

how to be a greenwolverine



2012-2013
student sustainability guide

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committed to a better future

The University of Michigan (U-M) is committed to solving sustainability challenges on local-to-global scales by creating, teaching, and practicing innovative approaches that improve the health of the planet, inspire future generations, and advance the international sustainability conversation.

U-M's sustainability commitment was solidified in 2009, when President Mary Sue Coleman launched the "Planet Blue" initiative to strengthen U-M's sustainability efforts spanning research, education, community outreach, and operations. This commitment was further strengthened in 2011, when President Coleman announced a \$14 million investment to help fulfill campus sustainability goals following these guiding principles:

1. **climateaction:** We will pursue energy efficiency and fiscally responsible energy sourcing strategies to reduce greenhouse gas emissions toward long-term carbon neutrality.
2. **wasteprevention:** We will pursue purchasing, reuse, recycling, and composting strategies toward long-term waste eradication.
3. **healthyenvironments:** We will pursue land and water management, built environment, and product sourcing strategies toward improving the health of the ecosystems and communities.
4. **communityawareness:** We will pursue stakeholder engagement, education, and evaluation strategies toward a campus-wide ethic of sustainability.

"The goals are ambitious," President Coleman said when she announced them. "But with the resolute efforts of many, they are achievable."

That's where you—and this third annual "How to Be a Green Wolverine" Guide—come into play. This booklet, which originated as an **ENVIRON 391: Sustainability & the Campus** student class project in 2009, is designed to help you and your fellow U-M Community members achieve the university's campus sustainability goals ... to be part of the solution of a more sustainable planet. As Michigan Wolverines, we can all be a key part of sustainable solutions on campus. U-M cannot reach our goals without living it every day and encouraging our friends and family to do the same. Please use this guide as a reference for information, insights—and inspiration—on a variety of topics.

"I want the message to be clear: sustainability defines the University of Michigan. Combine maize and blue, and you get green."

— U-M President Mary Sue Coleman,
September 27, 2011



climateaction

U-M has a goal to reduce greenhouse gas emissions by 25% by 2025. Energy is the major contributor to the buildup of greenhouse gasses in the atmosphere, which is causing climate change. The more energy we conserve, the more we can help to mitigate the increase of greenhouse gasses. Whether you are living on or off campus, please do your part to conserve energy. Every small action counts.

simple ways to conserve energy

- **Unplug all electrical appliances when not in use.** Even when appliances are switched off, they can still draw power. To make things easier, use a power strip that you can easily turn off when you leave a room. Refrigerators in particular use an enormous amount of energy, so unplug your mini-fridge when it's not in use!
- **Keep your fridge stocked.** Refrigerators and freezers are most efficient when they are full. Or better yet go without a fridge or share one with a friend.
- **Dress appropriately for the season.** For example, wear layers of clothing during the winter months so you don't have to turn up the thermostat.
- Keep thermostats set at **68° during cold** months and **76° during warm** seasons.
- Remember to **close doors and windows** when the heating or cooling systems are on.
- **During the winter, open blinds, drapes, and curtains** to allow sunlight in for solar heat gain. In the evenings, close blinds, drapes, and curtains to reduce thermal heat loss.
- Avoid the use of portable electric space heaters.
- **Use hot water sparingly.**



energy-efficient lighting

- Take advantage of **natural daylight** when possible. Open the blinds and turn off your lights.
- Consider using **desk lamps** (“task lighting”) and reducing overhead lighting.
- **Replace incandescent light bulbs with compact fluorescent light bulbs or LEDs** where possible.
- **Dim room lights when working on a computer**, so you can easily see your computer screen without turning up the brightness level on the monitor.
- **Turn off lights when leaving a room.**

energy-smart computing

- **Turn your computer off at night or when you are out of town.** Also, do not turn your computer on until you are ready to use it. (Note: Turning your computer on and off will not harm it. The life of a monitor and computer is related to the amount of time it is in use, not the number of on-and-off cycles.)
- **Know this: the best screen saver is no screen saver at all.** Screen savers use just as much energy—or more—as when you are actively using the computer.
- **Do not plug in your printer until you are ready to print.** Printers consume energy even while they are idling.

- **Cut down on printing** by reading e-mails and documents on the computer screen.
- Take advantage of **power-efficiency settings** (available in the systems preferences of most newer computers).
- **Think before you print!** When typing documents, format your document to as few pages as possible by using a smaller font, decreasing line spacing, choosing narrower margins, and using double-sided printing.
- **Review your document on the screen** instead of printing a draft.
- **Always buy and use recycled-content paper.** Look for paper with 50-100% post-consumer waste that is non chlorine bleached.
- If possible, **buy vegetable or non-petroleum-based inks.** These printer inks are made from renewable resources, require fewer hazardous solvents, and, in many cases, produce brighter, cleaner colors.
- **Recycle your printer cartridges** by contacting Mikan Corporation at (734) 944-9447. They will provide collection boxes and pick them up from your building when filled.

- **Unplug laptop and cell phone chargers** when your device is fully charged. Chargers left plugged in continue to draw ‘vampire power’ even when they’re not actually charging the device.

wattage wisdom

If electronics are off, they’re still using power. Up to 10 percent of a power bill goes to run electronics that have already been turned off! unplug whatever you are NOT using to save money and energy.

transportation

The U-M has a goal to reduce the carbon intensity of passenger trips on U-M transportation options by 30% by 2025. Why hassle with traffic and parking? Save money and the environment with these transportation options for traveling on and off the U-M campus.

