

CAL
POLY
PROUD



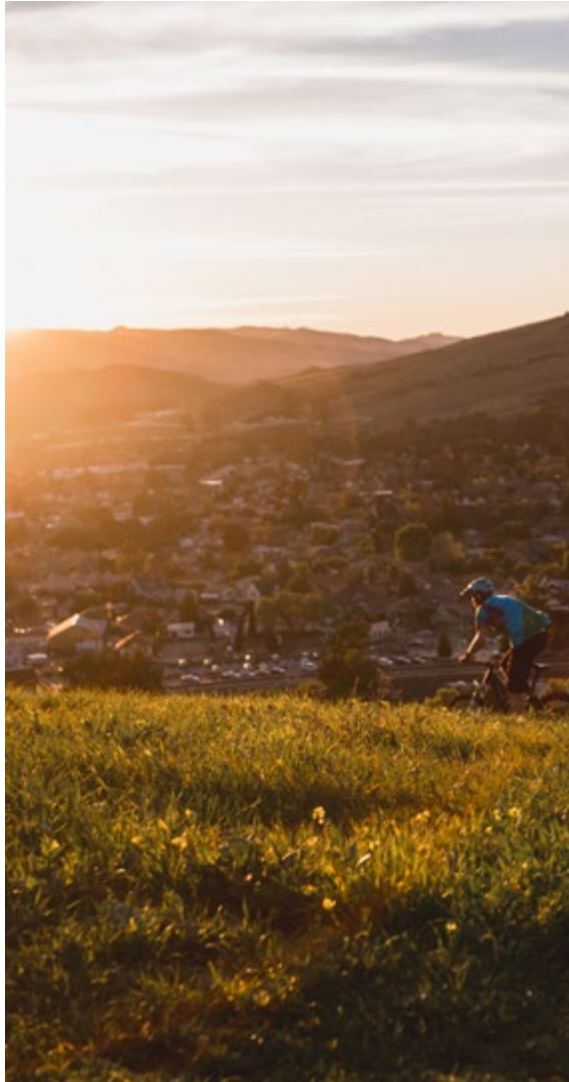
GREEN LIVING GUIDE

HOW TO LIVE SUSTAINABLY ON CAMPUS



"SUSTAINABILITY"

The ability of the natural and social systems to survive and thrive together to meet current and future needs.



- ✓ Cal Poly is committed to achieving carbon neutrality and climate resilience by 2050.
- ✓ For Earth Day 2016, President Armstrong signed the Second Nature Climate Leadership Commitment, making Cal Poly a Charter Signatory to the largest climate change initiative in higher education.
- ✓ Over 30% of campus is LEED certified.
- ✓ In 2018, Cal Poly has earned a total of 32 California Higher Ed Sustainability Best Practices awards (more than any other CSU campus).
- ✓ AASHE STARS Silver Rated University.
- ✓ In signing the Talloires Declaration in 2004, President Baker emphasized Cal Poly's commitment to sustainability.

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COMMUNITY

- Do you care?
- Do you help out your community?
- Do you know what changes and decisions are being made?
- Are you informed on political issues?
- Are you involved with your local clubs and organizations?

WASTE

- Do you recycle in your room
- Have you asked your RA about composting food scraps?
- How often do you carry your reusable bags with you to avoid using plastic?
- Do you donate unwanted goods instead of throwing them away
- Are you using reusable dish-ware in your room?

ENERGY

- Do you turn off thermostat when leaving?
- Do you open blinds for natural light during the daytime?
- Can you reduce hot water use and insulate your hot water heater?
- Do you take the stairs instead of the elevator?
- Do you unplug unused devices, even if they are switched off?

FOOD

- Do you eat enough protein?
- Do you get your food locally?
- Are you involved with the community garden?
- Do you use reusable containers?
- Do you keep food waste at a minimum?

TRANSIT

- Is sustainable travel possible?
- Are there more sustainable and efficient uses for the land used for transportation?
- Does the public transit make a difference?
- Is owning an electric or fuel efficient vehicle worth it?
- Why should I walk or bike instead of driving?

WATER

- Do you know how much water you use in a day?
- Do you try to cut down on meat as a regular part of your diet?
- Do you actively check faucets for leaks/know who to report them to?
- Do you wait until your laundry/dish load is full before running the machine?

COMMUNITY

SUSTAINABLE COMMUNITY

WHY SHOULD YOU CARE?

The United Nations' definition for sustainability is "meeting the needs of the present without compromising the ability of future generations to meet their own needs." With the highest amount of carbon emissions we've seen since ----; with nations prioritizing wealth and power above the needs of humanity; with men and women neglecting the very Earth that is responsible for our every breath; we are completely ignoring the United Nations definition of sustainability and driving our very own species to certain demise.

However, there is still hope if we act **NOW!** Because we have directed the nature of our society in a way that is simply not sustainable, the most important thing you can do is become aware, find one aspect of sustainability that you have any connection to, and **GET INVOLVED.** So many people are aware of the consequences of humanity's actions thus far and have created a multitude of groups to tackle these various ramifications.

We believe that everyone has a connection to at least one thing that climate change is affecting and that's why we made this guide. We want you to know what's going on and how you can help. Every action you take from this point on matters.

