

A Guide to  
Sustainable Living  
at Pomona College

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The Little Green Book:  
A Guide to Sustainable Living at Pomona College  
FIFTH EDITION  
Sustainability Integration Office  
July 2014



Interior Paper: Made from 30% recycled fiber.  
Cover paper: Made with 30% post-consumer waste. Made carbon neutral. Green Seal Certified.

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# Reduce Reuse Recycle



## Recycling

The City of Claremont has co-mingled, single-stream recycling. This means everything goes into the same bin. It just needs to be **CLEAN**:

- **All Plastics #1-7** including cups and film, plastic packaging, lids, and six-pack rings - almost all plastic items! **NO BAGS, PLEASE.**
- **Aluminum, steel, and tin** cans, foil (clean!)
- **Glass** (all colors)
- **Paper and cardboard** including newspaper, magazines, envelopes with plastic windows or bubble lining, egg cartons, and paper bags.
- **NO WAXY BEVERAGE CARTONS!**

Did You Know?

## Trash Audit

In the spring of 2014, a group of students assisted the SIO with a waste audit, sorting through over 900 pounds of campus trash to find out what was in it.

By weight, **39% was compostable!** 25% of the items in the trash were recyclable, and only 28% should have actually gone to the landfill.

## Smith Campus Center Recycling Center

The Smith Campus Center Recycling Center is located next to the Mail Room and recycles:

- **Batteries**
- **Small electronics** (anything with a cord or batteries), CFLs, and other fluorescent bulbs
- **CDs and DVDs**
- **Brita filters**
- **Cardboard boxes**
- **Printer ink cartridges**
- **Packing Peanuts**



Did You Know?

## Tons of Trash

In 2013-14, Pomona sent around **502 tons** of trash to the landfill, which cost over **\$40,000.**

## Compost

Compostable items can be disposed of in the large brown compost bins around campus or at the Farm.

### DO 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** (Challah for Hunger plastic bags, coffee grounds, tea bags)

### DO NOT COMPOST:

- **Non-vegan food scraps** (meat, cheese, etc.)
- **Biodegradable/compostable plastic items** (e.g. spudware) - They require preprocessing that the Farm's system does not currently enable.

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## Compost Bucket Checkout Program

The SIO checks out small compost buckets for collecting waste and bringing it to compost locations. These buckets have a charcoal



filter in the lid to reduce odor and keep out pests. See [www.pomona.edu/sustainability](http://www.pomona.edu/sustainability) or email [sustainability@pomona.edu](mailto:sustainability@pomona.edu) for more information.

## Campus Compost Locations



## Hazardous & Electronic Wastes

Hazardous and electronic wastes should be disposed of at the SCC (near Mail Room), SIO, or in the white dumpsters at the Grounds Facility across 1st St. at Amherst. This includes:

- **Paint and motor oil**
- **Electronics** (anything with batteries or a cord)
- **Computer equipment**
- **Medication** (Rx and over the counter)
- **Fluorescent bulbs**



## Clean/ ReCoop Sweep Donations

Have something to donate outside of normal Clean Sweep collection at the end of the year? We love you! And your stuff! You can donate your items by:

- Dropping them off at the Sustainability Integration Office during office hours (see [www.pomona.edu/administration/sustainability](http://www.pomona.edu/administration/sustainability)).
- Take them to EcoDesk in Walker Lounge Sunday to Wednesday, 8-10 p.m. Clothing donations are welcome here year round for FreeCoop.
- If you have larger items, like furniture or large electronics, please contact [sustainability@pomona.edu](mailto:sustainability@pomona.edu) to coordinate.

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## Clean Sweep & ReCoop

Clean Sweep/ReCoop's mission is to encourage a culture of reuse and sustainability on campus. ReCoop accepts donations of reusable items and sells them to other students at a nominal cost.

During the weeks before and after the end of the year, the Clean Sweep crew collects and sorts items left behind on campus. This inventory is donated to local community organizations and sold back to students, staff, and faculty throughout the year - most notably on the day incoming students arrive on campus.



Clean Sweep accepts:

- **Furniture** (tables, chairs, sofas)
- **Microwaves and fridges**
- **Whiteboards and bulletin boards**
- **School/office supplies**
- **Working electronics:** lights, fans, cell phone chargers, extension cords, power strips, electric kettles
- **Clothing, bed linens, towels, costumes**
- **Storage bins and Brita pitchers**
- **Laundry and cleaning products**
- **Toiletries**
- **Hangers**

## Bikes

**Donate your bike to Green Bikes!** They'll spiff it up and loan it out to Pomona students in the future. Bring your unwanted bike to the Green Bikes Shop, located down a ramp on Sixth St. by the steps to Frary, during business hours. See [www.pomona.edu/administration/sustainability/](http://www.pomona.edu/administration/sustainability/) for current hours.



## In Your Room

### Lighting

- **Turn off the lights!** Easy to do, and to forget.
- **Use daylight whenever possible.** No need for lights during the daytime if there's a window nearby!
- **Use more efficient light bulbs.** Fluorescent, compact fluorescent (CFL), LED, and other efficient bulbs use much less energy than traditional incandescents. CFLs are the best choice in most instances, and are available for free from the SIO!



Did You Know?

## CFLs and Mercury

CFL bulbs contain mercury. An estimated 11% of the mercury content remains when the bulb burns out. But power plants are the largest source of mercury emissions, so you actually contribute less mercury with a CFL because of reduced need for mercury-heavy power generation!

### Free CFL Program

**Where Do I Start?** The SIO distributes bulbs at various events but they're always available at the Sustainability Office. Stop by during office hours to pick some up.

**Types:** 15- and 23-watt bulbs:

- 15-watt (equivalent to 60-watt incandescent) Desk lamp or ambient lighting
- 23-watt (equivalent to 100-watt incandescent) Floor or ceiling lamp; total room illumination

**Is There a Limit?** No! As many as you need!  
**It's broken/burned out...** CFLs must be disposed of as hazardous waste because of mercury content. Carefully sweep any broken pieces in a sealed bag, and take it to the hazardous waste dumpster at the Grounds facility on South Campus.

