

# Sustainable Living at UMD



UMD  Sustainability

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## 5 tips to be sustainable while reading this guide

1. STOP! Don't print me. In addition to saving paper by not printing, the digital version contains many useful links
2. Reading this during the day? Hit the lights and find some natural light to read by
3. Feeling cold? Don't touch that thermostat, put on a sweatshirt or
4. Grab a cup of coffee or tea, just remember to use a reusable mug
5. Hungry? Forget pre-packaged foods, grab an apple or any other fruit (even better if it's locally grown)

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# What does Sustainability Really Mean?

Sustainability is not just an idea, it's a lifestyle, and it can be broken down into three component parts: being environmentally friendly, socially responsible, and economically feasible, for present and future generations.

It's important to think of our lives as parts of a system, a series of choices that have an impact not only on ourselves, but on our community, university, and to a larger extent, our world. Sustainability is all about making improvements, changing the world to work in a way that is more efficient and healthy, all while creating a heightened sense of community and stewardship.

A bit of stewardship for the UMD campus will go far; it's a gorgeous place to learn, work and live, we can keep it that way. It can be as easy as not littering and encouraging others to do the same. And don't forget to check out all of the green space on campus before fall and winter settle in, Duluth winters can seem endless at times.

While all of the sustainable living ideas in this guide might not work with your lifestyle, take time to consider what can be done to change your impact on our world. Following just a handful of these tips will start you on the path toward sustainability.



**Going green: no longer a phrase reserved for hippies, treehuggers, and the Incredible Hulk**

# Reduce and Reuse, THEN Recycle

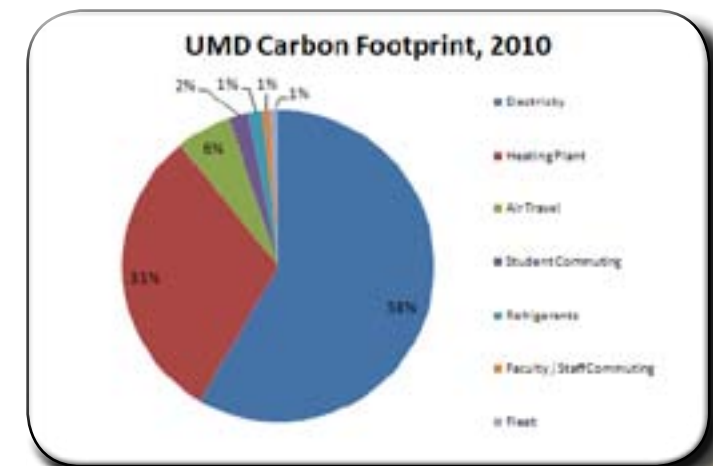


**The BigBelly solar compactors found around campus reduce trash pickups, keep the birds and the bees out of the trash, and offer a place for outdoor recycling**

Reduce, Reuse, Recycle. It's a phrase that's been used for decades to deliver the message of having a minimized impact on our world. About 2/3 of the phrase is practically ignored. Recycling is great, but let's face it, recycling is still a process that requires the materials to be reprocessed and depletion of other resources.

We live in a world that is hooked on energy. 90% of UMD's carbon footprint comes from heating and electricity use. Reducing our energy consumption will put us on the fast track toward reducing campus emissions 50% between 2011 and 2020, and carbon neutrality by 2050, goals outlined in [UMD's Energy Action Plan](#).

**Increasing carbon dioxide concentration is one of the largest impacts that human activity is having on our environment. Emissions for campus operations are converted into carbon equivalencies.**



# An Energy Addiction

Opening a window in the winter to cool off a room that's too warm is a waste of energy. A more sustainable approach to climate control is to simply turn down the thermostat in the winter (if you have one), close window shades to block excess heat, and put on additional clothing if you end up feeling chilly; plus it's an excellent opportunity to don that awesome home crafted sweater that you got from your grandmother (you know, the one with the snowman embroidered on the front).

Our lives are filled with electronic devices that need energy to be useful, including cell phones, laptops, televisions and thousands of other consumer products that need to connect to an outlet. Even when these devices are not in use, if they're plugged in, they're draining small amounts of energy (phantom energy). Turning off electronics with a power strip and unplugging appliances when they are not in use isn't difficult, and reducing electricity helps cut UMD's utility costs and carbon footprint.