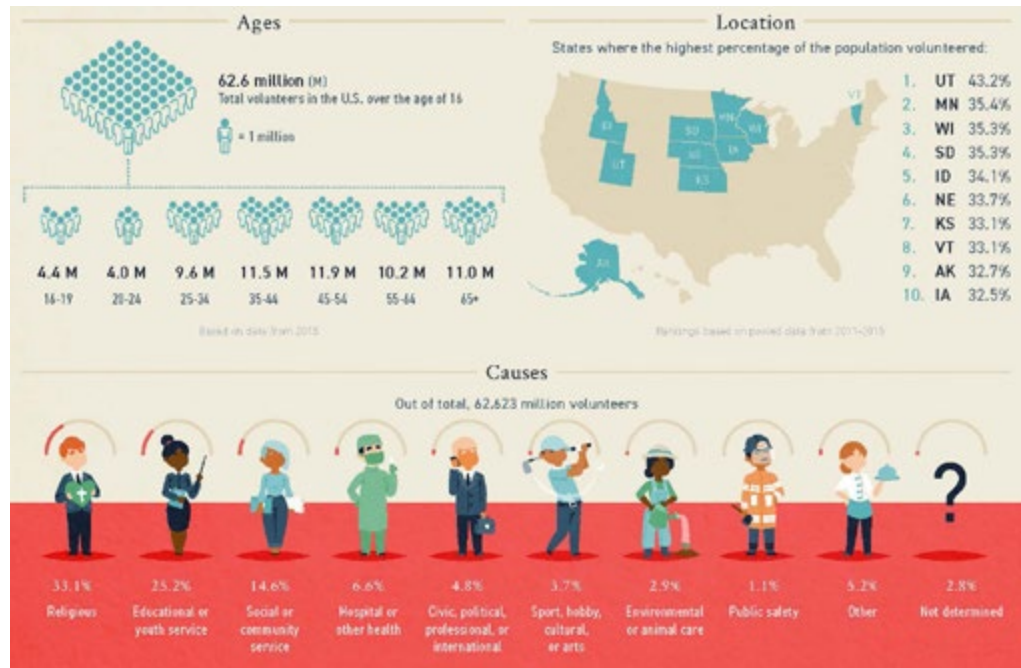
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WHERE CAN YOU GET INVOLVED

- Ecologistics:** "Our mission: To create a resilient and healthy community for the residents of the California Central Coast that is environmentally and economically sustainable."
- EcoSLO:** "Our mission is to educate, advocate and act to protect and enhance San Luis Obispo County natural resources"
- SLO Climate Coalition:** "The mission of the San Luis Obispo (SLO) Climate Coalition Task Force is to leverage community expertise, creativity, and resources in order to multiply San Luis Obispo's efforts to become carbon free."
- Heal SLO:** "Since 2011, The Healthy Communities Work Group has been working to improve the health and wellness of current and future San Luis Obispo County residents through collaboration, education, and policy guidance as it relates to the built environment. We envision San Luis Obispo County as a healthy, thriving community with complete streets, ample opportunities for outdoor recreation, with equitable access to housing, services, and wholesome food."



VOLUNTERISM IN THE US!



Where can you find more information?

- illUmiNations:** Protecting our Planet #ProjectingChange : A video explaining the consequences of climate change with a call to action
- Annie Leonard :** additional videos found [here](#)
- Environmental Community Calendar**

WHERE CAN YOU GET INVOLVED

- One Cool Earth:**
"We create awesome school garden programs that power healthy, happy and smart youth! We strive to support thriving school garden program at all 43 elementary schools in San Luis Obispo County by 2020."
- Earth Day Alliance:**
"The mission of the Earth Day Alliance (EDA) is to coordinate an annual free Earth Day event in order to raise awareness, address concerns, showcase solutions and present balanced modes of living for the wellbeing of each individual, the community, and the planet."
- SunWork Renewable Energy Projects:**
"SunWork's mission is to help make solar more affordable and widespread with the help of trained volunteers."



WHERE CAN YOU GET INVOLVED ON CAMPUS

- Sprout Up SLO:** "Sprout Up provides free, youth-led environmental education programs to 1st and 2nd grade classrooms in public schools throughout California. (sproutup.org)"
- Climate Reality SLO:** "We work together everyday to make sure climate change is recognized as our top priority. We care about the environment and will protect it for present and future generations."
- Cal Poly Zero Waste Club:** "Striving to make our campus and lifestyle more sustainable by sending less waste to the landfill."
- Zero Waste Ambassador:** "Students volunteer at campus events to instruct event attendees on how to recycle and compost properly."
- ECO Reps and Green Room Program:** "Managed by the Green Campus Team within Facilities, Eco-Reps exemplify the "learn by doing" motto and play a direct role in Cal Poly's advancement to a fully sustainable future... Through the Green Room and Green Office programs, Eco Reps provide sustainable consultations to on-campus residents staff, and faculty to educate and empower the Cal Poly community to live more consciously, in turn reducing Cal Poly's energy, water, and waste."
- Net Impact SLO:** Their goal is to become leaders to encourage people in their jobs to work towards sustainability.
- Hiking and Backpacking Club:** "We are focused on uniting students from diverse backgrounds through the common love for the outdoors."
- Cal Poly Thrift Fair at Mustang Move-In:** "College supplies & household items collected from the Cal Poly community last fall will be available to new and returning students. Items will be offered with a suggested donation to help fund future eco-friendly projects through the Cal Poly Green Campus Sustainability Fund."

Join our Club!

Sunrise Movement Cal Poly

Sunrise is a movement to stop climate change and create millions of good jobs in the process.



We want you to get excited and be the change of our future!

What is the Sunrise Movement at Cal Poly?

