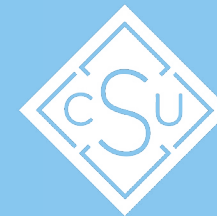


Creighton University Green Guide

A STUDENT
GUIDE TO
SUSTAINABLE
LIVING

Creighton
UNIVERSITY



CREIGHTON
STUDENTS UNION

MISSION AND MOVEMENT

Guided by the principles of magis, truth, justice and stewardship, Creighton's Office of Sustainability Programs seeks to cultivate a culture of caring for creation. We seek to increase awareness about issues related to sustainability and provide opportunities for students to become empowered agents of change on the path towards ecological justice.



WE SHARE **ONE** PLANET.

WE HAVE **ONE** COMMON
HISTORY AND FUTURE.

WE ARE **ONE** HUMANITY.

Local acts, global impacts



How can we make our space in our common home more sustainable?



Creighton's first electric vehicle charging stations on campus were brought to you by **STUDENT** efforts.

Creighton's first sustainability coordinator and Office of Sustainability Programs came from **STUDENTS** collaborating with faculty and staff.



WHAT IS CREIGHTON DOING TO BECOME MORE SUSTAINABLE?



The Facts

- We are committed to achieving climate neutrality by 2050
- We reduced our energy consumption by 24% from 2010–2017
- We are dedicated to a “renewed commitment to promoting ecological justice at Creighton and within society at large”
- We conduct annual sustainability assessments through AASHE STARS
 - We achieved a Bronze level of recognition for our efforts in 2018
- We host annual State of Sustainability addresses in the fall
- We offer courses and programs dedicated to and involving sustainability: Environmental Science, Sustainability Studies and Justice & Peace Studies

ENERGY



Facilities Management optimizes our systems to reduce our carbon footprint from purchased electricity. We are committed to installing LED lights in all new construction and remodels when feasible. Approximately 120 kW of energy is produced each year from renewable energy units on campus. Learn more about energy management on our [Energy page](#).

PRINTING



All Canon printers on campus are Energy Star qualified and are 25% more efficient than conventional printers. Default print settings are duplex and black and white, which reduces environmental impacts and financial costs. A Print Sustainability Team collects data on environmental impacts related to printing. Reports are shared with senior leaders on campus and [infographics](#) of our campus progress are available online.

DINING



Creighton Dining uses locally sourced vendors whenever possible. In 2008 our dining halls went tray-less. By eliminating trays, we have reduced our water consumption and waste. Ceramic dishware, stainless steel silverware and cloth napkins are available for catered events to reduce usage of disposable materials. An Ecolab Apex Dishwashing System was installed in the dining halls to reduce water and energy usage.

LANDSCAPING



We use an integrated pest management approach for our campus plant community. We use organic mulch to cover our soil and we compost our landscape waste. We reuse rock and other materials whenever possible.



WATER



Every residence hall and most campus buildings have at least one filling station. The Division of Student Life and Facilities Management are committed to installing filling stations when old water fountains need to be replaced. Since installation, over 250,000 plastic bottles have been saved from these new filling stations!



MATERIALS



Both Facilities Management and Strategic Sourcing repurpose furniture and other items as often as possible to reduce our need to purchase new materials. We have a [single-stream recycling program](#) throughout campus and offer [special recycling programs](#) for items such as electronics, scrap metal and aerosol cans.



UNIVERSITY RESOURCES

OFFICE OF SUSTAINABILITY PROGRAMS

As your hub for collaboration, the office guides the implementation of sustainable practices and programs on campus. Interested in learning more? Please visit our website, email us, give us a call or stop by Creighton Hall 110.

CREIGHTON STUDENTS UNION

The Creighton Students Union is the overarching student government on campus, dedicated to the betterment of all Creighton students. This commitment extends to caring for our shared community and environment, and promoting awareness of our impact on this earth. To learn more, please email csupres@creighton.edu or follow CSU on [Instagram](#) and [Twitter @csu1922](#).



WHAT CAN YOU DO?

Caring for our common home requires great change, large-scale commitments and involvement of all people. You are part of this change and you can start to make a difference with your daily actions. How we live and the choices we make matter. Small changes can add up to big impacts.

What steps are you taking to live more sustainably? Have ideas not shown here? Tell us about it at sustainability@creighton.edu.



