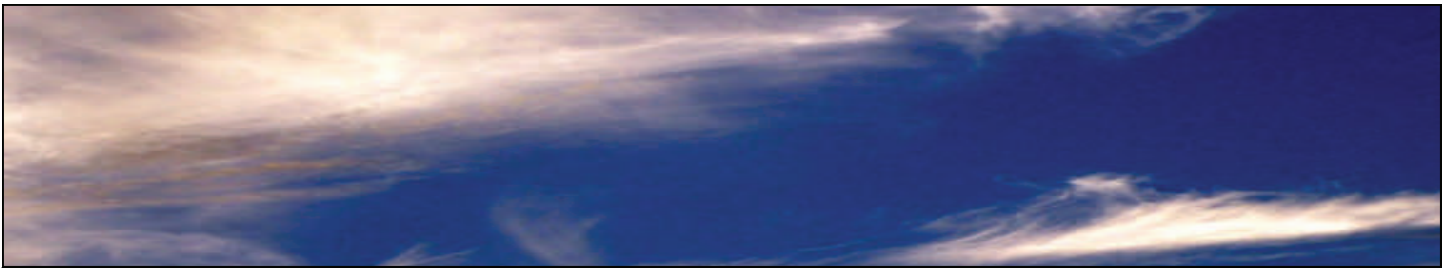


# Missouri State University Residence Life and Services Sustainability Guide



## Table of Contents

What is Sustainability? . . . . .	3
The Power of One . . . . .	4
Be a Leader . . . . .	5
The Power to Save . . . . .	6
Get with the Flow . . . . .	7
Computing\Printing . . . . .	8
Chew on This . . . . .	9
RecycleMania . . . . .	10
Location, Location, Location . . . . .	11
Stay Classy at Missouri State University . . . . .	12
What We Do . . . . .	13



## What is Sustainability?

Sustainability is changing the way we think about our resources. It is no longer limited to the products we recycle, now it is incorporated into the merchandise we buy as well as the buildings we live and work in. Sustainability is a progressive movement meant to reduce waste while streamlining production or operations. Sustainability has three major goals:

- 1) To monitor and reduce the environmental impact of all human activity.
- 2) To enhance other social systems.
- 3) To improve economic conditions.

Residence Life and Services has a commitment to recycle, minimize waste, conserve energy, and use green cleaning practices. In the past 5 years, the department has made progress in almost every aspect of its operations, from custodial services to the dining centers. However, we also recognize the importance of active participation from our residents, and with your help and involvement, Residence Life and Services and Missouri State University can help secure a better tomorrow today.

## Mission

It is the mission of Residence Life and Services at Missouri State University to create a community in the residential facilities that promotes excellence in academics, diversity, and campus involvement, while providing a clean, safe, comfortable and affordable living environment. We understand that students are the primary customers, and we pride ourselves in providing living environments where diversity is celebrated and individual rights are recognized, respected, and valued.

**“Sustainability is meeting the needs of today without compromising the ability of future generations to meet their own needs.” - “U.N. Brundtland Commission “,1987**



## The Power of One!

The average college student discards 320 pounds of recyclable paper each year. This means that 6.25 students could recycle 1 ton of paper each year with staggering results:

One ton of recycled paper will save:

- 17 Trees
- 7,000 Gallons of water
- Enough energy to heat an average home for 6 months

If every student at Missouri State University recycled their 320 pounds of paper annually, we could save the following amount of resources:

