

Green Guide

to Sustainable
Living at UCLA



**BROUGHT
TO YOU BY**

- 2010 SUSTAINABILITY ACTION RESEARCH
- OFFICE OF RESIDENTIAL LIFE
- UCLA HOUSING & HOSPITALITY SERVICES
- UCLA SUSTAINABILITY | WWW.SUSTAIN.UCLA.EDU

Welcome to the Green Guide to Sustainable Living at UCLA!

This booklet is your tool to sustainable living both on and off campus. it highlights what you as a student can do and what UCLA is currently doing to be more environmentally responsible.

The primary goal of this booklet is not for you to completely change your lifestyle. instead, this Guide provides tips and insights on small changes you can make in your daily habits that have a big impact on the environment. f or example, instead of buying plastic water bottles, you can fill a reusable bottle with filtered water and help save incredible amounts of oil and energy.

The second goal of the Green Guide: education. Inside this booklet, you'll find information from reliable sources about living sustainably and why it is critical to do so. As fellow students, we created this guide to make reducing your environmental footprint as easy as possible.

Be a true Bruin and bleed that blue, gold, and green!

Warmly,

The Green Orientation action research team,
2010 education for Sustainable living Program (ESLP)

Rachel Kellman, Jagrup Sidhu, Jenna Benko, Edwin Mackenzie Champlin,
Su-Jung Hu, Raj Sidhu, Dave Wolk, and Anna Reutinger

Have any questions?
Contact us at: sustainability@ucla.edu
Or visit us at: sustain.ucla.edu



Table of Contents



Food

I



Transportation

5



Waste

7



Energy & Appliances

11



Purchasing

13



Green Action & Involvement 15

Food

The Dining Halls – while one swipe makes everything in seem free, **all of your food has environmental costs.** Eating conscientiously is one of the biggest ways you can lower your impact on the environment, and there are a lot of ways to do it.

How you can reduce the environmental impact of the foods you eat:

1 Take Only What You Can Eat:

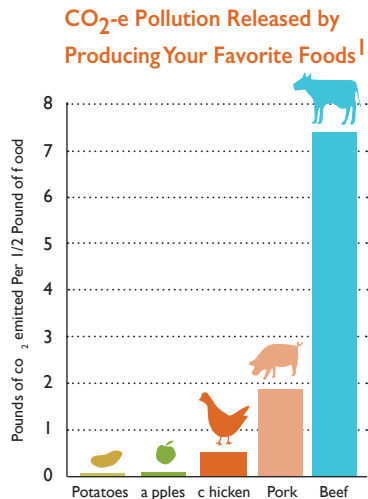
Don't load up on food you don't intend on eating. It's a waste! Producing food takes a huge amount of water, energy, and greenhouse gas emissions (depending on what it is). When food is wasted, those resources are wasted, too.

➔ **Go Tray-Less:** This is one of the easiest ways to cut down on the food you waste. Plus, you'll help to conserve the water that would have been used to wash that tray!

2 Eat Less Meat

Especially less beef. Replace meat nutritious vegetarian and vegan dishes available every day in all dining halls and restaurants (especially B-Plate!)

Think cars emit a lot? Producing just 2.2 pounds of beef generates the same amount of CO₂ as an average car emits every 155 miles. Compared to the 220 gallons of water required to produce one pound of tofu, beef requires 1500 gallons of water per pound! These are just a few reasons to embrace Beef-less Thursdays in the dining halls.



3 Choose Organic:

Whenever possible, choose organic foods. Why? “Organic” is a regulated certification that bars food producers from using any pesticides, antibiotics, synthetic fertilizers, or genetic modification in their products.

Whether you’re on or off the Hill, you can choose from a wide variety of tasty organic meals:

| | |
|----------------------------|-----------------------------------|
| Organic “To Go” Sandwiches | Offered at all eateries on campus |
| Greenhouse Salad Bar | Level I of Ackerman Union |
| Organic produce | Offered at all dining halls |
| Organic snacks | Ackerman Store & Vending Machines |
| Organic tea | Offered at all eateries on campus |
| Fair Trade Organic Coffee | Offered at all eateries on campus |

4 Voice Your Requests!

Through student input, real changes have taken place in the dining halls. After hearing from students, UCLA Dining Services began exclusively purchasing cage-free and humanely raised eggs for all dining halls.

Give feedback and make requests about the food in the dining halls by using filling out this form: sustain.ucla.edu/housing/feedback/

For more information about dining and sustainability, visit: sustain.ucla.edu/housing/dining-green.