By Foot

The campus area is completely accessible for walking. The State Street and South University areas border central campus and are full of restaurants and shops. On North Campus, there are plenty of footpaths.

By Bike

Bicycling is an easy alternative to walking (just be sure to remember your helmet). It's faster, and bike parking is available near all class buildings and on the streets. On North Campus, it's the best way to get around. Ann Arbor is one of the most bike-friendly cities in the country. A map of Ann Arbor bike paths can be found at www.a2gov.org/bike.

NEW! Planet Blue Bike Rental Program on Campus!

Outdoor Adventures, part of U-M's Department of Recreational Sports, is happy to announce the Planet Blue Bike Rental Program on U-M's Central and North campuses—through which you can rent a “Blue Bike” for a day, a weekend, or even a full semester! A total of 30 bikes will be available, and a full-semester rental (limited availability) will cost only \$75! Please flip back to the Green Market Guide on pg. 21 for more information.

By Bus

Michigan Bus Line: The fleet of Michigan buses now includes multiple hybrid buses, so you can feel even better about using this mode of public transportation. Blue buses can take you to all of the separate-but-interconnected areas of the entire campus. Travel to North Campus to study in the Dude, or down to the IM Building to pump some iron. The best part is that it's FREE! Bus stops are located throughout campus. Details at <http://pts.umich.edu>. NOTE: Want to know exactly when your bus is coming? Magic Bus provides a real-time view of each Michigan bus. It's accurate and easy to use. Check it out at <http://mbus.pts.umich.edu>.



road rage

According to the U.S. Department of Transportation, about 140 million motor vehicles in the U.S. are driven nearly 4 billion miles per day, using more than 200 million gallons of gasoline.

The Ann Arbor Transportation Authority (AATA) - The Ride: This bus system travels throughout the City of Ann Arbor and to Ypsilanti. AATA offers 28 routes that make it easy for students to get to the grocery store, the mall, or to downtown Ann Arbor. With a student I.D., students can ride FREE. Pick up a route schedule and guide on the bus, or visit www.theride.org.

Megabus: Megabus is a low-cost, express bus service offering Ann Arbor-to-Chicago travel for as low as \$1 per trip. The Ann Arbor station is located at 2694 S. State St. Find schedules and rates at <http://us.megabus.com/>.

Michigan Flyer: Has your friend been begging you to visit them at MSU? Are you flying out of Detroit soon to visit your family? Take the Michigan Flyer Bus from the Four Points Sheraton by Briarwood Mall in Ann Arbor to East Lansing or Detroit Metro Airport. The schedule and rates are at www.michiganflyer.com.

AirRide: A new great option for getting to the Detroit Metro Airport is AirRide, a partnership between AATA and the Michigan Flyer. This bus runs 12 trips every day, starting as early as 4:45 a.m. There are multiple bus stop pickup locations around Ann Arbor and you will be dropped off right at your terminal. Make a reservation, or just walk-on. More information can be found on the AirRide website at: www.myairride.com.

By Train

Amtrak: Travel from Ann Arbor toward Chicago or Detroit with the Amtrak train. The train is ideal for out-of-state students and visitors, as well as for weekend trips to the city. Details and tickets at www.amtrak.com.

By Car

Carpool: When travelling outside of Ann Arbor for an event or trip, plan to carpool and take the most fuel-efficient car available to you. Zimride, an online rideshare forum, can help match you with people whose destinations are similar. U-M has its own Zimride forum, which can be accessed at <http://zimride.pts.umich.edu>.

Zipcar: If you need a car temporarily for an errand or excursion and are at least 18, rent a Zipcar. There are nine Zipcar pick-up locations in Ann Arbor, and cars cost an average of only \$7 an hour (including gas). You can even rent a hybrid! Sign up at www.zipcar.com.



wasteprevention

We can't enlarge earth to accommodate all of our stuff. So, let's do our best to adopt the following helpful hints to minimize our consumption and waste (with a particular focus on the "three Rs" in the order listed). Let's reach and exceed the U-M goal of reducing waste tonnages sent to the landfill by 40% by 2025.

1. reduce

- **Buy only what you need** and use all of what you buy.
- **Choose products with minimal packaging.** (Hint: Packaging should protect the product from damage, keep it clean and sanitary, and present product information; anything more than this is unnecessary and wasteful.)
 - Purchase products in packaging that can be readily recycled and, even better, is made from recycled material.
 - **Buy in bulk.** It will reduce waste and save you money in the process.
 - **Refuse bags at stores!** When you buy one or two items at a store, carry them out in your hands or take a reusable bag with you to carry your purchased items.
 - Be prepared, and get in the habit of carrying a **reusable travel mug, water bottle, fork, and shopping bag** in your backpack.
 - **Ask for electronic receipts and statements.** If 20% of Americans switched to electronic bill receipt and payment, we could save almost 2 million trees and 100 million gallons of gasoline a year.

can do

Energy saved from one recycled aluminum can could operate a TV set for three hours.

2. reuse

- **Give away what you no longer want** or use (such as a book, piece of clothing, board game, or virtually anything else); a friend can probably put the item to good use.
- **Sell your unwanted products** on sites like Craigslist.org, and buy used whenever possible.
- **Take along washable cups or travel mugs** instead of disposables.
- When you do use disposables (like plastic cups, plates, utensils, and plastic food storage bags) don't throw them away! **Wash and reuse disposables.**
- **Repair items when they break** instead of replacing them.
- When you replace something, **donate** the old one (if in good condition) to charitable outlets like Goodwill or Salvation Army or the Really Really Free Market.
- **Hold a yard sale** and ask your neighbors to join in too.