### Residence Hall Population Only:

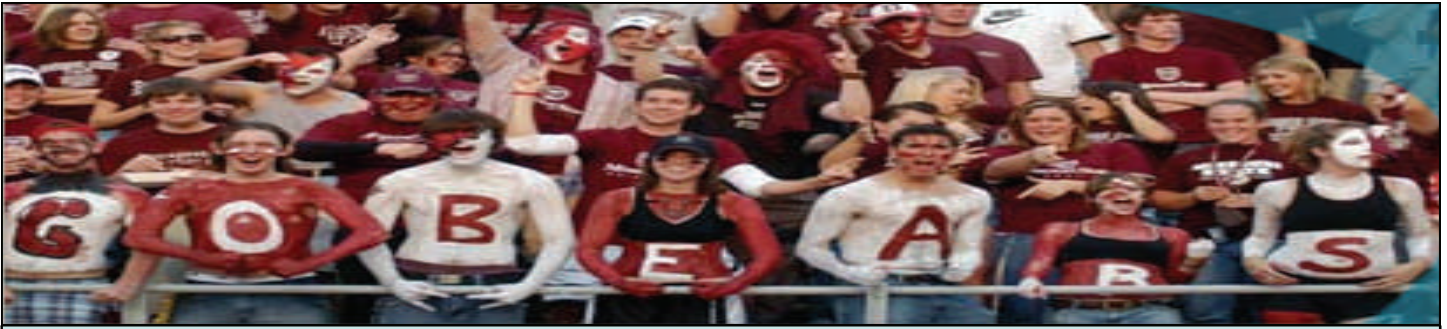
- 10,880 Trees
- 4,480,000 Gallons of Water
- 640 Tons of Paper
- 320 Homes could be heated for one year

### Entire Missouri State University Population

- 64,400 Trees
- 22,400,000 Gallon of Water
- 3,200 Tons of Paper
- 800 Homes could be heated for one year

“The ultimate test of man’s conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard.”

- Gaylord Nelson, Co-founder of Earth Day



## Be a Leader !

Every great movement has to start somewhere with someone. That someone can be you. Get your friends and your floor involved in sustainable practices today. You can participate in one of the many existing programs or find your own way to be a leader.

Reducing waste is an important step towards a more sustainable lifestyle. You can reduce your waste production by following these 7 tips:

- Use both sides of the paper when printing or copying
- Use a computer to type notes instead of writing them out on paper.
- When making purchases, try to avoid excess packaging,
- Prepare or take only the amount of food that will be eaten.
- Use products made from recycled materials.
- Before you print something ask yourself, “do I really need this printed off or would it be just as useful saved digitally?”
- Save and reuse plastic shopping bags or use a canvas bag.

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

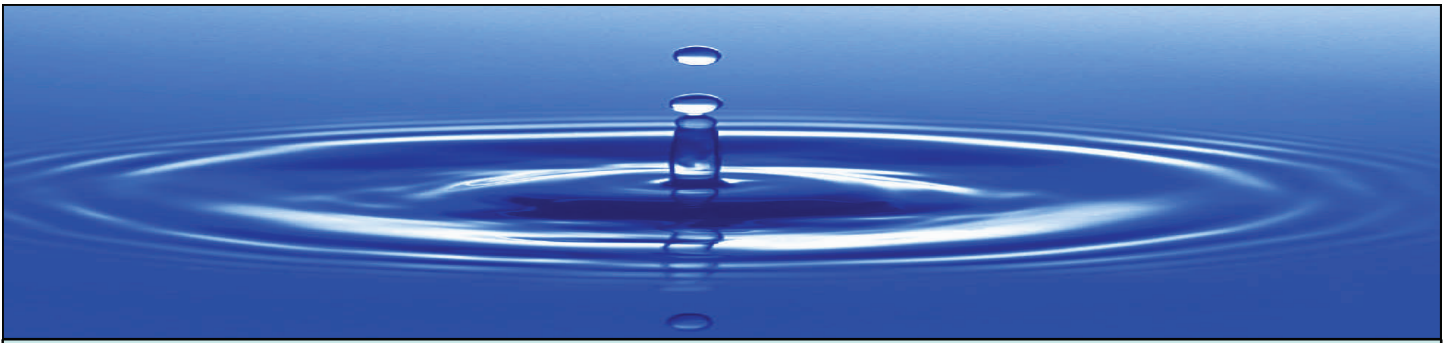


## **The Power to Save!**

Here are a few way you can easily reduce your power consumption without making any life changes:

- Turn off lights when they're not in use or when a room is vacant.
- Turn off TVs, radios, and stereos when not in use. Watch TV in a student lounge area with others rather than watching TV alone.
- Open your drapes! Sunlight is our most efficient source of energy.
- Use cold water settings for laundry, and don't over dry clothes.
- Unplug appliances and cell phone chargers that are not used regularly; some continue to consume power even when turned off.
- Keep furniture away from the heating and cooling vents to insure that the vent is unobstructed and air is free to flow.
- Set heating and cooling temperatures to energy saving levels ideally 68 degrees during winter months and 76 degrees during summer months.

