

UCR'S SUSTAINABILITY HANDBOOK

# GREENGUIDE

THE OFFICIAL GUIDE TO A SUSTAINABLE CAMPUS LIFE AT UCR



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# A short introduction

Greetings vikings! Sustainability Committee here.

We know university can be very stressful and hectic, especially at a place like UCR, and although taking care of the earth is an issue that concerns us all, it's not something that we can always dedicate research time to.

**That's why we've created this green guide:** a document where you can find anything and everything related to sustainable living on campus!

We hope you enjoy and that sustainable living seems like less of a challenge with the help of the guide!

Love,

SusCo

# RECYCLING IN MIDDELBURG; WHAT AND WHERE?

	Bagijnhof	Roggeveenhof	Koestraat	Bachtensteene
<b>Paper</b>	Largest container in the back of the shed	Largest container to the right of the bikes	Container at the biking Shed	Behind the building
<b>Plastic</b>	Collect in separate bin and drop off at the container behind Theodore	The orange bin, third from the left	In the municipal container (in front of the building)	In the municipal container (in front of the building)
<b>Glass</b>	Across of the field, next to the vet	In the municipal container (in front of the building)	Plein 1940	Behind Theodore
<b>GFT (organic)</b>	Difficult! One could freeze the waste and bring it to the compost at the common garden	In the slightly bigger green bin, at the right end of the row	In the municipal container (in front of the building)	Difficult! One could freeze the waste and bring it to the compost at the common garden

Moving to Middelburg? You will most likely live in one of the following four campus locations: Koestraat, Bachtensteene, Bagijnhof, and Roggeveenhof. The big question is, where can I recycle? Well here is a basic guide to recycling around Middy.

**Batteries and lamps:** Albert Heijn at the Pottenbakkersingel and Jumbo at the Winston Churchillaan

**Ink Cartridges:** Primera at the Korte delft and Inkstation at the Gortstraat

**Electronics:** Small devices at the Albert Heijn, Jumbo or Blokker, Large devices should be brought to the milieustraat

**Textile:** Container at the Damplein, H&M (get a discount! ) or of course bring them to SusCo's Clothing exchange!



# ACADEMICS

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## SUSTAINABLE STATIONERY

Those class notes can sometimes be a pain. Page after page with difficult theories you will need to cram in your brain before the exam. But there is an option to make your academic life and the planet a happier place! A company called Greenstory has developed the **Greenbook**, which is basically a whiteboard in the shape of a notebook. Everything is erasable and you can arrange the pages just as you like. They even have a special scanning app with it so you can transfer your notes to your laptop in a matter of seconds.



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## WHAT ARE YOU WRITING WITH?

It is always nice if you can live more sustainably without radically changing your lifestyle. Pens, markers, or any writing gear is right up this alley. There are so many brands that develop markers and pens with recycled material. For example, the brand Pilot has the '**Bottle 2 Pen**' pen, which writes amazingly and is made from recycled PET bottles. Or the company **Paper Mate** that developed biodegradable pens and pencils. Pens and pencils are things that we take for granted, but lots of them are actually produced by companies that test on animals. Did you know that the famous BIC pens are not cruelty-free at all? It seems like a silly thing to think about; biodegradable and recycled pens, but even small actions like these do matter! There are already enough plastic pens in Landfills



## ONLINE NOTE TAKING

Reducing your paper use is essential for a more sustainable lifestyle. To produce your regular white A4 the industry produces quite some CO<sub>2</sub>, do not always take care of the forests and its inhabitants and uses tons of water. It's best to avoid it, but if you can't, please consider researching the company you buy it from, which certificates they have and how reliable they are. There are huge discussions on the ethics of recycled paper, FSC certificate and the PEFC certificate; therefore we ask you to **always think before you buy.**

Instead, you could use programmes like **Google Doc** or **OneNote!** Another good alternative could be a tablet, one on which you can take notes, draw and read. Do take buying second-hand into consideration, and take a look at <https://www.greenpeace.org/usa/reports/greener-electronics-2017/> to find which brand suits you best and which one calms your green heart

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## EXTRA TIPS!