**Why?** CFLs use 75% less energy and last about 10 times longer than incandescent bulbs. While incandescent bulbs only convert 10-15% of the energy they use into light (the rest is released as heat), CFLs convert about 85% into light. That's why a 23-watt CFL is as bright as a 100-watt incandescent bulb.



Electronics

- **Eliminate phantom loads.** Almost everything electronic, especially chargers, uses “standby” power as long as it’s plugged in, even when turned off! Unplug these items when not in use, or plug them into a power strip and turn the strip off. If you live in Sontag or Pomona Hall, there is a convenient switch in each room that turns off the outlets when you leave!
- **Use rechargeable batteries.** Save money and reduce resource consumption and hazardous waste. FMI: [www.stopwaste.org/docs/rechargeable\\_batteries.pdf](http://www.stopwaste.org/docs/rechargeable_batteries.pdf)
- **Purchase Energy Star appliances.** When shopping, look for appliances that bear the Energy Star label. You can view a list of Energy Star certified products on the EPA website: <http://www.energystar.gov/productfinder/>

Cleaning

- **Go chemical-free.** RA desks provide Activeion cleaning units for student checkout. These units turn tap water into sanitizing general-purpose cleaner!
- **Reduce toxins.** Check out the array of green cleaners at Ecoterra, Trader Joe’s, Sprouts.
- **Reduce waste.** Use cloths and rags instead of paper towels. Compost any paper towels you may use.



Did You Know?

Phantom Loads

It is estimated that standby power – “phantom load” – is responsible for 5-10% of US residential energy use.<sup>1</sup> Eliminating “phantom load” would be the equivalent of shutting down 17 coal-fired power plants!<sup>2</sup>

<sup>1</sup> Lawrence Berkeley National Laboratory. (2009).  
<sup>2</sup> Scheyder, Ernest. (April 10, 2009). “Phantom Load: Save Some Cash, Get Unplugged.”

Using your Fridge

- Have a fridge on campus?** Fridges are a HUGE energy consumer, including mini-fridges, so please use them wisely!
- Sharing is caring! Share fridges with friends to reduce energy use.
  - Is your fridge empty? Turn OFF and UNPLUG.
  - Leaving for breaks? Turn OFF and UNPLUG.
  - Don’t put your fridge against the wall - leave the coils in the back open to the air.
  - Clean the coils on the back of the fridge if they look dusty or dirty.
  - **The #1 variable in fridge energy use is how much you open the door. Open your fridge as little as possible!**

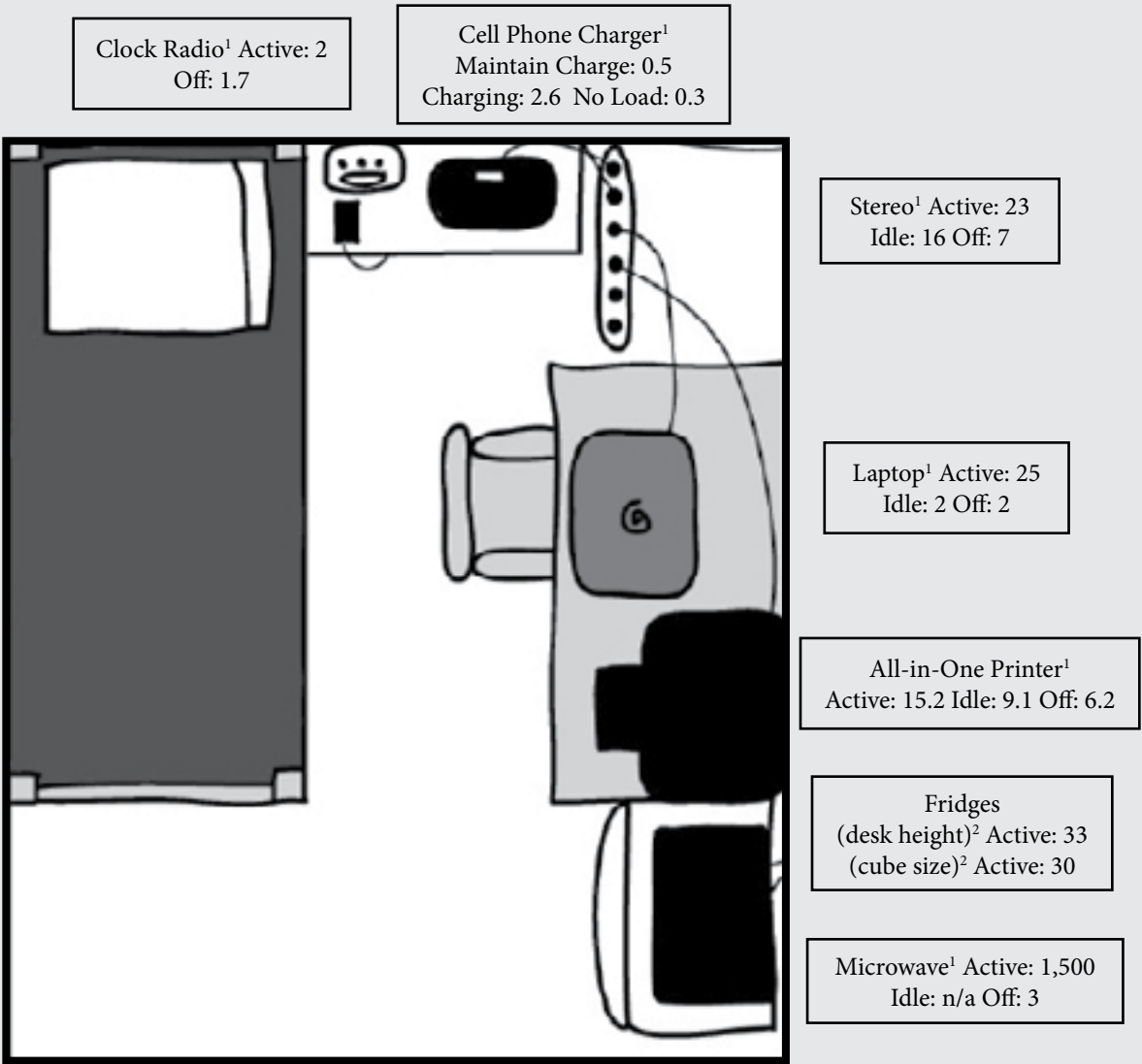
Did You Know?