A fluorescent bulb uses 66% less energy and lasts 10 times longer than an incandescent bulb.



## Get with the Flow

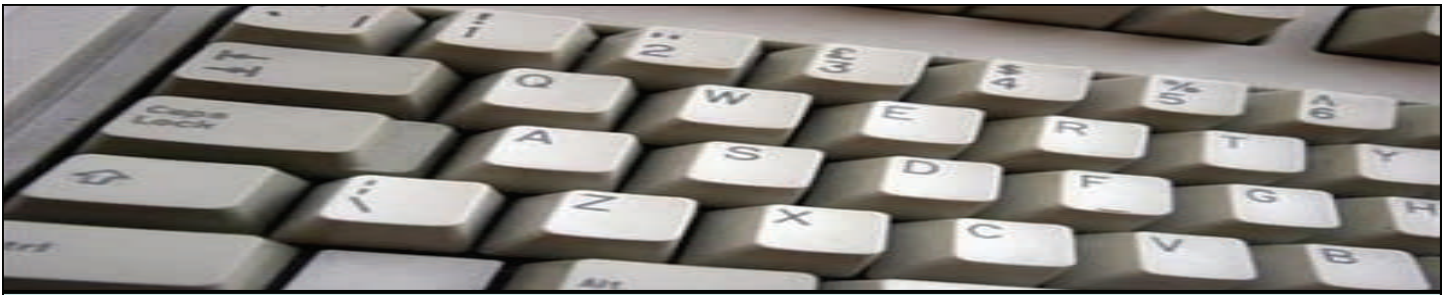
Some things you can do to save water:

- A 5 minute shower uses between 25-50 gallons of water ; shortening your shower by one minute can save 5-10 gallons.
- Turn the water off when you brush your teeth or shave.
- If you live in an apartment, don't run your dishwasher until it is full.
- Throw your food waste in the trash instead of using the disposal.
- Watch for leaky faucets or toilets and enter a [work order](#) as soon as you notice them. A leaky faucet can waste 200 gallons of water a month.

## What it Takes on Campus

- A faucet runs 1.5 gallons per minute at a minimum. Many older units use much more.
- A dishwasher uses about 10 gallons per wash.
- An average washing machine uses 40 gallons per load.
- Shower heads use 2.5 gallons of water per minute.
- Bathtubs use 25-40 gallons of water.
- Average toilets use 1.6 - 2 gallons per flush.
- Residence Life and Services is now installing low flow shower heads and aerators in new construction projects and as units need replacement.

Our supply of fresh water is not unlimited, in fact only about 1% of the earth's water is suitable for drinking.



## Computing

Computers and printers are some of the largest contributors to energy and paper use at a university. Here are a few simple things you can do to reduce your use:

- Set your computer to automatically go into ‘sleep’ or ‘stand by’ mode after several minutes.
- Remember to turn your computer off overnight and when you are not at home.
- If you are going to be gone over a weekend or long period of time unplug your power strip. Even when a computer is off it is still using energy.
- When buying a new computer, consider the fact that notebook computers use 80% less energy than desktops.

## Printing

Rather than buy your own printer, make use of campus centralized printing. Centralized printing cuts down on the cost of paper, ink, and energy. Check out what the [open labs](#) can do for you.

Each residence hall also has a printer located at the front desk that students can access from either their rooms or the residence hall’s computer lab.

If you happen to own your own printer, make sure it is unplugged when you’re not using it. Also, recycle your ink cartridges. Recycling will not only help save the environment, but it will also save you money as well.