**Compact fluorescent lights (CFLs) save a tremendous amount of energy, but be sure to recycle them at the end of their life as they contain mercury. It's a great example of the trade offs associated with living sustainably.**



**Lund Heating Plant keeps the campus comfortable during the summer and frigid winter**

# Well Worth the Hassle

It doesn't have to take much effort to save energy, it can be as easy as flipping the lights off if natural lighting is sufficient or turning lights off as you're leaving a room. Let the Sustainability Office know about what you're going to do to reduce your energy consumption, take the [Energy Pledge](#).



While living on campus, you're not going to get any money back for saving energy and water, so it's difficult to see the economic benefits. But by doing your part to conserve, you can keep the costs down for students living on campus in future years. Not only are you helping to save money, you are also helping to reduce our shared carbon footprint.

But what's probably more important are the habits that you incur while living on campus. For many, living at UMD is their first experience living away from home, parents and family. The energy conservation habits developed here will follow you beyond life at UMD and help to dampen the shock of the first utility bill when you move on.



**Looking for a friendly reminder to turn off lights for you and your roommates? Switch plate decals are available in the Sustainability Office**

# Biking Around Campus

Transportation is another issue for students living on the UMD campus, as well as an area where you really can make an impact by reducing your emissions. For the typical automobile, one pound of carbon dioxide is released into our atmosphere for every mile driven (as well as other pollutants such as carbon monoxide, nitrogen oxides and volatile organic compounds). While getting around Duluth without a vehicle can seem like a daunting challenge at first, adapting to using alternative forms of transportation is an easy transition.

**If there is an opportunity to bring a bike with you to school, do it, and soon.** Before the temperature drops and the snow falls, biking in Duluth is a great way to get around, relax and enjoy the scenery, as well as getting a good workout at the same time (you get used to riding up and down the hills, eventually).

UMD Facilities Management is doing its part to make biking while living on campus as convenient as possible with bike racks placed around campus and a compressed air pump located near Kirby Plaza under the DC. In addition, bike storage lockers are available for rent near the air pump and winter bike storage is offered by UMD Housing. Pamphlets are available from the Sustainability Office with [UMD biking regulations and bike rack locations](#).



Feeling a little low? Keeping your tires inflated makes biking much more enjoyable

# Bussing Through Town



An on campus resource for alternative transportation is the Kirby Bus Hub. **Using their U-card, UMD students, faculty and staff can ride Duluth Transit Authority buses year-round for free.** [Routes include nearly all of Duluth](#)

[as well as Superior](#). DTA buses also have a bike rack mounted on the front end; combining alternative forms of transportation will help to get you anywhere in Duluth in a quick, as well as economical and environmentally friendly, manner. Not sure of the best route to take? [Google Maps](#) can help you pick the best route to take today.

Getting out of town without your own vehicle is another matter, but certainly not a difficult task, hitching a ride is as easy as going to the Kirby Student Center ride board or the [UMD Ride Share Facebook group](#).



If you need to get to the Twin Cities in a day's notice, Jefferson Lines has a daily bus service that leaves right from the Kirby Bus Hub.

# Healthier Students, a Healthier Campus

An effortless way to reduce waste and live more sustainably is to eat at the Dining Center. The DC carefully calculates the amount of food needed to serve students living on campus, composts the food waste, and donates the remainder to local food shelves.



Eating at the DC will help you cut down on consuming individually wrapped and fast foods. Typically, individual wrapping carries its own economic premium, as well as the environmental price of creating unnecessary waste. Waste can be reduced even further by going tray-less in the DC, reducing dishes soiled as well as helping to exercise healthy portion control.

In addition, food served in the DC has a higher nutritional value than most individually wrapped and fast foods. It's another choice that has to be made while being out on your own, parents won't be around to tell you that you shouldn't eat five value menu double-cheeseburgers for dinner.

Avoiding energy drinks, soda and other sugary beverages can be difficult (especially when they're the only thing keeping you awake during classes), but drinking plenty of water to stay hydrated, hitting the gym and getting a good night's sleep will give you a much less artificial spring in your step.

# Serving Sustainable Foods

From 1912 to 1976, the University of Minnesota Northeast Experimental Station, also known as the UMD Farm, was actively engaged in research for developing the agriculture system around Duluth. Our modern food system made importing foods from other regions much cheaper, so the UMD Farm ended its agriculture research operation.