- Instead of using paper towels for cleaning, **buy a few dishrags**. You'll be amazed how unnecessary paper towels turn out to be.
- When you need to purchase something, **check yard sales, charitable outlets, and resale stores** first. To find more information, flip back to the **Green Market Guide** on pg. 22.

3. recycle

Only after reducing and/or reusing your goods do you recycle what is left over! Fortunately, U-M makes it extremely easy to recycle, with recycling bins available throughout the Ann Arbor campus — including every residence hall room! Better yet, **recycling is single-stream**, making it quicker and easier than ever to recycle. So, whether you are in a classroom or in a residence hall, there's no need to separate paper from glass or plastic; just **throw all recyclables in the bin**.

Recycling bins made a much-anticipated return to the Diag during the 2011-2012 school year. Please help make this program a success and **be careful NOT to throw trash in the designated recycling bins**.

Know how to recycle miscellaneous things like old CDs and DVDs, electronics, ink cartridges, jewelry cases, and Styrofoam? Visit U-M's Recycling Program website for detailed instructions and contact information about how and where to recycle just about everything that can be recycled! Also, please check your residence hall or apartment Community Center for battery recycling options.

For details about recycling at U-M, log onto **www.recycle.umich.edu**.

call for canteens!

The average american uses 166 disposable water bottles per year! If every U-M freshman used reusable water bottles, we'd keep nearly one million plastic bottles from going to a landfill every year!



healthyenvironments

The U-M Community is over 80,000 members strong (including students, faculty, and staff). So just think of what an impact we can make if we all focused on being responsible “stewards” of our land and water by following the valuable tips outlined below.

water conservation

- **Use reusable water bottles** instead of plastic. It takes three to five liters of water to manufacture just a 1-liter plastic disposable bottle. Using a reusable water bottle also saves you money! When refilling your reusable water bottle, choose one of the **44 Refill Stations** on campus. Refill Stations are easy to use and track the number of plastic water bottles saved!
- **Shorten your shower** by a minute or two per day, and you'll save up to 150 gallons of water per month.
- **Turn off the water** while you brush your teeth, wash your hair and hands, and shave.
- **Use cold to lukewarm water** to hand wash dishes, not hot water.
- **Use a dishwasher** if you have one! They use significantly less water than washing dishes by hand.
- **Wash clothes in cold water** to save energy and to help clothes maintain their color.
- **Share water conservation tips** with friends and residence hall mates.



water quality

Unlike wastewater, which is treated at a wastewater treatment plant, stormwater receives no treatment before being discharged to surface waters. U-M is reducing runoff from impervious surfaces and is working to reduce the volume of land management chemicals used on campus by 40% by 2025. In Ann Arbor, all stormwater and any pollutants carried by stormwater is discharged to the Huron River and its tributaries. You can do your part to protect our watershed by following the practices below:

- **Don't flush your extra medications!** When drugs go down the drain, traces of the flushed chemicals can reach the environment. Water treatment facilities are not equipped to filter out drugs and certain chemicals. Check out www.dontflushdrugs.com for more information and proper disposal methods.
- **Use green cleaners and personal care products.** Chemicals in household cleaners and personal care products end up in our waterways. Use more environmentally friendly options. Never pour excess household cleaners or oil-based paints down the drain. Check out greener alternatives at <http://river-huron.org>.

- **Do NOT dump waste in storm drains!** They flow directly to the Huron River, the source of 85% of our drinking water. Make sure no litter (such as plastic party cups) or hazardous liquids (such as oils or soapy water) go down a storm drain.
- **Maintain your car.** Fix any oil, antifreeze, transmission fluid, or brake fluid leaks immediately to keep these toxic liquids stay out of our waterways. Inquire at your automotive shop about proper disposal methods.
- **Encourage sustainable lawn maintenance** such as using less fertilizers and pesticides, phosphorus-free fertilizers, watering less, growing native plants, and allowing buffer zones between waterways and maintained lawns.

local and sustainable food

U-M has a goal of procuring 20% of the food served on campus from local resources by 2025. You can help the university achieve this important goal, and do your part to protect the earth's resources, by following these tips:

- **Eat Organic!** Organic farms don't use harmful conventional pesticides.
- **Eat Local!** Know your farmer, ask them about their practices, and visit local farms. Communities benefit economically from small farms, and consumers get fresher food!
- **Eat in Season.** The average U.S. carrot travels 1,838 miles from where it is grown to where it reaches your plate. To reduce carbon emissions from food transportation, buy produce that is in season locally. To find out what is in season in Michigan, check out NRDC's site: www.simplesteps.org/eat-local/state/michigan.
- **Eat More Veggies.** It takes 5,000 gallons of water to produce one pound of meat, while producing one pound of wheat takes only 25 gallons. Plus, think of all that healthy fiber!
- **Be a "Foodie!"** Whether or not you like to get your hands dirty by gardening, there are multiple ways you can help promote sustainable food practices at U-M. Visit the Green Market Guide at the back of this booklet for information about multiple student groups involved in growing, distributing, and educating the campus about sustainable food.
- **Bulk up.** Buy non-perishable food (i.e. beans, grains, flour...) in bulk. bring your own containers, and you will save money and reduce packaging waste! By the Pound and the People's Food Co-op both sell bulk food in Ann Arbor.





communityawareness

Become part of the sustainability solution by getting involved in Planet Blue here at the university! Here are some of the many ways you can be a “Green Wolverine” on the U-M Campus:

register your room as a Planet Blue room

The Planet Blue Student Leaders have created “Planet Blue Room” to encourage all University Housing residents to “green” their rooms and follow more sustainable personal lifestyle habits. The goal of the Planet Blue Student Leaders is to encourage positive personal choices for sustainability in campus residences and off-campus housing. For more information on how to turn your living space into a Planet Blue Room, visit www.sustainability.umich.edu.

gulp!

