the LITTLE GREEN BOOK
A guide to sustainable living at Oberlin College
WELCOME!

Brought to you by:
the CDS Recyclers &
the Resource Conservation Team
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So you're at Oberlin!

And you love the Earth!

I... I do.

In 2004, Oberlin incorporated into its core mission statement our commitment being a responsible steward of the environment. In 2009, the college decided that all further development must meet a minimum sustainability requirement. Oberlin students continue to push for a more eco-conscious campus and world through a huge variety of initiatives, organizations, working groups, and personal decisions. While we aren't perfect, there is so much going on here!

Well, what can I do?

Come this way!
Let me introduce you to CDS!

**Stevie**: Largest dining hall on campus (and most veg-friendly)

**Dascomb**: Fourth meal! 10:00 - 11:30 pm

**Lord-Saunders**: Mmm mm YUM!

**Science Cart**: Get your morning grub here

**Decafé**: Campus grocery and café (with the famous smoothies!)

**Azariahs**: The library café
REDUCE

• Save the car for long trips— the nastiest pollutants emitted by an engine are released in the first five minutes after turning the engine on. So → carpool with other students & sign up with Hertz Connect, a rad car sharing program.

• Do it in the dark! Over 95% of the energy contained in coal is lost before it gets to your bulb. Flipping that switch has a big impact! 😊

• Use the fridges in your dorm’s common kitchen! Minifridges suck down energy like nobody’s business.

• Unplug your electronics when they’re not in use—and use a power strip! Most devices use electricity even when they’re turned off. → switch off!

• Put your computer to sleep to save up to 80% of energy. Turn it off and save even more! Lower the screen resolution as well.

• Turn off the shower while shampooing, soaping, and shaving. Showers use two gallons of water per minute! Or hey, just shower together!
REUSE

• Use stuff you won't have to toss!

• BRING YOUR OWN...

  ☕ Mug! Pick up a coffee club card at Dascomb or DeCafé and get a stamp every time you use it. 10 stamps = free coffee!

  🍴四个意识ils! Spoons (or better yet, sporks!) are super easy to slip in your bag and you never know when you'll get a craving for yogurt at the science cart or DeCafé.

  🛍️ Bag! Show DeCafé some love and buy a reusable DeCafé grocery bag available at the cashier. Or bring your own bag.

• Drink from a reusable water bottle. Clip it to your bag with a carabineer and stay hydrated & healthy throughout the day.

• Sign up for the Dascomb reusable container program!

• Check out the free store in the basement of Asia House as well as many free boxes around campus.

• The Recycled Products Coop on Wilder floor offers a wide range of awesome things, most for free!

• Look out for the BIG SWAP at the end of every semester.
RECYCLE

Look for the blue bins!

Take 3 seconds to think before you throw something out, or a potential recyclable could end up in a landfill forever.

- Cans, glass bottles and jars, paper (colored, glossy, office & newspaper), paperboard (like cereal boxes), plastics labeled 1 or 2.

- NO Dascomb or DeCafé containers.

* Make sure everything is free of food waste!

Place your FLATTENED, CORRUGATED cardboard to a brown dumpster behind: Burton, Tank, Fairchild, Lord/Saunders, Science Ctr, keep, Old Barnows, Phillips, Dascomb, Allen Art Museum, or the bin in the mailroom.

Household batteries can be taken to containers in Phillips, Hall Annex, Facilities, Wilder, Mudd A-level, Ben Franklin, Watson’s, and City Hall.

Take all RECHARGABLE batteries to the container outside the technology store in Mudd A level.

MISC.

- Printer cartridges → Container outside Technology Store
- Light bulbs → go to Debbie Presti in Facilities bldg (1st floor)
- Electronics → CIT office in Mudd A-level
- Styrofoam peanuts → UPS store, 55 S. Main St.
- One-sided paper → box by Mudd printers or the RCT office
- Clothing, shoes, other working items → Free Store, 7-9 pm
Dascomb Reusable Container Program

CDS began this initiative in 2007.

One big gob of fried food to go plz

Would you like that in a disposable container?