However, the results of an unsustainable food system are coming to fruition, such as the adverse effects factory-farming has on the environment or *e. coli* outbreaks at a single factory affecting grocery stores across the nation. It's a daunting task to even figure out the origin of many foods we eat every day.



In Spring 2011, a one acre garden was created at the UMD Farm to supply local produce to UMD Food Services, developing a system that offers more sustainable food options on campus. The goal of this program is to show the potential that local agriculture has in our area, be sure to try the local produce this fall.

**Other efforts to provide local food to UMD Food Services include a salad and herb garden near the Food Court, part of the Edible Gardens Project**

# Organic vs. Local Foods; Which is More Sustainable?

It's a hotly debated topic, one that there's not really a good answer to. Googling which alternative is more sustainable will leave you with answers on both side of the fence, and some articles that avoid taking a stance and claim that neither is really sustainable. But that doesn't mean give up! Here's a quick look at the issue.

Organic foods are great for the environment; certified organic foods in stores have been verified by a third party to be free of pesticides, herbicides and genetic modification. But then you have to consider, how far has your food travelled? Although organics take some of the chemicals out of the equation, a new variable is added, distance. Is it really sustainable to down an organic tomato from California than one that's gotten a bit of fertilizer close to home?

Although local foods do have significantly lower food miles, in reality this is only a fraction of the total emissions associated with food production. But local foods will give you an appreciation for Duluth's climate and give you a sense of what really grows well in the area, as well as supporting the local economy. And while the mild summers offer a bounty of fresh produce, it's not an easy task to grow produce when frost is possible during September and June, making most locally grown food available for a limited time during the fall semester and summer; **eat local while you can!**



**It's odd to think that a banana has a footprint, but there are no commercially grown bananas in the continental United States, most are imported from Latin America**

# Market Day in the Plaza; Fresh Foods, Local Goods

Beginning in May, there is a [weekly farmer's market](#) at the Kirby Plaza every Wednesday from 1:30 pm to 4:30 pm, offering some of the freshest foods in Duluth. Locally bought foods help to support the local economy, cut out the carbon footprint of the global food supply chain (as well as other risks associated with a global food system) and help to develop a sense of awareness in regards to the origins of your food.



**Where else can fresh apples be found with a guarantee from the grower that they are pesticide free?**

Market vendors sell a variety of products including baked goods, produce, meats, canned foods, honey, crafts and locally roasted coffee. Markets in Spring have many started plants to grow your own food including tomatoes, peppers, and a variety of herbs. As the growing season progresses, much more produce is added during the summer and fall harvest. In addition, the market offers a great opportunity to network and engage in being a part of the Duluth Community.

**Not looking to buy anything? Come for the music, local artists fill the market air with their unique sounds every week**



# Campus Produce; Local Foods Couldn't Get Closer

You may have taken notice of the many edible plantings around campus. UMD Facilities Management recently expanded the [Edible Landscape Project](#) from a handful of experimental gardens to include more gardens and about a dozen participating groups. Searching out the edible plantings is a great way to explore, get to know the UMD campus, and learn about the potentials of local agriculture.



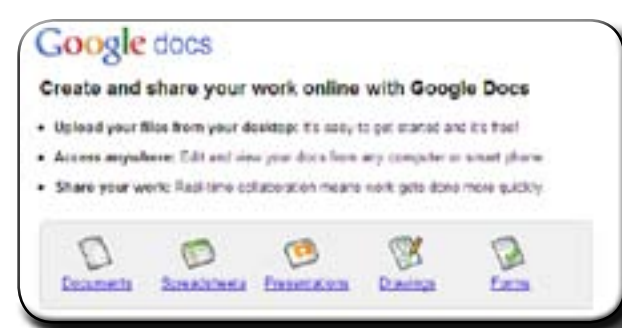
As appetizing as all of this food looks, **please do not pick it yourself.** Each garden is grown for its own purpose, including educational opportunities, growing foods of cultural significance, and for fall food demonstrations and other events. Purposes for each garden are explained by signs near them, which include contact information for the group sponsoring the garden. Check the Sustainability Website for updates on fall harvest events.



Want to get your group involved in a campus garden plot? Applications for garden plots are taken in the Spring and gardens are planted in June. Contact the [Sustainability Office](#) for information on how to submit an application for your group.

