Green Guide

to Sustainable Living at UCLA



BROUGHT TO YOU BY

- UCLA RESIDENTIAL LIFE
- UCLA HOUSING & HOSPITALITY SERVICES
- UCLA SUSTAINABILITY

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 Guide is to provide tips and insights to help you make small changes in your daily habits that have a big impact on the environment. For 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 is to educate. Inside this booklet, you'll find information from reliable sources about living sustainably and why it is critical to do so. Originally developed by a team of students concerned about environmental issues, this guide is offered to make reducing your environmental footprint as easy as possible.

If you have questions, please contact sustainablity@ucla.edu or visit http://sustain.ucla.edu.

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

Warmly and sustainably,

UCLA Residential Life
UCLA Housing & Hospitality Services
UCLA Sustainability







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The Dining Halls - while one swipe makes everything in these buffet-style eateries seem free, there is an environmental cost. 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:

Take Only What You Can Eat:

Don't load up on food you don't intend on eating. It's a huge waste! The water, energy, and greenhouse gas emissions associated with food are huge, and when food is wasted, those resources are wasted, too.

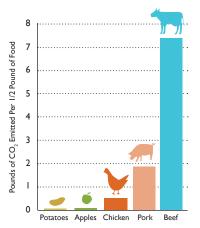
→ Go Tray-Less: This is one of the easiest ways to cut down on the food you waste. Plus, you'll help to conserve the water that would have been used to wash that tray!

Eat Less Meat:

Especially less beef. Replace meat with delicious, nutritious vegetarian and vegan dishes available everyday in all dining halls and restaurants.

Think cars emit a lot? Producing just 2.2 pounds of beef generates the same amount of CO₂-e as an average car emits every 60 miles.1 Compared to the 25 gallons of water required to produce one pound of wheat, beef requires 2,400 gallons of water per pound!² These are just a few reasons to embrace Beefless Thursdays in the dining halls.

CO,-e Pollution Released by **Producing Your Favorite Foods**³



Source: http://www.lightparty.com/Economic/Cooling.html

3 Choose Organic:

Whenever possible, choose organic foods. Why? "Organic" is a regulated certification that requires exclusion of all synthetic pesticides, antibiotics, fertilizers, irradiation, and genetic modification from food production.

Whether you're on or off the Hill for a meal, you can choose from a wide variety of tasty organic products offered all over campus:

Salad Bar with Organic Items

- Greenhouse Salad Bar (Ackerman, Level 1)
- Residential Dining Halls
- UCLA Reagan Medical Center

"To Go" Sandwiches. Wraps, and Salads

- Curbside Off Avenue A (Ackerman, Level 2)
- Options offered at all main campus eateries

Organic Snacks

- UCLA Store (Ackerman)
- Campus Vending Machines

Organic Tea

 Honest Tea bottled beverages offered at all eateries on campus

Fair Trade Organic Coffee • Offered at all ASUCLA coffee houses (except Cafe Synapse). Be sure to ask for it!

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.

You have the opportunity to give feedback and make requests about the food in the dining halls through the ORL Policy Review Board. For more information, visit Dining Suggestions at www.housing.ucla.edu/green. For more information on UCLA's commitment to sustainable dining, visit http://www.housing.ucla.edu/greendining.

→ Become more involved: Be the Dining & Environment Representative for your floor. Talk to your RA for more information.

²Kreith, Marcia. "Water inputs in California Food production." National Institute of Livestock and Grassland Science.

³ 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 means fewer greenhouse gas emissions from transportation and an economic boost to our surrounding community.

These farmers grow seasonal foods, so they're not produced in energy-intensive hothouses. Student groups like E3 also host farmers' markets in Bruin Plaza. Keep an eye out for the next market on campus!

