



# SUSTAINABILITY 101

@ CMC

Living an Eco-Conscious Lifestyle  
at Claremont McKenna College

## About This Guide

Hi CMC students, faculty and staff!

Thank you for taking the time to stop by and read through. **We want you to be aware of what is happening around us and be a part of the solution to tackling the challenging things taking place in our world. We cannot normalize these occurrences that are harming people and the planet every single day.** For instance, 75% of all the food we eat depends, directly or indirectly, on pollination. However, more than 40% of pollinators are facing extinction!<sup>1</sup> We can address this, as individuals, through more conscious purchasing and consumption, as you will learn in this guide.

**This guide provides a comprehensive list of opportunities for you to embrace a more conscious and environmentally sustainable lifestyle.**

**Because this is a comprehensive guide, it is long! Refer to the Table of Contents for ease of use.** Let us know your comments and questions. We would love to hear your input!

**You are a powerful individual.** We cannot solve all problems individually. But collectively, we can lead by example and influence the people around us to lead by example as well. Your actions affect you, your health, the people you interact with, the people you indirectly touch, the environment and the organisms in our world, and the world beyond the people and things you see everyday. Use your power consciously, confidently and justly!

Sustainably yours,

ASCMC Environmental Affairs Committee

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This is a comprehensive guide, so it's long!

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Sustainability 101 @ CMC  
Living an Eco-Conscious Lifestyle at Claremont McKenna College  
FIRST EDITION

Claremont McKenna College  
888 Columbia Ave.  
Claremont, CA 91711

Adapted from The Little Green Book (Pomona College Sustainability Integration Office), The Green Guide (Pitzer College Office of Sustainability), Guide to Sustainable Living (Harvey Mudd College Hixon Center for Sustainable Environmental Design)

<sup>1</sup> <http://www.ipbes.net/article/press-release-pollinators-vital-our-food-supply-under-threat>

# Top 7 Tips

*If you only read one thing in this doc, read this:*

1. **Always check in with yourself: do I really need this?** This goes for food in the dining halls, freebies at events, lids for cups, straws for your drink, a bag for something you can easily hold with your hands—everything! In the long run, it reduces the amount of waste you produce.
2. **Buy organic, non-GMO, local, Fair Trade whenever possible:** food, laundry detergent, clothes, cleaning supplies, furniture, plants—everything. Support businesses that are not just selling quality goods but are also sourcing and producing their goods in a socially and environmentally responsible way. We want them to stay in business and continue doing good in the world.
3. **Express your opinions.** Want to see local, organic, fair trade, and/or seasonal foods? Let [Collins](#), the [Hub](#), the Ath, and any event coordinators of on-campus events know through comment cards and e-mails. See a leaky faucet, hyperactive heaters, broken sprinklers? Tell Facilities by filling out a [work order](#) or calling (909) 621-8112.
4. Want to start your own sustainability initiative? Have a great idea? [Apply](#) for funding from the CMC Sustainability Fund.
5. **Refuse single-use and choose reusable instead. Or bring your own!** Don't take the plastic straw, plastic/paper bags, paper towels, plastic lids to a cup. Use silverware instead of plasticware; ceramic mugs instead of plastic/paper. Throwing something out after one use is a waste of energy and resources.
6. **Properly separate your waste: recycle the recyclables, compost the compostables, trash the garbage.** Throwing non-recyclables into the recycle bin or non-compostables into the compost will contaminate the entire bin sending it all to the landfill. Please don't be lazy and toss the wrong items in the wrong bins when you know what goes where.
7. **Sell, gift, or donate your unwanted items.** Chances are good that someone could use what you don't need. Do your best to sell or give your items to someone else before throwing them away. **At the end of the school year, there will be big boxes placed in the main lounge of each dorm for you to donate your things to local homeless shelters.** [Craigslist](#), [freecycle](#), [earth911.com](#) and other sites are convenient options.



## Reduce - Reuse - Recycle

*Follow this mantra: Reduce then Reuse then Recycle.*

About 1.3 billion tons of trash is produced per year.<sup>1</sup> How much is that? 10,660,000 blue whales. Or, way more than there should be. Tackling this issue isn't just about separating our waste properly. We need to tackle the root of the problem: consumption. **If you don't really need it, don't buy or take it.**

**Simple as that!** Reduce what you get. Reuse what you have. And if you must dispose of something, recycle or compost when possible.

### Reduce

Why is there so much waste? Because we take and produce so much unnecessarily. The next time you shop or take freebies at an event, stop and **check in with yourself: do I really need this?**

### Reuse

Reusing is an easy way to reduce the amount of things we need to “throw away”: **refuse single-use, choose reusable and BYO (bring your own).**

**Get reusable.** BYO cup for parties, BYO mug for snack, BYO water bottle, utensils, Greenbox, bag, handkerchief, razors, towel for hands, dryer balls, straws, and sandwich baggies.

