

UNIVERSITY OF WISCONSIN-MADISON

Sustainability Guide for Greek Chapters



2020-2021



Office of Sustainability
UNIVERSITY OF WISCONSIN-MADISON

University of Wisconsin–Madison Sustainability Guide for Greek Chapters



The Green Greeks program seeks to establish and support efforts within the Greek Life community that improve environmental, social, and economic sustainability.



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This guide is intended as a resource for individual chapters to introduce and guide sustainable practices, encourage positive habits, and cultivate environmental awareness

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Best Practices for Meetings

In this section we will break down waste streams, energy and water usage, and cleaning supplies for meetings. The purpose of this section is to provide simple changes to your meetings to lessen your carbon footprint.

Waste, Recycling, and Composting

The single easiest way to reduce waste is to buy less and buy only what you need and frequently use. The next important step is to reuse what you already have or swap with friends. Lastly, if you need to dispose of something and have the option to recycle or donate, make sure you do. Below are some tips on how you can reduce, reuse, and recycle.

Replace Frequently Used Items With a Reusable Alternative

- Replace frequently used plastic/paper goods with a reusable alternative.
 - **EX:** Water bottles, coffee mugs.
 - **EX:** Use tupperware instead of plastic bags.
 - **EX:** Carry a set of utensils with you to use on-the-go.
- Reduce your styrofoam use.
 - It takes at least 500 years for styrofoam to break down! If you would like to read more about the negative impacts of styrofoam, check out this [link](#).
 - **EX:** Replace styrofoam coffee cups with reusable mugs.
 - **EX:** Bring tupperware with you to restaurants that use styrofoam takeout containers.
- Remember: Reduce, Reuse, and Recycle - in that order!

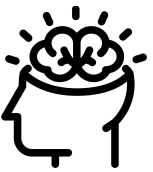
Recycling

- In the city of Madison, a recycling bin is mandated by law at every place of residence, as found in subsection 7b of section 10.18 of [Madison Code of Ordinances](#). If you do not have a recycling bin please contact your landlord.
 - Remember, it is **illegal** for your landlord to not provide recycling bins.
- Unsure of proper disposal signage? [Here](#) is a quick tips sheet from the City of Madison.

- Identify what is commonly disposed of incorrectly and ask the Office of Sustainability for customized signage.
- Make sure you are cognizant of what you put in the recycling. Contaminated bags of recycling WILL be thrown away.
 - **Remember this recycling rule: When in doubt, throw it out!** It is better to throw away one or two items instead of contaminating the recycling load, which means everything gets thrown out.
- Follow the “More clean than dirty” rule when recycling. In order for an item to be recycled, it must be more clean than dirty.
 - **EX:** Peanut butter jars with peanut butter crusted on the sides.



What are the minerals and fossil fuels that are necessary for the items you buy? Reducing, reusing, and recycling can ease the burden on Earth's people and resources as well as reduce your carbon footprint.



Composting

Organic waste does not fully degrade in a landfill. Rather, it creates methane gas, which is a potent greenhouse gas that contributes to climate change and is also harmful to human health. Composting prevents this problem while bringing nutrients that would otherwise be wasted back into the food cycle that then can be used to grow more food. Some tips for composting include:

- Consider holding your event/meeting in campus buildings that have composting.
 - [Here](#) is a list of campus buildings that have compost services.
- The City of Madison does not offer compost pickup; however, there are private pickup services.
 - Contact a local service for curbside pickup. There are services that provide a compost bin that start at \$7/week.
 - [Earth Stew](#), 608-213-6990
 - [Curbside Composter](#), 608-338-4798
- If you're interested in composting at home, you can check out this guide from [NPR](#).

Energy

Madison's power grid is mostly powered by carbon intensive sources like coal and natural gas. Using less energy will lessen your carbon footprint and often saves you money. Below are some tips you can use to reduce your energy consumption.

HVAC - Heating, Ventilation, and Air Conditioning ⚠

- Thermostat
 - **The furnace is one of the biggest energy sources in any building.**
 - Set the thermostat at 68°F during cooler months and 78°F during warmer months.
 - This setting maximizes efficiency and can save you anywhere between 5-15% per year on utility costs.
 - When you're **out of town**, MG&E recommends setting the thermostat to 55°F during cooler months and to 85°F during warmer months.
- Window AC units are energy intensive and expensive.
 - Aim to cool the person in the room, rather than the whole room.
 - Turn off your unit when you are not in the room.
 - Follow the MG&E temperature recommendations above.