GHG Emissions

In 12-13, Pomona’s energy use generated over 19,918 mTCo<sub>2</sub>e (metric tons of carbon dioxide equivalent).

Energy Use of Common Dorm Room Appliances

This diagram shows the energy use (in watts) of appliances commonly found in dorm rooms. As you can see, the energy use of most appliances is significant, even when the device is not actively being used or is in standby-by. Even when the device is completely turned off, there is still some power being drawn if the device is plugged into an active outlet.



Sources

<sup>1</sup> DOE. (2007). “Residential Miscellaneous Electric Loads: Energy Consumption Characterization and Savings Potential Potential.”  
<sup>2</sup> DOE Energy Star Criteria. [www.energystar.gov/ia/products/appliances/refrig/NAECA\\_calculation.xls](http://www.energystar.gov/ia/products/appliances/refrig/NAECA_calculation.xls). Note that “standard” values are the maximum allowed by National Appliance Energy Conservation Act.

## Climate Control

- **Understand the heating or heating/AC unit in your room.** See the box to the right.
- **Adjust your clothes, not the thermostat.** If you're cold, try putting on a sweater or hat before turning up the heat. If you're warm, shed some layers before using the AC.
- **Use natural airflow to control climate.** Use a fan instead of the AC when you can. Close your windows when it's hot outside. Don't leave the window open when the heat or AC is on. Turn off the AC when you leave the room.
- **Use curtains to help block out light and heat.**
- **Call Maintenance if the heat or AC in an academic building is too high or too low.** (909) 607-2236 (x72236)

## Stuff

- **Conserve trash bags.** Dump out the trash, reuse the bag.
- **Fix it instead of buying a new one.**
- **Buy used.** Before buying something new, post an ad on **Chirps**, check out the **ReCoop** (see page 4), visit a local **thrift store** (see page 23), or browse **Craig's List** to see if you can get a used item instead.
- **Donate used goods to ReCoop instead of throwing them out.** See page 6 of this book for a list of items accepted by the ReCoop. Alternatively, place items outside your room with a "FREE" sign, just make sure everything gets taken!
- Get some **free recycled notepads** from Duplicating Services (across College Ave from Seaver North).

## Controlling the Heat and AC

- **Mudd-Blaisdell, Gibson, and Oldenborg:** Student rooms are individually controlled, so you can adjust the temperature in your room by changing the settings on your controls. AC is enabled when the outside air temperature exceeds 70°F. Hallways and common areas are ventilated with warm or cool fresh air, and have a setpoint of 76°F.
- **Harwood, Wig, Lyon, and North Campus Heating:** The heating in these dorms is only turned on when it is cool outside. When the heat is on in these buildings, residents can turn the knob on the side or front of their heating unit to open or close the airflow flap. As long as the building heating is on, room heating units will be warm (and some air will come out) even if the flap is closed. Hallways and common areas in these dorms (except the short hallways in Clark III & V) are ventilated with warm or cool fresh air.
- **Sontag and Pomona Hall:** The heating/cooling only works in these dorms when the windows in the room are shut. Each room has an individual thermostat that can be adjusted. The screen normally displays the actual temperature. In heating mode (when room temp is <70°F), the setpoint is adjustable between 60°F and 68°F. When not in the heating mode, the setpoint is adjustable between 76°F and 85°F. Adjust the setpoint by pressing "Select," then the up/down arrows. Pressing "Override" switches the system on and off.



## Power Management

- **Make sure you're on energy-saving settings.** Set your screen to go into sleep mode after five minutes of inactivity and your computer to go to sleep after 15 minutes of inactivity. Check out [www.energystar.gov](http://www.energystar.gov) for instructions on how to enact these settings for various operating systems.
- **Reduce the brightness setting on your screen.** The brightest setting on a monitor uses twice as much power as the dimmest setting. You'll also be able to go longer between charges if you use a dimmer setting.
- **Unplug peripheral devices such as printers, chargers, and speakers when not in use.** Ensure that these potential energy thieves don't draw phantom loads while not in use! Another option is to plug them into a power strip that you can switch off when not in use. "Smart" power strips detect when devices are off and shut off power to those outlets.
- **Only turn on your computer when you are actually using it.** Kick the habit of turning on your computer when you're in your room, whether or not you're actually using it.

# Computing and Printing

- **Shut down, don't go to sleep.** Although sleep settings reduce power use, when you won't be using your computer for an hour, it is best to completely shut down.
- **Don't use screen savers.** Screen savers were originally used to prevent monitor-damaging phosphor burn. However, today's monitors are not susceptible to such damage. Screen savers don't save energy and can actually use up to twice as much energy as a computer in use.





## Laptop Batteries

- **Keep it cool.** One of the best ways you can extend your battery's life is to keep it from overheating:
  - > **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.
  - > **Avoid putting your laptop on a soft surface.** Your computer's fan cannot function properly when it is on a soft surface, such as a pillow or blanket.
  - > **Keep your desk clean.** A messy desk can lead to dust in your computer's vents, which clogs the cooling fan.
  - > **Don't store your laptop above 80° F.**
- **Do not fully discharge your battery every time.** Unlike nickel-metal hydride batteries, lithium ion batteries (the kind used in most laptops today) perform better when they are not fully discharged each cycle. Instead, it is better to discharge only partially before recharging. A full discharge is needed about every 30 charges.

