



Sustainable Programming

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What we'll cover



- What is Sustainability?
- Programming Challenges
- What You Can Do
- Sustainable Events
- Sustainable Gifts and Prizes

What is Sustainability?



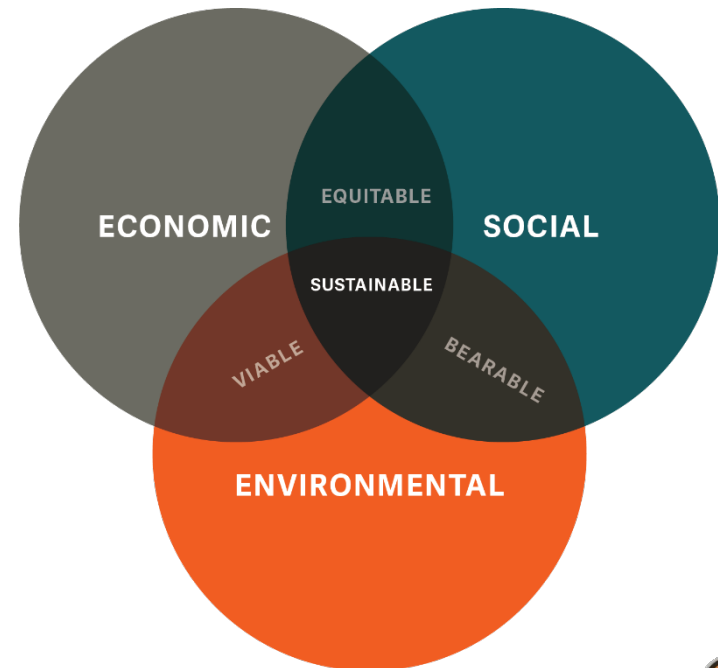
- *Sustainability*

Meeting the needs of the present without compromising the ability of future generations to meet their own needs

- *Sustainability = Good Stewardship*

Environment
Economy
Society

≠ Saving the Planet
= Protecting Nature





SUSTAINABLE DEVELOPMENT GOALS



Why Do We Care?



“If we all begin to learn from one another and share some of the things we do, we just might be able to affect the world for the better... This would be a great wave of awareness: doing the right thing without being told to or having to think why.”

—Jennifer Aniston



Programming Challenges



- Materials

- **We buy a lot of “stuff”**
- Dependency on disposable stuff
- Dependency on plastic
- **Dependency on disposable, single-use plastic**



- Food

- **We eat out of season**
- **We waste** a lot of food
- We miss **nutrients**

- Trash

- We make a lot of trash
- It **increases 25%** between Thanksgiving & New Year’s Day



Plastic Challenges

- Plastic is (Not So) Fantastic
 - Used in a wide range of industries
 - Petroleum refining byproduct
 - **50% single-use** (disposable)
- Too Much of a Good Thing
 - **Does not decompose**
 - Harms and kills wildlife
 - Consequences to human health
- Bottled Water: A Case Study
 - Not safer
 - Excessive waste
- Cost of Externalities
 - Cheap Styrofoam
 - Free grocery bags



Food Challenges

- Eating out of season means
 - Crops are **picked before ripe**, travel thousands of miles & sit in distribution centers
 - Longer time between harvest and table = **fewer nutrients**
- Buying local foods supports the **local economy**
 - Money spent stays close to home
 - Promotes entrepreneurship
- Food waste
 - Estimated at between **30-40% of U.S. food supply**





The Good News: What You Can Do



What Can We Do?



Planning and Advertising

- Print handouts **double-sided**
- Use reusables
 - Avoid plastic water bottles
- Choose plastics that are **recyclable** in the ResHalls
 - NO STYROFOAM!
 - Use paper plates instead
- Support **local businesses**
- Purchase giveaways and other items made with **recycled content**
- **Plan ahead** to avoid impulse buying
- Buy in **bulk**
- Buy more plant-based foods
- Bring reusable shopping bags



What Can We Do?