The Sunrise Movement Club at Cal Poly will bring together youth from San Luis Obispo County and Cal Poly students to fight for our common future through climate activism on the Cal Poly Campus and within SLO County. The Cal Poly Sunrise Club will work with the SLO Youth for Climate Action group as well as the Central Coast Sunrise Movement hub to put on events related to climate activism. We will provide an institution that will educate, encourage, and support youth to become excited and involved in advocating for community sustainability by opposing climate change and its contributors. We will tackle issues such as zero waste, community choice energy, transitioning to renewable energy, divestment from fossil fuels, and green public transit. This organization will allow students to build their network to help their future career by becoming connected to influential members in the community.

How can I get involved?

What: Fill out this [interest form](#) and come out to our first meeting!

When: Thursday, May 30th 2019 from 6:10-8pm

Where: Building 34 Dexter Building Rm 210

Why: **Because we want a future!** And we will be providing food and refreshments.

Questions? Contact us: sunrisecalpoly@gmail.com

WHAT INVOLVES YOU?

● Yes ● No ○ Undecided

Creation of an on-campus SLO Sunrise Movement

It's Time to #ChangeTheDebate

"Sunrise" is a movement to stop climate change and create millions of good jobs in the process. We're building an army of young people to make climate change an urgent priority across America, end the corrupting influence of fossil fuel executives on our politics, and elect leaders who stand up for the health and wellbeing of all people."

HOW TO GET INVOLVED IN A NEW CHAPTER: [Join Our Club](#)

CAL POLY STUDENTS, do you know who the supervisor of your district is?

Debbie Arnold is the District 5 supervisor. She is up for re-election in 2020. Here are some things that Debbie supports:

President Donald Trump

The Las Pilitas Strip Mine

NOT the *Opioid Lawsuit* against Big Pharma ([read more here](#))

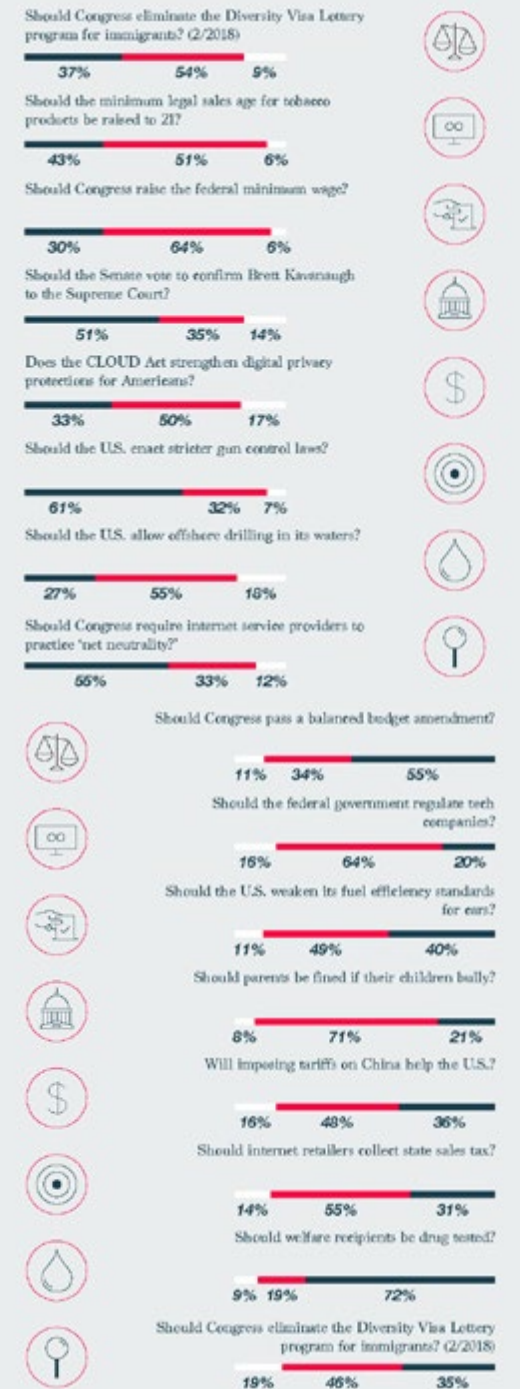
It's up to YOU to become informed and make a decision about who you want representing your district! *The most important thing you can do is VOTE in the 2020 election!*

Trump administration opening Central Coast lands for fracking

Under the claims of creating energy independence in California, the Trump administration wants to open up beautiful Central Coast lands to oil and gas companies. California generates a lot of clean energy and as California Attorney General Xavier Becerra relayed,

"...we're already well on our way to energy independence and we're doing it in the smart way. This is 2019, not 1920. We don't need to jeopardize our health or environment to develop the energy sources we need."

The **draft plan** is being opposed by multiple communities across the Central Coast. After Measure G did not pass, communities are vulnerable to federal policy allowing their community lands to be taken over by large corporations. Although supporters of the Trump administration's movement claim it wouldn't have that **much of an impact on the community**, citizens are concerned as to what might happen next as the federal government continues to make decisions that affect locals so far away from them.