1. Did you know you can **staple without using staples?** It's like magic! Hema sells them for 7 euro's and they work perfectly fine!
2. Talk with your professors whenever you feel that their printing habits are a green no-go. Outlines, Hand-outs, hard-copies; all of them could be uploaded online. SusCo and management are trying to reduce printing at our university, but it takes more than only rules; **discussion is key!**
3. Gift your beautifully printed summaries to someone that will take that same course in the future! Or use it as **scrap paper** to brainstorm for paper topics etc.
4. You can find second-hand books for your courses on the **UCR book bazaar** and often you will see that there are pdf versions available. Saves you money and saves the planet trees!



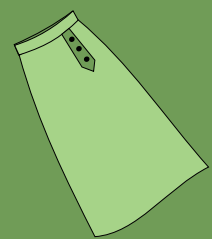
**Do your research before you buy;  
being aware is step one to a  
sustainable life.**

# MIDDELBURG

Middelburg has enough spots to fill your green, sustainable heart with delicious organic food. Maybe even better, our beloved Middy has also lots of thrift shops, eco supermarkets, sustainable gifts shops, and even an eco-hairdresser. In this following excerpt, we will provide you with all of these sustainable hotspots that Middelburg cherishes.



## THRIFT STORES



**De Etalage:** Langevieleweg 69; antiques, collectibles, curiosa



**Terres des Hommes;** Achter de Houttuinen 48; larger thrift store, proceeds go to stopping childlabour



**TB 2e Hands:** Klein Vlaanderen 91



**Kringloopwinkel Traas:** Korte Noordstraat 27



**Lotus 2e hands:** Bogardstraat 33; lots of clothes, things for around the house



**Talent:** Nieuwstraat 11; mostly clothes



**De Aanwinst:** Zusterplein 13 + St. Jan straat 20; curiosa, collectibles; furniture



**Ramsjburg:** Oude Veerseweg 1a; the biggest thriftstore in middy; clothes, art, anything



# DELICIOUS PLACES IN MIDDY



Four of the most delicious and sustainable places Middelburg has to offer!



## IMAGINE

NIEUWE BURG 39

Do you want to try to some vegan food? Or are you looking for a place to buy your zero-waste ingredients? Imagine is your new heaven! Everything they serve is either vegetarian or vegan, and most importantly; made with love. Other than that, it's the perfect place to bring your mason jars and fill them with nuts, pasta's, rice etc.



## KOFFIEPAND

KORTE GEERE 19

On your way to Koestraat you will find this nice, adorable place. During the week it is the perfect spot to study while drinking some nice coffee, hot chocolate or cappuccinos. They often have several vegan options and the owners are very conscious of food waste. They even serve Thijstea, which is home-made Ice-tea made of fruit scraps and fruit that otherwise would have been thrown away.



## FRESCO

LANGE VIELE 39

We would say the best ice place in midddy. Spring and summer only mean one thing in Middelburg; Fresco opens their doors again. Lots of flavours are waiting for you to try them, but they also serve vegan cake and cookies. Their napkins and cups are made of 100% recycled material, which makes our green hearts glow.



## STOOM

KANAALWEG 24

Stoom; the Walhalla for vegetarians and vegans! The location might seem a bit weird at first, but the 'gezelligheid' is amazing! They have a menu with more vegan options than you can wish for, from vegan toasties to vegetarian Gamba's. And the best part; a lot of the vegetables they use are home grown, the myths are true; you really do taste the love!



# Green hot-spots

## Plantaardig

Heaven for all you **crazy plant-people**. Entering Plantaardig, it feels like you are entering a jungle of green love. Of course, you can adopt a sweet plant baby, if you're not ready for the real deal. Furthermore, they also have a plant hotel where you can leave your dearests when you are on a holiday. *Zusterstraat 10*

## Transitiontown

The birthplace of our own **student garden** has even more to offer than just being Middelburg greenest spot. Join Susco at their garden and relieve some of that UCR stress, or become a volunteer at the transitiontown on Saturdays. Not someone who likes their hands dirty? No worries, every Saturday they also serve cheap, but delicious soup, coffee and tea at their cute greenhouse. *Seispark 2a*

## Salon Dignity

Opposite to Franklin, you will find a very special **hair-dresser**. New hair, new you; as they say, right? Well, this 'new you' was not treated by any chemical cosmetics or other earth harming stuff.