Devices and Appliances

- Smart Use
 - **TURN OFF** devices and appliances when not in use.
 - **UNPLUG** devices and appliances when not in use.
 - Certain devices and appliances still draw power while turned off! This is called **ghost power**, and accounts for almost 10% of residential electricity use.
 - Implement power strips; they don't draw ghost power!
 - Biggest culprits: straighteners/curlers, toasters, egg cookers, and coffee makers.
 - Add a ghost power [sticker](#) to these appliances.
 - Microwaves also draw ghost power, but cannot be plugged into power strips. We recommend you unplug them when out of town.

Lighting

- Reduce the Use
 - Open blinds instead of turning on lights.
 - Turn lights off when you leave a room.



Who replaces a lightbulb when it goes out? If it isn't you, talk to that individual about which light bulbs are currently being used around the house, and how LEDs are not only better for the planet, but will result in less frequent replacement and lower operational costs.



Cleaning

Cleaning companies make specific cleaners for your floors, tables, and countertops. However, you really only need one cleaning spray for all three! Having separate products allows these companies to make more money, but it's easier and cheaper to have one all-purpose cleaner. We recommend an all purpose cleaner, toilet cleaner, window cleaner, and dish soap in your cupboard.

Use non-hazardous cleaners

- DIY recipes
 - All purpose cleaner [here](#).
 - Window cleaner [here](#).
- For dish soap and toilet cleaner we recommend using products that indicate they are all natural.
 - Some great companies are Method, Seventh Generation, Dr. Bronner's, Ecos, Mrs. Meyers, Common Good, and Veles.
 - NOTE: Castile Soap is great for Toilet Bowl Cleaner!
- If you have left over cleaning supplies or need a free option, [Clean Sweep](#) at the Dane County Landfill accepts unwanted household chemicals and properly disposes of them. Previously donated chemicals and cleaners are available for free.
 - NOTE: Many cleaning supplies are toxic and cannot be disposed of down your faucet.

Purchasing

If you have the resources to evaluate and change your habits, purchasing is an area where you may want to focus your energy to make an impact. Some products and services are far more environmentally harmful than others. Altering your habits to buy in bulk, shop local, and buy less fast fashion are great ways to save money, support your community, and decrease waste. Below are tips to be more sustainable with the things you buy.

Food

- Buy in bulk when you can.
- Encourage the use of reusable grocery bags.
 - Consider putting a box of these in the entryway or common area for members to take/leave as they go to the grocery store.
- Try to buy locally-sourced and/or organic options.
 - These options reduce pollution related to transportation, pesticide and herbicide applications.
 - Some nearby options:
 - [FH King](#) Weekly Harvest Handouts.
 - Get organic and local produce for **free!**
 - Dane County Farmers Market.
 - Apr-Nov: Saturday, Capital Square & Wednesdays, Martin Luther King Jr Blvd
 - Nov-Dec: Monona Terrace
 - Jan-Apr: Madison Senior Center
 - [South Madison farmers market](#)
 - Willy St Co-op - East (1221 Williamson St)
 - Willy St Co-op - West (6825 University Ave)
 - Capital Center Market (111 N Broom St)
 - Trader Joe's (1810 Monroe St)
 - Woodman's Food Market (725 S Gammon Rd)
- BIPOC Owned Catering options:
 - Equity is an important part of social sustainability. If you would like to learn more go to our [Sustainability and Environmental Justice section \(pg. 12\)](#). We encourage buying from BIPOC businesses because it is one way to promote social sustainability in your community.
 - You can check out the [Madison Black Chamber of Commerce](#) for a directory on BIPOC businesses in the area. There are also Wisconsin directories for [Hmong-Owned](#) businesses and [Latinx-owned](#) businesses.

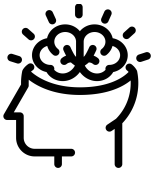


Think Locally Sourced and Organic!

- Organic farming practices reduce pollution and soil degradation, conserve water, and use less energy. Farming without pesticides is also better for local

ecosystems as well as people who live close to farms. *Did you know that algae blooms in our lakes are from fertilizer used on farms and lawns?*

- Purchasing organic can become very expensive; the “Dirty Dozen” is a list of produce that can help you be strategic about organic produce.
 - **The Dirty Dozen:** Strawberries, Spinach, Nectarines, Apples, Grapes, Peaches, Cherries, Pears, Tomatoes, Celery, Potatoes, Sweet Bell Peppers.
 - Learn more [here](#).
- NOTE: There’s more to sustainable food than organic labels. Talk with farmer’s market vendors about their practices!



