



**Tufts**  
UNIVERSITY

Office of Sustainability

presents

# The Green Guide

for Living and Working Sustainably at Tufts



# Message from **The Office of Sustainability**

Welcome to **The Guide to Living and Working Green at Tufts** – your guide for putting sustainable living into action! Written for students and employees on all campuses, the goal of this Guide is to provide you with helpful tips and information about how you can join the efforts of the Tufts community to conserve resources, reduce our ecological footprint, and foster a sustainable university community.



*President Tony Monaco speaks at Environmental Action luncheon*

Environmental stewardship and active citizenship are strong Tufts traditions, from a leadership commitment to reduce greenhouse gases to extensive recycling, organic food choices, and green buildings. With your help, we can continue to work towards making Tufts a leader in campus sustainability.

Thank you for taking time to read this Guide. Please use our recommendations as a starting point for taking steps to integrate sustainable behaviors into your daily life. We appreciate your participation and always welcome your ideas and feedback. Let's help Tufts get green!

**- Tina Woolston**

Director, Tufts Office of Sustainability



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# GREEN

## your space

### LIGHTING

**Turn the lights off** whenever you leave a room.

**Replace incandescent light bulbs with compact fluorescent light (CFL) or LED bulbs**, which use 66% less energy and last ten times longer.

@TUFTS: Tufts has been retrofitting its lighting to be more efficient for decades. Look around for motion sensors and even giant CFLs in the street lights.



Exchange your incandescent bulb for a CFL for FREE at the Office of Sustainability (Miller Hall, rear entrance)

Students in residence halls can look for an LED bulb in their room or get one from their Eco-Rep at hall meetings.

### HEATING

Too hot? **Turn down your radiator valve or thermostat.** If you continue to have problems with the heat, call Facilities Services at 617-627-3496 (Medford), 617-636-3535 (Boston), or 508-839-7921 (Grafton), or fill out an online service request at <https://fsrequest.tufts.edu/WebMaint/>

**Close your windows.** Want fresh air? Open your windows for 10 minutes, then close them. This has the same cooling effect as leaving windows open all day, but doesn't waste energy.

Too cold? **Put on more layers.** Be stylish *and* warm.



### REFRIGERATORS



Small fridges use up to 4 times as much energy per volume than normal-size fridges. Look for Energy Star fridges, and make sure you read the label to see how efficient the appliance is.

The best alternative is to **not** use a mini-fridge. Use the common refrigerator or share one with your roommate. Clean and unplug refrigerators during vacation breaks.

Tufts Student Resources (TSR) rents an Energy Star MicroFridge Combination Appliance, the only cooking device approved by Tufts to have in dorm rooms. See [www.tuftsstudentresources.com/shop/appliances](http://www.tuftsstudentresources.com/shop/appliances) for more information.

## COMPUTERS

**Choose a laptop.** Laptops use 80% less energy than desktops. If you must use a desktop, LED monitors use less energy and last longer than LCD monitors.

**Choose an energy-efficient computer.** EPEAT Gold certified computers meet strict environmentally friendly criteria.



Go to [www.epeat.net](http://www.epeat.net) to search for registered brands before you buy your computer.



Energy Star qualified computers use 30-60% less energy than similar products without the label. Visit [www.energystar.gov](http://www.energystar.gov) for more information on certified computers, including how to turn on your computer's Energy Star settings.



- Turn your computer off at night, rather than letting it idle.
- Enable the power management features on your computer to save energy when you're not using it. Learn how at <http://sustainability.tufts.edu/computers-and-energy-efficiency>

## STANDBY ENERGY

Electricity is consumed even when appliances are not in use. Standby energy can account for up to 10% of home energy consumed.



**Unplug electronics when not in use or plug appliances into a power strip** and turn off the strip to prevent consuming energy while on standby.

*Standby power is electricity used by appliances and equipment while they are switched off or not performing their primary function. Devices like power supplies (so many black cubes!), soft keypads and displays (including miscellaneous LED status lights), even circuits and sensors needed to receive a remote signal continually sucks up power - hence the term "Vampire Energy".*

*Almost any product with an external power supply, remote control, continuous display, or that charges batteries will draw power continuously. Sometimes there is no obvious sign of continuous power consumption.*

Learn more at <http://standby.lbl.gov/>



*Almost any product with an external power supply consumes energy even when off*

Tufts uses low-flow faucets, shower heads and toilets all over campus but individual behaviors also greatly influence campus water use.