Hosting the Event

- **Cluster** trash and recycling cans
 - Contact the Moves Dept. if you need
- Eco-Reps as **“Recycle Goalies”**
- Increase awareness of sustainability efforts
 - Let people know what you’re doing
- “Entry fee” donation
- Use natural lighting or host outdoors if during the day
- Turn off and unplug any electronics or appliances while not in use



What Can We Do?



Clean Up and Beyond

- **Donate** leftover food or send home with guests
- Use “green” cleaning supplies
- **Recycle** flyers and any other paper
- Reuse as much leftover “stuff” as possible
 - Decorations, equipment, condiments, etc.



Specific Green Event Ideas



- Tour the Materials Recovery Facility (MRF) that ResLife Recycles goes to
- Watch a documentary about a sustainability issue
- OSU Sustainability Office Presentation
 - Can be customized and added onto existing programming
- Participate in Earth Fest or America Recycles Day
 - April 22 and November 15, respectively
- Have your meeting on a bus!
- Volunteer with Tailgate Recycling



Sustainable Catering



PROBLEMS

A lot of leftover food

A lot of plastic waste

Lack of nutritious food

Need to use disposable

SOLUTIONS

Have guests RSVP well in advance

Serve in bulk instead of individually packaged

Reusable silverware, glasses, and china, and napkins

Serve “whole” or “real” foods/snacks

Request locally sourced (MIO) food

Choose paper over plastic

Establish a leftover food donation policy



Good Steward Conferences

- Reduce, Reuse, Recycle

- Determine in advance **what items** are recyclable
 - Recycling is local
 - **Announce** during Housekeeping Remarks
 - Used napkins, paper towels, food wrappers could be composted
- Ensure recycle bins are **clustered** with a trash cans
- Purchase giveaways and other items made with **recycled content** (lanyards, tote bags)
- Provide materials electronically or printed double-sided
- Collect used badge holders (clean for next time)





Sustainable Gifts and Prizes



Good Steward Gifts

- General Tips

- Buy items with minimal packaging
- **Invest in durability** - cheaper, less durable items wear out quickly and create waste
- Shop at **thrift stores**, garage sales or antique stores
- Look for items made with recycled content
- **Re-gift** items or **donate** to charity



Good Steward Gifts



- Consumable Gifts

- **Certificates/coupons** for services - professional or not
 - Cooking lessons, babysitting, housecleaning, spa
- Homemade **food** in reusable containers
- **Tickets** to sporting or cultural events
- **Membership** to a non-profit org.
- **Plant a tree** in someone's honor



Good Steward Gifts

- OSU Students



cups for
a cause

OSU's eco-friendly cup



\$6.99

refill and save!

99 cent refills

on fountain drinks

and coffee campuswide*

free drink with purchase



*Caribou Coffee excluded
dining.okstate.edu

Good Steward Gifts



- Promote Good Stewardship

- Automatic, programmable thermostat control device
- **Rechargeable batteries and charging station**
- Outdoor solar lights, crank powered radio
- Basket of non-toxic cleaning products
- Water-saving showerhead



- Reusable travel coffee mug/water bottle
- Reusable food storage containers
- Reusable insulated lunch bag
- **Reusable grocery bags**
- Set of recycling bins
- Bicycle
- Starter sets: Seeds, gloves, tools or bird feeder, bird seed, binoculars
- Subscription to National Geographic

Good Stewardship Takeaways



- Things do not make people happy...
Good experiences do
- Protect nature & be a good steward –
best gift of all



Resources

Sustainability

Website: sustainability.okstate.edu

Email: sustainability@okstate.edu

Energy Management

Website: energy.okstate.edu

Email: energy@okstate.edu

ResLife Recycles

Website: sustainability.okstate.edu/RLR

Email: sustainability@okstate.edu

OSU Recycles

Website: fm.okstate.edu/osurecycles

Email: recycle@okstate.edu



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RECYCLES



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