Check out http://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/West LA Farmers' Markets

- A: Thursdays on Broxton Avenue from Noon 6 pm
- B: Thursdays at 11011 Constitution Avenue in the Veterans' Garden at the VA from 12 pm 6 pm
- C: Sundays at 11338 Santa Monica Blvd. from 9 am 2 pm



Santa Monica Farmers' Markets

- D: Saturdays at 2200 Virginia Avenue from 8 am 1 pm
- E: Wednesdays & Saturdays at the intersection of Arizona Avenue and 3rd Street from 8:30 am 1 pm
- F: Sundays at 2640 Main Street from 9:30 am I pm



Beverly Hills Farmers' Markets

G: Sundays on the 9300 Block of Civic Center Drive in Beverly Hills from 9 am – 1 pm



Brentwood Farmers' Market

H: Sundays at South Gretna Green Way and San Vicente Blvd. from 9 am – 2:30 pm



Century City Farmers' Market

I: Thursdays at 1800 Avenue of the Stars in Century City from 11 am - 3 pm



Mar Vista Farmers' Market

: Sundays at Grand View Blvd. and Venice Blvd. from 9 am - 2 pm



www.localharvest.org
 Searchable site for local and sustainably-grown food sources

www.scfcoop.southcentralfarmers.com
 Community-Supported Agriculture (CSA): a program that delivers boxes of fresh produce weekly to UCLA locations, connecting farmers & consumers

Transportation

The biggest source of greenhouse gas emissions and air pollution in California is from automobiles.¹ Cars in the U.S. emit 314 million metric tons per year, which is enough CO₂ to fill a coal train that could circle the earth twice.² As if you need more reasons not to drive – consider L.A.'s notorious traffic jams and costs of gas and parking! Be a smarter commuter! For more information, check out http://beagreencommuter.com/

Excellent Alternatives to Driving:

Walking

It only takes 10 minutes to get from campus into Westwood Village. Plus, it gives you time to listen to your music or make calls. And even better, you'll have great legs.

2 Biking

A fast and enjoyable way to get nearly anywhere! Remember to always use a bike lock! Locks, helmets, and bikes can be rented or purchased at the on-campus bike shop in the John Wooden Center (www.recreation.ucla.edu/bikeshop) and in bike shops in Westwood Village. Another great resource is the LA Bicycle Coalition: www.la-bike.org

Buses

Your BruinCard and 50¢ to \$1.50 can get you all over L.A. and beyond! There are tons of popular places you can get to on a small budget. Also, bus passes can be purchased for a low student price at the Central Ticket Office on campus. For more information, check out https://main.transportation.ucla.edu/getting-to-ucla/public-transit

4 Carpool

Share the ride! Use Zimride.com, a ride-sharing application that maps out corresponding routes and makes ride matches for you. For safety and compatibility, use it through Facebook and UCLA's own network at www.zimride.com/ucla

5 Skateboarding
Keep it California!

6 Zipcar

Zipcar is THE premier car rental service for college students 18 years old and over. This program is ideal for anyone who is interested in using a car for occasional adventures or for convenience.

An annual membership (\$25.00/year) allows you to rent cars by hour (\$8-9/hour) or by day (\$66-75/day). Gas is already paid for in the rental fees, as are the 180 free miles each day and insurance (up to \$300,000 of insurance coverage; slightly different if under 21 years of age).

To find a Zipcar near you, go to: www.zipcar.com/ucla

On the Move:

For more information on public transportation, please visit the UCLA Transportation website at: www.transportation.ucla.edu

Want a free guide to popular destinations in LA? Check out UCLA Transportation's *U-SEE-LA Without a Car Handbook* online at https://main.transportation.ucla.edu/getting-around-campus/u-see-la-without-a-car

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

• Metro Bus: www.metro.net/around/colleges/ucla

• Culver City Bus: www.culvercity.org/government/transportation/bus

• Big Blue Bus: www.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: www.socaltransport.org or www.go5||l.com
 - You can also call 1-800-COMMUTE (266-6883)
- → Always bring your BruinCard with you and exact change.
- → Make sure to account for the possibility of traffic.