# Make Paper Use a Thing of the Past

Cutting printers out of residences is also a sustainable choice. Coordinating with roommates and sharing a Gutenberg reduces energy consumption as well as help to save on purchasing unnecessary printers. On campus printing services are convenient and can eliminate all printer issues from your life for a nickel a page.



For sharing documents, do it over the Internet instead of printing; the most sustainable practice would be to not print anything that you don't need in a paper format. Document edits can even be performed, as well as tracked, in Microsoft Word and [Google Docs](#), making

digital document sharing even more practical. Google Docs can save documents in a variety of formats, allows sharing live documents and folders, and shows changes that a user make as they happen, along with an in-document chat feature; Google Docs is a software suite made for online collaboration and is integrated into new UMD e-mail accounts.

What about files that are too large for Google Docs and e-mail? Use a USB flash drive to share larger files, forget wasting your time and money on burning a CD. Flash drives are small, cheap and convenient (and some can be found that are made with recycled paper casings).



**UMD Sustainability flash drives, made with recycled paper**

# Kicking the Disposable Habit

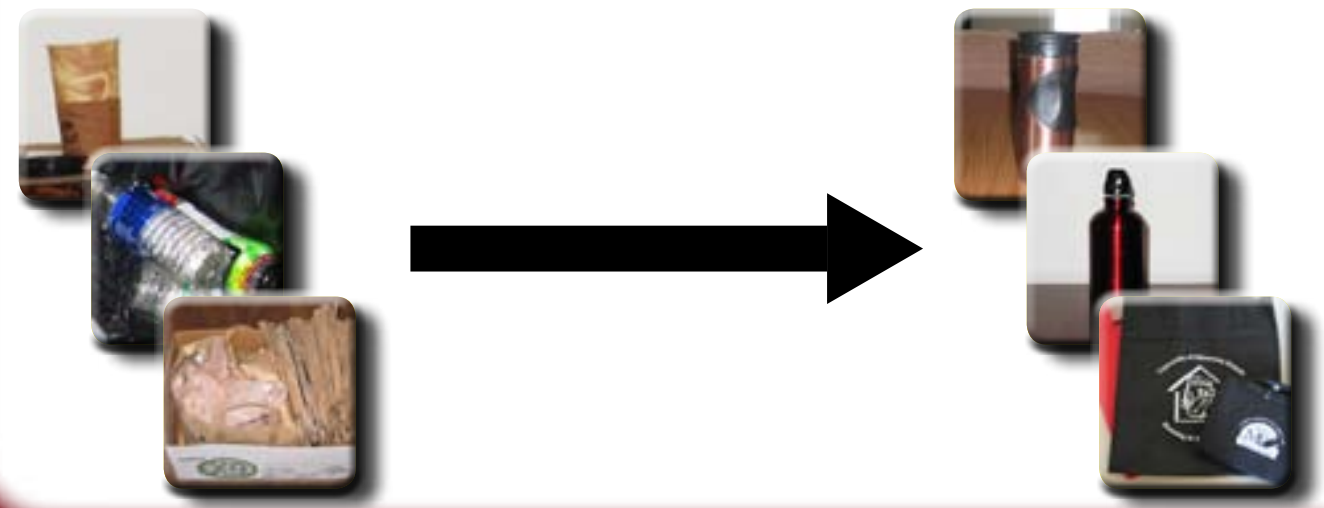
Reusing is the next step toward sustainable living, and although it can take a little more planning and effort, it's far from impossible. In fact, UMD Auxiliary Services already has programs that encourage reuse. The Northern Shores Coffee Shop offers a discount to anyone that brings a reusable cup when they make a purchase, as well as the UMD Bookstore where plastic bags are mostly a thing of the past.

Another sustainable practice would be to simply brew your own coffee at home. Coffee makers can be purchased for about as little as \$10 (but be sure it has an auto-off function, it's too easy to forget to flip a conventional switch before a weekend at home), and a large can of coffee will last a couple of months. Making coffee at home has the values of affordability, convenience, as well as an excuse to bust out your favorite coffee mug.



**With mugs like these, choosing which to use could be the most difficult decision of your day**

Carrying a reusable bottle for water is another simple way to reuse. Not only is it more environmentally friendly than single use water bottles, but it's also a healthier choice, as it may also help to encourage you to cut back on sugary drinks.



# Time Tested Furniture

Every year, department stores release new collections of furniture targeted at college students. Most of the furniture won't hit your wallet hard, but the quality is usually lacking, and is pretty likely not to survive the school year. A more sustainable choice is to buy used furniture.