## Bio-Supermarkt Ludovico's garden

Well, the name reveals their secret already. An **organic supermarket** in Middelburg? Yes, I can hear your amazement through the pages. But indeed, a place to buy your organic food to save the world. Also nice for the crazy vegans, because they sell a lot of vegan ice-cream, cheese etc. *Korte Delft 2a*

## Wereldwinkel

On a quest for some gifts? Look no further! At the Wereldwinkel you can find **fair-trade** stuff from all over the globe. Most of their profit goes back to the manufacturers in, for example, Indonesia, India or Kenya. They also sell Doppers, sustainable laundry detergent and fair-trade food. It is run by volunteers, so if you would like to gain some Karma points, you should definitely contact them. *Nieuwe Wal 8*



# MONEY SAVERS

THE GREENMACHINES GOT  
YOUR BACK

## MARKET

Running out of bananas, craving some almonds, or is your duty to cook house dinner calling again? Save money and visit the market instead of Albert Heijn! **Every Thursday and Saturday** the market square fills up with stands. There are shops selling vegetables, fruits, cheese, nuts, stroopwafels (maybe not a money saver but definitely delicious), etcetera, etcetera... The best part is that it's incredibly cheap compared to the food you'd buy at Albert Heijn! And don't forget to bring your own bag and skip the plastic bags they offer you, to further increase your ecological karma!

## THE RIGHT INVESTMENT SAVES YOU AND THE PLANET



## BYOB

Did you know that the plastic water bottle you've been reusing in the name of sustainability should actually only be refilled once or twice? After that, the sun's UV-rays start breaking down the plastic so that toxins start mixing with the water you're drinking. Also, tap water is drinkable in the Netherlands and there's really no reason to buy bottled water all the time. So save your body, wallet, and the environment by investing in a **reusable drinking bottle**! A **reusable KeepCup** will also gain you some extra karma points!

Another useful thing to always carry around with you is a **foldable groceries bag**. Shops here are legally obliged to charge you for plastic bags, so save yourself those euros and save a lot of unnecessary plastic in the process by bringing your own bag! You can buy reusable bottles and bags at many shops, but we spotted them for cheap at Action and Kruidvat.



## MENSTRUAL CUP

Uterus owners, the answer to easy periods is here! They're called menstrual cups, you might know them as **Divacups** or **Mooncups**. The concept is easy: they're cups that you insert like a tampon and you can wear them for up to 12 hours at a time. Whilst they might seem costly at prices ranging from 20 to 40 euros, in reality they are much cheaper than the alternative because one menstrual cup will last you for years. That's boxes and boxes of pads and tampons that you would otherwise have had to buy – and you would have eventually thrown them away, creating a lot of waste in the process. Eradicate all this waste whilst also investing in a vagina and wallet friendly menstrual cup! Kruidvat sells the Organicup for 21.99, and other alternatives are available online on websites such as [cutecotton.nl](http://cutecotton.nl).

## CUT BACK ON MEAT

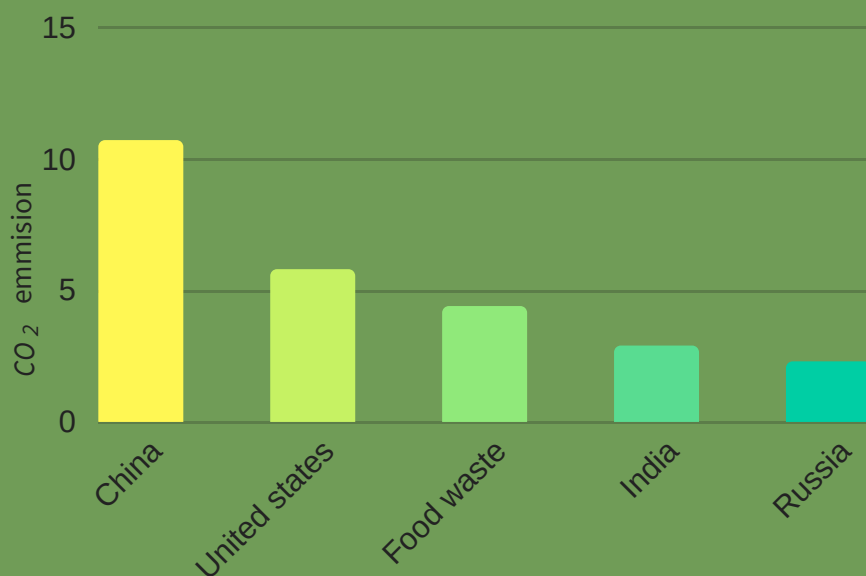
Let's face it: the meat aisle isn't known for being cheap, nor is the meat industry known for being so environmentally friendly. The meat industry is one of the most polluting production processes on earth today. Not only is it one of the largest sources of GHG, it is also the leading source of water pollution in several developed and emerging countries. Skip that chicken, pork or steak every so often and replace it by another source of protein such as beans, lentils or tofu... The earth and your budget will thank you for it, and as a bonus you can discover some new meals. If you're unsure where to start: Google is your friend! For those of you who want to take it a step further, join events like **meat free week**. And if you're feeling extra ambitious: try the month long **Vegan Challenge**! All this and more information about cutting back on meat is available online, as well as a large community of UCR vegetarians and vegans eager to help out!