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## Electronic Waste

Small e-waste (cords, hard disks, chargers, etc.) can be recycled at the Smith Campus Center Recycling Center. Large e-waste (monitors, TVs, etc.) can be disposed of properly by bringing it to the SIO or contacting Facilities and Campus Services (x73304) to remove large items to eWaste.

## Printing

- **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 Professional (installed on all lab and college-owned computers). Acrobat Pro is a more complete version of the free Adobe Acrobat Reader program. 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 and save your print quota.
  - > **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 spaced instead of double spaced.
  - > **Reducing document margins.** Reducing margins increases the amount of text that can fit on page and reduces the number of pages needed to print a document. Though different versions of Microsoft Word have different ways of changing margins, the setting is often found under File > Page Setup or under Format > Document.
- **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.** Sharing is caring.
- **Use campus printers instead of buying your own.** Maximizing use of Pomona's printers saves you money, reduces energy costs (fewer printers left on), and reduces packaging, transportation costs, and waste.
- **If you do have your own printer:**
  - > **Opt for greener paper.** See box below.
  - > **Refill your ink cartridge or purchase a remanufactured cartridge.** This reduces greenhouse gas emissions, solid waste, and toxic pollution, and can cost 20-60% less than buying new cartridges.
  - > **Use vegetable-based inks.** Vegetable-based inks substitute vegetable oils for petroleum. This significantly reduces the amount of harmful VOCs (volatile organic compounds) released during printing. See one option at [www.soyprint.net](http://www.soyprint.net).

Did You Know?

## Print for Less

**ITS:** ITS charges per page printed, not per side. Printing double-sided cuts your costs in half!

**Duplicating Services:** Duplicating gives a discount if you use paper with print on one side: 50% off for black-and-white printing and 33% off for color printing. Duplicating takes donations of paper printed on one side and is in good condition (new, no staples or folds) to support this program.

Did You Know?

## Paper Facts

- » 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>2</sup>
- » Cutting US paper use 10% would cut greenhouse gas emissions by 1.6 million tons.<sup>2</sup>

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

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



Did 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—which releases dioxins or other organochlorides into waterways—for bleaching.
- » **Forest Stewardship Council (FSC)** certification verifies that paper is produced in a sustainable manner.

# Dining and Eating



## Reducing Waste

- **Take only what you can eat and be a member of the “clean plate club.”** If you want more, it’s just a short walk back for seconds.
- **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.** Put napkins that you do use in the compost containers in the dining hall.
- **Stock your own reusable diningware.** Get a set of 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.
- **Eat lower on the food chain** -- eat less meat. See page 14 if you need convincing. Frary has Meatless Mondays at lunch time to reduce impact. You can also choose vegetarian or vegan

options from separate stations at both Frank and Frary for every meal.

- **Express your opinions.** Want to see local, organic, fair trade, seasonal foods in the dining halls? Let Dining know through comment cards, emails, and the Food Committee.

Did You Know?

## Food Waste

A waste audit in the dining halls found that diners leave an average of 2.1 ounces of food on their plates at breakfast, 2.4 ounces at lunch, 4.6 ounces at dinner, and 5.6 ounces at brunch. This adds up to 69 tons per year, or around 13% of campus trash!



## Sustainable Food Terms

- **Local food** is produced “locally,” although this can be defined in different ways. Pomona defines local food as grown or produced within 250 miles. Local food means fresher food, supporting farmers, and fewer resources used for transportation.
- **Seasonal food** is food that 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 food that has been produced without the use of synthetic pesticides and chemical fertilizers that are dangerous to the environment, farm workers, and the consumer.<sup>1</sup> Also, since many fertilizers are petroleum-based, organic farming uses about 1/3 less fossil fuel than conventional farming.<sup>2</sup>
- **Humane meat** and **cage-free eggs** come from animals that have ample space, shelter, and the ability to move around freely. The food they consume is healthful, of good quality, and free of antibiotics and hormones.<sup>3</sup> Cage-free eggs come from chickens that are free to roam.
- **Fair trade** items provide a better wage for producers and artisans. Purchasing fair trade supports farms that have fair labor practices. The trade is also as direct as possible, eliminating middlemen who could drive up prices.<sup>4</sup>

<sup>1</sup> <http://www.epa.gov/agriculture/torg.html>

<sup>2</sup> [http://www.ccof.org/pdf/factsheets/2011\\_Top\\_10\\_Reasons.pdf](http://www.ccof.org/pdf/factsheets/2011_Top_10_Reasons.pdf)

<sup>3</sup> <http://www.certifiedhumane.org/index.php?page=overview>

<sup>4</sup> <http://www.grinningplanet.com/2005/01-25/organic-coffee-shade-grown-fair-trade-coffee-article.htm>

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## Food Rescue

Whole trays of left-over cooked food from the dining halls are packaged for donation to local charities through the Food Rescue program. Pomona College students pick up the leftovers and bring them to the nearby Inland Valley Hope Partners, a women and children’s shelter in Pomona. Pomona’s Food Rescue Program saves approximately 400 meals a week. Contact [foodrescuecoordinator@gmail.com](mailto:foodrescuecoordinator@gmail.com) to get involved.

**NEVER take dishes/silverware/cups from the dining hall.** Items are replaced using money that could be better spent on food. Thefts cost Dining over \$4,000 per year.

## Dining Services Sustainable Food Options

Dining Services is always trying to expand sustainable food options - check [www.pomona.edu/dining](http://www.pomona.edu/dining) for updates!