Americans toss out enough water bottles in the U.S. to circle the equator every 2.9 days! It also takes three-to-five liters of water to make just one 1-liter plastic water bottle. Do your part to reduce these numbers by using your reusable water bottle!

become a Planet Blue student ambassador

Any student who completes the 30-minute online Planet Blue Ambassador training program (available in the fall) can become a Student Ambassador. Learn more at www.sustainability.umich.edu/pba. (Be sure to browse the “Get Involved” section of the Planet Blue website for other related opportunities.)

become a Planet Blue student leader

Apply to this exclusive program, which is part of the Planet Blue Ambassador program, to train and serve as an “eco rep” in your University Housing Community. As a Student Leader, you’ll connect students living in campus housing with opportunities and resources to live more sustainably. You’ll also earn two academic credits over two semesters in the process. For more information, visit www.sustainability.umich.edu/pba.

become an undergraduate sustainability scholar

Current sophomores interested in joining a small cohort of sustainability-focused peers may apply to be part of the Graham Institute’s Undergraduate Sustainability Scholars Program. Each year, this competitive, two-year program

accepts 25 high performing undergraduate students, who then pursue an 11-credit series of interdisciplinary field-based courses on sustainability and participate in a variety of complementary leadership and cohort-building activities. After successful completion of the program, students receive a “Sustainability Scholars” certificate from the Graham Institute. For more information, or to apply, please visit the Student Programs section of the Graham Institute website at www.graham.umich.edu.

consider declaring a minor in sustainability

The University of Michigan offers a wide range of academic programs focused on the environment and sustainability—one of the newest being the Sustainability Minor offered through the Program in the Environment (PitE). So, whatever your major, if you have a passion for protecting the planet, check it out at www.lsa.umich.edu/pite.

come to *Earthfest: Party for the Planet* in the fall

The University of Michigan is full of activities and opportunities related to sustainability, and a fun and effective way to learn about the bulk of them is to come to Earthfest in the Diag each fall. Find details under “Events” on the Planet Blue website at www.sustainability.umich.edu.

join a student group

If you're interested in playing an active role in promoting environmental sustainability at U-M, here are a variety of student groups you may want to consider. To learn about these groups and what they do, visit the “Get Involved” section of the Planet Blue website at www.sustainability.umich.edu.

- **Student Sustainability Initiative (SSI)** brings together student leaders to work closely with the Graham Environmental Sustainability Institute and the Office of Campus Sustainability. SSI organizes Zero Waste events, holds roundtable meetings for cross-campus discussion of environmental issues, and works to advocate positive change toward sustainability on campus among students, student organizations, faculty, and staff. www.umssi.org; Email: ssi-board@umich.edu

feeling fern

Fill your living space with plants! It will clean the air and has been shown to improve your mood!



- **Environmental Action (EnAct)** is a group of students who work on environmental outreach and education, with a range of opportunities for students to learn about sustainability. EnAct also teaches children in the community about the environment. Email: enactcore@umich.edu
- **Environmental Issues Commission (EIC)** is part of the Michigan Student Assembly (now Central Student Government). EIC strives to make U-M more sustainable by working with the administration and other student groups. They also coordinate the annual Sustainability Fair and Earth Week events on campus. Email: eic-michigan@umich.edu
- **Michigan Students Advocating Recycling (MSTAR)** promotes awareness and use of both on- and off-campus recycling resources through exposure to the city's recycling infrastructure and education about recyclable materials. www.sitemaker.umich.edu/mstar
- **Michigan Sustainable Foods Initiative (MSFI)** is dedicated to increasing the amount of local and sustainably produced food available on campus. MSFI is also committed to educating the campus community about the importance of sustainable food practices. Email: msfi-board@umich.edu

rag s to riches

During move-out week 2012, more than 11.99 tons of clothing, household goods, bedding, food, and other items were collected and donated to local non-profit organizations, a 3.7% increase over the previous year.

- **University of Michigan Sustainable Foods Program (UMSFP)** is a hub for all sustainable food-related work and study on campus, enabling efficient sharing of resources. They provide resources, events, workshops, and opportunities for students, faculty, staff, and the community to work together on sustainable food and agriculture issues www.umsfp.com; Email: umich.sfp@umich.edu
- **BLUElab** works on real-world projects locally and in underdeveloped countries, allowing Engineering students to enhance their technical abilities while gaining a better understanding of the impact of their work. www.engin.umich.edu/societies/BLUElab
- **MPowered** fosters an entrepreneurial culture on campus by supporting student ventures, competitions, and educational programs. MPowered strongly recognizes the need for change to better the environment through big ideas. www.mpowered.umich.edu; Email: mpowered-contact@umich.edu
- **Solar Car Team** designs, builds, finances, and races a solar powered car in competitions around the globe, fostering sustainable research and technology. www.solarcar.engin.umich.edu
- **The Ann Arbor Student Food Co-op** is a U-M student group with a goal to make healthy, affordable, sustainable foods more accessible to students on campus. They are working to buy a food cart that will supply fresh produce and will be within a 5 minute walking distance of the diag. Email: UMfoodcoop@gmail.com

volunteer on campus ... or in the community

If you're interested in a more hands-on approach to getting involved, consider rolling up your sleeves for one of the campus groups or community non-profits outlined below.