# FOOD

All over the world, almost a third of the food produced for humans is thrown away. So if you're looking to sustainify your life, this is a great place to start! In the Netherlands, every person throws away about 47 kilos of solid foods per year. That's about €150,- worth of food, would be great if you could save that money, right? Because food waste costs about 500 kg of CO<sub>2</sub>, 150 km<sup>3</sup> water per person, and 28% of land use per year, reducing food waste would also definitely be a great way to help out the environment.

So how can you reduce food waste? Some of the best ways are by meal planning, meal prepping, and writing grocery lists.



GT CO<sub>2</sub> E (2011/2012)

If food loss and waste were its own country, it would be the third largest greenhouse gas emitter.

*Source: World Resources Institute*



# Buying food

## Tips

1. Probably an obvious one, but **bring a bag** when you go grocery shopping. It saves money and the ocean will be grateful.
2. If you want to reduce your waste production, you can bring cloth bags and glass jars to the market or a package-free store to buy your food. Albert Heijn sells **produce bags** for only 70 cents per set.
3. Want to feel super fancy and impress your mother-in-law? Go for the **cloth napkins** instead of the paper ones. You don't need to buy twenty at once, just start with two to four and then slowly add to your collection if you feel like you need more. Adulting powers +20.
4. Sign up for Susco's Veggiebags! Every week we will provide you with seasonal, organic and local veggies. The prizes can vary per semester but are on average 5 euros per week and they will give you 400 grams of beautiful greens!



*Season veggies are the best veggies, the best way to eat sustainably is to pay attention to the season!*

We all love bananas and avocados (well, most of us do) but when you buy them in the middle of January they're not the most climate neutral option out there. Try to buy in-season local fruits and veggies to reduce your carbon footprint.

For Dutch produce this is the way to go:

**January** - Potato, Cauliflower, Broccoli, Pumpkin, Leek, Beets, Carrot

**February** - Potato, Cauliflower, Broccoli, Pumpkin, Leek, Beets, Carrot

**March** - Potato, Pumpkin, Leek, Beets, Carrot

**April** - Leek, radishes, rhubarb, beets, spinach

**May** - Potato, spring onion, peas, lettuce, leek, radishes

**June** - potato, endive, cauliflower, peas, lettuce, leek, radishes, beets, spinach

**July** - potato, zucchini, endive, broccoli, cauliflower, lettuce, green beans, leek

**August** - potato, zucchini, endive, broccoli, cauliflower, lettuce, green beans, leek, corn

**September** - potato, zucchini, endive, cauliflower, lettuce, green beans, leek, corn

**October** - Potato, Cauliflower, Broccoli, Pumpkin, Leek, Beets, Carrot

**November** - Potato, Cauliflower, Broccoli, Pumpkin, Leek, Beets, Carrot

**December** - Potato, Cauliflower, Broccoli, Pumpkin, Leek, Beets, Carrot

# Storing food



## Tips for sustainable storing

1. Often have leftovers? Invest in some nice **glass containers**. Plastic is a cheaper option, but has the obvious disadvantage of being made of plastic. Want to make things even more convenient? Check that the bowls are microwave safe so that it's easy to reheat the food. We recommend to buy a set with different sized bowls, they are often cheaper overall and you'll always be able to find a bowl that fits into that one empty space left in your mini-fridge. Awesome, where can I get this? Basically anywhere, but for sure at IKEA, Blokker, Xenos, and AH.