¹ Graph credit: Natural Resources Defense Council, February 2010 Report: “Our everyday food choices affect global warming and the environment.” Graphic adapted from “The Greenhouse Hamburger: How Our Diet matters more than Our Cars” - Scientific American, February 2009

Buy local

Buy fresh produce, tasty baked goods, and more at the many Farmers Markets located near UCLA. Buying local creates **fewer greenhouse gas emissions from transportation and provides an economic boost to our surrounding community**. These farmers grow seasonally – their produce are not produced in energy intensive hothouses. These fresh good are often tastier and cheaper than buying off-season, imported produce. Check out projects.latimes.com/farmers-markets/ for up to date information about the farmers markets listed below and others in your area!

Farmers Markets Near Campus:



Westwood

A: Bruin Plaza, Wednesday, 2:30 pm - 6:30 pm
B: 1036 Broxton Ave, Thursday, 12 pm - 5 pm



Santa Monica

C: 2200 Virginia Ave, Saturday, 8 am - 1 pm
D: 2640 Main St, Sunday, 8:30 am - 1:30 pm
E: Arizona Ave & 2nd St, Saturday, 8 am - 1 pm



West Los Angeles Area

F: 1600 Purdue Ave, Sunday, 9 am - 2 pm
G: 741 S. Gretna Green Way, Sunday, 9 am - 2 pm
H: 1800 Avenue of the Stars, Thursday, 11 am - 3 pm
I: 9300 Civic Center Dr, Sunday, 9 am - 1 pm



Transportation

Driving is a highly polluting activity. Passenger vehicles account for over 28% of all green house gas emissions in California.¹ And if you need more reasons not to drive – consider LA’s notorious traffic jams and the costs of gas and parking. Be a smarter commuter.

Excellent Alternatives to Driving:

1 Walking

It only takes 10 minutes to get from campus to Westwood Village. Walking gives you time to listen to music or make calls. Plus, you’ll have great legs!

2 Biking

A fast and enjoyable way to get nearly anywhere! Locks, helmets, and bikes can be rented or purchased at the on-campus bike shop in the John Wooden Center (recreation.ucla.edu/bikeshop)

3 Buses

Your BruinCard and \$1.50 can get you all over LA!

Bus lines that stop at UCLA (Ackerman terminal) and in Westwood:

- Metro Bus: metro.net/around/colleges/ucla
 - Big Blue Bus: bigbluebus.com
-

Tips & Advice for Public Transportation:

➔ *Always plan your trip and return trip ahead of time.*

- Use metro’s trip Planner to help plan your bus routes: socialtransport.org or go511.com
- you can also call 1-800-commute (266-6883)

➔ *Always bring your BruinCard with you and some small change.*

➔ *Make sure to account for the possibility of traffic.*

Waste

No one likes dealing with waste, so let's stop creating it!

Four Ways to Waste Less:

Remember the three R's? Well, we're going to add a "C" now, too.

- 1 **Reduce**
- 2 **Reuse**
- 3 **Recycle**
- 4 **Compost**

Things you Can Reduce:

- × Single-use cups, lids, bottles
- ✓ Bring your own mug and water bottle
- × Bags
- ✓ Bring your own bag everywhere
- × Paper napkins & towels
- ✓ Use fewer of them or use cloth rags instead
- × Paper
- ✓ Use scrap paper whenever possible
- × New clothes
- ✓ Get it used or secondhand instead
- × New books
- ✓ When possible, buy used, borrow, or rent

Things You Can Reuse:

- Plastic Utensils
- Plastic Containers
- Paper
 - ✓ Use the other side as a blank canvas for printing or for jotting down notes
- Notebooks
 - ✓ At the end of the quarter, tear out the remaining paper to use!
- Water Bottles
- Paper & Plastic Bags
- Aluminum Foil

How to Buy Secondhand:

Why buy new when you can get nearly everything you need used? Save resources and money by buying secondhand!

➔ Find, buy, and sell nearly everything on websites, such as:

- **Craigslist** craigslist.org
- **Freecycle** freecycle.org
- **Facebook Marketplace** facebook.com/marketplace

➔ You can also visit nearby thrift & consignment shops, such as:

UCLA Thrift Store
11271 Massachusetts Ave.
Los Angeles, 90025

Goodwill
2520 Santa Monica Blvd,
Santa Monica, CA 90404

Council Thrift Shop
10960 Santa Monica Blvd.
Los Angeles, 90036

Salvation Army
1658 11th St, Santa Monica,
CA 90404

Goodwill
11726 Santa Monica Blvd,
Los Angeles, CA 90025

Trove
2008 Westwood Blvd,
Los Angeles, CA 90025

Sorting

Do you want to help the earth, but are unsure of what to recycle and what to compost? Never fear! Check out the information below to better understand your trash, and to learn how to get rid of it in a green way.



