed to keep reusable items out of the waste stream. The event grew from the desire to repurpose items often left on the curb during the annual move out and lease changeovers, and to keep these items out of the landfill. Rummage RAMPage works by selling items that are donated. Non-profit agencies send volunteers to help run the sale and share in any profit. The event is open to anyone to donate or shop.

Because many leases in Ames terminate at the end of July, relocating ISU students and community members often discard items that may still be useable. During these weeks, the City of Ames Resource Recovery Plant (RRP) often sees an influx of couches, wooden furniture, clothing, and more as renters attempt to meet their move out requirements. At the same time, new students moving in are often in need of furniture and household essentials. Rummage RAMPage is a collaborative effort to pair unwanted items with others seeking low-cost options for furnishing a home.

ITEM DROP-OFF ONLY

Friday, July 26, noon - 6 p.m.

SALES AND DROP-OFF

Saturday, July 27, 8 a.m. - 6 p.m.

Sunday, July 28, 10 a.m. - 6 p.m.

Monday, July 29, noon - 6 p.m.

Tuesday, July 30, noon - 6 p.m.

Wednesday, July 31, noon - 6 p.m.

Thursday, August 1, noon - 6 p.m.

Friday, August 2, noon - 6 p.m.

HALF-PRICE SALES (NO DROP-OFF)

Saturday, August 3, 8 a.m. - noon



VISIT THE CITY OF AMES
RUMMAGE RAMPAGE WEBPAGE



SIGN UP FOR ITEM PICK UP



LEARN WHAT ITEMS ARE
ACCEPTED FOR DONATION