**IN THE BATHROOM**



**Don't take marathon showers.** Instead, turn the water off when you lather, shampoo, etc.

**Turn off the tap** while brushing your teeth and shaving.

**@HOME: Install low-flow toilets, use a conversion kit to turn your toilet into a dual flush toiler, or place a plastic bottle filled with water or sand in the tank** to displace some of the water your toilet uses per flush. Be sure it doesn't obstruct the toilet mechanism.



**REPORT LEAKS!**

Call Facilities Services at:

**617-627-3496** for Medford, **617-636-3535** for Boston and **508-839-7921** for Grafton

Or fill out an online service request at <https://srequest.tufts.edu/WebMaint/>

**IN THE KITCHEN**

**Store drinking water in the fridge** rather than running the tap to make it cold.

If you're washing dishes by hand,

**don't leave the water running while scrubbing.** This can save 8-15 gallons of water per day.



**Use basins to wash vegetables and fruits.** Compared with the faucet, this could save

2-4 gallons per day.

**@HOME: Avoid using running water to thaw meat** and other frozen foods. Let it sit overnight in the refrigerator.

**@HOME: Only run your dishwasher when full.**

**IN THE LAUNDRY ROOM**

Clothing life cycle assessment studies show that even in a short 2 year life span, over 75% of the energy consumption for apparel comes from their laundering.

*Front loading washing machines like the ones in Tufts dorms use 40-60% less water, 30-50% less energy, and 50-70% less detergent than top-loading machines.*

- Choose a front-loading washer.
- Only wash full loads.
- Wash in cold water.
- Line dry laundry whenever possible.
- Avoid the permanent press cycle. It adds 5 gallons for the extra rinse!



Almost everything can be recycled at Tufts. The recycling rate for the Medford campus was 54% in 2010-2011.

Bins are provided throughout campus. More information at <http://sites.tufts.edu/tuftsrecycles>

**WHAT GOES IN BLUE BINS?**

**Mixed Paper**

- Magazines
- Newspaper
- Envelopes (plastic windows are OK)
- Paperback books
- Cereal boxes
- Notebooks
- Folders
- White paper
- Colored and glossy paper
- Beverage cartons
- Clean paper hot cups

All paper is recyclable. Don't worry about staples, paper clips, spirals, etc.



*A typical recycling station at Tufts*



**WHAT GOES IN THE TRASH?**

**Items that cannot be recycled**

- Wax-coated items or items with food on them, such as:
  - Pizza boxes (clean lids can be recycled)
  - Paper cups for cold drinks and plates
- Carbon paper
- Plastic bags
- Film
- Styrofoam
- "Soft paper" like tissues or napkins



**WHAT GOES IN GREEN BINS?**

**Glass, metal, plastic**

- All rigid plastics
- Cans (tin, steel, and aluminum)
- Glass bottles
- Clean aluminum foil and trays
- Empty aerosol cans
- Aseptic "drink boxes"
- Juice and milk cartons
- Empty photocopier toner bottles
- Plastic utensils



**Need a bin? Ask TuftsRecycles!**  
 Call 617-627-3810, email [recycle@tufts.edu](mailto:recycle@tufts.edu) or  
 Visit <http://sites.tufts.edu/tuftsrecycles/request-a-bin/>

**RECYCLE ELECTRONIC WASTE (E\*WASTE)**



Ever wondered what to do with outdated technology? First things first: it's **hazardous and doesn't belong in the trash!** Computers, monitors, printers, TVs, VCRs, and DVD players should be recycled because they contain mercury, cadmium, chromium and other hazardous metals and materials. Due to lower environmental standards and working conditions in developing nations like China, India, and Kenya, America's electronic waste is often sent to these countries to be processed, in most cases illegally and without the proper safety precautions.



As part of our commitment to social and environmental responsibility, Tufts does not send trash overseas.

At the end of the year, residential students can leave old technology, batteries and other electronics in their dorm's R<sup>2</sup>ePack box for recycling.

Visit the TuftsRecycles! website at <http://sites.tufts.edu/tuftsrecycles> for more information on recycling at Tufts.

**OUTDATED COMPUTERS**



Try to donate or recycle your old computers before they become totally obsolete. If you wait too long to dispose of your computer, it will no longer be possible for it to be reused. Students and users of home computers should contact the computer manufacturer about their recycling program (Dell, Apple, IBM, and others will recycle your computer for \$30 or less including shipping).

Learn more from the EPA's e-cycling website: <http://bit.ly/cjx8oc>. For computer recycling in the area, see [www.bostoncomputerrecycling.com](http://www.bostoncomputerrecycling.com).