Going to Savers, The Salvation Army and Goodwill are all great ways to places to pick up proven furniture, for prices comparable to or even better than inexpensive new furniture. But used furniture isn't limited to thrift stores, it's just as easy to find something in classified ads, [Craigslist](#) and garage sales. Buying used is a great way to be environmentally friendly, economically conscious and you'll most likely stumble across something unique (as well as something that's pre-assembled, unless you enjoy spending two hours putting together pieces of particleboard for a shoddy new end table).



**Buying quality, used furniture can help to reduce purchases that end up in the trash**

## The Clothing Cycle

Clothing is another group of products that can have more lives than the Dalai Lama. Thrift stores have an array of inexpensive clothing (and other great finds), with wildlife print T-shirts ranging from waterfowl to wolves.

Share the comfort that from old clothes when they are no longer worn. Starting a clothing swap bin in a residence hall or workplace is a great way to get a community involved this sustainable practice.

Businesses like Ragstock give cash for quality clothing, or it can be donated to thrift stores, often a discount is given on your next purchase. If you don't want to go off campus to donate, you can donate your used clothing to homeless youth (the collection bin is in the Multicultural Center; it's the same bin that collects used cell phones for women in abusive relationships).

Reuse can also be the final part of the clothing life cycle, grimy old T-shirts can get a sustainable send off by being cut into rags for cleaning.

## Recycling in UMD Housing

Reducing and reusing are great strategies toward sustainability, but at the end of the day, we are consumers, and at that point recycling becomes relevant, as well as invaluable. Currently, about 43% of the waste leaving UMD is recycled.

Commonly recycled items such as aluminum cans, plastics, tin cans and paper products can be taken to the recycling center inside each residence hall. Recycling at UMD residence halls does not need to be sorted, all recycling leaves UMD in a single, co-mingled stream, but forget the waxy cardboard and pizza boxes, they belong in the trash. To view UMD Housing's recycling policies, visit their [housing guidebook](#). And although plastic bags may not be recyclable in the residence halls, #2 and #4 plastic bags are collected at the UMD Stores.



**Avoid scenes like this, move-in and move-out are as good a time as any to recycle your waste**



**Although this cardboard was collected for recycling during move-in, much of it could have been avoided by buying used furniture**

# Campus Recycling; Save it or Waste it?

Recycling in campus buildings is just as easy as recycling in residence halls; blue and grey bins such as these can be found throughout campus. In addition, some buildings, such as Darland, the Bagley Outdoor Classroom, Civil Engineering and LSBE, have built in recycling receptacles, ensuring dedicated areas for recycling.



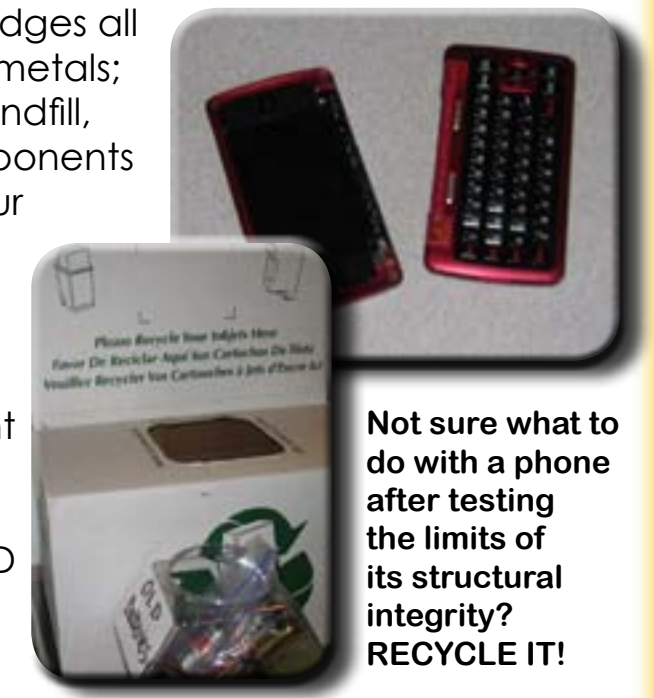
With so many places to recycle, there's no reason to not take care of waste wisely. For more information on recycling at UMD, visit the [UMD Sustainability recycling webpage](#).