- Almost all **coffee, tea and chai** is **Fair Trade and organic**
- Some **seafood** is Marine Stewardship Council (MSC)-certified
- Some **humane meat** at the grill
- Some **local produce**
- Some **organic yogurt and soy milk**
- Mostly **cage-free eggs**
- Some **organic grains**
- **All milk is rBST free**



# The Environmental Impact of Meat

Growing demand for meat is a driving force behind virtually every major category of environmental damage now threatening the human future. Total meat consumption has increased five-fold in the past 50 years, putting pressure on Earth's limited resources, including water, land, and fuel.

- **Deforestation and Grassland Destruction:** The world's appetite for meat is razing forests at an accelerating rate. In Central America, 40% of rainforests have been cleared or burned down in the last 40 years, mostly for cattle pasture. Natural ecosystems are destroyed and replaced with monoculture grass.
- **Fresh Water:** Water experts calculate that humans are now taking half the available fresh water on the planet, leaving the other half to be divided among a million or more species. Producing 8 ounces of beef (a half-pound burger) requires 25,000 liters of water. Producing one hundred of those burgers requires enough water to fill an Olympic-sized swimming pool (like Haldeman).



1 half-pound burger

With 25,000 liters of water you can produce either...



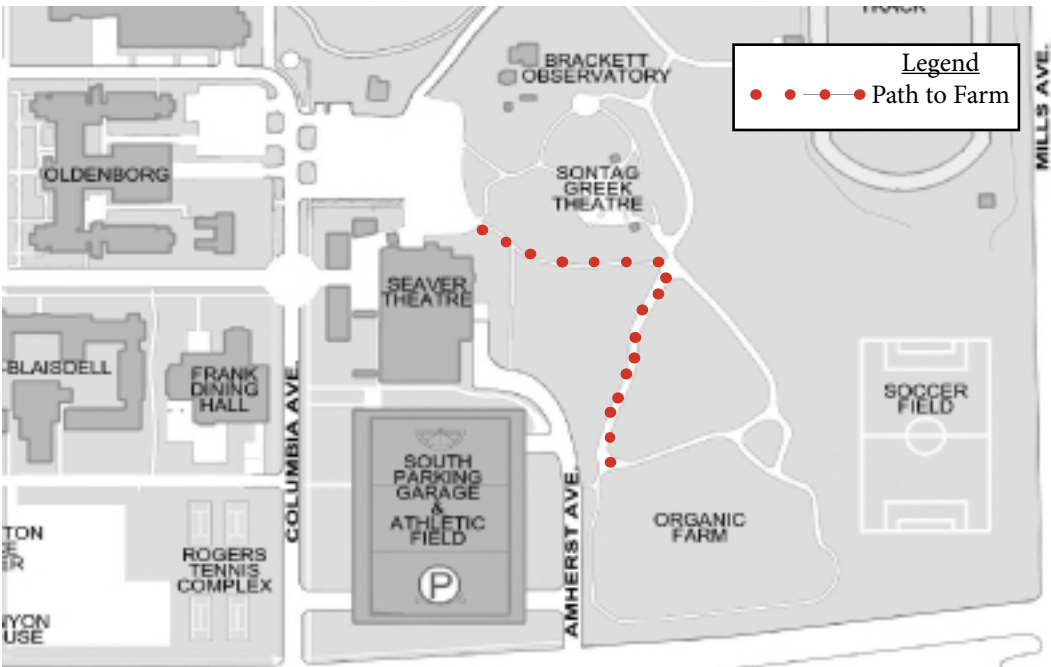
258 pounds of rice

- **Waste Disposal:** Waste from livestock production exceeds the capacity of the planet to absorb it. The US Environmental Protection Agency estimates that livestock waste has polluted more than 27,000 miles of rivers.
- **Energy Consumption & Climate Change:** It takes far more energy – usually provided by fossil fuels – to produce and transport meat than to produce and deliver equivalent amounts of protein from plant sources. This heavy use of carbon-rich fuels contributes significantly to greenhouse gas emissions
- **Food Productivity of Farmland:** In the US, 56 million acres of land produce hay for livestock, while only 4 million acres produce vegetables for human consumption. Such inefficient land use poses a serious threat to food security in the future.
- **Diseases:** Mass production of livestock has generated large-scale increases in both infectious diseases and degenerative or “lifestyle” diseases.

Adapted from “Now, It’s Not Personal!” Aug/Sept 2004. WorldWatch Magazine.

# The Pomona College Organic Farm

- Pomona’s farm was started by students in 1999.
- The farm is divided into two sections: the West Farm, a community farming area, and the East Farm, also known as the academic farm. The West Farm includes plots that Pomona students, staff, and faculty can reserve to grow their own crops, an outdoor classroom, a chicken coop, a number of gathering spots, and an Earth Dome constructed with alternative, sustainable construction techniques. The East Farm includes an orchard, growing fields, and a greenhouse. This side of the Farm is mostly used as the lab area for the Food, Land and the Environment class.
- All parts of the Farm practice 100% organic methods.
- There are about 150 fruit trees at the Farm, including peaches, nectarines, figs, apples, zapotes, mulberries, chestnuts, apricots, plums, avocados, oranges, lemons, and bananas.
- Individuals interested in getting involved at the Farm can contact Farm Manager Nai De Gracia at [farmmanager@pomona.edu](mailto:farmmanager@pomona.edu)
- Check out Farm Stand every other week at the SCC for Farm produce, herbs, t-shirts, and bags!



# In the Bathroom



## *Saving Water*

- **Turn off the faucet whenever you can.** You don't need water running while brushing your teeth, soaping up your hands, or scrubbing dishes.
- **Use the dual flush.** If the toilet is dual flush, use it appropriately! Pull the lever up for liquid wastes and push down for solid wastes.
- **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 a year.
- **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.**

Did You Know?

## *Shower Energy*

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.

## *Saving Energy*

- **Take shorter/fewer/cooler showers.** Less hot water = less energy use.
- **Turn off the lights when you leave!** Many forget this in campus bathrooms.

