

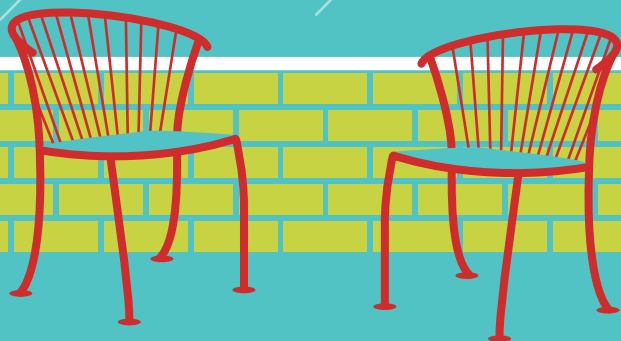


# Sustainable **SAINTS**



**BYOM discount - Many of our local coffee shops offer discounts for bringing in your own coffee mug.**

**Both large and small locations, from Starbucks to Common Ground, and our own Moose Café offer a discount on your coffee if you bring your own mug.**



# Reduce your waste

## Single-Stream Recycling

**Blue bins** are located in building common areas throughout campus to recycle (food-free) *paper, plastic, glass and tin cans.*

## Composting

**Green composting bins** are located alongside the recycling bins throughout campus. *Food scraps, coffee grounds, compostable plastic, food-soiled paper products, low grade paper, and wax coated (i.e. paper milk cartons) paper waste* are accepted.

## Special Collections

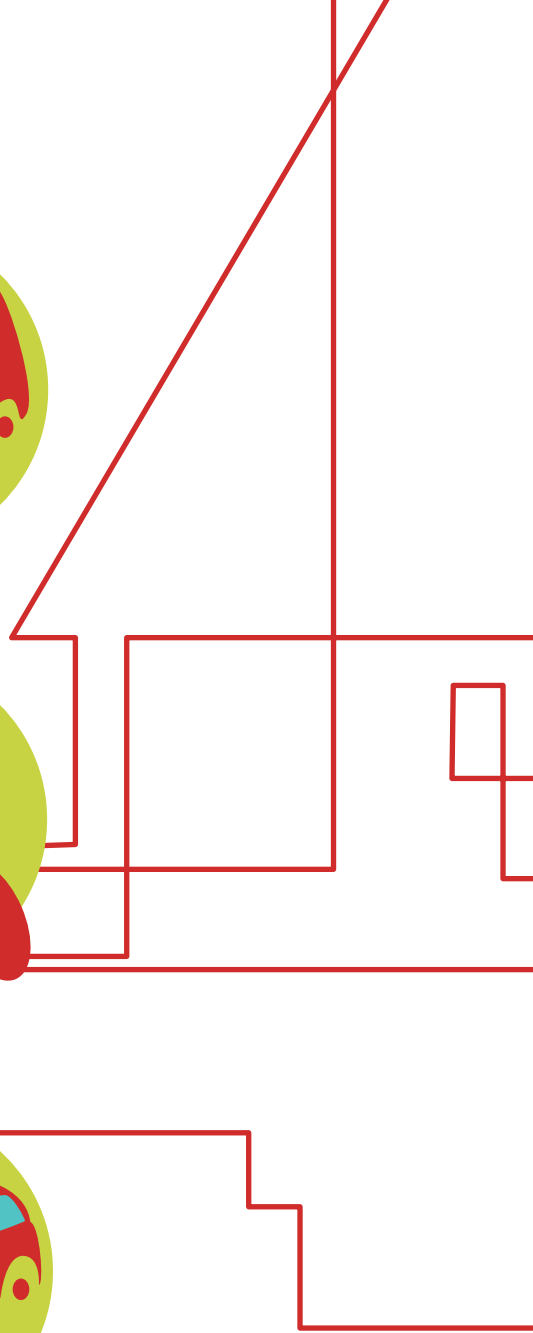
In all residence halls, apartments, and common areas of buildings, special collections are available to recycle the following:

- Electronic Waste- Anything with a battery or a cord
- Ink Cartridges
- Batteries
- Terracycle Collection- Snack bags, candy wrappers, oral care items, energy/granola bar wrappers, cereal bags, personal care and beauty items, cheese packaging, and brita water filters.
- Styrofoam- Block foam only. NO packing peanuts, egg cartons, plates/cups.
- Goodwill- Clothing, jewelry, books, shoes, furniture (any condition), sports equipment, and other household items in any condition

## One Saint's Junk is Another Saint's Treasure

This program allows Aquinas Community members to find goods for donation or sale, and to post unwanted items. You can find this program under the **Sustainability Initiative** section on the right-hand side of the Moose.