- **The Ginsberg Center** provides a network of service-learning organizations to bring about social change. They also award grants and fellowships to students for many types of projects. www.ginsberg.umich.edu; Email: ginsberginfo@umich.edu
- **Cultivating Community**—sponsored by the Matthaei Botanical Gardens here at the university—educates students about sustainable food systems through hands-on organic gardening and community outreach. www.lsa.umich.edu/mbg/learn/cc/; Email: mbgna.cc@umich.edu
- **Circle K International**, the collegiate version of Kiwanis International, provides various community service opportunities for helping the environment and those in need. Check out the project calendar online, and sign up to help! www.umcirclek.org; Email: circlek@umich.edu
- **The Detroit Partnership** works on various community gardening, tree planting, and sustainability projects with Brightmoor Youth Garden, the Greening of Detroit, and Motor City Blight Busters in the City of Detroit. www.thedp.org; Email: dp.dir@umich.edu
- **Clean Water Action–Michigan** is an organization of 1.2 million members working to protect America's waters. Since 1972, Clean Water Action has won notable environmental protections. www.cleanwateraction.org/mi
- **Ecology Center in Ann Arbor** works at the local, state, and national levels for clean energy production, healthy communities, environmental justice, and a sustainable future. www.ecocenter.org
- **Food Gatherers** is a local nonprofit that exists to alleviate hunger and eliminate its causes in Washtenaw County by reducing food waste through the rescue and redistribution of perishable and nonperishable food, coordinating with other hunger relief providers, educating the public about hunger, and developing new food resources. www.foodgatherers.org



- **SELMA Cafe** is an all-volunteer, 501c3 local-foods breakfast salon, open every Friday morning from 6:30-10 a.m. The suggested donation for breakfast is \$12 - \$15 per person. All proceeds, except for \$150 a week towards household costs and wear and tear, are used to source breakfast ingredients from the farmers and producers of your food, and to hoophouse building activities. SELMA's menu changes with the featured chef each week. www.selmacafe.org
- **The Huron River Watershed Council**'s mission is to inspire attitudes, behaviors, and economies that protect, rehabilitate, and sustain the ecological and cultural communities of the Huron River ecosystem. www.hrwc.org
- **The Huron Valley Sierra Club** is the local chapter of this non-profit organization dedicated to helping people explore, enjoy, and protect the wild places of the earth. They offer multiple outings and monthly programs. www.michigan.sierraclub.org/huron
- **The Michigan League of Conservation Voters'** environmental priorities are to secure adequate state funding for environmental protection and conservation, address the threat of climate change in Michigan, and protect the health of future generations. www.michiganlc.org
- **The National Wildlife Federation** is the nation's largest conservation organization, committed to protecting wildlife, restoring natural habitats and ecosystems, and educating the public to adopt similar practices. Since 1982, the Great Lakes Regional Center has worked towards protecting the Great Lakes. www.nwf.org/Regional-Centers.aspx
- **The Nature Conservancy in Michigan's** mission is to preserve the plants, animals, and natural communities that represent the diversity of life on Earth, by protecting the land and water resources they need to survive. www.nature.org
- **Growing Hope** helps people improve their lives and communities through gardening and healthy food access. Founded by a recent U-M graduate, Growing Hope's work includes providing start-up gardening assistance, a garden membership program, teaching classes and workshops, and developing training materials. www.growinghope.net



Being sustainable need not hamper your fun! Here are some great tips to make your weekend plans fun and sustainable.

how to throw a sustainable party!

- Instead of buying disposable plates, go to a thrift store, yard sale, or even your grandmother's basement to stock up on **reusable plates, cups, and utensils** for a chic and eclectic vibe.
- **Use natural light** whenever possible to light the room.
- **Use beeswax candles!** They give off negative ions that help clean the air.
- **Bring your own cups!** Make a fun game out of it. Whoever brings the coolest cup wins a prize!
- **Offer locally produced snacks and locally grown produce.** (See the Green Market section for places to shop.)
- **Serve healthy "finger food,"** with no plates or utensils necessary.
- **Ditch the speakers!** Invite musician friends to perform cool music to dance to all night long!
- **Ban cigarettes** (and all that packaging). Who wants to smell bad anyway?
- **Spread the word!** Make sure your guests know that the food is locally grown and produced, or that there is a band instead of a DJ, which saves energy.
- Want to make your night a movie night? Show **environmentally focused films** that are educational and entertaining. (See the suggested film list in the "Green Media" section of this guide.)
- **Turn the lights off!** It's more fun in the dark anyway!

dorm reform

Residence halls recycle more than 35% of their total waste. Keep up the good work undergrad residents!





greenmarket

Whether you're in the market for a new bike or pair of jeans ... planning a dinner out ... or looking for something to do over the weekend, be sure to check this Green Market Guide to find environmentally responsible shops, restaurants, and organizations. Where you spend your time and money matters. (NOTE: Be sure to ask about student discounts available by showing your U-M I.D. card!)

need a bike?