**Refuse.** Don't take the plastic SOLO cup, plastic straw, plastic/paper bags, paper towels, plastic lids to a cup, freebies you don't need, single-use disposables, or plastic anything. They're no good for our planet. Producing disposable plastics involve the use of oil, trees, energy, and labor that goes to waste once you toss it out after one use.

<sup>1</sup> <http://web.worldbank.org/WBSITE/EXTERNAL/TOPICS/EXTURBANDEVELOPMENT/0,,contentMDK:23172887~pagePK:210058~piPK:210062~theSitePK:337178,00.html>

## Electronic Waste (e-waste)

If e-waste is tossed into the landfill, the chemicals in the e-waste will leak into and contaminate the soil and water of communities, thus harming animals, humans and environment. **To dispose of electronic waste (i.e. batteries), please visit the Mailroom, next to Story House.** There's a bin for your used batteries.

## During Move Out

You may have collected a lot of things over the course of a year or four. Please don't throw everything you don't need into the trash. Consider the following when preparing to leave the dorms:

**Sell, gift or donate your unwanted but still useable items.** Chances are that someone could use what you don't need. Do your best to sell or give your items to someone else before thinking about throwing them away. Craigslist is also a viable option to sell items.

Or, you can donate your stuff. **At the end of the school year, there will be big boxes placed in the main lounge of each dorm for you to donate your things to local homeless shelters.** It's set up to make it simple for you to dispose of your unwanted items; please take advantage of it!

## Recycling

The City of Claremont has single-stream recycling. This means that **everything goes into the same bin, on the condition that it is all clean. Please do not put any non-recyclables into the recycle bin**, as this will contaminate the recycling and send the entire bin to landfill.

- **All Plastics #1–7**,<sup>2</sup> including cups and film, plastic packaging, lids, and six-pack rings—almost all plastic items! **Do not include plastic bags.**
- **Aluminum, steel, and tin** cans and foil
- **Glass** (all colors)
- **Paper and cardboard**, including newspapers, magazines, envelopes with plastic windows or bubble lining, egg cartons, and paper bags

<sup>2</sup> <http://www.ci.claremont.ca.us/home/showdocument?id=610>

## Acceptable Recyclables

### Plastics

Condiment bottles  
Cups and lids  
Food containers  
Laundry jugs  
Lotion bottles  
Milk jugs  
Motor oil containers  
Plastic packaging  
Shampoo bottles  
Six-pack rings  
Soda bottles  
Vegetable oil bottles  
Water bottles

### Metal

Foil  
Fruit cans  
Juice cans  
Metal Hangers  
Pet food cans  
Soda/beer cans  
Soup/sauce cans  
Vegetable cans

### Cardboard

Cardboard boxes  
Cereal boxes  
Egg cartons  
Food boxes  
Gift boxes  
Juice boxes  
Milk cartons  
Paper bags  
Soda/beer cartons  
Tissue boxes

### Glass

Beer bottles  
Condiment jars  
Jam/jelly jars  
Juice bottles  
Liquor bottles  
Salad dressing bottles  
Wine bottles

### Mixed Paper

Brochures  
Catalogs  
Copy paper

Crayon drawings  
Envelopes with plastic windows or bubble lining  
Junk mail  
Magazines  
Newspapers  
Office paper  
Wrapping paper

Put In Your  
**RECYCLING**  
Container

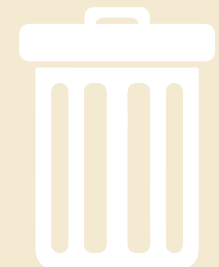


## Non-Acceptable Materials

Auto parts  
Bicycles  
Carpet/fabric  
Ceramic dishware  
Clothing  
Drinking glasses  
Furniture  
Garden hoses  
Light bulbs  
Metal lawn furniture  
Mirrors  
Plastic grocery bags

Plastic lawn furniture  
Plastic pools & toys  
Safety glass  
Soiled pizza boxes  
Styrofoam cups/plates/  
packaging  
Used aluminum foil  
Used paper plates  
Used tissue products  
Waxed paper  
Windows

Put In Your  
**TRASH**  
Container



## Composting

About 30% of the 30 million tons of waste produced in California each year is compostable organic material. The decomposition of this organic material in the landfill produces methane, a greenhouse gas with global warming potential that is 25 times higher than carbon dioxide.<sup>3</sup> Please remember this next time you have to dispose of your compostable waste!

At this time, composting is not available on CMC's campus. However, **composting services are accessible and available on the Pomona College campus.** You can check out page 3 of Pomona College's [Little Green Book](#) to learn more about where you can dispose of your compost.

Additionally, you can **check out a compost bin from CMC's environmental club, SSPEAR.** (Email them at [sspearcmc@gmail.com](mailto:sspearcmc@gmail.com).) You can empty your bin into the compost bins available on Pomona College's compost bins.