The **Tufts Computer Donation** Program collects, cleans up and donates Tufts-owned computers that are less than five years old to the Grafton, Boston, and Medford/Somerville communities. Older Tufts-owned computers are recycled via Tufts' long-standing recycling program. For details, visit <http://uit.tufts.edu/?pid=834>.

*The EPA estimates that 75% of computers sit in storage for several years before finally getting thrown away.*

**CELL PHONES, BATTERIES, AND INK CARTRIDGES**

**Recycle cell phones** on campus. Cell phones and ink-jet cartridges can be added to the battery collection containers for recycling. Tufts Recycles! donates collected phones to MassRecycle.



Almost all batteries (including computer batteries) can be recycled at Tufts, with the exception of liquid and gel acid batteries (e.g. car batteries). Please put a piece of tape over the ends of each battery to prevent a fire hazard.

Office supply stores often have recycling programs

## Recycle Paper

**Reuse:** Make your own note pads! Here's how:

Tufts Copy Print Services will convert your scrap paper into notepads for only 40 cents per pad. It's easy! Just **call Print Copy Services** (617.636.5373, or ext. 6-5375) or **go to the Print Copy Services website** at <http://bit.ly/9RfavP> to submit your order.



Specify the size and quantity of notepads and give them your location on campus. Print Copy Services will not only pick up your scrap paper, but they will also drop off your notepads for you. Be sure to send them a personalized design for the covers!

## Conserve Paper

**Stop Junk Mail:** By cutting back on the amount of junk mail you receive, you reduce the need for new landfills, help save the environment, and reduce garbage collection bills and taxes.



- Each year, 100 million trees are used to produce junk mail.
- 250,000 homes could be heated with one day's supply of junk mail.
- Americans receive almost 4 million tons of junk mail every year.

### HOW CAN YOU HELP?

**Contact companies** that you do business with and request to be added to their "do not solicit" list.

**Write to the addresses below** and ask that your name be removed from prescreen and marketing lists (include your full name and address):

Mail Preference Service  
Direct Marketing  
P.O. Box 3008  
Farmingdale, NY 11735-9008

Experian Consumer Services  
List Maintenance  
901 West Bond  
Lincoln, NE 68521



For a very easy shortcut, you can return unopened envelopes that have been stamped "address correction requested" or "return postage guaranteed" for free by writing, "REFUSED, RETURN TO SENDER" on the envelope. This should remove you from their mailing list. For return solicitations that include a postage-paid reply envelope, use it to send a note requesting that you be removed from the mailing list.



## Eat less meat

Eating less meat will greatly reduce your negative impact on the environment. Beef needs a tremendous amount of water and energy to produce. If you still want to eat meat, make choices to lessen your impact:

**Choose poultry.** The pollution and water and energy use is much smaller and it is healthier than red meat.

**Buy organic meat products.** If you still like to eat beef or other meats now and then, organically produced meats use sustainable agriculture practices and involve much more humane treatment of animals.



**Tufts Dining Services offers vegetarian options at every meal.** Eating foods such as grains and soy products conserves resources— more than half of the global corn crop is used for animal feed!

Tufts Dining supports the humane treatment of animals by not serving veal in the dining centers and by purchasing 100% cage-free shelled eggs.

Sustainable fish are served regularly in the dining halls. See <http://ow.ly/cGXFI> for more information.

- 2,500 gallons of water are required to produce 1 lb. of beef
- 625 gallons of water are needed to produce an equivalent amount of chicken (based on protein content)
- 250 gallons of water are needed to produce 1 lb. of tofu
- Agriculture accounted for 10–12% of total global man-made emissions in 2005.

## Buy Organic

Organic crops are produced without the use of chemical pesticides, synthetic fertilizers, genetic modification or sewage sludge; and processed without the use of food additives or irradiation. In addition, organic meat, poultry, eggs and dairy products come from animals that are raised without the use of sub-therapeutic antibiotics or growth hormones. Before a product can be labeled organic, a government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards.

@TUFTS: Organic whole wheat pasta, legumes, whole grains and tofu can be found at the vegetarian stations in the dining halls. Organic soy milk, yogurt, all granolas, and natural peanut butter are also available in the dining halls. Jumbo Express sells a variety of organic foods.



## COMPOSTING AT TUFTS

*Dining Services collects both pre- and post-consumer food waste for transportation to a commercial composting facility. Each day the Medford campus composts over 1000 lbs. of food. 251 tons of food were composted in 2011–2012. Since 2001, the total amount of food composted has increased by over 235%.*

## Buy Local



Locally-raised animals are often raised more humanely and sustainably. They also reduce food transportation miles and therefore carbon emissions.