¹California Integrated Energy Policy Report, 2007: www.energy.ca.gov ²About.com: Environmental Issues

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.

- Reduce
- 2 Reuse
- Recyle
- 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 stuff
- √ 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? By buying secondhand, you'll save resources and money!

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

• Craigslist

Freecycle

• Facebook Marketplace

www.craigslist.org

www.freecycle.org www.facebook.com/marketplace

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

Buffalo Exchange

2449 Main St.

Santa Monica, CA 90405

American Vintage

945 Broxton Ave. Los Angeles, CA 90024

Council Thrift Shop

10960 Santa Monica Blvd. Los Angeles, CA 90036

UCLA Thrift Store

11271 Massachusetts Ave. Los Angeles, CA 90025

Wasteland

1338 4th Street Santa Monica, CA 90401

Out of the Closet

10749 W. Pico Blvd. Los Angeles, CA 90064

Waste FAQs

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 and use the list on the right to better understand your trash, and to learn how to get rid of it in a green way.

Did you know that almost everything you throw out in the trash isn't actually trash?!

While this might sound crazy, it's true. A student group actually measured this by going through campus trash, finding that only 3 to 5% of an average trash can is actually garbage! Most things thrown out are either recyclable or compostable, as you will clearly see in the chart on the right.

I Source: Waste Diversion & Diversion Team Report, ESLP 2009

What if I don't know if it's recyclable?

Go ahead and put it in the recycling bin. If it's paper, plastic or glass with no food on it, then it's likely to be recyclable. So, err on the side of recyclable!

For more information on how to dispose waste on campus and The Hill, visit:

http://www.sustain.ucla.edu/our-initiatives/recycling-and-waste-management/recycling-faq/



Compostable Items

- ALL FOOD & DRINK
- All fruit & vegetables
- All meat & dairy items
- All tea bags, coffee filters, & coffee grounds
- All non-plastic, biodegradable food containers from Rendezvous, Bruin Café, & Café 1919
- Spudware (non-plastic, potatobased utensils from Rendezvous, Bruin Café, & Café 1919)
- 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
- All clean plastics labeled #1 #7
- Paper, such as magazines, newspapers, white or colored paper
- Cardboard
- Clean plastic food packaging, such as emptied and rinsed drink lids and salad/soup containers from Rendezvous, Bruin Café. & Café 1919
- Plastic utensils (remember, biodegradable spudware goes in the compost!)

Trash

- All NON-recyclable plastics, metals, & glass
- Condoms & feminine hygiene products
- Cosmetics & medical items
- Chip bags & candy wrappers

E-Waste

- Collection bins are located at all residence hall front desks for cell phones, computer supplies, batteries, and printer ink cartridges.
- For collection of larger universal and e-waste by the City of L.A., go to: http://www.lacitysan.org/ solid_resources/pdfs/safe-uclaflyer_english.pdf

Water

While water may seem like a free and abundant resource, Southern California water supplies are becoming increasingly limited due to climate change and population growth. Luckily, there are many easy ways to conserve water in the residence halls and in apartments:

Water Saving Tips:

- Turn off the water when brushing your teeth.

 Turning off the faucet while brushing your teeth or shaving could save 2 1/2 gallons per minute.
- 2 Take shorter showers.
 Shortening your shower by I minute can save I,000 gallons of water a year. Showers are the number one water wasters in the bathroom.
- Only do full loads of laundry.

 Full loads of laundry are the most efficient. Share a load of laundry with a buddy to save water!
- Turn off water when shampooing or lathering up. 32,000 gallons of water a year could be saved by turning off the shower while applying shampoo.
- 5 Fix leaky faucets.
 One drip every second adds up to 5 gallons of water per day down the drain.

Remember, even the smallest changes can make a very big difference. Do your part.

USE WATER WISELY.

http://www.bewaterwise.com/

Water Facts:

Did You Know?