### What you CAN compost:

**Produce scraps** (vegetable and fruit scraps, peels, rinds, seeds, etc.)

**Vegan food scraps** (all food—no meat/dairy)

**Thin paper** (Kleenex, napkins, paper towels)

**Green waste** (flowers, leaves, twigs, etc.)

**Other biodegradable/compostable items** (coffee grounds, tea bags, etc.)



### What you CAN'T compost:

**Non-vegan food scraps** (meat, cheese, etc.)

**Biodegradable/compostable plastic items** (i.e. spudware) require preprocessing that cannot be handled on the other college campuses.

<sup>3</sup> <http://www.calrecycle.ca.gov/Climate/Organics/default.htm>



# In Your Room

## Lighting and Energy Use

- **Turn off the lights!** Easy!
- **Use daylight when possible.** No need for lights during the day if a window is nearby!
- **Share appliances** such as mini-fridges, microwaves.
- **Unplug items when not in use, or plug them into a power strip** that you can turn off. Almost every electronic item, especially chargers, uses “standby” power as long it’s plugged in, even when turned off. This “phantom load” is responsible for an estimated 5–10% of US residential energy use.<sup>4</sup> Eliminating “phantom load” would be the equivalent of shutting down 17 coal-fired power plants!<sup>5</sup>
- **Use Rechargeable Batteries.** Saves money and reduces resource consumption and hazardous waste.<sup>6</sup>
- **Use Energy Star Appliances.** ENERGY STAR certification is an EPA certification program for products that save energy without sacrificing features or functionality.<sup>7</sup>

## Cleaning

- **Buy non-toxic and green cleaning supplies OR make your own with vinegar and water!** (Suggested eco-brands: Dr. Bronner’s, Seventh Generation)
- **Use water + cloths and rags** (or strips of old clothes) instead of paper towels or disinfecting wipes. They’re cheaper, easy to use, reduce waste, and not harmful to your body. Compost any paper towels you may use.

<sup>4</sup> Lawrence Berkeley National Laboratory. (2009)

<sup>5</sup> Scheyder, Ernest (April 10, 2009). “Phantom Load: Save Some Cash, Get Unplugged.”

<sup>6</sup> For more information, visit [http://www.stopwaste.org/docs/rechargeable\\_batteries.pdf](http://www.stopwaste.org/docs/rechargeable_batteries.pdf)

<sup>7</sup> <http://www.energystar.gov/productfinder/>



# In the Bathroom

## More Tips

- **Conserve trash bags.** Dump out the trash/recyclables but keep and reuse the bag.
- **Fix something instead of buying a new one.** Think of all the resources that go into making a new product. By fixing something and tossing it out, the resources that went into making the item isn't wasted.
- **Buy used.** Before buying something new, post on the Facebook Claremont Consortium page, visit a local thrift store, or browse Craigslist to see if you can get a used item instead.
- **Donate used goods instead of throwing them out.** Place items outside of your room with a "FREE" sign, and make sure everything gets taken.

## Saving Water

- **Turn off the faucet** while brushing your teeth, soaping up your hands, or scrubbing dishes.
- **Take shorter showers.** By reducing your shower time by 30 minutes a week (roughly 5 minutes/day), you'll save 3,900 gallons of water! Use a song to help you keep track of time.
- **If you feel comfortable, talk to your bathroom-mates about establishing an "If it's yellow let it mellow, if it's brown flush it down" policy.**

## Saving Energy

- **Take shorter/fewer/cooler showers.** Less hot water = less energy use. Every 5 minutes you spend in the shower uses around 1.2 kWh of electricity to heat the water—the amount of energy needed to burn ten 100-watt bulbs for one hour.

## Reducing Waste

- **Use a hand towel in the bathroom.** It feels softer, uses fewer resources and produces less waste than paper towels. If there's a hand dryer available, use that instead of paper towels.
- **Remember to recycle!** Toilet paper cores, paper towels, and empty plastic bottles from shampoo and other bathroom products can be recycled.

## Personal Care and Cosmetics

- **Avoid microbeads.** These are microscopic plastic beads used in many exfoliating products. Check if any of your body care products contain these beads: polyethylene, polypropylene, polylactic acid (PLA), polystyrene, or polyethylene terephthalate. These beads aren't removed by sewage treatment because they're so tiny and end up in our oceans where aquatic animals consume them, harming marine life as well as entering our food system.<sup>8</sup>

<sup>8</sup> For more info, visit <https://www.5gyres.org/microbeads/>

- **Check the ingredients:** Because cosmetics aren't FDA-regulated, they can include hazardous chemicals. Check out the [Environmental Working Group's Skin Deep database](#) for more info!
- Avoid DEA, TEA, SLS, and SLES as ingredients.

### For Your Information—Eco-Periods

Feminine hygiene products create a huge amount of waste—nearly 2.5 million tampons, 1.4 million pads, and 700,000 pantliners each year! Fortunately, there are many great products, from reusable medical-grade silicone menstrual cups like the Keeper, Lunette, and DivaCup (available at the Coop Store and Motley) to cloth pads.