2. Don't want to use plastic wrap to cover up bowls and half-used onions? **Use bee's wrap!** These awesome sheets are made of biological cotton and, you guessed it, beeswax. The heat of your hands warms up the wax making it easy to shape around bowls and veggies, the cold of the fridge will then solidify the wax again, keeping it in place. When you're done using the wrap, you just wash it under warm water, let it dry, and it's ready to use again. The wraps are sold separately but also in packs with different sizes (to store bread, large vegetables, or the aforementioned half onion) and most brands also have so-called sandwich wraps that you can use instead of a plastic bag. Where can you buy these? Try the awesome Dutch [www.babongoshop.nl](http://www.babongoshop.nl) or the German [www.waschbaer.nl](http://www.waschbaer.nl).

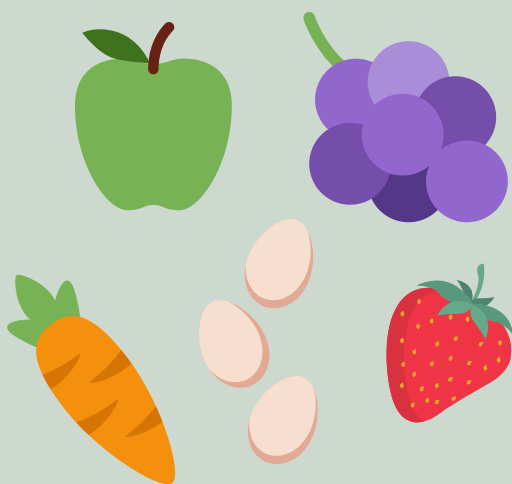
3. Speaking of which, there are a lot of options out there to substitute the traditional plastic baggies. Want to switch it up once in a while and take a salad? Use some **Tupperware or a stainless steel lunchbox**. More of a traditional sandwich kind of gal, you could consider **Lunchskin** which are reusable sandwich bags, which you can find here: <https://www.lunchskins.com/>



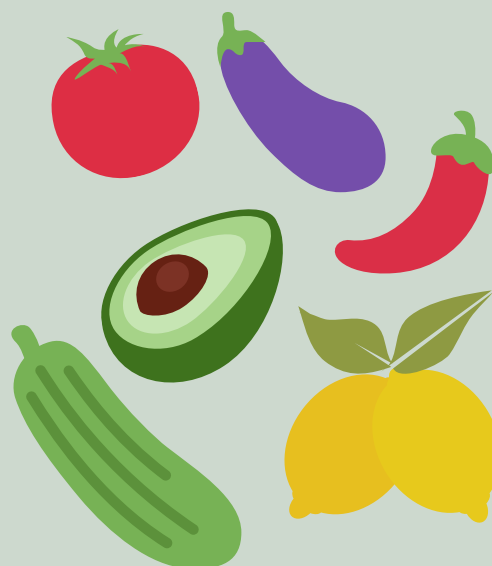




## IN FRIDGE



## AVOID FRIDGE



## Use that fridge wisely!

So you've bought your food and now you need to store it. Did you know that you can keep things fresh for longer if you pay attention to which veggies love to be in the fridge and which ones are better off being outside of the fridge?

You can keep your delicious apples fresh for up to three weeks longer if you store them wisely in the fridge. Also, tomatoes hate the cold, they get all wrinkled up and lose their taste and vitamins. Eggs on the contrary (yes, eggs are no veggies, but they are important to mention) love the cold and it avoids dirty bacteria. Did you know that you can keep them fresh if you store them with their point facing downwards? Lastly; if life gives you lemons, please store them on a cool and dark shelf, but not in the fridge.



# SUSTAINABLE CLOTHING

"But finding sustainable clothing is so difficult." We hear you, so we decided to compile a (far from complete) list of sustainable fashion brands, stores, and initiatives. So here you go, introduction to sustainable shopping starts in 3, 2, 1...