FOOD AND DINING

1. Reduce meat consumption and take steps to have a more plant-based diet.
2. Be a localvore! Omaha has a variety of neighborhood and farmers markets during the summer, fall, and spring, plus a special Holiday Market in December.
3. Did you know that 40% of food in the United States is wasted? So, what is Creighton doing about it?
 - Creighton Dining uses LeanPath, a program that enhances meal preparation by reducing pre-consumer waste.
 - Weigh the Waste is a campaign that weighs and records the post-consumer food waste from Creighton's dining halls.
 - Brandeis Dining Hall's leftover food on Saturdays and Sundays is donated to Siena Francis House and other organizations in the Omaha communities to feed those in need.



Omaha Farmers Markets

- Old Market: Saturdays in May through October
- Turner Park Night Markets: Last Friday of the month in May through September
- Gifford Park: Fridays in June through September
- Aksarben Village: Sundays in May through October
- Village Pointe: Saturdays in May through October
- Wenninghoff Farm's Community Supported Agriculture: Weekends in April through October
- Holiday Market in Aksarben Village: December

It takes 2,000 gallons of water to produce one pound of meat! This means that 80 hamburgers requires as much water as 10 years worth of showers.

Approximately one-third of food produced for human consumption is lost or wasted globally, which amounts to about 1.3 billion tons per year.

WASTE

REDUCE

Remember that the first step in reducing waste is first reducing consumption! Think before you buy. Ask yourself, “Do I need this?” “Do I already have something like this?” “What is this made of?” “Is this recyclable?”

REUSE

Think creatively! Have a clothes swap with your friends, buy from thrift stores and donate clothes and household items. Bring your own reusable bags, containers, mugs and water bottles with you instead of disposing of single use plastics!

RECYCLE

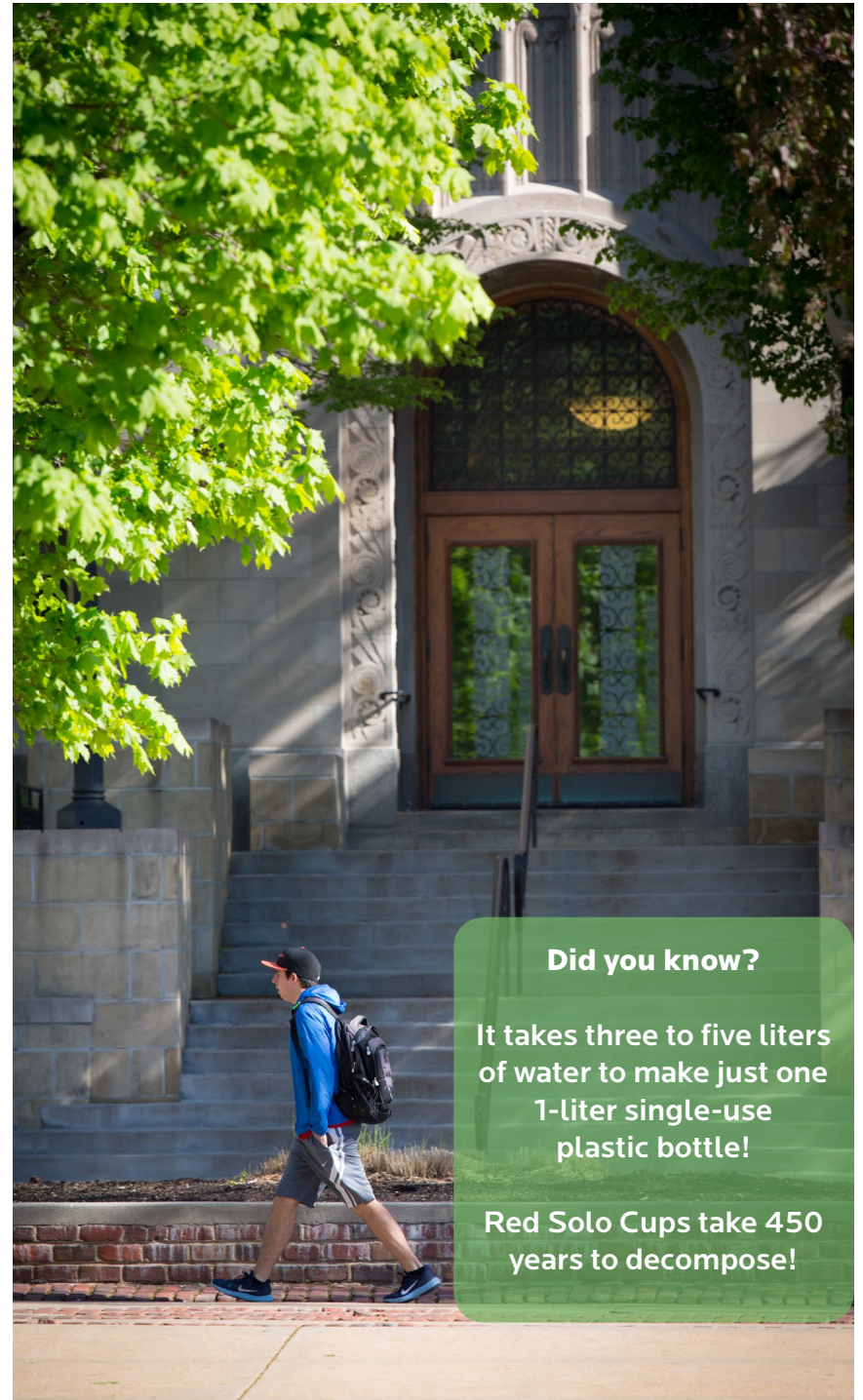
When recycling, please keep the “YES” items in and the “NO” items out. Questions about recycling on campus? Check out our [Recycling Guide!](#)