**Recycling bins at UMD have a variety of looks to them, keep on the lookout so you can dispose of your waste properly**

# You, Your E-Waste and UMD

Electronics, batteries and printer cartridges all carry synthetic chemicals and heavy metals; when these products make it to the landfill, they break down and their toxic components make it into the environment. Save our environment the stress caused by these pollutants by utilizing the electronic waste services offered on campus. ITSS accepts electronics for recycling, the LSH desk and apartment offices accept spent light bulbs, and batteries and printer cartridges are collected in the lower level of the UMD Stores.



**Not sure what to do with a phone after testing the limits of its structural integrity? RECYCLE IT!**

Hosting an e-waste drive is a great way to raise awareness of e-waste and its adverse effects on the environment in UMD residence halls, especially around move-out at the end of the year. Contact the [Environmental Health and Safety Office](#) for more information on e-waste collection boxes.

If you find yourself upgrading from an old, reliable phone that still has some life in it, you can donate it to women in abusive relationships for emergency use. Working phones are collected in the Multicultural Center near the Women's Action and Resource Center.



**780 lbs of campus e-waste were collected by MPIRG during the 2011 Spring Sustainability Fair**

## Sustainable Living + Sustainable Learning

Learning is why we all came to UMD in the first place, but it can be a resource intensive processes. Here are a couple of tips to be sustainable that won't get in the way of your learning.



Find yourself in a lab this semester? The fume hoods in labs actively pull air out of rooms for ventilation; many of the fume hoods on campus operate on variable fans, closing the sash on fume hoods when not in use helps to reduce the amount of air the system has to work to remove from the building, as well as reducing the volume of air that's coming back into the building, which needs to be reconditioned.

To practice sustainable paper use, write, scribble or print double sided pages, as well as on the reverse of older documents. It's a great strategy for printing class notes; also while printing presentations, you can print multiple, smaller slides to each page (default is often one slide per page, be sure to not end up with a stack of wasted paper and check print settings).

School supplies made with recycled content don't always come with a premium on their price; UMD Stores have composition notebooks with recycled paper that are actually cheaper than new paper. It will make you feel just a little bit better while dragging yourself to the first class on Monday mornings to know that the materials you use were produced using sustainable practices.



## Sustainable Fitness

It's important to stay fit and work your cardiovascular system, but equipment such as exercise bikes, ellipticals and treadmills all require a lot of energy to operate. There are plenty of sustainable alternatives to energy intensive equipment.

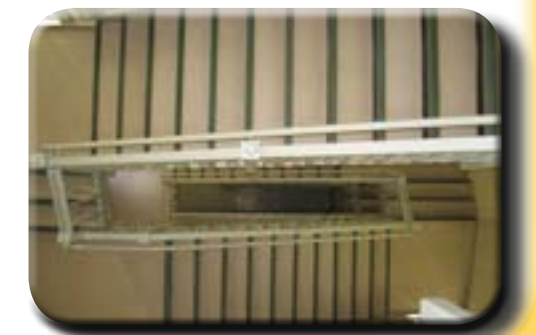
Part of what makes Duluth such a great place to go to school is the extensive network of trails in the nature areas. Some of the best spots to hike or go for a run in Duluth are the Bagley Nature Area, Hartley Nature Area, and Chester Bowl. All of these places are very close to campus and offer gorgeous scenery, unmatched by anything seen on a treadmill. Try to get out running before the leaves fall, they make running on the trails far more difficult (as well as more likely to injure an ankle).



**With a lower ambient temperature at the ice rink track, you can stay cool while you get your sweat on**

If nature isn't your thing, there are other ways to get cardiovascular exercise without using electricity. Not sure where to start? UMD RSOP offers [fitness classes and other resources](#) every semester. The Sports and Health Center ice rink also has a track that runs around the top of the facility where you can run, walk or jog for your health. In addition, there are many [intramural](#) and club sport teams that welcome athletes of all skill levels.

Avoiding the elevator is a great way to save electricity as well as help to step up your fitness. Although no substitute for a solid workout, it's more beneficial than taking the elevator.



# Start Your Outdoor Adventure Today!

The RSOP [equipment rental desk](#) has all of the gear you need to get out and experience nature like never before. The rental desk has equipment for all activities and times of the year at reasonable prices. They have anything you could need for camping, climbing, canoeing, kayaking and even stand-up paddle boards. Winter gear includes skis, skates, sleds and snowshoes. You can also support outdoor education during the Annual Outdoor Gear Swap - sell your gear (15% is kept to promote outdoor education) or take advantage of the great deals on equipment.