# Laundry

## Washing

- **Only do laundry when you have full loads.** Machines use the same amount of energy, no matter how many clothes you put in. Pair up with a friend if necessary!
- **Do laundry less often.**
- **Purchase environmentally friendly laundry products.** Look for products that are 2x or 3x concentrated and have natural ingredients. Explore [Better World Shopper](#) or [EWG's Guide to Healthy Cleaning](#) for eco-friendly brands. (Suggested brands: NaturOli soap nuts, Seventh Generation)
- **Donate leftover laundry products** at the end of the year or **save the rest for the following semester.**
- **Wash using cold water.** About 90% of the energy used by the machine goes to heating water, and advances in detergent mean hot water is no longer necessary.
- **Wear clothes more than once before you wash them.** Jeans, shirts and pants can be worn multiple times before washing.

## Drying

- **Air dry your clothes.** Air drying reduces energy use and lengthens the life of your clothes. You can **check out a drying rack from CMC's environmental club, SSPEAR!** (Email them at [spearcmc@gmail.com](mailto:spearcmc@gmail.com).)
- **Clean out the lint screen before using a dryer.** Dirty lint screens cause dryers to use up to 30% more energy.
- **Nix the fabric softener and drying sheets.** Fewer chemicals means a healthier you and a healthier environment. If you must use though, explore [EWG's Guide to Healthy Cleaning](#) for fabric softeners and consider reusable wool dryer balls. (Suggested brand: LooHoo wool dryer balls)



## Saving Energy Can Save You Money!



Cost of Washing = \$1.00

Cost of Drying = \$1.00

5 loads of laundry per month (20 per semester) = \$40

**That's \$40 each semester for laundry alone, which is a total of \$320 over four years.**

If you were to air dry just HALF of your laundry...

**You'd save \$10 per semester.**

If you were to air dry ALL of your laundry...

**You'd save \$20 per semester and \$80 throughout college.**

If you were to air dry all of your laundry AND reduce laundry by 2 loads per semester by only washing full loads and washing only dirty clothes...

**You'd save an additional \$84.**

**You could be paying \$176 instead of \$320, a total of \$144 in savings!**



# Computing

## Laptop & Desktop Energy Saving Tips

- **Use energy-saving settings.**
  - Set your screen to go to sleep mode after five minutes of inactivity. **Turn off the computer completely** when you're not using it for more than a hour. "Sleep" settings reduce power use, but it's better to completely shut down.
  - **Lower screen's brightness.** The brightest setting on a monitor uses twice as much power as the dimmest setting.
  - **Don't use screen savers.** Screen savers were originally created to prevent monitor-damaging phosphor burn, but today's monitors are not susceptible to that. Screen savers can actually use up to twice as much energy as a computer in use.
- **Unplug peripheral devices (i.e. chargers, speakers) when not in use.** They may be drawing phantom load. Plug them into a power strip that you can switch off when not in use. "Smart" power strips detect when these devices are off and shut off power to those outlets.

## Laptop Batteries



- **Keep it cool.** One of the best ways you can extend your battery's life is to keep it from overheating. Don't store your laptop above 80° F.
  - **Avoid putting your laptop on a soft surface.** The computer's fan cannot function properly if it's on a soft surface, such as a pillow or blanket.
  - **Use a cooling pad when using your laptop on your lap.** A cooling pad sits under your laptop and allows for more airflow, usually with a motorized fan.
  - **Keep your desk clean.** A messy desk can lead to dust in your computer's vents, which clogs the cooling fan.
- **Do not fully discharge your battery** every time. Lithium ion batteries (used in today's computers) perform better when they're not fully discharged each cycle. It's better to discharge only partially before recharging. A full discharge is needed about every 30 charges.





# Printing

## Work on the computer and avoid the printer:

- **Read and annotate PDFs and Word documents on your computer rather than printing them out.** If you want to digitally annotate or highlight a PDF, use Adobe Acrobat Reader or Professional (installed on all lab and college-owned computers).
  - In Word, use Track Changes to make edits and comments on a paper.

## Use less paper when you print by:

- **Printing double-sided.** This is an easy way to cut your paper usage in half.
- **Printing multiple pages on one.** Print readings and papers to review with two or more pages per sheet of paper.
- **Printing on scrap paper (one-sided documents).** This is a great option when you don't need a professional copy or final draft.
- **Reducing font size.**
- **Reducing paragraph spacing.** Try 1.5 spacing instead of double spacing.
- **Reducing document margins.** Reducing margins increases the amount of text that can fit on the page and reduces the number of pages needed to print a document.
  - Though different version of Microsoft Word have different ways of changing margins, the setting is often found under: File > Page Setup or under Format > Document.

**Reuse the page separator from print jobs.** Although it's good to recycle, simply disposing of them wastes all the resources went into producing them. Consider reusing them as scratch paper to do practice problems, take notes, doodle, something.