← Landfill

You take them out and turn them in.
We wash them and reuse them!

PST! Earn $.25 of flex points every time!

NOPE. REUSABLE!

*Using a reusable container saves money, waste, and energy! Ask the check-out person at Dascomb to join.
Stevie went **TRAYLESS** in 2007!

AGHck!

**But what if I want some pizza**

**And juice**

**And Gnocchi**

**And a hamburger**

**And, and**

**A big bowl of tomato soup?!**

**What am I supposed to do, make multiple trips?**

Yeah, we know it can be a pain sometimes.

But going trayless prevents excess food waste, up to 10 pounds per meal! — and saves water because we don’t have to wash the trays. According to Michael Pollan, it takes 10 units of oil to produce one unit of food, we’ve saved about half of oil as well!
GET INVOLVED ON CAMPUS!

- Compost Working Group
  - Advocating for and implementing compost systems within Oberlin dorms.
  - Headwaters Oberlin's Environmental magazine/periodical. Submit articles and artwork! egolding@oberlin.edu

- CES-Committee on Environmental Sustainability
  - Plans and oversees the implementation of the oberlin College Environmental Policy and fosters green stewardship.

- George Jones Farm
  - The local farm down E. Lorain St. that supplies Oberlin's apples. Volunteer anytime!

- OPIRG-Ohio public interest research group.

- SES Students for Environmental Sustainability. abennet@oberlin.edu

- RPC Recycled Products Co-op on the 3rd floor in Room 329. Find write goods! rpc@oberlin.edu

- Adam Joseph Lewis Center
  - The home of the environmental studies department, and the ESIC, the environmental studies information center.

- LIVING MACHINE
  - A sustainable wastewater treatment plant that recycles the AdLC's toilet water.

- AJLC

- ELM

- LORD SAUNDERS

- TAPPAN SQUARE
  - STEVIE
  - KAHN HALL
  - BIKE CO-OP
  - ALL YOUR BIKE NEEDS ARE HERE. BEHIND KEEP CO-OP

- FREE STORE: In the basement of Asia house, run by the RCT. Find and/or donate clothes, books, school supplies, and other things for free!

- GREEN DRINKS
  - Sponsored by the environmental studies department. A chance for Obies doing green work to kick back at the Feve and get to know each other.

- DASCOMB

- E. COLLEGE

- MALABAR

- THE FEVE

- OES Office of Environmental Sustainability. roblamppa@oberlin.edu

- Slow Food Oberlin
  - Part of the international Slow Food movement to get good, clean, and fair food, as opposed to fast-food. oberlin@slowfoodusa.org

- Green EDGE Fund
  - A campus fund that finances green projects that anyone can apply to use. edgefund@oberlin.edu

- CGROW

- OSWAMP

- Take Root Oberlin
After many trials and tribulations, CDS has ordered a pulper-extractor and it will be installed in Stevie next year! It can compost almost everything! We give our compost to the George Jones farm, who will use it for their vermiculture operation.

△ COMPOST!

- RCT and Compost working group have compost initiatives.
- Apply to be a compost captain in your hall/floor and be part of the expanding compost initiative campus-wide!
- CDS offers compostable containers as an alternative to a totally disposable, plastic, oil-rich container that would sit in a landfill for around 500 years!
- Composting allows us to reuse food waste as a nutritious, organic supplement for our gardens (like J-house) and prevents unneeded use of chemicals and synthetic fertilizers. Compost is smelly and it rocks!
food waste

SHOULD I GET ANOTHER HELPING
THAT I'M NOT GOING TO EAT
ANYWAYS?

NO!  NO!

Our 2010-2011 food waste audit showed little reduction or gain in pre-consumer waste, but between 2008 and 2010, we went from 115 lbs/meal to 73.

We're working to revise the waste chart that kitchen staff maintain at their station so we can reduce our waste EVEN more! But waste is also about your plate! By tweaking your dining hall habits you can help save money and resources.