Snowshoes are a great way to get out in the winter and explore

RSOP also hosts a variety of [workshops and activities](#). In past workshops, students have made their own snowshoes, canoe paddles, and fishing tackle. Activities include maple syruping at the Bagley Nature Area, firearms safety, and dogsledding. In addition, there are numerous benefits to students volunteering and leading their own outdoor adventure.

Putters and drivers are also available for UMD's disc golf course at the equipment rental desk



# Get Involved!

Living in a sustainable manner isn't a process that's set in stone. Sustainability is dynamic, there are always more efficient, effective options that become available. New ideas and initiatives are always welcome at the Sustainability Office. You can stay informed on campus sustainability efforts by going to our website at [www.d.umn.edu/sustain](http://www.d.umn.edu/sustain), by visiting our blog at [www.addinguptozero.com](http://www.addinguptozero.com) or become a fan of [UMD Sustainability](#) on Facebook.



Become a fan of UMD Sustainability today!

In fact, students have the option to take the lead on projects through the [Sustainable Development Research Opportunity Project](#) (SDROP). The program is designed to get students into the community to work on various projects in sustainability ranging from local foods, energy and water systems to environmental education and natural resource management.



The 2010 Burlap Garden was constructed by volunteers, what can you do?

Making sure that our dedication to sustainability is apparent is important to the advancement of sustainability efforts on campus. Participating in an SDROP, sustainable events, taking classes with sustainable themes and joining sustainable groups are all great ways to let administration know how the UMD community values sustainability.

# Watch for Sustainability Events

Many campus organizations host [events](#) at UMD related to Sustainability throughout the Spring and Fall semesters. Attending talks, seminars, and other events is vital to staying informed on the hottest debated topics in sustainability.

Each semester, the Sustainability Office hosts its sustainability fair. The fair is UMD's showcase for all things sustainable, with panels, guest speakers, local businesses, student project presentations and more. During the Fall 2010 fair, Chris Paine, director of the documentary *Who Killed the Electric Car?*, was brought to UMD and gave a sneak peak of his upcoming film, *Revenge of the Electric Car*. In Spring 2011, award-winning journalist Don Shelby came to UMD for a talk on the failure of the media to accurately portray climate change.



**Students made smoothies on a bike powered blender during the Spring 2011 Crank Up Your Brain event**



**The UMD Honors Program hosted a climate change debate as part of their Global Energy Action Forum**



**Above: Chris Paine**



**Right: Don Shelby**

# UMD Student Groups: Getting Their Green On



The cold, hard truth is that sustainability cannot be achieved by individual efforts alone. Fortunately, UMD has options to help to get students involved in creating a sustainable campus. The Student Sustainability Coalition and the Students for Sustainable Agriculture groups both offer opportunities to UMD students to collaborate their sustainability efforts. Visit the Kirby Student Center or the [Student Organizations webpage](#) for more information on these and other groups.

Want to get to know other cycling enthusiasts on campus? Join the UMD Cycling Club. It's a great way to stay fit, encourage yourself to use alternative transportation, as well as meet new people (the ride to Two Harbors and back is absolutely gorgeous and only about 55 miles; the ride's a lot shorter with someone to take it with).

But a group doesn't need "sustainable" in its title or have a focus on sustainable values for it to support sustainability. Student groups can put sustainability on their agenda by printing their t-shirts on organic cotton, hosting green, low-waste activities and meetings, carpooling to events, or a variety of other ways.



**Looking for an opportunity for community outreach or improve your group's public relations? Volunteer your group to host a stream, park or beach clean-up.**

## Our Great Lake



Many of the students reading this probably chose to attend UMD for its proximity to Lake Superior, the world's largest freshwater lake by surface area, and the second largest by volume. Since water is so abundant around Duluth, is water conservation at UMD really an issue?

Living near such a unique and vast ecosystem makes water conservation that much more important. The water that we use gets removed from the local ecosystem, and when that water goes down the drain, it has to be decontaminated at a wastewater treatment facility before it can be released back into the environment. Water conservation is as easy as taking shorter showers, doing full loads of laundry (with added energy savings if cold water is used; and although some companies advertise special cold water detergents, any detergent can be used in cold water), and contacting housing maintenance immediately when a leak is noticed.