ENERGY

SUSTAINABLE HOME ENERGY

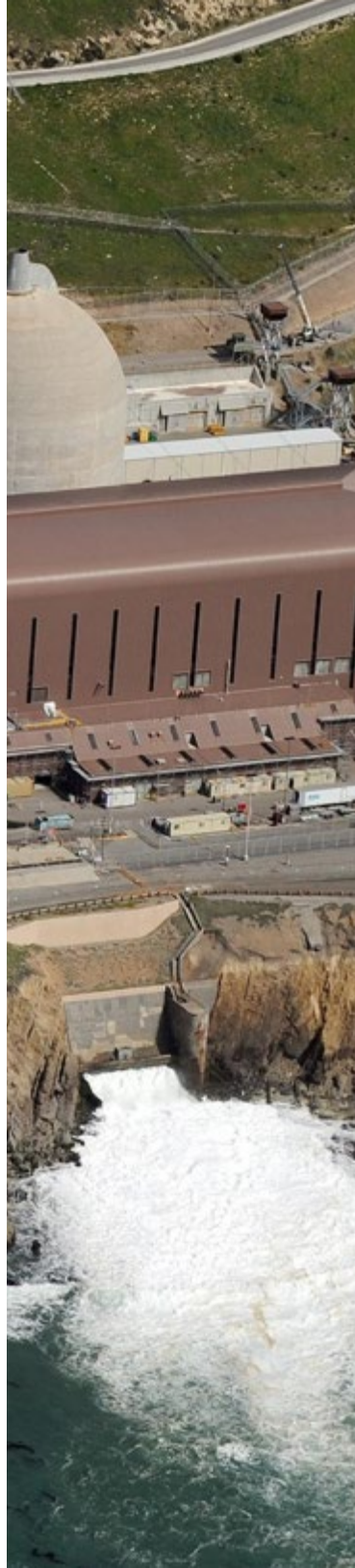
WHERE DOES MY ELECTRICITY COME FROM?

Some appliances are powered by natural gas, but most use electricity. Electricity is often mistaken for a “clean source of energy” but is really only an energy carrier. Whether or not that electricity you are using to power your coffee maker is “clean” depends entirely on what energy source it comes from. Non-renewable sources like coal and natural gas have high carbon emissions which contribute to global warming, while most renewable sources like wind and solar have few negative impacts on the earth. SLO’s electricity is generated from several sources. The breakdown can be found [here](#). A national breakdown for [comparison](#): And emissions from each energy source so you can see just how much of [a difference it really makes](#).

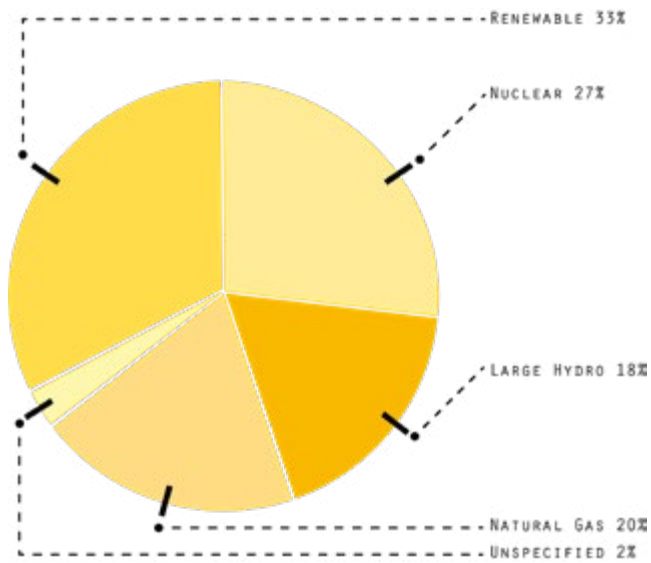
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WHAT YOU CAN DO TO HELP

- GET INVOLVED!**
 Soon, SLO aims to source 100% of electricity from renewable sources, and homes use only electricity - no natural gas. Get involved: [SLO Climate Coalition SLO City](#) or [here!](#)
- Reduce your consumption.**
 The biggest users of energy are generally heating, air conditioning, and hot water heating. A surprising consumer is “phantom loads” which are appliances that use energy even when switched off. Unplug them when you leave home.
[More about energy use at home](#)
- Generate or purchase renewable energy.**
 Here is a simple guide for designing, sizing, buying, and installing your own [solar system](#). If you do not wish to make your own, call a local contractor. You can also purchase [carbon offsets](#) or [green power certificates](#).
- Improve your home’s efficiency, DIY style.**
 Some really [helpful guides](#) that are efficient and [inexpensive!](#)
- Learn more!**
 Cal Poly offers a wide range of [courses](#) on renewable energy in nearly every department!
- Make use of carbon/ cost free natural resources.**
 Heat water and dry clothes in the sun. Open the blinds for light.
[SLO Seasonal food chart](#), buy local.
[CalCAN](#): a statewide coalition that advances policy to realize the powerful [climate solutions](#) offered by sustainable and organic agriculture.
[Carbon Farm Planning](#) (CFP): a whole farm approach to optimizing carbon capture on working landscapes.