YES (RECYCLE THIS)

- Cardboard (but break it down first!)
- Paper, including office paper and newspapers
- Hard plastics such as numbers 1, 2, 3 and 5. Soda and sports drink bottles can be recycled, but make sure all the liquid is out!
- Empty pizza, shoe, cereal and soda boxes
- Books (if it’s hardbound, remove the covers)

NO (DON’T RECYCLE THIS)

- Glass
- Food and liquids
- Styrofoam
- Plastic shopping bags
- Trash bags full of recyclable materials—put items directly in bins, NOT in bags
- Film and other soft plastics, such as bread bags or microwave dinner covers
- Tissue, paper towels, napkins
- DVDs or CDs
- Rubber bands



Did you know?

It takes three to five liters of water to make just one 1-liter single-use plastic bottle!

Red Solo Cups take 450 years to decompose!

WATER

- Challenge yourself to take shorter showers! Set a goal, such as 5 minutes or less and see how you do.
- Turn off water when brushing your teeth, washing your face, and shaving.
- Did you know the average person living in the U.S. uses around 100 gallons of water every day? United States Geological Survey (USGS) has [data and tips](#) for reducing water consumption.
- Did you know Cape Town, South Africa is facing a water crisis? Check out their [guide](#) to living on 50 liters, or about 13 gallons, per day.
- Global Citizen is a community of engaged citizens striving to achieve United Nations Sustainable Developments Goals. Try some of their [unique and creative ways](#) to save water.



During the Fall 2018 semester, nearly **60,000** plastic water bottles were avoided by people using the water bottle refill stations in Student Life spaces!