There are basically two ways to shop sustainably. You can either choose to buy clothing from **sustainable brands**, or to buy only **second-hand clothing**. There is some debate as to whether second-hand shopping doesn't indirectly support unsustainable brands, but in our opinion it is still better than buying new clothes from unsustainable brands. For thrift-shops; check the Middelburg section on page 6!

We will provide you with some suggestions on how to shop sustainably, as well as an indication of the prices you can expect to find there (the estimation is based on the average price of a basic white t-shirt or similar item). So here's the big question: can sustainable shopping be cheap? We're not going to lie, buying sustainable will definitely be more expensive than hoarding the sales section at the H&M. But... the quality will be better, so the garments will last you longer. Plus, you get to support an awesome brand and feel good about helping people and the environment. So buy sustainable!

If you'd like some **more information on the importance of ethical fashion**, check the leisure page for documentaries!

## Brands

### People tree

link: [www.peopletree.co.uk/](http://www.peopletree.co.uk/)

Price: \$\$\$

They sell everything from clothing to jewellery, pyjamas, and active wear. Many of the garments are hand embroidered, printed, knitted, and woven.

### Komodo

link: [komodo.online](http://komodo.online)

Price: \$\$-\$\$\$

They sell both basics, colourful statement pieces, and more trend sensitive items. The brand uses mainly organic cotton, hemp, bamboo, and tencel.

### Goat organic apparel

link: [goatorganicapparel.com](http://goatorganicapparel.com)

Price: \$\$

This fully vegan brand produces super soft t-shirts and hug-proof sweaters out of eco-friendly fabrics and with high people-first standards.

### MUD Jeans

link: [www.mudjeans.nl](http://www.mudjeans.nl)

Price: \$\$

MUD jeans is a circular denim company. It basically means that they upcycle or recycle jeans and make new ones out of them. You can either buy or rent (yes, awesome) these new jeans.

### Dedicated

link: [www.dedicatedbrand.com/en](http://www.dedicatedbrand.com/en)

Price: \$\$

Printed t-shirts represent! In addition, there's socks, caps, and swimwear in abundance and all of it is sure to make you stand out in the crowd (also check the website for cute pictures of cows).

01

## WEHKAMP FAIR SHOP

Price: \$\$ - \$\$\$

This popular Dutch online store now also has a special section dedicated to fair fashion and home decorations. It sports fully sustainable brands such as people tree and armedangels, plus selected items from bigger brand names such as g-star and superdry, in addition to Wehkamp's own brand line consisting of clothing made out of recycled fabrics.

## CHARLIE + MARY

Price: \$\$ - \$\$\$

This store is focused on more trend-sensitive pieces, but is also definitely a good place to look for some basics. They sell what they call True Fashion, and where possible deliver their parcels by bike. You'll find some great brands here, like By Signe, Dedicated, People Tree, Studio Jux and the popular sneaker brand Veja.

02

03

## PROJECT CECE

Price: \$\$ - \$\$\$

Definitely one of the coolest stores around, this website's slogan says it all: "making fair choices easy". The store labels all their items according to their criteria for 'fair trade', 'locally produced', 'environmentally friendly', 'supportive of local people', and 'vegan'. You can select the criteria you find most important and the site will filter out the garments that meet your demands. Showcasing the products of a whopping 73 brands and stores, this is a great place to look around when looking to add to your wardrobe!

## STUDIO JUX

Price: \$ - \$\$\$

Another great collection of brands, including Studio Jux's own brand. They have their own factory in Nepal, stand up for women empowerment, work fair trade, care about quality, and aim to minimize environmental impact by finding new eco-friendly materials.

04

## STILL LOOKING FOR MORE?

What's your legacy (whatsyourlegacy.co.uk) is an agency that showcases over 200 sustainable brands and put out interviews with owners of sustainable companies.

# LEISURE

All of this new info might sound great, but we still need to address the elephant in the room: **why should I care?**

The answer to that question is so complex that we could talk about it for hours. Since that might get a bit boring, we've collected some of our favorite resources here so that you can get informed in your free time!

## A plastic ocean

**Available on:** Netflix

A plastic ocean dives into and investigates the devastating impacts that plastic has caused to our environment, especially our marine life.

## The True Cost

**Available on:** Netflix

Have you ever wondered how an H&M T-shirt can be so cheap? The answer is simple: unethical working conditions and terrible environmental costs.