SLO ELECTRICITY BREAKDOWN

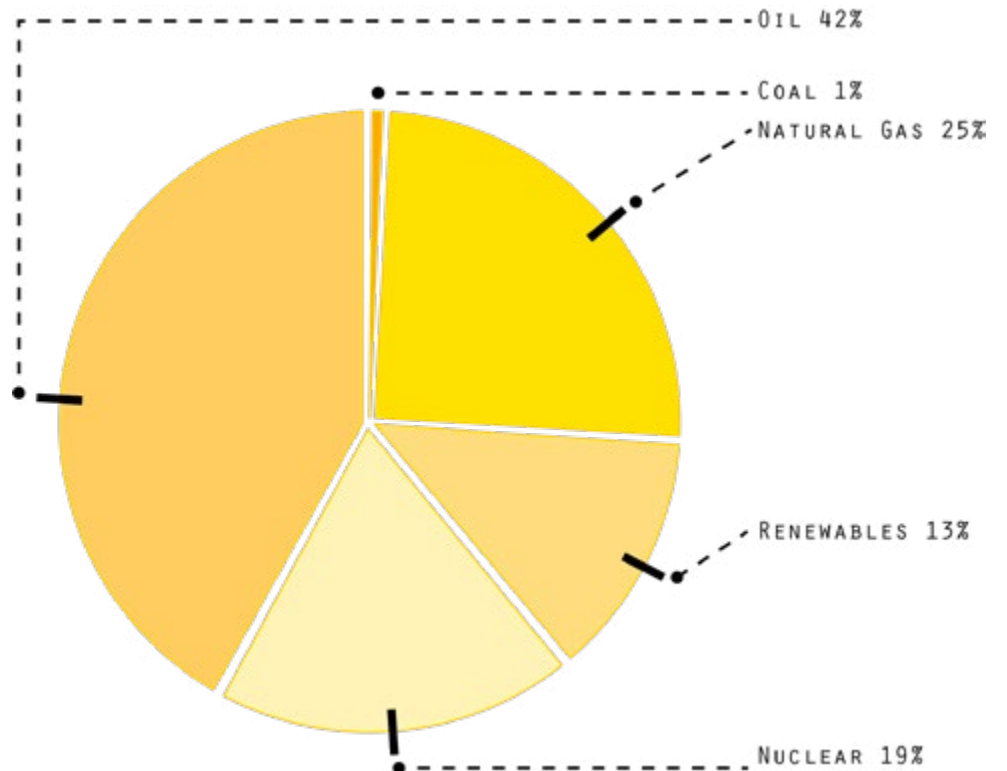


WHAT CAL POLY IS DOING

Cal Poly's newly updated Master Plan includes the goal of increasing renewable energy generated on site.

Cal Poly is *also the host of a Solar Farm, and facilitates study of carbon-free energy sources.*

NATIONAL ELECTRICITY BREAKDOWN





WASTE

ZERO WASTE+ CONSUMERISM

CAN YOU REALLY THROW SOMETHING AWAY?

“Zero Waste: The conservation of all resources by means of responsible production, consumption, reuse, and recovery of products, packaging, and materials without burning and with no discharges to land, water, or air that threaten the environment or human health.”

Consumerism perpetuates a single-use culture in around the world. Instead of following this trend, Cal Poly students should look towards alternatives that promote sustainability in every step of an item’s lifetime.

CAL POLY’S FIVE R’S



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GOING ZERO WASTE

- REFUSE** single-use items whenever possible. Opt for a cloth bag, carry your own utensils and drink containers to make refusing plastic easier!
- REDUCE** your consumption of single-use products and encourage a cyclical use of resources. *Follow these tips* to reduce waste in your dorm or home.
- REUSE** single-use bags rather than immediately throwing them away. Not all bags that are labeled “biodegradable” are recyclable or compostable due to possible toxic chemicals. Consider purchasing rechargeable batteries and other reusable technology to reduce e-waste.
- REPURPOSE** clothing and other goods that you don’t need and donate them to local donation centers available around SLO from *this list*.
- RECYCLE** whenever possible and consult *IWMA’s Recycling Guide* if you are unsure how to dispose of an item properly.
- COMPOST** if your living community has the available resources or ask your RA/CA how to get it started. Follow this home composting guide to safely dispose of food scraps.
- WASTE** should always be disposed of properly. If you are unsure, consult *this disposal guide* to correctly and confidently throw anything that has been used to the extent of its lifetime.



WHAT CAL POLY IS DOING

Cal Poly reduced its landfill disposal by 58% over the last ten years, with a waste diversion of 90% from the landfill in 2016 (the highest rate ever)! We plan to achieve an average waste diversion rate of 80% by 2020.

Agriculture Operations converting over 7 million pounds of animal manure and landscaping waste into high quality compost to use on campus and to sell.

Campus Dining annually recycles an impressive 193,000 pounds of cardboard and composts 230 tons of food scraps and coffee grounds.

In 2015, operations staff from FM&D, University Housing, ASI, Campus Dining, the Green Campus Program, and Zero Waste Club came together and formed a Zero Waste Collaborative



INVOLVEMENT WITH ZERO WASTE AMBASSADORS

In 2017, Cal Poly inaugurated the Zero Waste Ambassadors program, where students volunteer at campus events to instruct event attendees on how to recycle and compost properly. The program successfully manages the consumer waste stream at select Cal Poly events by diverting 90 percent of waste from landfill through collaboration, education, outreach, and community service.

The role of student Zero Waste Ambassadors is to separate waste produced at an event into appropriate compost, recycling, and landfill bins, while educating attendees on proper sorting to support Cal Poly's recycling and composting initiatives. In 2017/18, with nearly 150 volunteers, the program reached more than 14,200 attendees at 25 events over seven months and diverted over 3 tons of waste from the landfill.

Volunteers are essential in the success of the program and welcomes volunteers from student clubs, greek life, and students who have been assigned community service hours through Cal Poly's Office of Students Rights and Responsibilities (OSRR). To volunteer as a Zero Waste Ambassador, contact cpzerowaste@calpoly.edu or complete [this interest form](#).

Other involvement...



FOOD

SUSTAINABLE EATING HABITS

DOES YOUR DIET REALLY AFFECT GLOBAL WARMING?