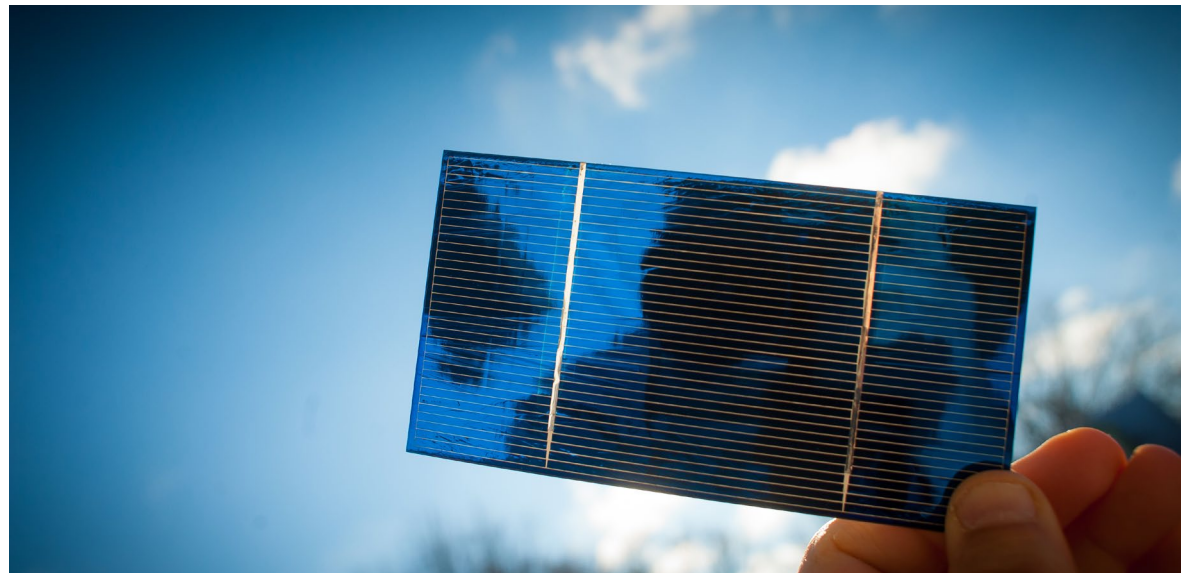
Did you know that on average, people in the U.S. take 8 minutes showers? The EPA estimates that most showers use 2.5 gallons of water per minute. This means the average shower uses 20 gallons of water! Letting your faucet or shower run for hot water requires about as much energy as turning on a 60-watt lightbulb for 22 hours!

ENERGY

- Turn off lights when you leave a room or when there is enough natural light!
- Smart thermostatting!
 - Set thermostat (lower) at 68°F during the winter and (higher) 76°F during the spring/summer.
- Smart laundry!
 - Wash clothes with cold water and use a drying rack instead of the dryer
- Avoid the phantom load!
 - Unplug appliances and devices when you're not using them, even if they're turned off.

END OF SEMESTER CLEAN-OUT

- On-campus donation bins are provided during move-out. Donate your gently used clothes and items you aren't using anymore.
- Recycle old papers and other used materials in recycling bins on campus.



TRANSPORTATION

Active commuting leads to healthier people and a healthier planet. Check out our [Active Commuting Guide](#) and the tips below.

- Bike or Walk!
 - Park your bike on campus at a variety of locations.
 - Explore Omaha on your bike!
 - Make walking your mode for commuting and enjoy the benefits.
- Carpool! Spend time with friends, share the cost of gas, and help prevent excess cars on campus.
- Use the Creighton Shuttle!
 - For late night needs, call Jayride at 402.548.9294
- If you need a car, use Creighton's [ZipCar program](#).
- Have an electric car? Use the 2 EV charging stations on campus!

PRINTING

Printing is a leading cause of deforestation. By printing smarter, we can help save paper, leading to bigger and better forests. Here's some tips on how to print smarter:

- Go digital whenever you can!
- Pause before your print! Can you share or store something electronically instead of printing?
- If you do print, use double-sided and black and white options. Our default options on campus are duplex and black and white. This helps us manage resources and saves you money!



From July 1, 2017–September 30, 2018, Creighton saved 935 trees!



GET INVOLVED ON CAMPUS

Find student organizations and campus events with [CUInvolved!](#)

OFFICE OF SUSTAINABILITY PROGRAMS

Ongoing and annual events are offered for the campus community to connect over topics related to sustainability .

- Monthly Sustainability Forums
- Feast of St. Francis celebrations on October 4th
- Campus Sustainability Month in October
- Earth Month in April

CREIGHTON STUDENTS UNION

Want to see change on campus? Know who your student government leaders are and what they're working on! CSU represents and offers programs for all Creighton students.

SCHLEGEL CENTER FOR SERVICE AND JUSTICE

Interested in service?

Go on Service & Justice Trips that focus on sustainability and the environment, such as Wheeling, West Virginia and St. Mary of the Woods in Indiana. Also, attend an Environmental Justice Community Orientation about climate change!

INTER RESIDENCE HALL GOVERNMENT

Did you know IRHG has been advancing sustainability on campus for over 10 years? IRHG exists to give voice to student residents, sponsor activities, foster diversity, and empower leaders.

EMPLOYMENT

Visit Handshake to search for jobs involving or related to sustainability.