Do you know where the food served is sourced? Consider having a person in charge of sourcing materials.



Clothing

- **What is fast fashion?** Fast fashion is clothing that is mass-produced rapidly and cheaply to keep up with trends and consumer demand. The industry is responsible for large amounts of environmental pollution and abuse of working people. [Here](#) is an article that provides some insight.
- Opt for resale clothing instead of buying new.
 - Some nearby options:
 - ReThreads (410 State St)
 - St. Vincent de Paul Dig-N-Save (1900 S Park St): \$1/lb of clothing
 - St. Vincent de Paul Store (1309 Williamson St)
 - Goodwill (closest to campus option: 4530 Verona Rd)

Online Shopping

- Here are some online stores that sell resale clothing and allow you to sell your own clothing:
 - Depop
 - ThredUP
 - Poshmark
 - Instagram/Facebook accounts
- Opt for recycled, durable, rechargeable and/or energy efficient products.
 - [Link to top 35 ethical clothing brands \(2018\)](#)
 - [Link to top 25 sustainable companies to purchase from \(2018\)](#)
- Opt out of expedited two-day shipping when it is not absolutely necessary.

- Make use of the Amazon Locker Locations at Sellery Residence Hall (821 W Johnson St) or Fresh Market (703 University Ave).
 - Sending your packages to these locations greatly reduces carbon emissions associated with transportation.
 - Package arrives in up to half the time without specifying expedited shipping option.
- Check out these brands' used and refurbished clothing sites.
 - [REI's Used Site](#)
 - [Patagonia's Used Site](#)
 - [The North Face's Used Site](#)

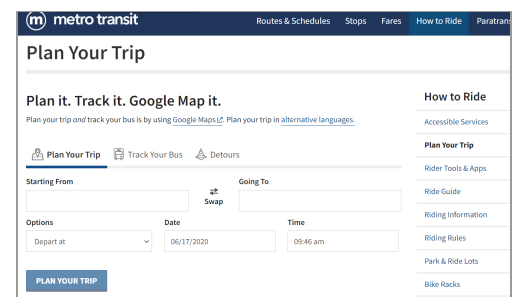
Textbooks

- Opt for renting used textbooks for the semester instead of buying new ones.
 - Some links to two affordable rental sites:
 - Great for chapter books: [Thriftbooks](#)
 - Great for textbooks: [Chegg](#)

Transportation

Getting around Madison can be difficult and many students do not know all of their transportation options. Below are some tips to help you find sustainable transportation options.

- Walk or Bike
 - Use one of Madison's electric bicycles, BCycle Information [here](#).
 - It costs \$120 for a full year of unlimited 60min rides on electric bikes.
- Bus options:
 - Share route information for public transit with your members.
 - Encourage people to ride the bus together!
 - Download the UW Bus system app.
- Carpool options:
 - Consider time-sharing a moped or a ZipCar account.
 - Have a Greek life Carpool Facebook page for getting groceries or going home on the breaks.



- Utilize ridesharing apps such as Uber and Lyft.

Cutlery/ Packaging and Food Waste

While single-use plastic food packaging and cutlery are convenient, they are composed of and manufactured with fossil fuels. Additionally, food waste accounts for 8% of global greenhouse gas emissions. In this section, we provide some recommendations to reduce your single-use plastic use and food waste.

- Use reusable silverware and dishes rather than plastic or “compostable” silverware.
 - Disposable silverware is too small to be recycled, and compostable brands cannot be composted in the University's compost system.
- Encourage the use of reusable containers instead of plastic bags.
- Avoid purchasing individually-packaged snack items when possible.
- Encourage a reduction in meat and dairy food options.
 - Meat production carries a large carbon footprint which contributes heavily to climate change.
 - Consider a “Meatless Monday” option.
 - **EX:** Red meat uses **20 times** the land and emits **20 times** the emissions as growing beans, per gram of protein.
 - NOTE: *These are suggestions only. Diets are subjective and individual, and often have cultural histories. Be careful to include members in conversations about diets to ensure inclusivity.*
- Reduce food waste:
 - Reducing food waste can save money AND reduce your carbon footprint.
 - Focus on buying as much food for meetings as you think people will eat so that food is not wasted.
 - Composting is a great way to reduce food waste and divert waste from the landfill.
 - Refer to **Waste, Recycling, and Compost** section (pg. 3)

Events

Rushing and hosting events are an integral part of Greek Life. Here we offer some suggestions on ways you can host fun “green” events and provide information to help your chapter throw a successful sustainable event!