Yes. Raising and harvesting all the plant and animal products we eat, as well as processing, packaging, and shipping food to markets all over the world is the current system at work behind our daily meals.

HOW EXACTLY IS FOOD INVOLVED?

Food production contributes to global emissions on a daily basis, think of *how much land* is cleared - which releases large stores of carbon - to make enough room for planting grounds and livestock range to feed everyone.

All the cows, sheep and goats we raise continually consume and digest, producing *large amounts* of methane - the *most potent* greenhouse gas affecting our atmosphere because of how quickly it absorbs heat - in the process. Finally all the fossil fuels necessary for the *processing and shipping* of food contribute even more to each of our food's carbon footprint.

Not only are these food practices contributing to an increase in emissions, but is taking up about two thirds of our *freshwater for irrigation*, which returns less water to rivers and ground water. We need to reconsider our food habits if we want to stop this crisis.

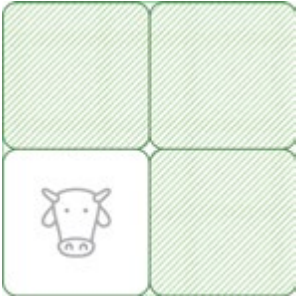
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WHAT YOU CAN DO TO HELP

- GET INVOLVED!**
- Take it easy on meat.**
Meat requires more food, water, land, and energy than plants to produce. Even a small shift like switching from beef to chicken and eating more veggies makes a difference!
- Eat local and organic. Grow your own food!**
You can hit up SLO's famous downtown farmers market on Thursday nights and keep an eye out for other local markets too. It's a fun excuse to get off campus and also be green!
- Try meal planning for the week and plan your grocery list with your meal plan to prevent buying too much of an item that may spoil.**
Try resizing your meals too. You may discover that you don't need as much food as you thought!
- Try out composting, pack your snacks in reusable containers to reduce packaging waste.**
Bring your own cup to Starbucks to not only be sustainable, but get a 10 cent discount!
- Make use of your community resources!**
City Farm SLO: Manages the land for sustainable agricultural production, provides youth with on site educational programs, and engages the community in the life of an urban farm.
SLO Seasonal food chart, buy local.
CalCAN: a statewide coalition that advances policy to realize the powerful climate solutions offered by sustainable and organic agriculture.
Carbon Farm Planning (CFP): a whole farm approach to optimizing carbon capture on working landscapes.



WHICH FOODS HAVE THE LARGEST IMPACT?

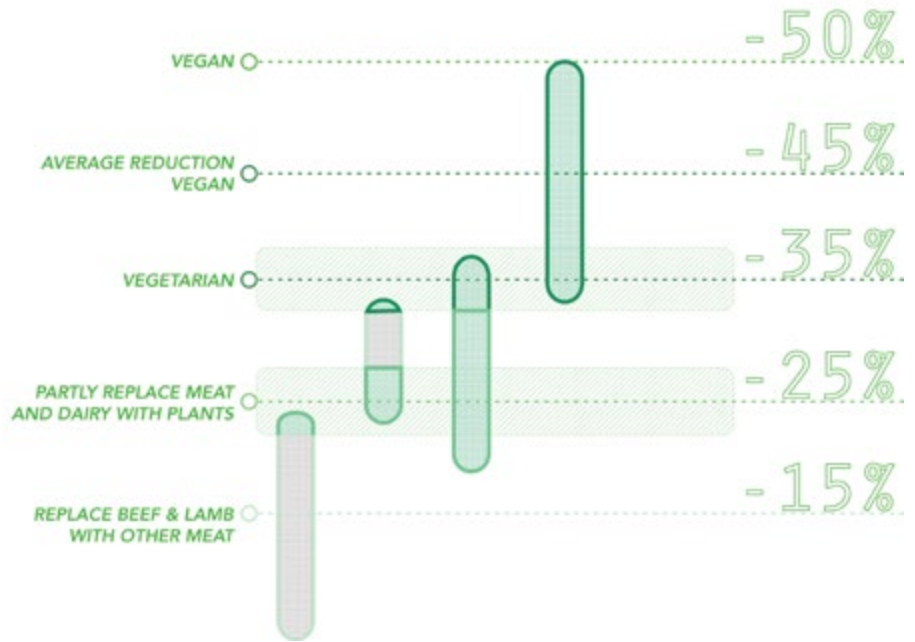


1/4 of available land is used for grazing.



What it takes to produce a 16 oz steak

FOOD EMISSIONS BY DIET



WHAT CAL POLY IS DOING

In 2017, Campus Dining was honored with a *Best Practice Award in Sustainable Food Systems* from the California Higher Ed Sustainability Conference for our efforts to increase food sustainability through procurement, production, waste practices, and community partnerships.

More than *100 local and organic products* are sold on campus.

reduced:
antibiotic:
turkey:



75%

fair trade:
coffee:



91%

rbgh-free:
yogurt:



100%

reduced:
antibiotic:
chicken:



100%



TRANSIT

SUSTAINABLE TRAVEL

ARE THERE MORE SUSTAINABLE WAYS TO TRAVEL?