- **Go paperless in class.** Talk to your professors about using Sakai to turn in assignments, with comments and feedback provided using the Microsoft Word Reviewing tool.
- **Share printed-out readings with classmates.**

## Just So You Know

### Green Paper

- **Post-consumer recycled** paper contains material recycled by consumers; pre-consumer contains mill scraps.
- **Processed chlorine-free (PCF)** paper does not use chlorine for bleaching—which releases dioxins or other organochlorides into waterways.
- **Forest Stewardship Council (FSC)** certification verifies that paper is produced in a sustainable manner.

### Facts About Paper

- 1 ream (500 sheets) uses 6% of a tree (6–8" diameter, 40 feet tall).<sup>1</sup>
- 42% of the industrial wood harvest is used to make paper.<sup>2</sup>
- Paper accounts for 25% of landfill waste.<sup>3</sup>
- Cutting US paper use 10% would cut greenhouse gas emissions by 1.6 million tons.<sup>4</sup>

<sup>1</sup> Conservatree, <http://www.conservatree.org>

<sup>2</sup> Environmental Paper Network. State of the Paper Industry 2007.

<sup>3</sup> Scheyder, Ernest (April 10, 2009). "Phantom Load: Save Some Cash, Get Unplugged."

<sup>4</sup> Scheyder, Ernest (April 10, 2009). "Phantom Load: Save Some Cash, Get Unplugged."



# Dining and Eating

You do not have a vegetarian, vegan or pescatarian diet to eat sustainably. Also, think about what you are eating on and with: plates, bowls, forks, spoons, knives, etc. Simply be conscious of the food you are eating and what you are using to eat, and you can reduce your impact!

## Reducing Waste

- **Take only what you can eat.** You can always get seconds, but you can't put back any extra food you take on the first round.
- **Always use your green reusable to-go container and mug** when you take food out.
- **Think twice before using disposable items.** If you need them, take as few as possible.
- **Take as few napkins as possible, or bring your own cloth napkin.**
- **Stock your own reusable diningware.** Get your own reusable silverware, a glass, etc. to keep in your room.

## Food Choices

- **Eat local, organic, humane and fair trade.** These options reduce chemical inputs, transit, and resource use, and improve local economies and the treatment of animals and workers.
- **Reduce consumption of animal products (i.e. meat, eggs, dairy).** Try cutting meat out of your diet for just 1–2 days a week to start!
- **Pay attention to where foods are produced.** Eating more local foods reduces the energy required for transportation.
- **Express your opinions.** Want to see local, organic, fair trade, and/or seasonal foods? Let [Collins](#), the [Hub](#), the [Ath](#), and any event coordinators of on-campus events know through comment cards and e-mails.

## Sustainable Food Terms

- **Local food** is defined in different ways (i.e. within 250 miles). It means fresher food, supporting farmers, and fewer resources used for transportation.
- **Seasonal food** is in its natural harvesting season. This means fresher and more local food, since seasonal food often isn't shipped from other countries.
- **Organic food** is produced without the use of synthetic pesticides and chemical fertilizers that are dangerous to the environment, farm workers, and the consumer.<sup>9</sup> Since many fertilizers are petroleum-based, organic farming uses about less fossil fuel than conventional farming.<sup>10</sup>
- **Humane meat** and **cage-free eggs** from animals that have ample space, shelter, and ability to move around freely. The food they consume is healthful, of good quality, and free of antibiotics and hormones.<sup>11</sup> Cage-free eggs come from chickens that are free to roam.
- **Fair trade** items provide a better wage for producers and artisans. These support farms that have fair labor practices. The trade is also as direct as possible, eliminating middlemen who could drive up prices.<sup>12</sup>

## Green Boxes and Green Cups

Check out a Green Box or a Green Cup at the Dining Hall to reduce waste from take-out containers.

It costs:

- \$6 to check out a box
- \$3 for a cup

Each charge is refunded when the item is returned at the end of the semester. Not only does it reduce waste, but it saves you time because you can exchange your dirty box or cup for a clean one.

<sup>9</sup> <http://www.epa.gov/agriculture/torg.html>

<sup>10</sup> [http://www.ccof.org/pdf/factsheets/2011\\_Top\\_10\\_Reasons.pdf](http://www.ccof.org/pdf/factsheets/2011_Top_10_Reasons.pdf)

<sup>11</sup> <http://www.certifiedhumane.org/index.php?page=overview>

<sup>12</sup> <http://www.grinningplanet.com/2005/01-25/organic-coffee-shade-grown-fair-trade-coffee-article.htm>

## Planning Events Around Campus

### Hosting a meeting or event on campus with food?

Don't waste money on dishware that will end up in the landfill. You can request the Dining Commons to provide you with China or biodegradable dishware and utensils. Cups, small and large plates, and cutlery are available for use.

Or you can:

- **Host a BYO event.** Suggest or require that attendees bring their own diningware.
- **Use plant-based compostable diningware if reusable is not available.** (Suggested brands: World Centric, To-Go Ware)
- **Buy organic/local/fair trade.** Buying organic, local, and fair trade reduces many of the negative impacts of food production.
- **Buy in bulk and reduce packaging.** Stay away from individually-packaged items and buy in bulk. This reduces waste (and often costs, too)!