**Shop at Farmers' Markets.** They are generally open from Memorial Day through Thanksgiving. Get an iPhone app from [www.massfarmersmarkets.org](http://www.massfarmersmarkets.org) to find nearby Farmers Markets or download a PDF from <http://ow.ly/cHqKe> which also includes a list of Community Supported Agriculture (CSA) food shares available near the Boston and Medford campuses.

**Sign up for a farm share.** In the summer & fall, the Office of Sustainability in Medford and the Jaharis Building in Boston are dropoff locations for vegetables grown by local farms through Community Supported Agriculture (CSA) programs. Find out when the seasons open for sign up at <http://bit.ly/MQzMbl>.

**Pick local grocers committed to supporting local farmers and sustainable ingredients** like Whole Foods (Medford, Cambridge & Boston), Harvest Co-op (Cambridge), and Boston Organics (home delivery).

Tufts Dining holds a Farmers' Market from 11:15am-1pm on Wednesdays in September and October on the Lower Patio of the Campus Center in Medford.

Dine at local restaurants committed to supporting local farmers and sustainable ingredients, such as:

- Boloco (Medford, Cambridge, Boston)
- Dave's Fresh Pasta (Somerville)
- Flour Bakery and Café (Cambridge)
- Garden of Eden Café (Boston)
- Grendel's Den (Cambridge)
- Henrietta's Table (Cambridge)
- Hungry Mother (Cambridge)
- Nashoba Brook Bakery (Boston)
- Oleana (Cambridge)
- Taranta (Boston)
- Sel de la Terre (Boston)
- The Independent Bar and Restaurant (Somerville)
- True Bistro (Somerville)
- UpStairs on the Square (Cambridge)
- Veggie Planet/Club Passim (Cambridge)
- Za (Arlington)



Also check [www.dinegreen.com](http://www.dinegreen.com) for a current list.

## Buy Fair Trade

Fair Trade Certified products guarantee that farmers and workers received a fair price for their product. Every step has been monitored and certified by Transfair USA, a neutral 3rd party certification agency.



In Medford, Fair Trade coffee is served exclusively at the Res, Hotung and Tower Café. Fair Trade options are also available in Brown & Brew, Carmichael, Dewick, Mugar, and Hodgdon Good-to-Go.

# GREEN

# your ride



Tufts Bikes

## BIKE

TuftsBikes is a student-run free bike share program on the Medford campus.

They also operate a bike workshop, hold safety and urban riding classes, and organize group rides. Bikes, helmets and locks can be checked out from the library for FREE. Visit their website at <http://tuftsbikes.wordpress.com/> for more information.



*If you own your bike, don't forget to register it with TUPD.*

## ZIPCAR

Tufts students, faculty and staff aged 21 and older can join Zipcar at a 50% discount. Students, faculty and staff pay no application fee, no monthly minimum, and no membership deposit. Hourly charges of \$8-12/ hr cover all insurance, maintenance, and gas. Visit [www.zipcar.com/tufts](http://www.zipcar.com/tufts) to sign up.



### **Medford Campus:**

There are currently 4 Zipcars located at:

1. Blakeley Hall
2. Jackson Gym
3. Miller Hall
4. West Hall

### **Boston Campus:**

Several Zipcars are located along Stuart, Boylston, Washington, Essex, and Lincoln Streets



TRANSPORTATION

## RELAY RIDES

RelayRides is a neighbor-to-neighbor car sharing company connecting people who need a car with vehicle owners whose rides would otherwise just be sitting unused.



**RelayRides**  
Neighbor-to-Neighbor Carsharing

**Need a car?** Rent one for as little as \$5 an hour or \$40 per day, including gas and insurance. Car owners and renters are covered by a \$1M umbrella insurance policy. Borrowers **as young as 18** can use this service.

**Own a car?** You can make \$100-\$1,000 per month depending upon the type of car, availability and price. You can set the times when the car is available and the hourly and daily prices for renting the car.

Learn more at [www.RelayRides.com](http://www.RelayRides.com)

**Don't drive. Get a Charlie Card.**



Use the MBTA to get around. Plan your route through the Trip Planner online: [www.mbta.com/rider\\_tools/trip\\_planner](http://www.mbta.com/rider_tools/trip_planner) or use mobile MBTA apps such as *Pocket MBTA* or *Catch the Bus*. The Charlie Card can also get you discounts at restaurants, museums and more.