- Check out all the options and get only what you really want to eat.
- Ask your friends what is good and what isn't. No need to make the same mistake twice.
- Specify portion size ("one noodle plz")
- Get only a few things at a time - go back for seconds later if you're still hungry.
In order to reduce our carbon "foodprint," CDS and our management company, Bon Appétit, try to use as many ingredients from local, sustainable, and humane producers as possible.

Buying locally reduces packaging and fuel used in transportation, but it also supports local farmers and our community's economy.

Some things we buy locally:

- Apples - Miller's Orchards
- Bagels - Gibson's 3 Beethovens
- Beef - Beriswill Farms
- Breads - Schwebel's Baking Co., & more
- Chicken - Gerber's Poultry, Inc.
- Ciabatta bread - Orlando Baking Co.
- Donuts - Gibson's
- Honey - Jorgensen's Apiary
- Ice - Olmstead Ice
- Locally roasted coffee - Crooked River Coffee Co.
- Milk - Hartzler's Dairy
- Mushrooms - Creekside Mushrooms, Ltd
- Peaches - Miller's Orchards
- Puffed corn - Schlabach Amish Bakery Co.
- Puffed spelt - Schlabach Amish Bakery Co.
- Shrimp - Calala's Water Haven
- Tomatoes - Hirzel's Cannina Co.
- Turkey - Bowman and Landes Cooper Farms
OTHER INITIATIVES

• BOTTLED WATER — plain bottled water is currently not sold anywhere on campus, but unfortunately flavored water is still sold in some vending machines and in DeCafé. 1.5 million tons of plastic are used in disposable water bottles, and the FDA regulates bottled water under LESS precise standards than tap regulated by the EPA. A disposable bottle uses oil to produce the plastic and in transportation, as well as leaching the harmful BPA into your drinking water. Choose to drink tap and REUSABLE water bottles!

• LOW-CARBON DIET — Stevie’s dinner low-carbon station is free of beef, most milk and milk products, processed foods, and rice. Dascomb’s entree line is free of meat on Mondays! Eating vegetarian and vegan food more often will effectively lower the carbon impact of your food.

• EXPANDING VEGAN CHOICES — As demand increases, CDS is actively increasing and expanding our vegan options. Look for the recently added vegan bagels, peanut butter, soy parfaits, and fruit at the Science Cart.

• HEALTHY VENDING — Our vending machines are not just junk receptacles anymore. While you can still get your favorite snacks, chips, and candies, look out for the green “Healthy Choice” option. It’s not a perfect system yet, but these options have less fat and calories per serving than traditional vending options.

• GREEN COMMENCEMENT — In 2008 Oberlin began trying to host a more eco-friendly commencement event with the zero waste, all picnic initiative. Each year we strive to expand our eco-actions through expanded accessibility of recycling, compost, less packaging, etc.

WE ARE ALWAYS WORKING TO MAKE OUR CAMPUS AS SUSTAINABLE AS POSSIBLE WITH NEW INITIATIVES & IMPROVEMENTS. JOIN US ON OUR QUEST TO CHANGE THE WORLD!

HAVE FUN!
YOUR CHOICES MATTER!

- Stop using disposables
- support local farms
- eat a low carbon diet
- reduce food waste
- sign up for the reusable container program
- get involved on campus
- Help make Oberlin a greener, better place!
Small acts when multiplied by millions of people can transform the world.

≈ Howard Zinn
THE CDS RECYCLERS

Elena Makansi
Julia Munson
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Claire Watson
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We work on sustainability initiatives related to campus dining services. While we focus primarily on food production, energy efficiency, waste reduction and education, we are open to new projects and suggestions. Feel free to contact us with any questions!

THE RCT

The RCT (Resource Conservation Team) runs the Free Store, the Big Swap, J-house garden, expanding compost initiatives, monitors recycling and conducts waste audits to make Oberlin a more sustainable campus. Our mission is to help Oberlin College decrease its ecological footprint and meet its commitment to climate neutrality by reducing the amount of resources it uses and the amount of waste it produces.

Contact the RCT at recycle@oberlin.edu

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who helped to produce this book!

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QUESTIONS? COMMENTS?