Whether you want to buy a new or used bike, or rent one on campus, here are some resources to help you get in gear:

Planet Blue Bike Rental Programs

The Outdoor Adventures Center
336 Hill St. (next to Elbel Field at Hill
St. and Division St.)
(734) 764-3967
www.recsports.umich.edu/outdooradv
(click on "Blue Bikes"); Email
umoutdooradventures@gmail.com

North Campus Rec Building
Corner of Hubbard Road and Murfin
Avenue

Campus Student Bike Shops

607 S. Forest Ave.
(734) 662-6986
336 Maynard St.
(734) 327-6949
www.campusstudentbikeshop.com

Great Lakes Cycling & Fitness

2015 W. Stadium Blvd.
(734) 668-6484
www.greatlakescycling.com

Midwest Bike and Tandems

1691 Plymouth Rd.
(734) 213-7744
www.midwesttandems.com

Two Wheel Tango

3162 Packard Rd.
4765 Jackson Rd.
(734) 528-3030
www.twowheeltango.com

Wheels in Motion

3400 Washtenaw Ave.
(734) 971-2121
www.wheelsinmotion.us

bike repairs

Common Cycle is an Ann Arbor-based organization with the goal to help people get on their bikes. They're about helping people ride their bikes in whatever way makes them happy— to get around town, to get to work, or to have fun. They do this by teaching basic repair, maintenance, and riding skills, and helping to foster a community of people who ride bikes in Ann Arbor. You can find their repair stand every Sunday from 11 a.m. until 3 p.m. at the southeast corner of the Kerrytown Artisan Market. They operate on a donation basis.
www.commoncycle.org; Email: info@commoncycle.org



reuse stores

Buying already used merchandise and/or donating unwanted items to thrift stores is an easy way to help reduce waste, as well as to save money. Here are some of the many reuse outlets in Ann Arbor (for items such as clothing, décor, electronics, furniture, and much more).

The Getup

215 S. State St.
(734) 327-4300
www.thegetup.com

Habitat for Humanity ReStore

170 Aprill Dr.
(734) 822-1530
www.h4h.org

Kiwanis Thrift Sale

Saturdays, 9 a.m. – noon
200 S. First St.
(734) 665-0450
www.kiwanissale.com

U-M Property Disposition

3241 Baxter Rd.
(734) 764-2470
www.umich.edu/~ofa/PropDisp/

The ReUse Center

2420 S. Industrial Hwy.
(734) 222-7880
www.recycleannarbor.org/reuse

Salvation Army

1621 S. State St.
(734) 332-3474
100 Arbana Dr.
(734) 668-8353
www.salvationarmyusa.org

Star Vintage

322 S. State St.
(734) 332-0088
www.starvintage.net

St. Vincent de Paul Thrift Store

1001 Broadway St.
(734) 761-1400
www.svdpaa.org

The Scrapbox

581 State Cir.
(734) 994-0012
www.scrapbox.com

Treasure Mart

529 Detroit St.
(734) 662-1363
www.treasuremart.com

Ann Arbor PTO Thrift Shop

2280 S. Industrial Hwy.
(734) 996-9155
www.a2ptothriftshop.org

The Vintage Twin

1112 S. University St.
(734) 757-8191
www.thevintagegetwin.com

restaurants

Help support a greener marketplace by patronizing businesses that “walk-the-talk” of sustainability. Here’s a list of businesses to consider nearby.

Key

●	Vegetarian Options	\$	Inexpensive (less than \$10/meal)
■	Vegan Options	\$\$	Moderately Priced (\$10-\$20/meal)
▼	Locally Sourced	\$\$\$	Expensive (more than \$20/meal)
◆	Organic Purchasing		