### Refuse Single-Use: Take The Pledge!

**Refuse! Reuse. Reduce. Recycle. Commit to 30 days** and reduce the single-use plastic, paper, and other disposable items you use. It's easy to switch to using safe and reusable products everyday. Reusable alternatives are everywhere.

*Go forth and refuse single-use!*



When requesting for **Packouts** or **Catering**, you can:

- **Request no individually-packaged items.**
- Ask for **no bottled water** or other beverages.
- Request **no disposable utensils.**

### Looking to Advertise? Advertise Online.

Don't use flyers and advertise online. There are multiple ways to do so, including social media and e-mail. If you must advertise with paper, **try to use less of it!** Print double-sided, print on used one-sided paper or print multiple flyers on one sheet of paper.

### Sending a Package?

Reuse boxes for sending packages! Boxes can be found in the mailroom—or if you receive a package, use that box!



### Other Ways to be Sustainable on Campus:

- **Report inefficient use of resources!** See leaky faucets, hyperactive heaters, broken sprinklers? Energy and resources will only continue to be wasted if no one notifies Facilities. You can either fill out a [work order](#) or call (909) 621-8112.
- **Take good care of furniture and buildings.** Damaged buildings and furniture require financial and material resources to repair.
- **Keep your boxes or find used boxes.** Flatten and store your moving boxes during the year so you don't have to purchase new ones at the end of the year. You can also find boxes in the dumpsters behind the post office in the Village or buy them at local stores.

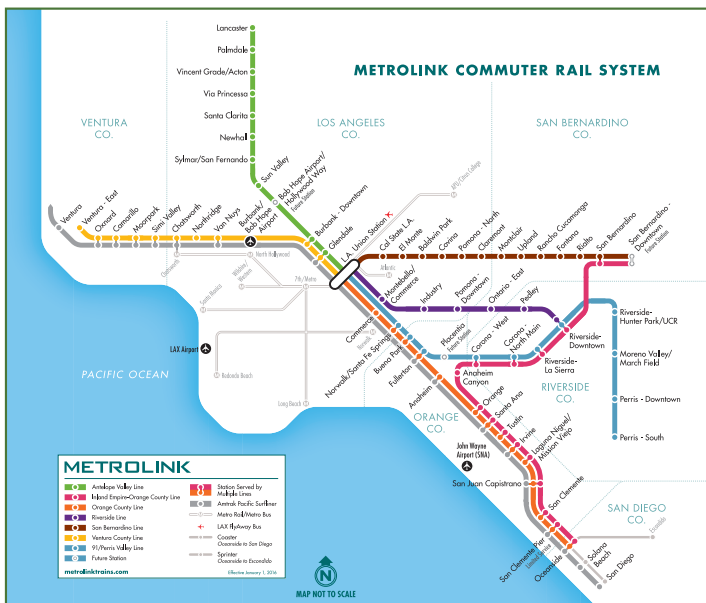


# Getting Around

Getting around without a car is much easier than you think, and it can save you money while limiting your carbon footprint.

## How to get around without your own car

- **Ride a bike.** Most things you need are within biking distance. **You can rent one out + bike helmet + bike lock for free at CMC's bike shop, located in the basement of Wohlford.** In addition, they offer free and discounted bike repairs.
- **Walk or get around on your own set of wheels.** Longboards, bicycles, your legs—all are useful—no need for a car!
- **Rent a ZipCar.** ZipCar provides cars to students over 18 with good driving records. The cars are located on and around the Claremont college campuses and can be rented by the hour or for the day—gas and insurance included! For more details, visit [zipcar.com/universities](http://zipcar.com/universities).
- **Use Public Transportation.** Foothill Transit is available to get around in the immediate area. You can also use the MetroLink, the closest station being on First Street in Claremont. It can take you to Union Station in LA in about 45 minutes—often faster than driving (visit [metrolinktrains.com/schedules](http://metrolinktrains.com/schedules)).



**Have a car?** Driving trips to drive more sustainably and increase your fuel efficiency:

- **Carpool with friends.**
- **Make sure your tires are properly inflated.** This increases your gas mileage, saves you money, and decreases emissions.
- **Roll down your windows instead of cranking the A/C.** Running your A/C and heat uses more gas.
- **Use cruise control whenever possible.**
- **Avoid idling.** Turn off your engine if you're waiting for more than 10 seconds in car (i.e. drive thru, waiting for trains, waiting to pick up someone or drop someone off). It just simply wastes gas and contributes to greenhouse gas emissions. About 1.3% of US greenhouse gas emissions are simply from car-idling!<sup>13</sup>

## Flying?

Arrange to share a cab or SuperShuttle to Ontario Airport or LAX with other 5C students with 5C Rideshare.