Compostable Items

- All food & drink
- Fruit & vegetables
- Meat & dairy items
- Tea bags, coffee filters, & coffee grounds
- All wet and/or food contaminated cardboard & paper products such as napkins, paper towels, or pizza boxes
- Vacuum & clothes dryer lint (weird, but trust us!)

Recyclable Items

- Most paper, plastics, & glass
- Empty glass bottles and empty aluminum cans
- Clean aluminum foil
- Clean plastics labeled #1 – #9
- Paper, such as magazines, newspapers, white or colored paper
- Cardboard
- Clean plastic food packaging/ utensils, such as emptied and rinsed drink lids

Trash

- Condoms & feminine hygiene products
- Cosmetics & medical items
- Chip bags & candy wrappers
- Single use medical masks

E-Waste

- Battery collection bins at your building front desks
- Dispose of all other electronic other hazardous waste at the UCLA S.A.F.E Center

Energy & Appliances



Since we don't directly pay an electricity bill in the residence halls, we don't really see how much energy we're using. **Realize though that energy use is one of the biggest producers of greenhouse gases!** Strive to save more and waste less – it'll get you karma points, we promise.

.....

How to Save Energy When...

① Using your Computer:



Unplug your laptop.

Leaving your laptop (or any device) plugged in when it's fully charged, actually still uses power from the grid! And make sure to turn it off when not in use to save even more energy.



Delete old files off the cloud.

All files that you have on the cloud are stored in data centers, which use lots of energy. You probably don't need your old slideshows from 2012 anyways.



Don't use a screen saver.

Screen savers are not energy savers. In fact, screen savers use almost as much energy as when you are actively using your computer!

.....

Online Resources:

➔ U.S. Department of Energy: energy.gov

➔ Natural Resources Defense Council: nrdc.org/issues/energy-efficiency

2 In Your Room:

Other than from transportation, the most energy consuming part of our lives is while at home.

Turn everything off when you leave:

When you leave your room, turn off lights, TVs, computers, and anything else that is plugged in. This will help you conserve energy when you aren't in the room! You can save hundreds of watts of power by doing this.

Conserve by using power strips:

Save even more electricity by using power strips. Switch off the power strip when you are not using the appliances plugged into it. This will reduce the amount of "vampire electricity" – that's the energy appliances suck even when they're off!

Use cold water to wash your clothes:

You can do this by selecting "bright colors" or "tap cold" on most washing machines. According to energystar.gov, hot water heating accounts for about 90% of the energy used to wash clothes.

Reduce the length of your showers:

Showers are the number one water wasters in the bathroom. If you reduce your shower time by just two minutes, you can help prevent up to 1,000 pounds of CO₂ from being released into the atmosphere. This is from the electricity or gas used to heat up your water. You will also conserve several gallons of water, which can add up from showering everyday.

Know how to use your thermostat:

Find easy instructions at: sustain.ucla.edu/housing/tips-for-livinggreen/

Seasonal temperature settings recommended by the Sierra Club:

Spring & Summer: 78° when in room, 90° when out

Fall & Winter: 68° when in room, 55° when out

Reduce your use of heating & A/C:

Reduce your use of heating and A/C when you're asleep and turn it off when you leave the room. Heating and cooling can use a massive amount of electricity, adding thousands of pounds of CO₂ to the atmosphere.

Purcha\$ing

Put your dollars to work! There are many options on and off campus to buy products that have a lower environmental impact than the conventional alternatives.

The benefit of purchasing green products is two-fold – it helps you reduce your carbon footprint, and it increases the demand for such products, which increases their availability and variety in the marketplace.



For Your Classes:

Taking notes in lecture is pretty important in college. You can be more sustainable by doing the following:

✓ Purchase 100% recycled notebooks

They are sold around campus, are inexpensive, and equally effective for doodling. The Ackerman store sells many different types, including graphing paper, college and wide ruled note books, as well as planners and pocket books. They even have biodegradable pens!

✓ Reuse your materials from last quarter!

Just rip out your used pages from old note books and use those last few pages! And make sure to recycle your old notes if you don't need them anymore.



For Cleaning

✓ Environmentally safe cleaning products

At the any store, look for keywords such as “chemical-free,” “non-toxic,” and “biodegradable.” Brands such as *Seventh Generation*, *Wave*, and *Planet* offer a range of products including cleaners, dish soap, and detergents. Better yet, make your own green cleaners with easy recipes found on:

simmsmanncenter.ucla.edu/green-living-and-your-home/

For Hydration:

✓ Invest in a reusable water bottle and mug!

Fill your bottle with water from the filtered water stations in the residence halls or in campus classroom. Plus, if you bring your mug to campus coffee shops, you'll get 10¢ off your coffee purchase.