Americans throw away enough aluminum every three months to rebuild our entire commercial air fleet. Make sure to recycle aluminum - it can be recycled using only 5% of the energy used to make the original product!



# Rethink Transportation

## Bus Discount

With an Aquinas ID, it only costs **\$0.25** cents to ride the Rapid Bus System and it is an effective way to reduce the college's carbon footprint. Visit [ridetherapid.org](http://ridetherapid.org) to view routes and bus schedules.

## Ride Your Bike

With enough bike racks to fit **340 bikes**, there is no need to fret about secure parking for your bicycle. Each inverted U-Rack can hold 2 bikes!

## AQ Bikes

AQ Bikes started in 2013 and is a sustainable way to get around campus and the Grand Rapids area. As gas prices continue to fluctuate, eliminate uncertainty by checking out a more affordable way to travel. Campus Safety offers a variety of bikes that may be rented by day, weekend, month, or semester . . . and they even have a tandem! Each bike will be inspected before and after use and equipped with a quality bike lock and helmet for safety and security. Check out the Campus Safety web page for more information.

## Carpooling

Riding with other Saints is a great way to reduce carbon emissions, decrease the on-campus parking burden, and make your daily commute more enjoyable. Carpooling commuters even have preferred parking in the Library, Campus Safety and Sturuss parking lots.

Composting organic waste reduces the amount of waste that ends up in landfills or incinerators. Material resulting from composting is rich in nutrients and can be used for agricultural lands, recreational areas like parks and golf courses, mined lands, highway medians, cemeteries, home lawns and gardens, and much more.

# Support Local

## **Eat Local**

Grand Rapids has tons of great local restaurants located near campus. Check out local establishments like **Marie Catrib's, Brewery Vivant, Terra, The Electric Cheetah, or Yesterdog** and you won't be disappointed. To view a list of local restaurants visit [localfirst.com](http://localfirst.com)

## **Farmers Markets**

Support local farmers by shopping for produce at the **Fulton Street Farmer's Market**. You can expect friendly service with an added bonus of fresh, flavorful food! The market is located just west of Fulton St. and Fuller Ave. From May-Christmas, the Fulton Street Farmer's Market runs Tues, Wed, Fri, Sat from 8 a.m. - 3 p.m. During the winter months (January - April) the market operates on Saturdays only from 10 a.m. - 1 p.m.

## **Community Garden**

Volunteer to dig in the soil and join efforts to support Aquinas College's own campus community garden. It's a great opportunity to get involved on campus by growing local, organic food and, of course, you will also get to reap the tasty benefits of your harvest!



# Sustainability Policies

## Campus-Wide Smoking Policy

Aquinas College is a non-smoking campus. Help us keep our campus free of cigarette litter and secondhand smoke by finding a location off campus to smoke.

## Excessive Idling Policy

Vehicles on campus are only permitted to idle for **5 minutes or less**, to help preserve the beauty of campus and support the Presidents' Climate Commitment. By limiting the amount of time your vehicle idles, carbon emissions and your contribution to global climate change is minimized.

# Take Action

## Student Clubs

Get involved on campus to help Aquinas reach its overarching goal of sustainability. Consider attending a **Students Striving for Sustainability, EPIC, or Keeping Bees** meeting.

## Mind Your Energy

Aquinas College is working on continually reducing our energy usage by implementing a Green Revolving Fund. Do your part to reduce your own energy consumption by unplugging appliances and turning off lights when not in use. For more information visit [aquinas.edu/sustainability-initiative](http://aquinas.edu/sustainability-initiative).

Electronic Waste recycling: According to the EPA, only 18% of e-waste is recycled. Recycle your used electronics responsibly to keep toxic chemicals such as lead, mercury, beryllium, cadmium, and arsenic out of landfills and potentially out of groundwater.

## For more information

on AQ's Sustainability Initiative,  
please visit our website:  
[aquinas.edu/sustainability](http://aquinas.edu/sustainability)

## Center for Sustainability at Aquinas College

Academic Building, Second Floor, Rooms 253 & 255  
1700 Fulton St. E  
Grand Rapids, Michigan 49506

Jessica Eimer Bowen  
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### Producing this booklet using 100% wind energy and 100% postconsumer recycled paper means that:



1 tree was saved



66 Gallons of water not used



13 lbs of waste not generated



74 miles not driven



63 lbs of CO<sub>2</sub> emissions not generated



#### Sources:

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[dec.ny.gov/chemical/8798.html](http://dec.ny.gov/chemical/8798.html)

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