<sup>13</sup> [https://www.washingtonpost.com/news/wonk/wp/2014/12/29/the-biggest-winter-energy-myth-that-you-need-to-idle-your-car-before-driving/?utm\\_term=.1a0977752e6e](https://www.washingtonpost.com/news/wonk/wp/2014/12/29/the-biggest-winter-energy-myth-that-you-need-to-idle-your-car-before-driving/?utm_term=.1a0977752e6e)



# Shopping

Every time you spend money, you're casting a vote in support of the companies and the products that you're buying. Make it count. Buy products that are ethically made from sustainably sourced materials. Buy from companies that are doing a lot of good in their communities and beyond just selling sustainable goods.

- **Think before buying.**  
Do I really need this item?
- **Buy Local.**  
The transportation sector of the US economy accounts for 27% of the country's emissions. By buying locally produced products, you are keeping transportation emissions to a minimum and supporting your local community.
- **Bring Your Own Bag!**  
Reusable bags reduce waste from plastic and paper bags are generally made out of recycled materials. Most stores give you a discount for bringing your own bag (i.e. Target, CVS, Trader Joe's, Sprouts, Vons, etc.).
- **Go Thrifting.**  
Buy lightly used clothes and appliances from local thrift stores such as Goodwill, American Way, The Grove Vintage, Uptown Thrift Store, Quality Thrift Store, Great Deals Thrift Store, or Lutheran High Thrift to reduce waste, save money, and support good causes.
- **Be Conscious.**  
Pay attention to ingredient labels and where a product was manufactured. When you can, try to buy certified organic, Fair Trade, and other labeled goods that ensure sustainable and ethically used products.

## Farmers Markets

Every Sunday, there is a Farmer & Artisans Market in the Claremont Village with over 100 growers and artisan members selling their goods and services throughout the year. There are many fresh and in-season food items, flowers and plants, as well as locally made art and crafts for sale. Bring your friends and check out this popular market.

**When:** Sundays, 8 am–1 pm

**Where:** 2nd Street, between Yale Avenue and Indian Hill Boulevard

For more info, contact the Farmers Market at 714.345.3087 or the Artisans Market at 909.949.1842. You can also view additional details about the events on Farmers & Artisans Market website at [ClaremontForum.org](http://ClaremontForum.org).





# Resources

## CMC Campus

### CMC Sustainability Overview

CMC's [sustainability website](#) provides a brief overview of various current and past campus sustainability initiatives.

Website: [www.cmc.edu/sustainability](http://www.cmc.edu/sustainability)

### CMC Sustainability Fund

The [Fund](#) will award grants to student-led projects that improve the environmental sustainability at CMC in amounts up to \$2,000. These grants will provide students with the opportunity to pursue innovative and entrepreneurial ventures that increase sustainability and environmental awareness while also creating positive returns on investment.

Website: [www.cmc.edu/sustainability/sustainability-fund-0](http://www.cmc.edu/sustainability/sustainability-fund-0)

Contact: [Kristin Miller](#), CMC Sustainability Coordinator:  
[Kristin.Miller@claremontmckenna.edu](mailto:Kristin.Miller@claremontmckenna.edu)

### ASCMC Environmental Affairs Committee (EAC)

ASCMC senate committee focused on expanding sustainability initiatives throughout campus.

Contact: EAC Chair, [Sam Becker](#): [sbecker19@cmc.edu](mailto:sbecker19@cmc.edu)

## Sustainable Students Promoting Environmental Awareness and Responsibility (SSPEAR)

CMC [environmental club](#) focused on waste, food and garden initiatives on CMC's campus. They also host documentary screenings related to environmental issues. Compost bins are available to check out for the semester or school year for free as well.

Website: [www.facebook.com/groups/234387823275098](https://www.facebook.com/groups/234387823275098)

Contact: [spearcmc@gmail.com](mailto:spearcmc@gmail.com)

## CMC's Bike Shop

[Bike Shop](#) that offers free bike rentals, including bike helmets and bike locks. Depending on the nature of repair, they can also fix your bike for free or at a discounted price. Additionally, they auction off extra bikes they have at the beginning of every school year at a very discounted price (so check that out if you're interested in getting a bike). They are located in the basement of Wohlford next to Heggblade.

Website: [www.cmc.edu/dean-of-students/sao/cmc-bike-shop](http://www.cmc.edu/dean-of-students/sao/cmc-bike-shop)

## The Roberts Environmental Center

The [Roberts Environmental Center](#) is a place for research and education in environmental studies, where students, faculties, and practitioners collaborate to explore innovative market solutions to real environmental problems. They hire research analysts at the beginning of every school year.

Website: [rec.cmc.edu](http://rec.cmc.edu)

## 5C & Community Resources

### 5C Environmental Facebook Page

The [5C Environmental Facebook Page](#) is a collaborative space for encouraging cross-campus collaboration between the 5Cs on environmental issues. The goal is to build strong lines of communication between the environmental groups on each of the campuses. This group will serve as a resource for all students interested in keeping up to date with environmental initiatives and events across the campuses.

There are many ways to stay up to date with environment-related opportunities and events across the 5Cs as well as job and internship opportunities. To find out more, contact Char Miller and ask to be added to the EA listserve.