What are the benefits to a ways having your reusable bottle on hand?

- 1 You'll be more likely to drink more water, which is associated with better brain functioning, clearer skin, and overall improved health.
- 2 It will save you money. No more buying those cases of water!
- 3 Helps reduce pollution and the use of fossil fuels and water, which are all used to create a bottle you may use for mere minutes.

✓ Avoid buying plastic water bottles

Plastic water bottles are highly wasteful. Recently, accumulation of plastic trash in the ocean has created huge islands of trash, mostly made up of plastics, which is harming aquatic life (Google "Great Pacific Garbage Patch"). Recycling plastics is also difficult and labor intensive. It's a lose-lose situation with plastic water bottles!

⋮

⋮

⋮

For Shopping

✓ Use reusable shopping bags

Say "no" to both plastic and paper. This way, you won't contribute to the 19 billion bags that are used and thrown away by Californians every year. Plus, many places charge for single use bags!

✓ Reasons to say no to plastic:!

- 1 Approximately 100,000 marine mammals die each year because of plastic litter in the ocean.
- 2 Less than 4% of plastic is recycled.
- 3 In the Central North Pacific Ocean gyre, plastic outweighs surface zooplankton by a ratio of six to one (how sad is that?)
- 4 It costs California \$25 million annually to landfill plastic bags.

Green Action & Involvement

There are significant ways you can be proactive in making UCLA more sustainable. Join your fellow students in clubs and classes concerning sustainability, including the ones listed below:

.....

➔ Sustainability Action Research (SAR)

A student-designed and student-facilitated research program offered in the winter and spring quarters of each academic year. Students on SAR Teams are partnered with a campus stakeholder to research, rethink, investigate, and tackle UCLA's greatest sustainability issues.

Interested? Enroll in [Environment 185A](#) or visit ioes.ucla.edu/sar

➔ E3 – Ecology, Economy, Equity

E3 is a community of UCLA students who share a passion for tackling various current environmental issues. They host events ranging from sustainable DIY workshops to volunteer days and even in the UCLA wide Earth Day Fair in April. They welcome all years and majors, so come to their next meeting if you have an interest in environmental or economic issues!

Interested? Visit e3ucla.wixsite.com/e3ucla

➔ Net Impact Undergrad

Net Impact is a student-run social impact consulting organization. They collaborate with non-profits and social enterprises to improve performance and ensure a lasting impact. Their mission is to inspire, educate, and provide individuals with the necessary tools to intertwine business and social impact, creating a more socially and environmentally sustainable world.

Interested? Visit netimpactucla.org

➔ UCLA DIG

DIG is a gardening club focused on sustainability, environmentalism, and food insecurity. They have their own community garden on campus!

Interested? Visit digucla.weebly.com

➔ Team Green

Team Green is a student resident education and leadership program focused on sustainability. Made up of students living in on-campus housing, Team Green coordinators and members organize and participate in quarterly residence hall and Hill-wide sustainability programs.

Want to make the Hill a greener place? Visit housing.ucla.edu/green

➔ UCLA Environmental Student Network

ESN is a community of people who care about the environment. They foster environmental stewardship through their mentorship program, professional development events, volunteering opportunities, and socials. The mentorship program connects underclassmen with upperclassmen to provide peer guidance and helps students get involved in the environmental community at UCLA.

Interested? Visit their Facebook page at facebook.com/uclaESN

Other Ways to Get involved:

- Take classes on the environment. For class listings, you can visit: <https://www.ioes.ucla.edu/envisci/why-enroll/>
- Get funding for sustainability projects big and small. The Green initiative Fund (TGIF) has about \$200,000/year to give!
<https://tgif.ucla.edu/>
- Volunteer & give back to the community with the UCLA Volunteer Center. For more information, visit: volunteer.ucla.edu

Helpful Resources:

UCLA Sustainability
Living Green at UCLA
Sustainable Resource Center

sustain.ucla.edu
reslife.ucla.edu/livinglearning/green
gsa.asucla.ucla.edu/

CREATED BY:

The 2010 Sustainability Action Research Team:
Rachel Kellman, Jagrup Sidhu, Jenna Benko, Edwin Mackenzie
Champlin, Su-Jung Hu, Raj Sidhu, and Dave Wolk

Illustrations By: Anna Reutinger

UPDATED IN 2021 BY:

Stuart Muerth and Erin Fabris

DESIGNED & PUBLISHED BY:

Office of Residential Life

UCLA Housing & Hospitality Services

UCLA Sustainability

orl.ucla.edu

housing.ucla.edu/green

sustain.ucla.edu