Another form of pollution that commonly goes unnoticed is stormwater runoff. Runoff contains many pollutants and is harmful to our natural resources. Unlike sewer water, stormwater is not treated at wastewater facilities, and flows directly into rivers and the Lake. UMD is doing its part to reduce the impact of its facilities on runoff, including constructing rain gardens and other treatments to slow, cool, and filter debris and sediment from runoff. You can help by keeping your car tuned-up, washing your car at a commercial facility instead of in the street, and not littering.



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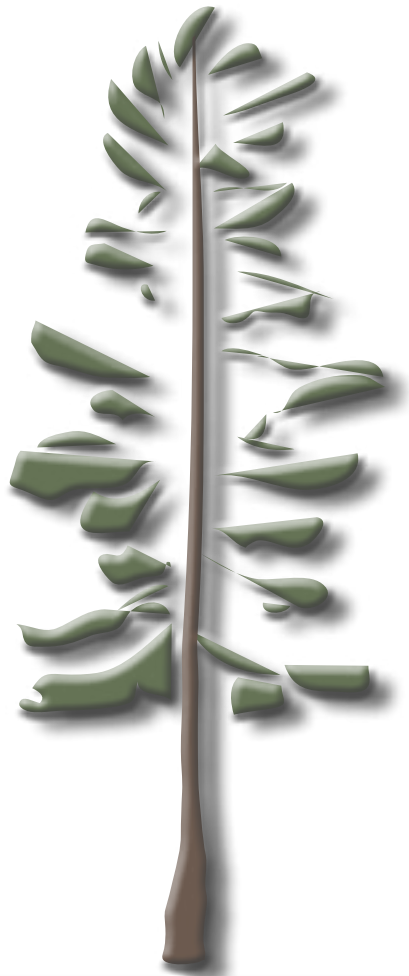
- ◇ For biking regulations and bike rack locations, read the .pdf at [www.d.umn.edu/sustain/transportation/](http://www.d.umn.edu/sustain/transportation/)
- ◇ Visit the Duluth Transit Authority for more information on Duluth Public Transportation at [www.duluthtransit.com/](http://www.duluthtransit.com/)
- ◇ Need help figuring out your busing route? Check Google Maps at [maps.google.com](http://maps.google.com)
- ◇ Like UMD Sustainability on Facebook at [facebook.com/umsustainability](https://facebook.com/umsustainability)
- ◇ For information on the Market Day in the Plaza and to see which local artists are playing this week, visit [www.umdmarketday.com/](http://www.umdmarketday.com/)
- ◇ Looking for used furniture? Try local Craigslist listings at [duluth.craigslist.org](http://duluth.craigslist.org)
- ◇ To find out how to join sustainable student groups, visit [www.d.umn.edu/kirby/](http://www.d.umn.edu/kirby/)
- ◇ To view the UMD Housing Guidebook go to [www.d.umn.edu/housing/guidebook/](http://www.d.umn.edu/housing/guidebook/)
- ◇ For information on how to get involved in an SDRP, visit [www.d.umn.edu/cscd/sdrop/](http://www.d.umn.edu/cscd/sdrop/)
- ◇ Take the Energy Pledge and stay up to date at by visiting us at [www.d.umn.edu/sustain](http://www.d.umn.edu/sustain) and our blog at [www.addinguptozero.com](http://www.addinguptozero.com)
- ◇ To contact the Environmental Health and Safety Office, go to [www.d.umn.edu/ehso](http://www.d.umn.edu/ehso)
- ◇ RSOP resources can all be found at [www.umdrsop.org](http://www.umdrsop.org)



# YOU

# UMD

*Sustainable Living at UMD* was created by Nate Levendoski for the University of Minnesota, Duluth Sustainability Office, and is intended as a resource for residents in UMD's residence halls looking to live more sustainably, as well as encourage others to do the same. Making the changes necessary for UMD to operate more sustainably requires contributions, efforts, and creativity from students in all areas of study and walks of life. If you have additional ideas or tips on how students can live more sustainably while living and learning at UMD let us know.





Even though there are many changes we all can make to live more sustainably, it's important to remember that it's not about doing everything, it's about doing what you can; for yourself, UMD and future generations.

**Funding partially provided by the Minnesota  
Environment and Natural Resources Trust Fund**