Arbor Brewing Company

● ■ ▼ ◆ \$

114 E. Washington St.

(734) 213-1393

www.arborbrewing.com

Babo to Go ● ■ ◆ \$\$

403 E. Washington St.

(734) 997-8495

www.baboannarbor.com

Bert's Café ● ■ ▼ \$

Shapiro Undergraduate Library

(734) 647-6237

www.uunions.umich.edu/berts

Café Verde ● ■ ▼ ◆ \$

216 N. Fourth Ave.

(734) 994-9174

www.peoplesfood.coop/store/cafe.php

Chipotle ● ■ ◆ \$

235 S. State St.

(734) 794-0800

www.chipotle.com

EAT ● ■ ▼ ◆ \$

1906 Packard St.

(734) 213-7011

www.eatannarbor.com

Earthen Jar Vegetarian Cuisine

● ■ ◆ \$

311 S. Fifth Ave.

(734) 327-9464

www.earthenjar.com

Espresso Royale ● ▼ ◆ \$

214 S. Main St., (734) 668-1838

324 State St., (734) 662-2770

1101 S. University St., (734) 327-0740

www.espressoroyale.com

Frita Batidos ● ▼ \$

117 W. Washington St.

(734) 761-2882

www.fritabatidos.com

Glass House Café ● ■ ▼ ◆ \$

Palmer Commons

(734) 647-3777

www.glasshousecafe.net

Grand Traverse Pie Company

● ▼ \$

505 E. Liberty St.

(734) 997-9702

www.gtpie.com

Grange Kitchen & Bar

● ■ ▼ ◆ \$\$\$

118 W. Liberty St.

(734) 995-2107

www.grangekitchenandbar.com

Jazzy Veggie ● ■ ▼ ◆ \$

108 S. Main St.

(734) 222-0203

www.jazzyveggie.com

Jolly Pumpkin ● ■ ▼ ◆ \$\$

311 S. Main St.

(734) 913-2730

www.jollypumpkin.com

Jerusalem Garden ● ■ \$

307 S. Fifth Ave.
 (734) 995-5060
www.jerusalemgarden.net

Mark's Carts ● ■ ▼ ◆ \$

211 W. Washington St.
 (734) 662-8122
www.markscartsannarbor.com

Ravens Club ● ■ ▼ ◆ \$\$

207 S. Main St.
 (734) 214-0400
www.theravensclub.com

Revive ● ■ \$

619 E. University St.
 (734) 332-3366
www.revive-replenish.com

Seva Restaurant ● ■ ◆ \$\$

314 E. Liberty St.
 (734) 662-1111
www.sevarestaurant.com

Silvio's Organic Pizza

● ■ ▼ ◆ \$\$\$
 715 N. University St.
 (734) 214-6666
www.silviosorganicpizza.com

Zingerman's Deli ● ■ \$\$\$

422 Detroit St.
 (734) 663-DELI (3354)
www.zingermansdeli.com

grocers

These grocers provide local, organic, or bulk options.

Ann Arbor Farmer's Market

315 Detroit St.
 (734) 794-6255
www.a2gov.org/market
 May - December:
 Wednesdays, 7:00 a.m. - 3:00 p.m.,
 4:30 p.m. - 8:30 p.m.
 May - December:
 Saturdays, 7:00 a.m. - 3:00 p.m.
 January - April:
 Saturdays, 8:00 a.m. - 3:00 p.m.

Babo Market

403 E. Washington St.
 (734) 997-8495
www.baboannarbor.com

By the Pound

615 S. Main St.
 (734) 665-8884

Door to Door Organics

Online Delivery Service
www.doortodoororganics.com

Arbor Farms Market

2103 W. Stadium Blvd.
 (734) 996-8111
www.arborfarms.com

Peoples' Food Co-op

216 N. Fourth Ave.
 (734) 994-9174
www.peoplesfood.coop

Plum Market

Maple Village Plaza
 375 N. Maple Rd.
 (734) 827-5000
www.plummmarket.com

The Produce Station

1629 S. State St.
 (734) 663-7848
www.producestation.com

Replenish

619 E. University St.
 (734) 332-3355
www.revive-replenish.com

Sparrow Meats & Produce

415 N. Fifth Ave, 1st Floor
(734) 761-8175
www.sparrowmeat.getwebnet.com

Trader Joe's

2398 E. Stadium Blvd.
(734) 975-2455
www.traderjoes.com

Washtenaw Dairy

602 S. Ashley St.
(734) 662-3244
www.washtenawdairy.com

Whole Foods Market

990 W. Eisenhower Pkwy.
(734) 997-7500
3135 Washtenaw Ave.
(734) 975-4500
www.wholefoodsmarket.com

shops

Find green and/or fair-trade gifts and other products at the following locations.

Himalayan Bazaar

218 S. Main St.
(734) 997-7229
www.thehimalayanbazaar.com

Kerrytown Market & Shops

415 N. Fifth Ave.
(734) 662-5008
www.kerrytown.com

Maggie's Organics (Online Store Only)

www.maggiesorganics.com

Middle Earth Gifts

1209 S. University St.
(734) 769-1488
www.middleearthgifts.com

The Peaceable Kingdom

210 S. Main St.
(734) 668-7886
www.theaapk.com

MFarmers' Market

Held on occasional Thursdays from 11 a.m. to 3 p.m. at the **Michigan Union** and the **North Campus Connector** (halfway between Pierpoint Commons and the Dude). See event dates at www.sustainability.umich.edu.

SEARCH ONLINE for other places to eat or buy locally sourced foods www.realtimefarms.com

Perpetua Boutique Organique

209 S. Fourth Ave.
(734) 222-9270
www.perpetuaboutique.com

Sunday Artisan Market

315 Detroit St.
(734) 913-9622
www.artisanmarket.org
April – December:
Sundays, 11:00 a.m. - 4:00 p.m.

Ten Thousand Villages

303 S. Main St.
(734) 332-1270
www.annarbor.tenthousandvillages.com

Want more? Check out <http://thinklocalfirst.net> for a listing of unique Ann Arbor businesses to support!



activities & recreation

Playing in the great outdoors is a wonderful way to learn about and appreciate the environment. Here's a list of just some of the many recreational opportunities in the Ann Arbor area, including outdoor outfitters, local parks, and related student groups.