## *Reducing Waste*

- **Place a hand towel in your residence hall bathroom.** Feels softer, uses fewer resources and produces less waste than paper towels! Note that you may have to put up your own (removable) hook for your towel.
- **Remember to recycle!** Toilet paper cores, paper towels, and empty plastic bottles from shampoo and other bathroom products should be recycled.

## *Personal Care and Cosmetics*

- **Avoid microbeads.** Found in many exfoliating products, these aren't removed by sewage treatment and harm aquatic animals.
- **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 information: <http://www.ewg.org/skindeep/>.

Did You Know?

## *Eco-Periods*

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

# In the Laundry Room



## *In General*

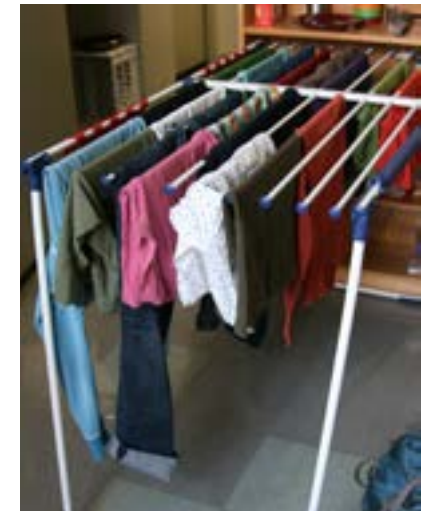
- **Only do laundry when you have full loads.** Machines use the same amount of energy no matter how many clothes you put in. Pair up with a friend if necessary.
- **Do laundry less often.**
- **Purchase environmentally friendly laundry products.** Look for products that are 2x or 3x concentrated and have natural ingredients. Explore [www.betterworldshopper.com](http://www.betterworldshopper.com) for good brands.
- **Donate leftover laundry products to Clean Sweep: just bring them to a donation point.**

## *Washing*

- **Wash using cold water.** About 90% of the energy used by the machine goes to heating water, and advances in detergent mean that hot water is no longer necessary.
- **Use ½ the recommended amount of detergent.** Since Pomona has efficient front-loading washing machines, half or less of the recommended amount of detergent will still get your clothes clean.

## *Drying*

- **Air dry your clothes.** Many laundry rooms have installed drying racks, and you can also check out a foldable drying rack from the SIO for personal use. Air drying reduces energy use and lengthens the life of your clothes!
- **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 mean a healthier you and a healthier environment.





# Planning Events



## Refreshments

- **Use Greenware.** If your event includes food, check out a Greenware Kit! Kits are custom-sized with reusable plates, cups, bowls, and silverware, 100% recycled napkins, a compost bucket, and helpful signage. See [www.pomona.edu/sustainability/programs/checkout.aspx](http://www.pomona.edu/sustainability/programs/checkout.aspx) or contact [sustainability@pomona.edu](mailto:sustainability@pomona.edu) for more details.



- **Host a BYO event.** Suggest or require that attendees bring their own diningware.
- **If using disposable, use plant-based/compostable.** Spudware, BioWare, and other brands are available from many vendors.
- **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 cost, too)!

## Packouts/Catering

- **Request no individually-packaged items.**
- Ask for **no bottled water** or other beverages.
- Request **no disposable utensils.**
- For events on campus, request **reusable dishes** from Catering or Greenware from the SIO.
- Check out a **compost bucket** from the SIO for your event.

## Waste

- **Recycle.** For large events, request recycling cans from Housekeeping. Post signs on your recycling and landfill cans explaining what should go in them (laminated signs available from the SIO). Remember that plastic wrap, tin foil, and many other items are recyclable.
- **Compost.** Take compostable scraps to campus composting locations – see page 3. Email [sustainability@pomona.edu](mailto:sustainability@pomona.edu) if you'd like to borrow a compost bucket.

## Advertising

- **Use less paper.** Print double-sided or print on one-sided (used) paper at Duplicating. Better yet - advertise only electronically!
- **Conduct electronic outreach.** Use email, Facebook, SCC screens and other methods instead of flyers and table tents.



- **Report inefficient use of resources!** See leaky faucets, hyperactive heaters, broken sprinklers? Please call Maintenance at (909) 607-2236 (x72236).
- **Use a reusable water bottle.** High quality reusable bottles are available at the Coop Store and outdoor supply stores. Refill it at the new chilled, filtered refill station outside the Coop Fountain! If you don't like the taste of Claremont water, consider purchasing a Brita or Pur purification pitcher.
- **BYO cup to the Sagehen Café and Coop Fountain.** The Fountain provides refills on coffee and fountain drinks for \$0.50 if you bring your reusable cup from the dining hall checkout program!
- **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.



# Around Campus

Did You Know?

## Bottled Water

It takes about 1.5 million barrels of oil to make the water bottles Americans use each year. That could fuel 100,000 cars each year instead. Only about 23% of used bottles are recycled.

- **FreeCoop:** Tired of your wardrobe? Before you buy new clothes, check out FreeCoop in Walker Lounge! You can also bring your old clothes here to donate.
- **The EcoDesk:** Check out a drying rack or compost bucket, browse sustainability-related films, and get other resources from your North Campus EcoReps at the EcoDesk in Walker Lounge! Open Sun-Wed, 8-10 pm.
- **ReCoop Book Room:** Over 2,000 used books for sale! Check here before buying new textbooks.

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## Green Grounds

While you might see some inefficient irrigation around campus, the Pomona Grounds Department has been working very hard to change out landscaping to native, drought-resistant plants and to install advanced drip irrigation systems. We've actually reduced our total water use by almost 35% since 2000!



# Getting Around



## Bike

- The **Green Bikes** program provides ~160 bikes for students. Email [pomonagreenbikeshop@gmail.com](mailto:pomonagreenbikeshop@gmail.com).
- The College's six **folding bikes** are available for FREE daily checkout through OTL or the Coop Store. These bikes can fit on Metrolink and other transit at all times.
- Go to [TrailLink.com](http://TrailLink.com) to find nearby bike trails!