**DISCOUNTS FOR TUFTS STUDENTS AND STAFF**

**Students:** Order forms for discount semester passes are available at the Student Services Center (617-627-2000) in Dowling Hall or online at <http://uss.tufts.edu/stuServ> for Medford students, and at the Bursar's Office (617-626-6551) for Boston students. The fall semester deadline is August and the spring semester deadline is January.

**Staff:** Boston employees receive a 25% discount toward the purchase of bus, train, or commuter rail MBTA passes. Medford and Grafton staff can use pre-tax funds to pay for transit passes and tickets. All it takes is a quick online or phone order to get a pass or debit card delivered to your home every month. Go to [hr.tufts.edu](http://hr.tufts.edu) and click on "Commuter Benefit Program" under "Benefits" for more information.



**MBTA SERVICE TO TUFTS**

	Medford campus	Boston campus
SUBWAY	Red line to the Davis stop. The Tufts campus is a quick 10 minute walk from Davis Square.	Orange line to the Medical Center stop. Other nearby MBTA stops are Downtown Crossing (Red/Orange line) and Boylston (Green line).
BUS	<ul style="list-style-type: none"> <li>#96 Medford Square via Davis Square</li> <li>#89 Sullivan Station via Broadway</li> <li>#87 Arlington Center Davis Square</li> <li>#80 Lechmere Station</li> <li>#88 Clarendon Hill Highland</li> <li>#94 Medford Square via W Medford</li> </ul>	<ul style="list-style-type: none"> <li>#11 City Point Downtown Bayview Route</li> <li>#43 Ruggles Station Park &amp; Tremont Sts. via Tremont</li> <li>#55 Park &amp; Tremont Sts via Ipswich St</li> <li>#SL5 Dudley Station Downtown Crossing at Temple Place via Washington St.</li> </ul>
	Boston campus	Grafton campus
COMMUTER RAIL	Commuter rail to Back Bay or South Station. Tufts Boston campus is about a 12 minute walk from South Station or a 20 minute walk from Back Bay.	The Cummings School is a 5 minute walk from the Grafton Station on the Framingham/Worcester Line. Exit the parking lot and take a right onto Pine St and a left onto Route 30 (Westboro Rd). The Cummings School campus is just up the road.

## Commuter Programs for Staff

### BOSTON CAMPUS



Tufts Boston Campus is a member of “A Better City Transportation Management Association” (the ABCTMA) which provides incentives and programs that encourage employees to take transit, carpool, vanpool, bike, and/or walk to work. Programs include:

**Fill ‘Er Up:** If you’ve been driving to work alone and begin commuting with at least one other person, ABCTMA will pay you \$35/mo for gas.

**Vanpool Subsidy:** When you join a vanpool, you can receive a subsidy from the ABCTMA of \$220 over 6 months.

**Guaranteed Ride Home:** If you carpool, bike, walk, or use public transit to get to work, register with Guaranteed Ride Home. If an emergency arises, you are guaranteed a ride home for free (limit: 6 rides per 6 month period).

**Express Yourself:** If you currently drive alone to work, the ABC TMA will provide you with three months of FREE transit on any MBTA express bus, commuter boat, or private bus carrier (note: this offer does not apply to regular bus or subway services).

**Workout to Work:** People who incorporate walking or biking into their commute (even if it’s just to the local transit stop) can submit their miles each month for a chance to win great raffle prizes, like workout gear and gift certificates to local bike shops and outdoor stores.

For more information about any of these programs, go to: [www.abctma.com/programs](http://www.abctma.com/programs)

### Get rewards for Greener Trips



Earn rewards when you walk, bike, telecommute, carpool, vanpool, take a subway, train, bus, ferry or even work a compressed week. Sign up for free at [www.commute.com/nuride](http://www.commute.com/nuride). NuRide also offers a ride-matching program to help find carpool partners quickly and securely.

### MEDFORD AND GRAFTON CAMPUSES

Tufts Medford and Grafton campuses are members of MassRides, a Massachusetts Department of Transportation program, which offers trip matching services for local carpools/vanpools through [www.NuRide.com](http://www.NuRide.com) as well as an emergency ride home program. If you carpool, bike, walk, or use public transit to get to work, register for the Guaranteed Ride Home program. If an emergency arises, you know you can get home safely (limited to 4 rides per year).