Outdoor Outfitters

Argo Canoe Livery: Offers kayak and canoe rentals. Instruction is available. 1055 Longshore Dr. (734) 794-6241
www.a2gov.org/government/canoe

Bivouac Ann Arbor Gear Rentals: Outdoor equipment retailers and gear rental. 336 S. State St. (734) 761-6207
www.bivouacannarbor.com

Gallup Canoe Livery: Offers canoe, kayak, paddleboat, and rowboat rentals and is surrounded by park trails and playgrounds. 3000 Fuller Rd. (734) 794-6240
www.a2gov.org/canoe

MooseJaw: Outdoor gear and equipment
327 S. Main St. (734) 769-1590
www.moosejaw.com/

MRock: The Outdoor Adventures climbing wall. Lots of bouldering and rock-climbing gear included in the \$5 fee.
Intramural Sports Building, 606 E. Hoover Ave. (734) 764-7625
www.recsports.umich.edu/outdooradv/climbing

Outdoor Adventures: University of Michigan Dept. of Recreational Sports outdoor trips and gear rental program. 336 Hill St. (734) 764-3967
www.recsports.umich.edu/outdooradv

Planet Rock Climbing Gym: Indoor climbing wall for all skill levels with gear available to rent. Wonderful staff! 82 Aprill Dr. (734) 827-2680
www.planet-rock.com

REI: Outfit your outdoor adventure with the latest gear and footwear.
970 W. Eisenhower Pkwy. (734) 827-1938
www.rei.com

Parks

Nichols Arboretum: Escape campus (without going too far) in U-M's own park on the Huron River. James D. Reader Center, 1610 Washington Hts. (734) 647-7600
www.lsa.umich.edu/mbg/see/nicholsarboretum.asp

Matthaei Botanical Gardens: Has a set of fun trail loops, the U-M Campus Farm and plenty of community activities. 1800 N. Dixboro Rd. (734) 647-7600
www.lsa.umich.edu/mbg/see/matthaei

Leslie Science & Nature Center (LSNC): LSNC has about 50 acres of parkland, a critter house, raptor enclosures, and many opportunities for volunteering. 1831 Traver Rd. (734) 997-1553. www.lesliesnc.org

Pinckney Recreation Area: A State of Michigan-run recreation area with camping and trails. 8555 Silver Hill Rd. Pinckney, MI 48169
(734) 426-4913 www.dnr.state.mi.us/parksandtrails

Waterloo Recreation Area: State of Michigan-run recreation area with camping and trails. 16345 McClure Rd. Chelsea, MI 48118.
(734) 475-8307 www.dnr.state.mi.us/parksandtrails

Student Organizations

Kayak Club: Connects kayakers and paddlers from all over U-M and offers training sessions at the NCRB pool. Intramural Sports Building
606 E. Hoover St. www.sitemaker.umich.edu/kayak

Michigan Backpacking Club: Member students organize trips and workshops about backpacking and fun hiking trails. 324 John St.
www.michiganbackpacking.weebly.com

Michigan Birders: A network of individuals dedicated to the enjoyment and conservation of wild birds and to increasing student involvement. 530 S. State St.
3909 Michigan Union Email: umbirders@ctools.umich.edu

Michigan Climbing Club: Connecting students and faculty interested in climbing with movie nights, trips, and ride sharing.
www.umich.edu/~climbing

Michigan Fishing Club: Educates and raises awareness about all aspects of fisheries and fishing. 440 Church St. Room G128
www.sitemaker.umich.edu/bassfishing/home; Email: bassfishing@umich.edu

Michigan Sailing Club: This U-M student organization offers a unique and affordable opportunity to learn and practice the art of sailing. Clubhouse is on Baseline Lake in Dexter. First two visits are free!
8010 Strawberry Lake Rd. Dexter, MI. www.umich.edu/~umsc

Society of Les Voyageurs: A group dedicated to learning from and enjoying the outdoors. They do informal trips, educational programs, and weekly potlucks. 411 Longshore Dr. (734) 662-1553
Email: lv-actives@umich.edu

green media

Time is limited, so if you're going to take time out to see a movie or read a book, here are some suggestions to make it worthwhile (compliments of SSI students who contributed to this guide):

Documentaries

An Inconvenient Truth
The Cove
Food, Inc.



Forks Over Knives
Fresh
The Future of Food
Gasland
Homegrown Revolution
King Corn
The Last Mountain
No Impact Man
Planet Earth
Super-Size Me
Tapped
Trash Inc: The Secret Life of Garbage
Who Killed the Electric Car

Dramas & Biographies

Avatar
A Civil Action
The Day After Tomorrow
Erin Brockovich
Wall-e

Books

A Sand County Almanac by Aldo Leopold
Animal, Vegetable, Miracle by Barbara Kingsolver
Coming into the Country by John McPhee
Eaarth by Bill McKibben
Eating Stone by Ellen Melpy
Ishmael by Daniel Quinn
My First Summer in the Sierras by John Muir
Omnivore's Dilemma by Michael Pollan
Plan B: Mobilizing to Save Civilization by Lester R. Brown
Pilgrim at Tinker Creek by Annie Dillard
Red Sky at Morning by Gus Speth
Refuge by Terry Tempest Williams
Silent Spring by Rachel Carson
The Land of Little Rain by Mary Austin
The Moon by the Whale Light by Diane Ackerman
The Ravaging Tide by Mike Tidwell
The End of Nature by Bill McKibben
Food Matters: A Guide to Conscious Eating by Mark Bittman
Food Rules by Michael Pollan
The Green Book by Elizabeth Rodgers and Thomas M. Kostigen
The Old Farmer's Almanac
Our Choice by Al Gore
The Story of Stuff by Annie Leonard





learn**more**... stay**connected** ... get**involved**!

For more information, visit the Planet Blue website at www.sustainability.umich.edu. This comprehensive website outlines multiple sustainability-focused research, education, and operations efforts at the university. It also includes a searchable database of hundreds of sustainability courses offered at U-M. For helpful links, tips, and student-activity information, also visit the Student Sustainability Initiative on Facebook, or log onto www.umssi.org.



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