- GET INVOLVED!**
As travel becomes more accessible and technology continues to take us farther than we have before, we must understand that our new experiences has environmental impacts and we can by asking ourselves a few questions. For example, is there is a way to reduce our transportation *footprint*?
- What if its a growth paradox: can *tourism* ever be sustainable?
- Can we be more green in your travel by participating in *ecotourism*? Its possible to minimize our impacts? Or are our impacts greater than we anticipated? And it's not just the environment that is changing because of our lack of sustainability.
- Have you considered that way too many people want to travel and massive crowds are causing environmental degradation, dangerous conditions, and the *immiseration and pricing-out of locals*.
- Choose to go *car free* in slo and consider it when you are traveling outside of SLO.

Have you ever considered the way that we travel can be changed by *shared mobility*?

Join in to the fun and the conversation about rail travel at *Central Coast Railroad Festival*



WHAT CAL POLY IS DOING

- In early 2015, San Luis Obispo was labeled a Gold Level Bike Friendly Community by the League of American Bicyclists, making it one of a select few communities nationwide revered for safe and encouraging bicycling. On Cal Poly's campus there will be 8,163 bike racks by the 2018–2019 school year, which allows for easy on and off campus commuting by bike by students and faculty.
- There are currently 10 commuter vans that take 147 single-occupant vehicles off the road daily, from Paso Robles to Orcutt. The program is paid for by a rider membership fee, and saves members an average of \$1,700 per year and reduces their Greenhouse Gas emissions by almost 90 percent!
- Subsidized by campus parking fines, the SLO city buses remain free for faculty, staff, and students.
- Cal Poly has one of the largest vehicle fleets of any CSU campus. To minimize the cost and environmental impact of this fleet, Cal Poly uses alternative fuel vehicles, including rechargeable electric, propane, bi-fuel (gas/propane), gas hybrid, and biodiesel.

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SUSTAINABLE PERSONAL TRANSIT

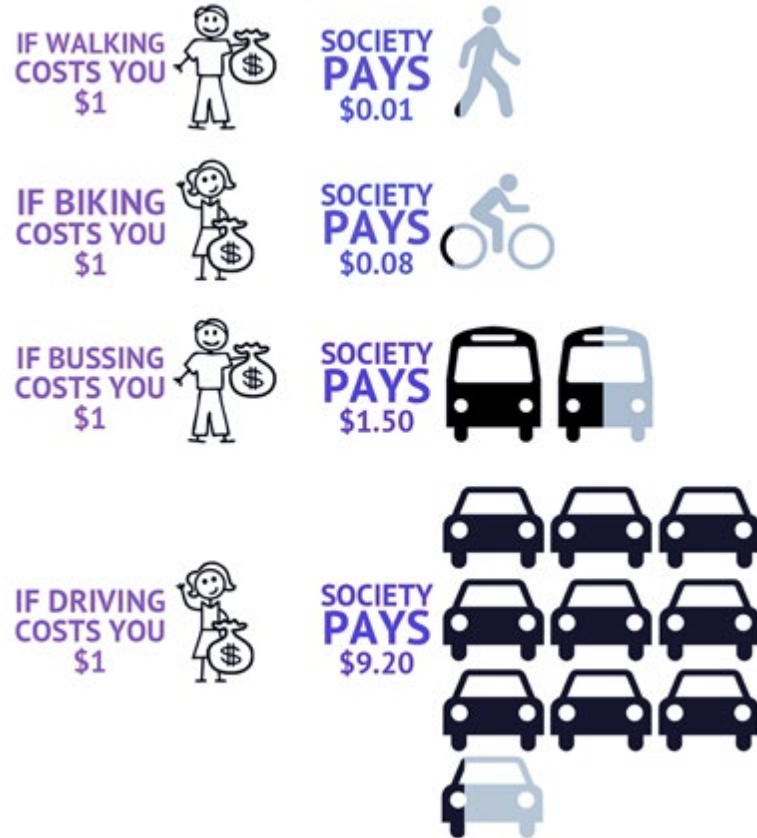
Is walking, biking and transit the only way *to travel* throughout our community. As a Gold Level Bike Friendly Community by the League of American Bicyclists, the City of SLO makes it easy and safe to bicycle.

Cal Poly has 8,163 bike racks by the 2018–2019 school year, which allows for easy *on and off campus commuting* by bike by students and faculty. *Subsidized* by campus parking fines, the SLO city buses remain free for faculty, staff, and students.

WHAT YOU CAN DO TO HELP

- Active Transportation of SLO COG provides the programs of where we can and will be seeing the *different types of transit* options in the county
- Join the for a weekend bike ride or check out the *San Luis Obispo Bicycle Club* and what they are doing to increase bicycle safety and advocacy.
- Learn about what our nation does in terms of *Federal Transit Administration Public Transportation* to Climate Change
- Try *Rideshare* at Cal Poly next time you need to travel to and from home,work, and school.

HOW MUCH DOES YOUR COMMUTE COST OR SAVE SOCIETY?



LAND CONSERVATION

Consider how many concrete and asphalt surfaces you encounter everyday, and now close your eyes and imagine they were all redesigned and re-imagined for something else. Maybe a *nice park or an animal bridge*. Now think about all of the freeways and highways, we use everyday in our commutes, those wide monstrous blocks, packed with cars, buses and trucks. All that land has the potential to be *something more* and converted to alternative uses or just covered up. While this is not currently a widely used method, its a type of *open space* that is being considered. These bridges can reduce the barriers that the highways and freeways have created that divide cities all over the world.

WHAT CAL POLY IS DOING

- GET INVOLVED!**
Join the *The Land Conservancy of SLO County: Open Space*.
- Enjoy a *CA Coastal Trail Association Coastwalk* and listen to a podcast about the stories on the coast. or local *City Parks*.
- Contemplate the use of *Ecological impacts of Recreational Use of Trails*
- Check out the projects that the *Coalition to Protect SLO County* are working on.