Why Conserve Water?

Water is an extremely valuable resource in Southern California. Southern California is a Mediterranean ecosystem, characterized by hot, dry summers, and mild, wet winters. In addition, there are few local water sources. Average rainfall is only about 14" per year, little of which is captured and stored for future use. Groundwater sources provide between 30 to 40 percent of the water supply, and the rest is from the Owens Valley, the Colorado River, and Northern California through the State Water Project.

SEE A LEAK? REPORT IT! On The Hill (310) 206-9633 On Campus (310) 825-9236

What is UCLA Doing to Help?

- UCLA has a goal to reduce water usage by 20% per person by 2020.
- UCLA's Water Task Force, that includes students, faculty, and staff, is working tirelessly to create innovative ideas to reduce water use on campus.
- The installation of low-flow appliances, drought-tolerant landscaping, and other measures have kept water use low despite an increasing student population.

"Failure to take constructive action is not an options...Water scarcity is likely to be one of the most severe consequences of population growth and climate change, and Los Angeles is particularly vulnerable because of our arid climate and reliance on imported water."

— UCLA Chancellor Gene Block

References: ¹Visit California, ²Watershed.org, ³California Department of Water Resources

Electronics & 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 threats to our planet! Strive to save more and waste less – it'll get you karma points, we promise.

How to Save Energy When...

Using Your Computer:



Reduce how much you print out.

Laser printers use around 450 watts of power while printing. Instead, try to use edocuments. Or, if it's short, write it down on scrap paper.



Enable the sleep/ standby mode.

Even better, TURN IT OFF! The average computer can typically use 50–150 watts of power, but only one to six watts when in sleep/standby mode!²



Don't use a screen saver!

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

Online Resources:

➤ U.S. Department of Energy: www.energysavers.gov Natural Resources Defense Council: www.nrdc.org/air/energy/genergy.asp

2 In Your Room:

After all, this is where you spend at least six hours a day, if not 24 during exams!

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 that you don't really need to use 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 to plug everything in. 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" on machines. According to EnergyStar.gov, hot water heating accounts for about 90% of the energy your machine uses to wash clothes. Only 10% goes toward the electricity used by the washer motor.

Reduce your use of heating & A/C!

You shouldn't be using either at all! We live in California, for goodness sake! Use heating or A/C even less while you're asleep and turn it off when you leave the room. You can also opt for using a fan instead of A/C and an extra blanket or layers instead of heating!

Know how to use your thermostat.

Find easy instructions for your building at: http://www.sustain.ucla.edu/our-initiatives/hous-ing/tips-for-living-green/
Seasonal temperature settings recommended by the Sierra Club:
For Spring & Summer:
78° — when in room

90° – when out For Fall & Winter:

68° – when in room

55° – when out

Reduce the length of your showers.

If you reduce your shower time by just two minutes, you can conserve up to 2,500 gallons of water each year. In addition, you save energy by reducing the amount needed to heat the water up.³

³ Source: http://living.sas.cornell.edu/ live/community/sustainability.cfm, http://www.epa.gov/WaterSense/docs/ app_b508.pdf

^{1 &}amp; 2 Source: http://computing.fs.cornell.edu/Sustainable/fsit facts.cfm

Purchasing

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:

√ Type notes on your laptop

This way, you don't have to use paper at all! Searching for those key terms is also much simpler. Remember to use the energy-saving or stand-by mode, too!

✓ Purchase I00% recycled notebooks

They are sold around campus, are inexpensive, and equally effective for doodling. Prefer the organization that a binder provides? You can fill a recycled binder with 100% recycled paper – the higher the post-consumer content, the better! Again, all of this is inexpensive and you can build your studying empire with environmentally friendly binders, notecards, and pencils – ALL found at the Ackerman UCLA Store.