Community Engagement

Often, in the environmental movement, people talk about sustainability in terms of “saving the planet” or reversing global warming. Sustainability, however, also incorporates the health and well-being of communities. As you work to make your chapter more sustainable, it is also important to think about your chapter’s relationship with its community members. The following are some sustainable engagement options that could count towards required community service hours or be modified into a hosted philanthropy event.

- Participate in a community clean up following a Game Day.
- Host a “thrifting day” for chapter members to buy second-hand clothes as a group at local Goodwill or St. Vincent De Paul locations.
- Encourage donations during Move-Outs by designating an area for donated items and securing transportation for items from your house to a drop-off location.
- Begin a competition for all members to walk or bicycle to their classes.
- Throw a Greek clothing swap.
- Create a social justice book club.
- Schedule a diversity training for your chapter.
 - Reach out to campus partners such as the [Multicultural Student Center](#) or the [Social Justice Hub](#).

Sustainable Event

Interested in hosting a sustainable event? Our Green Events team has a comprehensive guide that we recommend. The link to it is [here](#).

Land Acknowledgements

A Land Acknowledgement is a statement given at the beginning of events to recognize the true ownership of the land on which the event is being held.

- As [Northwestern University puts it](#), “It is important to understand the longstanding history that has brought you to reside on the land, and to seek to understand your place within that history. Land acknowledgements do not exist in a past tense, or historical context: colonialism is a current ongoing



- process, and we need to build our mindfulness of our present participation.”
- When deciding whether to give a Land Acknowledgement at your event, it is incredibly important that you reflect on your purpose for giving such a statement. A Land Acknowledgement should never be delivered in an obligatory, “check off the box” demeanor, but rather in an original, personal, and genuine fashion.
 - Inquire about a UW-Madison specific cultural landscape tour. Due to COVID-19, they are currently not offering the tours in person, but you can watch a video of the tour [here](#).
 - [Here](#) is a helpful guide if your chapter is interested in learning more.

Social Sustainability and Environmental Justice

Historically, the mainstream environmental movement has not recognized social and environmental inequalities. In response, the term “environmental justice” was coined to include concerns not only for outdoor nature, but also for human habitat, such as threats that low-income and minority communities often disproportionately face from pollution. In this section, you will learn about tools to help make your communities more inclusive. We encourage you to look at the resources we’ve compiled and reach out to those who are experts in these areas.

- It is critical to be aware of the intersections of racism and the environmentalism movement. According to the [NAACP](#), climate change has a “disproportionate impact on communities of color and low-income communities in the United States and around the world.”
 - UW-Madison Libraries provides [a useful guide](#) for researching crucial topics including climate change and the Black Lives Matter Movement.
 - If you would like to learn more about environmental (in)justice at home and abroad, consider checking out [this presentation](#) made by our Social Sustainability Coalition team. You can view the presentation [here](#).
 - Also, consider taking some time to independently research environmental racism.
- Another way to learn more about social sustainability is by listening to podcasts and reading books on environmental racism. See the resources below that our office has enjoyed as a starting point.
 - **Podcasts:**

- [Environmental Racism: It's a Thing](#)
 - [Outside Voices Podcast](#)
 - [Yikes Podcast](#)
- **Books:**
 - [Black Faces, White Spaces](#)
 - [Environmental Racism and Classism](#)
 - [Other Environmental Justice Books](#)
- It can be important to know how to have a productive conversation and gain deeper understanding about important social issues.
 - Before reaching out to your chapter mates, we recommend you to do the basic research on complex social issues to understand the context of the problem. The resources we shared above are great places to start.
 - When having a conversation on social issues with your chapter mates, it is important to keep in mind that not every member from a minority community has the responsibility to teach you.
- Understand and acknowledge your own implicit biases. You may not be aware of some of the unconscious prejudices that you hold.
 - One way to understand your implicit biases is to [Take An Online Implicit Bias Test](#).
- For more information check out resources offered at UW-Madison:
 - Multicultural Student Center
 - [Hate and Bias Resources](#)
 - The Social Justice Hub
 - [Social Justice Books and Documentaries](#)
 - [Education program](#)

Conclusion

Thank you for taking the time to utilize this resource! If you have any questions or would like more information, please contact the Green Greeks team at greengreeks@g-groups.wisc.edu. We are more than happy to help with your sustainability efforts or to connect you with other resources that best fit your needs. Making sustainable choices can seem like a daunting task, but remember that small steps can add up to a large impact.

Thank you for taking the time to help build a sustainable Greek community!