WATER

WATER CONSERVATION

DO YOU KNOW HOW MUCH WATER YOU USE IN A DAY?

Water is an extremely finite source, and we are not acting like it. Most people are unable to approximate their daily water usage; is it closer to 50 gallons or 150? Here's a tip- turning off the faucet while brushing your teeth can save up to **8 gallons** of water per day... Take the [water calculator quiz](#) now and observe how all of daily your habits affect total water consumption.

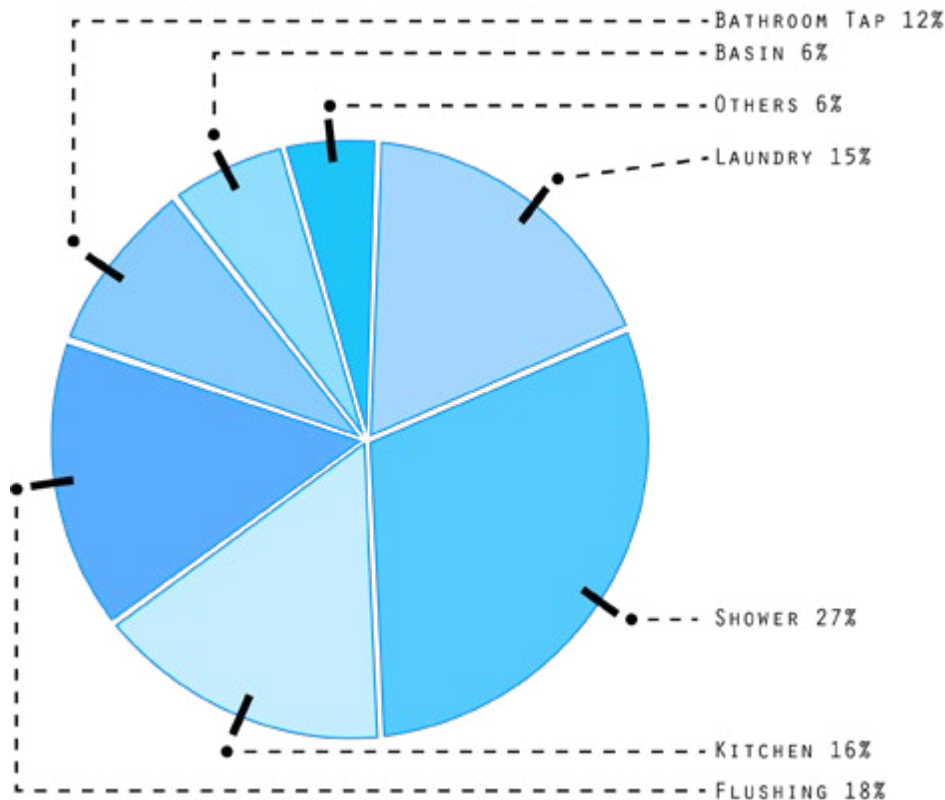
WHAT IS THE ONE OF THE LARGEST CONTRIBUTORS?

Let's get real though- even though the water assessment quiz is a mindful tool aiding conscious lifestyle choices, one of the biggest changes you can make in regards to reducing water consumption is cutting meat out of your diet. **Beef** has a tremendous water footprint- 1,800 gallons of water per pound of beef produced. If you do not chose to cut meat out of your diet for good, consider cutting down beef consumption in general.

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WHAT YOU CAN DO TO HELP

- GET INVOLVED!
Take a peek at ECOSLO's extensive [list of organizations](#) you can join to truly advocate for environmental awareness. "
- Not trying to start any beef [here](#)... but simmer down on the beef (and all other meat). Animal agriculture uses significantly more water than crop agriculture. Do the research, or click here for more information.
- Educate yourself.
Take a look at other [common household items/products](#) and the amount of water used to produce [each item](#).
- Check your faucets for leaks- be sure to act ASAP. If you live on campus, be sure to reach out to your RA, and if you live off campus, reach out to your landlord/housing agency to act on leaks promptly.
- Hold off on laundry and dishwasher loads until they are full.
- The [EPA](#) states running the dishwasher only when it's full can eliminate one entire load of dishes per week, and save nearly 320 gallons of water annually (2018). Take a moment to consider the long-term impacts of such practices.
- Improve your home's efficiency, DIY style.
[How to add](#) a brick to your toilet bowl to save water.
[How to install](#) a low flow plumbing:
- Reduce shower times.
Seriously, this is a no-brainer. If you're still struggling to take shorter showers, set a timer for yourself before you hop in the shower. Make a 5-minute playlist, and hold yourself accountable.



WHAT CAL POLY IS DOING



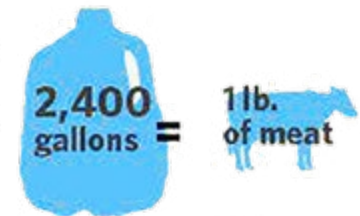
Water reduction efforts are ongoing across campus, and *projects* that have been implemented as of December 2015 have already resulted in a reduction to ALL water uses by 31%.

This effort has saved 141,419,521 gallons and has generating over \$500,000 in water and sewer utility costs savings compared to the 2013 baseline.



Nearly half of all water used in the **United States** goes to raising animals for food.

It takes more than 2,400 gallons of water to produce 1 pound of meat.



VS.

1 pound of wheat takes 25 gallons.