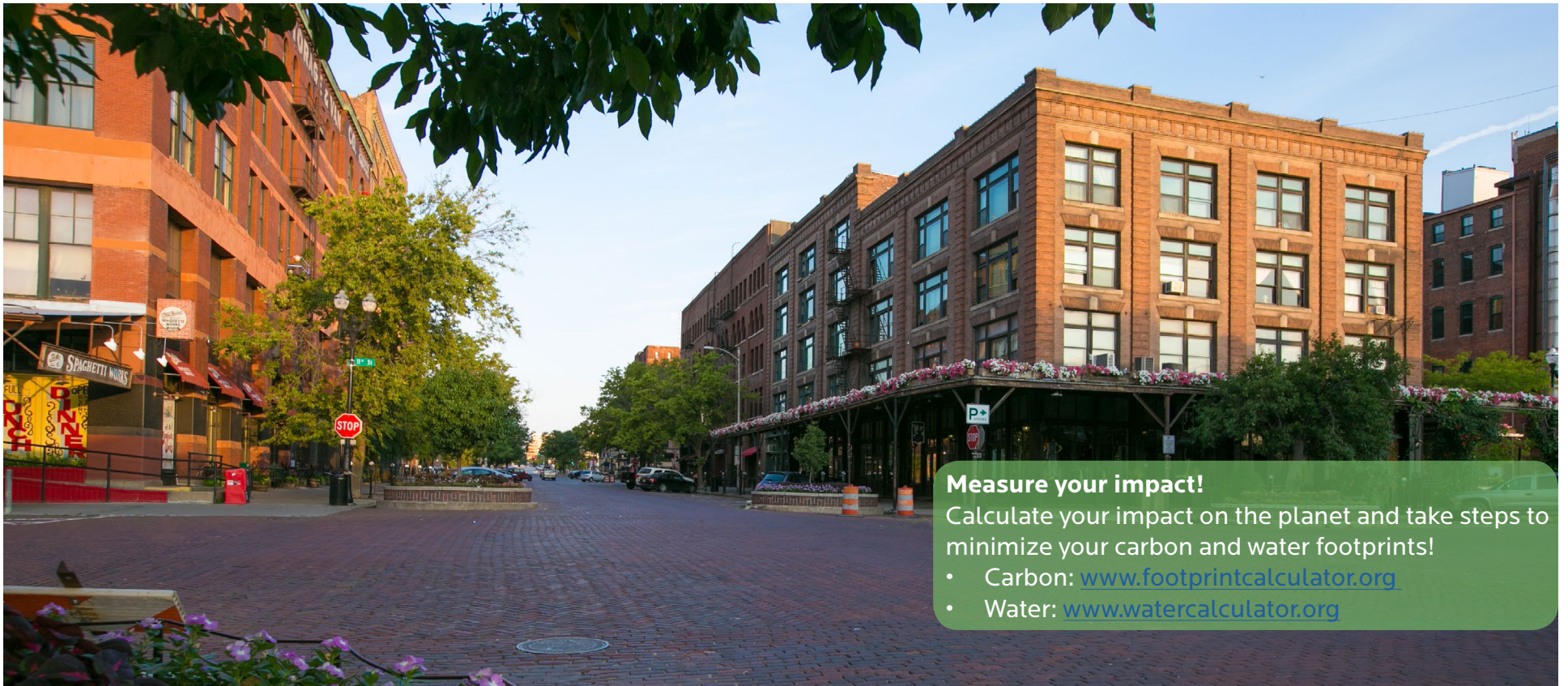
ST. JOHN'S CREATION CARE TEAM

Contact Mary Ruth Stegman at maryruth@cox.net if you are interested in joining!



GET INVOLVED IN OMAHA

1. Visit Exist Green's Sustainable City Guide for sustainable shopping, dining, learning, repairing, waste management and more!
2. Attend events hosted or promoted by: Green Omaha Coalition, Sierra Club, Omaha Together One Community (OTOC).
3. Volunteer at local gardens: City Sprouts, Big Muddy Urban Farm and The Big Garden.
4. Volunteer with Keep Omaha Beautiful.



Measure your impact!

Calculate your impact on the planet and take steps to minimize your carbon and water footprints!

- Carbon: www.footprintcalculator.org
- Water: www.watercalculator.org

**Have an idea?
Have questions about an event?**

Email sustainability@creighton.edu