Website: [www.facebook.com/groups/141452836314702](http://www.facebook.com/groups/141452836314702)

Contact: Char Miller, [char.miller@pomona.edu](mailto:char.miller@pomona.edu)

### Claremont Market Shares

[Claremont Market Shares](#) is a student run food distribution program that connects students, faculty, and staff with affordable shares of sustainably grown local produce every week. Started in the Fall of 2014 by a group of 5C students this program has already put over \$30,000 into the local food economy.

Website: [www.facebook.com/ClaremontMarketShares](http://www.facebook.com/ClaremontMarketShares)

Contact: [Claremontmarketshares@gmail.com](mailto:Claremontmarketshares@gmail.com)

### Pomona Farm

The [Pomona Farm](#) is a 1.2 acre working farm in the southeast corner of the Pomona College campus with fruit trees, vegetables, herbs, chickens, bee hives, and the Earth Dome. Volunteer for produce or buy produce at the weekly farm stand.

Website: [farm.pomona.edu](http://farm.pomona.edu)

Contact: [farm@pomona.edu](mailto:farm@pomona.edu)

### Pomona College Sustainability Integration Office

The [Sustainability Integration Office](#) develops, coordinates, and assesses sustainability efforts throughout Pomona College. The office is located in the basement of Harwood Court, with the entrance facing the east walkway between Harwood Court and Mudd Residence Hall.

Website: [www.pomona.edu/administration/sustainability](http://www.pomona.edu/administration/sustainability)

Contact: [sustainability@pomona.edu](mailto:sustainability@pomona.edu)

### Robert Redford Conservancy for Southern California Sustainability at Pitzer College

Academically driven by the liberal arts, and guided by Pitzer College's core values of social responsibility and environmental sustainability, the [Robert Redford Conservancy for Southern California Sustainability](#) engages interdisciplinary and collaborative approaches to environmental problem solving. The Redford Conservancy will promote both the longevity of Southern California's natural environment, and the wellbeing of its peoples.

Website: [pitweb.pitzer.edu/redfordconservancy](http://pitweb.pitzer.edu/redfordconservancy)

Contact: [rrc@pitzer.edu](mailto:rrc@pitzer.edu); Warren Biggins: [Warren\\_Biggins@pitzer.edu](mailto:Warren_Biggins@pitzer.edu)

### Rick and Susan Sontag Center for Collaborative Creativity (The Hive)

[The Hive](#) is a place to accelerate the creative development of students across the 5Cs, where the varied disciplines come together in order to harness the power of the liberal arts and to deepen—or revive—students' creative practice, however it may show up within their discipline.

Website: [creativity.claremont.edu](http://creativity.claremont.edu)

Contact: [hive@claremont.edu](mailto:hive@claremont.edu)

### Hixon Center for Sustainable Environmental Design

The [Hixon Center](#) promotes deep intellectual curiosity and scientific rigor in studying the complex interactions between human life and the natural environment. It raises awareness about humanity's increasing footprint on critical ecosystem services and serves as a hub for students, faculty, staff and alumni to engage in collaborative discourse and actions to solve environmental problems on campus and beyond.

Website: [hmc.edu/hcsed](http://hmc.edu/hcsed)

Contact: [hixoncenter@hmc.edu](mailto:hixoncenter@hmc.edu)

## Robert J. Bernard Field Station

The Bernard Field Station (BFS) is an 85-acre area of natural habitat directly across the street from Harvey Mudd College that functions as an outdoor laboratory for teaching and research. The BFS provides food and shelter for over 170 species of birds, 250 species of higher plants, 27 species of mammals, 17 species of reptiles and amphibians, over 700 species of insects, and at least 40 species of lichens. Students and faculty regularly add new species to the lists.

Website: [bfs.claremont.edu](http://bfs.claremont.edu)

## Claremont Energy Challenge

Claremont is competing against 50 cities across the United States for a \$5 million prize as part of the Georgetown University Energy Prize competition. The goal is to reduce and rethink energy use over the next two years by developing an innovative, community-wide plan. Claremont Energy Challenge offers internship and volunteer opportunities in an effort to reduce the energy consumption of Claremont.

Website: [claremontenergychallenge.net](http://claremontenergychallenge.net)

## Sustainable Claremont

Sustainable Claremont is a non-profit in Claremont that hosts volunteer and internship opportunities for students.

Website: [sustainableclaremont.org](http://sustainableclaremont.org)

## Huerta del Valle

Huerta del Valle is a community garden in Ontario, CA that grows organic food for local residents. The garden hosts volunteer and internship opportunities for students. Contact Pitzer's Community Engagement Center or Arthur Levin to get involved.

Website: [hdv-huertadelvalle.blogspot.com](http://hdv-huertadelvalle.blogspot.com)

## Local Government

Take action by communicating or interning with local government.

Claremont City Council: [www.ci.claremont.ca.us/government/city-council](http://www.ci.claremont.ca.us/government/city-council)

LA County Website: [www.lacounty.gov](http://www.lacounty.gov)