## Chew on This

1. Sodexo replaced paper and styrofoam containers with biodegradable packaging made from sugar cane, corn starch and potatoes.
2. All paper (disposable) products were removed from the dining centers and replaced with biodegradable packaging or refillable mugs.
3. Napkin baskets were removed from the tables and put in centrally located dispensers. This has reduced napkin waste by 40%. All dinner napkins are now composed of biodegradable materials.
4. All cleaning supplies have been replaced with eco-friendly products.
5. Sodexo instituted a waste awareness/education campaign.
6. You can help by taking only what you will consume to reduce the amount of food that is wasted.
7. The dining facilities recycle all of their:
  - Cardboard
  - Aluminum Cans
  - Plastic Containers/Bottles

Use re-usable grocery or shopping bags. Neither plastic or paper bags are sustainable. Plastic bags are not biodegradable and paper bags cost more to manufacture and transport, so use cloth whenever possible.



## RecycleMania

### **What is it?**

RecycleMania is a friendly competition and benchmarking tool for college and university recycling programs to promote waste reduction activities within their campus communities. RecycleMania runs for 10 weeks and usually starts in January.

### **Residence Life and Services' Involvement.**

Residence Life and Services at Missouri State University has been participating in RecycleMania since 2004. Each year we have become more involved in the competition and have entered in more categories. In 2008, Residence Life and Services participated in the following competitions:

- Grand Champion
- Per capita, classic
- Waste minimization
- Gorilla prize
- Targeted materials including paper, cardboard, and bottles/cans.

In addition to competing with other schools throughout the nation, Residence Life and Services also hosts an annual recycling competition between residence halls to raise awareness and participation. At the end of RecycleMania, the winning hall receives a prize that all residents can enjoy.

Make sure you watch for the competition in your building this spring!

### **History.**

You can learn more about RecycleMania and see how Residence Life and Services Missouri State University has placed using this link:

[RecycleMania](#)

## Location, Location, Location!

Residence Halls have recycling bins in the common areas, and bins in each room. You can simply take your recycling down to designated location at any time of day and place it in the correct bin.

Don't forget your cardboard, it can also be recycled. There is a place in your recycle area for cardboard, including pizza boxes!



All kinds of standard paper can be placed into these bins. But do not put in things like used napkins or paper towels.



Comingle is for plastic, glass, and aluminum. It is important that trash not be placed in the bins or it can contaminate the recyclable material.



Used batteries can be recycled. At each front desk there is a container for used batteries.

Every person in the United States receives the equivalent of one and a half trees per year in unwanted mail. To reduce this you can sign up to not receive certain kinds of junk mail. Check it out at:

<http://opt-out.cdt.org> For junk mail

<http://OptOutPreScreen.com> For credit cards



**Missouri State**  
UNIVERSITY

## Stay Classy at Missouri State University

If you want to learn more about what can be done to promote sustainability consider enrolling in one of our courses. Here are a few of them:

Chemistry 225 - Principles of Environmental Chemistry

Chemistry 425- Environmental Chemistry

Geography 351 - Conservation of Natural Resources

Biology 369 - General Ecology

Philosophy 302 - Environmental Ethics

Geography 108 - Ecology and Society

Economics 540 - Economics of the Environment

For a complete list of classes look [here](#).

“What we are living with is the result of human choices, and it can be changed by making better, wiser choices.” -Robert Redford



## What we do!

- During move out weekend Residence Life and Services puts out collection bins to benefit local charities. The food, clothing, and other materials that are donated not only help individuals in need, but also keeps these items out of the trash.
- Energy Conservation Task Force (ECTF) is a panel of students and staff who work together to promote and ensure the success of recycling in Missouri State University Residence Halls.
- Annual energy conservation competitions
- Installing occupancy sensors in public areas like restrooms and computer labs
- Participate in RecycleMania and encourage recycling in the residence halls
- Install low flow aerators and low flow shower heads in renovations

## Contact Information

<http://reslife.missouristate.edu/fac/Recycling.htm>

### **Jennifer C. Cox**

Assistant Director of Residence Life and Services  
Facilities and Operations

[JenniferCCox@MissouriState.edu](mailto:JenniferCCox@MissouriState.edu)

### **Teresa Frederick**

Coordinator of Residence Life and Services  
Facilities and Operations

[TeresaFrederick@MissouriState.edu](mailto:TeresaFrederick@MissouriState.edu)

### **Steven Braden**

Custodial Services Coordinator  
Residence Life and Services

[SteveBraden@MissouriState.edu](mailto:SteveBraden@MissouriState.edu)