For Mom and Dad's Visit:

✓ Environmentally-safe cleaning products

At the Ackerman UCLA Store, look for keywords such as "chemical-free," "non-toxic," and "biodegradable." Green brands such as Seventh Generation, Wave, and Planet offer a range of products including cleaners, dishwashing liquid, and detergents. Better yet, make your own green cleaners with easy recipes found on: www.housing.ucla.edu/green

For Hydration:

✓ Invest in a reusable water bottle and mug!

Fill your bottles with water from the filtered water stations in the residence halls or from a Brita filter. Plus, if you bring your mug to ASUCLA coffee shops, you'll get a discount on your coffee purchase.

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

- You'll be more likely to drink more water, which is associated with better brain functioning, skin, and overall 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 gyres 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!

• • • •

Remember the age-old college saying...

BYOB (Bring Your Own Bag!):

√ Use reusable shopping bags

In 2014, Los Angeles implemented a plastic bag ban at most grocery stores and minimarts in order to reduce the financial and environmental impacts of the disposable plastic bags.

→ Get FREE reusable bags: They'll give 'em if you'll use 'em! Attend a sustainability event on The Hill!

✓ Reasons to say "no" to plastic:

- Approximately 100,000 marine mammals die each year because of plastic litter in the ocean.
- 2 Less than 4% of plastic is recycled.
- 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.

¹Algalita Marine Research Foundation and www.cawrecycles.org

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:

➤ Education for Sustainable Living Program (ESLP)

ESLP is pretty much the hippest group of people on campus. A student-run class, ESLP focuses one quarter on featuring renowned speakers and two quarters on practicing action research. Through ESLP, UCLA faculty, stakeholders, and students collaborate on research and help to make actual changes on campus.

Interested? Enroll in Environment 185. Speaker series is during Fall Quarter. Action Research is during Winter & Spring Quarters

➤ E3 – Ecology, Economy, Equity

E3 is a sustainability student organization on campus. Rooted in responsibility for the environment, human justice, and economic viability, students work on initiatives and campaigns for positive change. As a chapter of the California Student Sustainability Coalition, E3 participates in citizen & leadership development, annual conferences, and statewide initiatives. Meetings are held weekly and open to all.

Interested? Contact E3 at E3@ucla.edu. For details on campaigns, events, & activism, visit www.E3UCLA.org. You can also join their Google Group for weekly newsletters at http://groups.google.com/group/e3-la

→ CALPIRG

CALPIRG takes action against special interest lobbyists that threaten sustainability. Campaigns include: recycling, energy, save the arctic, water watch, and hunger & homelessness. Meetings are held weekly.

Interested? Contact calpirg@ucla.edu or call them at (310) 206-4439

→ UCLA Bicycle Coalition

The UCLA Bicycle Coalition aims to unite the diverse cycling community and make Westwood and LA a better place to ride. The Coalition advocates for more bicycle infrastructure both on and off campus and better bike policies; they ride together and celebrate bicycling through social events.

Interested? Feel free to attend their next meeting and join their Google Group at: http://groups.google.com/group/ucla-bicycle-coalition

→ 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.

Interested in making the Hill a greener place? Talk to your RA for more information or visit http://www.sustain.ucla.edu/our-initiatives/housing/housing-student-leadership/ or https://www.orl.ucla.edu/green/

Other Ways to Get Involved:

- Take classes on the environment. For class listings, you can visit: http://www.sustain.ucla.edu/our-initiatives/education-and-research/sustainability-courses/
- Get funding for sustainability projects big and small. The Green Initiative Fund (TGIF) has about \$200,000/year to give! http://tgif.ucla.edu/
- Volunteer & give back to the community with the UCLA Volunteer Center. For more information, visit: www.volunteer.ucla.edu

Helpful Resources:

UCLA Sustainability

• Living Green at UCLA

• Sustainable Resource Center

www.sustain.ucla.edu

www.housing.ucla.edu/green

www.gsa.asucla.ucla.edu/src

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