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## Green Bikes Shop

Along with providing free bike checkout each semester, the Green Bikes student-run shop services bicycles with free labor and discounted parts for your repair. You can also volunteer there or work on your own bike, and the staff can teach you how to make repairs yourself.

The shop is located on the lower level of Norton-Clark III (entrance on 6th St opposite the football field). See [www.pomona.edu/sustainability](http://www.pomona.edu/sustainability) for up-to-date information and hours.



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## Bikeable Locations

**Trader Joe's Claremont** (1.2 mi, 7 mins)  
475 W Foothill Blvd.

**Sprouts** (1.6 mi, 9 mins)  
835 West Foothill Boulevard

**Montclair Plaza** (1.8 mi, 9 mins)  
Monte Vista Ave. and Arrow Hwy.

**Target Montclair** (1.9 mi, 10 mins)  
9052 Central Ave.

**Vons** (1.9 mi, 15 mins)  
550 East Baseline Road

**Staples** (2.0 mi, 10 mins)  
675 E Foothill Blvd. (2.0 mi)

**CVS Pharmacy** (2.0 mi, 10 mins)  
775 Foothill Blvd.

**Stater Bros Markets** (2.1 mi, 11 mins)  
1055 W Foothill Blvd.

**Albertson's Pomona** (2.6 mi, 12 mins)  
3180 North Garey Ave.

**Albertson's Upland** (2.8 mi, 18 mins)  
1028 North Mountain Ave.

## Take Public Transit

### Metrolink

Seven rail lines converge at Union Station in Los Angeles, the central hub for bus, Amtrak, and subway lines. The Claremont Metrolink station is part of the San Bernardino Line, stopping at cities between San Bernardino and LA Union Station.

To get to Union Station (where you can then take the Metro Rail to other parts of LA) the cost for students is:

- Round Trip Ticket: \$19.00

Remember that the trains don't run 24 hours, so be sure to check the last train time before you go.

For more info and rates:

<http://www.metrolinktrains.com/>

### Metro Rail

Metro light-rail lines stretch from Pasadena to Long Beach, including:

- Red Line: From Union Station west through Hollywood.
- Gold Line: From Union Station east into Pasadena.
- Purple Line: From Union Station through Downtown LA.
- Blue Line: From the 7th Street/Metro Center of the Red or Purple Lines downtown to Long Beach.
- Green Line: From Norwalk to Redondo Beach, reachable from the Blue Line. Free shuttle to LAX.

Cost: \$1.50 one way/\$6 day long pass, unlimited trips  
<http://www.metro.net/index.asp/>

### Foothill Transit

Local bus lines run throughout the Inland Valley.

Cost: \$1.25 one way

<http://www.foothilltransit.org/>

### Silver Streak

This bus is a cheaper alternative to the Metrolink if you need to get to LA. It is accessible from the Montclair and Pomona transit stations and runs through East LA, Union Station, and downtown.

Cost: \$2.75 one way

<http://www.foothilltransit.org>

Did You Know?

## Transit's Impacts

In 2012-2013, transportation was responsible for 37% of CO2 emissions in the US and was the second largest source of greenhouse gases.<sup>1</sup> Public transit helps save approximately 4.2 billion gallons of gasoline and 37 million tons of carbon dioxide annually.<sup>2</sup>

1 <http://epa.gov/climatechange/emissions/downloads11/US-GHG-Inventory-2011-Executive-Summary.pdf>

2 [http://www.apta.com/resources/reportsandpublications/Documents/greenhouse\\_brochure.pdf](http://www.apta.com/resources/reportsandpublications/Documents/greenhouse_brochure.pdf)

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## Transit Ideas

### Pasadena

By rail: Metrolink to Gold Line

By bus: 187 bus (to Gold Line Sierra Madre or all the way)

### Victoria Gardens

By rail: Metrolink (Fontana) to 66 bus (Foothill/Day Creek)

By bus: 66 bus (Foothill/Day Creek)

### LACMA

By rail: Metrolink to Purple Line (Wilshire/Western) to 20 bus (Wilshire/Spaulding)

### ONT Airport

By rail: Metrolink (Montclair) to 80 bus (Vineyard and Holt) (requires some walking)

### LAX

By rail: Metrolink (Union Station) to FlyAway airport shuttle

By rail: Metrolink (Union Station) to Metro Express Bus 445 (110 Fwy/Harbor) to Green Line (Aviation) to free LAX shuttle

## Reduce Driving Impacts

- **Leave your car at home and use Zipcar instead.** Yearly registration for Pomona students, staff, and faculty is discounted and costs \$35 per year. Hourly rates are \$8 in most cases, and include gas, insurance, and 180 miles. You can also rent a car for a full day for only \$60. Zipcars live in the parking lots next to Lincoln-Edmunds, between Carnegie and Pearsons, and in front of Sumner Hall. Before registering online, pick up a Zipcar card at the ASPC Office so you don't have to wait for one to be mailed to you.
- **Save gas by driving smartly and maintaining your car.** See the box to the right for tips.
- If you have a plug-in **hybrid or electric car**, twelve parking spots equipped with charging stations are available in the new parking structure on South Campus.



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## Green Zipcars

Pomona's Zipcar fleet includes hybrids and efficient (>30 mpg) vehicles. Use the tips in the box to the right to keep your mpg even higher. Make sure to report any strange vehicle behavior – a properly-functioning car is a greener car!

Did You Know?