## The machinists

**Available on:** YouTube

A vivid and moving documentary in which the personal stories of three female Bangladeshi garment workers and the boss of a fledgling trade union in Dhaka intersect to portray the human cost of western high street fashion.

## Cowspiracy

**Available on:** Netflix

This documentary unveils the truth about the meat and dairy industry, focusing on the environmental impact it carries

## Walmart- the high cost of low price

**Available on:** YouTube

Although Walmart is not accessible to us in the Netherlands, the lessons learned in this investigation documentary can be applied to pretty much any mass-corporation out there.

## Earthlings

**Available on:** Amazon.com

This documentary exposes the cruel reality of what goes on behind closed gates in animal slaughterhouses

## Minimalism

**Available on:** Netflix

Minimalism: A Documentary About the Important Things examines the many flavors of minimalism by taking the audience inside the lives of minimalists from all walks of life

## Made in Bangladesh – the fifth estate

**Available on:** YouTube

Mark Kelley visits Bangladesh, one of the countries where a vast majority of fast fashion garments are manufactured, only a few months after the collapse of the Rana Plaza sweatshop, where more than 1.400 people died.

**Available on:** Netflix

Researchers investigate how a plant based diet can potentially stop and even reverse illnesses like cancer and diabetes.

## Forks over knives

## COLOUR CODE



on the environment



on the meat and dairy industry



on the fast fashion industry



on consumerism



# On your phone...



## App: Too good to go

Another great way to fight food waste is using the TooGoodToGo app. TGTG partners with stores, bakeries and restaurants in order for them to provide “Magic Boxes” consisting of a large amount of food that would otherwise go to waste. The products are still in great condition, and you can get them for very low prices, making this the ideal app for students in need of some quality food stuffs. The app is active in countries across the world, and this includes the Netherlands. New locations are added regularly, and Middelburg is on the list of participants as well. Albert Heijn and Jumbo are now also starting to use the app. So download the app and save some delicious food near you! <https://toogoodtogo.nl/nl>



## Search engine: Ecosia

Ecosia is a search engine that works just like Google, the only difference being that this company is actually making the planet green again.

They use the profit made from ads from your searches to plant trees where they are needed most. Since their funding in 2009 they've planted more than 48 million trees already. It is completely free, and every time you access Ecosia to browse the web you can see your tree count!

[ecosia.com](https://ecosia.com)



## App: Forest

Did you know you can help the environment AND stop procrastinating, all with one very cute app? Forest is a concentration app that blocks your phone or certain websites for a certain amount of time, ranging from 10 to 120 minutes. During that time, a little tree is planted. At the end you'll be rewarded with coins. You can use these coins to buy new tree species or to pay for an actual tree! Forest team partners with a real-tree-planting organization, Trees for the Future, to plant real trees on the earth.

<https://www.forestapp.cc/>



# USEFUL REFERENCES

## ASK YOURSELF

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How much palm oil do you consume?

<http://palmoilscorecard.panda.org>

What size is your ecological footprint?

<http://www.footprintcalculator.org>

Are your cosmetics cruelty free?

<https://www.crueltyfreekitty.com>

Are you using environmentally friendly brands?

<https://rankabrand.org>

Are there any good vegan/vegetarian places nearby?

<https://www.happycow.net/>

## FACEBOOK

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UCR's Facebook community counts dozens and dozens of groups and important pages, which can be quite overwhelming. However, some of them are really useful and inspiring. These three are definitely worth checking out!

1. the **UCsustainabilityinitiative**, which is an inter-UC group that exchanges videos, ideas, and much more on anything related to sustainability!
2. **Susco**'s Facebook page, on which you will be updated on all the events and projects that are going on.
3. the **Common Garden** group where you can find the gardening schedule, volunteering dates and all other projects related to our very own green paradise.



## You made it to the end!

There you go, a complete guide to a sustainable life at UCR. We hope that a green college life seems a bit less daunting now because as you have read; it is actually a lot of fun. From buying beautiful veggies, to compostable pens; your actions may seem small, but their impact is not to be underestimated. We wish you the best of luck with your semester and your very own green journey. And when things get stressful around here, just remember;  
Keep it cool, keep it green!

Love,

SusCo