## Up Your MPG

- **Don't speed on the freeway.** As a rule of thumb, you can assume that each 5 mph you drive over 60 mph is like paying an additional \$0.20 per gallon for gas.
- **Don't idle.** If you are stopping for more than ten seconds—except in traffic—turn off your engine. Idling for more than ten seconds uses more gas than restarting.
- **Travel light and pack smart.** Extra weight decreases fuel economy. Hauling 100 pounds reduces fuel economy by up to 2%.
- **Keep the engine tuned properly.** Checking spark plugs, oxygen sensors, air filters, hoses, and belts can save you up to 165 gallons of gas per year.
- **Check the tires.** Have your wheels aligned and keep your tires properly inflated. Low tire pressure wastes over two million gallons of gasoline in the US every day. For every pound of pressure below recommended levels, fuel economy drops 1%.
- **Know when to use the air.** Air conditioning can decrease your fuel efficiency by as much as 12% in stop-and-go traffic, so consider cracking the windows first. However, at high speeds, driving with the windows open can decrease the overall efficiency of the vehicle.

All facts from the Environmental Defense Fund, [www.edf.org](http://www.edf.org).



## Shopping

- **Think before buying.** Do you really need the item, or can you do without? The planet and your wallet will thank you for reducing your consumption.
- **Fix it before you chuck it.** Before buying a new item because the old one is broken, try to fix it yourself, or ask your neighbors if they can help.
- **Buy used.** Shop at ReCoop, thrift stores (see below), and garage sales to reuse!

The following is only a partial list of the many thrift stores nearby. Go to [www.yelp.com](http://www.yelp.com) to find more and see reviews!

**The Grove Vintage** (0.7 mi) - 206 W Bonita

Vintage clothing and accessories for women.

**Uptown Thrift Store** (2.5 mi) - 628 E Arrow Hwy

Mostly clothes, toys, books, electronics.

**American Way Thrift** (2.8 mi)-232 E Foothill

Clothes, books, electronics, dishes, linens, furniture.

**Goodwill** (2.8 mi) - 210 E Foothill Blvd

Wide variety of clothes, appliances, etc.

**Quality Thrift Store** (3.7 mi) - 4433 Holt Blvd

Clothes, books, records, linens, dishware, toys, furniture.

**Great Deals Thrift Store** (3.9 mi) - 5407 Holt

Clothes, bags, books, jewelry, vases, furniture .

**Lutheran High Thrift** (3.9 mi)- 2125 Bonita

Mostly clothes, books, and knick knacks.

# When Shopping

- **BYO Bag.** “Paper or plastic? Neither! I choose cloth!”
- **Shop local businesses.** The Village and surrounding neighborhoods are full of locally-owned businesses - everything from cleaners and pharmacies to restaurants and bike shops.
- **Shop at the Claremont Farmers' Market.** Do you go to the grocery store to buy produce, hummus, bread, flowers, honey, jam, or dried fruit? Try buying these things and much more at Claremont's weekly Sunday morning farmers' market in the Village.

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## Farmers Markets

### Farmers & Artisans Market

**When:** Sundays 8 am to 1 pm

**Where:** 2nd Street, Yale to Indian Hill

**What's sold:** Fresh, in-season, tasty vegetables, fruit, herbs, eggs, plants, cut flowers, snacks (dates, pita bread, honey, jam, olive oil, hummus, cheese, juice, dried fruit), crafts, and more.

# Getting Involved

1. **Stay in the know.** Sign up for the Sustainability Integration Office's eNewsletter at [www.pomona.edu/sustainability/news/newsletter.aspx](http://www.pomona.edu/sustainability/news/newsletter.aspx). Talk to your dorm EcoRep for more information about current events: there's one EcoRep for each South Campus dorm, and two for North Campus.
2. **Do a project.** Apply for a grant from the President's Sustainability Fund! The President's Sustainability Fund gives out grants up to \$10,000 for student-driven projects that focus on infrastructural or operational changes to make the College more sustainable. (Outreach- or education-focused efforts are not eligible.) Past grants have funded the drying rack programs, ReCoop, the SolTrain mobile solar station, the dining hall compost program, and others.
3. **Get a green job on campus.** The Sustainability Integration Office, the Farm, Clean Sweep/ReCoop, Green Bikes, On The Loose, Draper Center, and EA Department all hire students.
4. **Participate!** There are many organizations on campus, such as PEAR (Pomona for Environmental Activism and Responsibility), ECO (Environmentalists of Color, Organize), Farm Club, Pomona Climate Justice, and the Ralph Cornell Society/Native Plants Club, that work on sustainability issues. Attend a meeting, email the leaders - participate!
5. **Get involved in the classroom:**
  - Take a class that discusses sustainability issues. Look for Environmental Analysis courses on the portal, or check out [ea.pomona.edu](http://ea.pomona.edu) for a list of some past offerings (Home > Curriculum > Pomona > Course List).
  - Do a project! Whether it's a simple class project, a final paper, or your senior thesis, there are many opportunities to do a project that focuses on a campus sustainability issue. Past projects include assessing opportunities for solar on campus, analyzing the impacts of lighting retrofits, analyzing our food sources, and many others. Talk to the SIO or other EA students for more ideas!
6. **Serve on a campus committee.** Committees that work on sustainability issues include the President's Advisory Committee on Sustainability, Environmental Quality Committee of ASPC and the Committee on Social Responsibility.
7. **Volunteer.** The Draper Center organizes service opportunities for students to engage with local communities and organizations. Spend a day working at a local community garden, work with community residents, or spend your time getting to know local youth and families and learn about their views on the environment. The Farm also hosts open volunteer hours on Saturdays from 10 am-noon.

Check the Sustainability website ([www.pomona.edu/sustainability](http://www.pomona.edu/sustainability))  
or email the Sustainability Integration Office ([sustainability@pomona.edu](mailto:sustainability@pomona.edu))  
for an up-to-date list of opportunities!



**Pomona College Sustainability Integration Office**  
**[www.pomona.edu/sustainability](http://www.pomona.edu/sustainability)**  
**[sustainability@pomona.edu](mailto:sustainability@pomona.edu)**  
**(909) 607-5000**