For more information, see: [www.commute.com/commuters](http://www.commute.com/commuters)

## FLYING



Carbon dioxide (CO<sub>2</sub>) is one of many greenhouse gases that influence the planet's climate. Air travel's contribution to global CO<sub>2</sub> emissions are increasing rapidly. Experts predict that by 2050, annual aircraft emissions will reach well over a billion tons of greenhouse gas. Already, 13% of total global transportation-related carbon dioxide emissions are released by airplanes.

We all need to minimize our air travel. Some flying might be unavoidable, for example for academics who need to attend professional conferences and students who wish to visit their relatives, but we have a few options to minimize its impact:

If you can avoid traveling for business by using video and phone conferencing, **\* DO IT.**  
If you have the option of taking the train instead of the plane or car, **TAKE THE TRAIN.**  
If you can choose between local vacations or going somewhere far away, **STAY LOCAL.**

\*Tufts has rooms set up for video conferencing on all campuses. See <http://uit.tufts.edu/?pid=760>.

*One person flying round trip from Boston to LA releases 1,573 lbs of CO<sub>2</sub> which is the same amount the average person in Paraguay releases in an entire year.*

## IF YOU MUST FLY...

- Use the most direct route possible because take-off and landing require the most fuel during a flight.
- Fly economy instead of business class: Less leg-room means room for more people and fewer emissions per person.
- Buy carbon offsets: When you buy carbon offsets, you abstain from reducing your own emissions and pay someone to reduce their emissions in your stead.

### ABOUT CARBON OFFSETS

**WHO BUYS THEM?** *Consumers who are concerned about their environmental impact but who cannot avoid flying completely. These individuals may wish to neutralize their travel emissions by purchasing carbon offsets.*

**HOW DO YOU GET THEM?** *Individuals calculate the amount of carbon emissions they are responsible for and purchase an offset for that amount. The funds the offset company receives are then used to implement and manage projects that avoid, reduce, or absorb greenhouse gases through renewable energy, energy efficiency, or forest and other bio-sequestration projects.*

**WHERE DO I LEARN MORE?** *At the Carbon Offset Research and Education website: [www.co2offsetresearch.org](http://www.co2offsetresearch.org)*

When choosing an offset company, the most important questions are the following:

- Does the company invest in projects that truly reduce emissions and at the same time benefit the local population and ecosystems?
- Are your emissions calculated correctly?
- How is your money used?
- Is the company's work transparent?

# GREEN

## your wardrobe

### WHAT CAN YOU DO?

**Buy fewer clothes.**

**Avoid** clothing brands that have been known to use **sweatshops**.

**Have a clothing swap** with your friends.

**Purchase** at least some items from up-and-coming **fair trade** brands and makers of **organic** cotton and natural fiber clothing.



When buying clothes, look for items that are:

- Made in the U.S.A.
- With recycled content
- Made from 100% Organic Cotton, Bamboo fabrics (100% biodegradable and grown without pesticides or chemicals), or Hemp (grown without pesticides)

### WEBSITES THAT SELL GREEN CLOTHING

- [www.thegreenloop.com](http://www.thegreenloop.com)
- [www.ecofashionworld.com](http://www.ecofashionworld.com)
- [www.beklina.com](http://www.beklina.com)
- [www.rawganique.com](http://www.rawganique.com)
- [www.esperanzathreads.com](http://www.esperanzathreads.com)
- [www.greengiftguide.com](http://www.greengiftguide.com)

For a full list of green clothing sources, go to <http://bit.ly/aZcSRm>

### LOCAL THRIFT AND CONSIGNMENT STORES

#### **Cambridge**

- The Garment District (200 Broadway, Cambridge)
- Raspberry Beret (1704 Mass Ave)
- Oona's (1210 Mass Ave)
- Boutique Fabulous (1309 Cambridge St)
- Goodwill (520 Mass Ave)
- Buckaroo's Mercantile (5 Brookline St, Central Square)
- Poor Little Rich Girl (121 Hampshire St)
- Vintage Revenge (1105 Mass Ave)
- The Salvation Army (402 Mass Ave)

#### **Boston**

- Second Time Around (176 Newbury St)
- The Closet (175 Newbury St)
- Rescue (297 Newbury St)
- Karma Designer Consignment Boutique (26 Prince St)
- Bobby from Boston (19 Thayer St)

#### **Somerville**

- Goodwill (Davis Square)
- Buffalo Exchange (Davis Square)
- La Chic Boutique (Davis Square)

- Found (Davis Square)
- Artifaktori (Davis Square)
- The Salvation Army (483 Broadway)

#### **Medford**

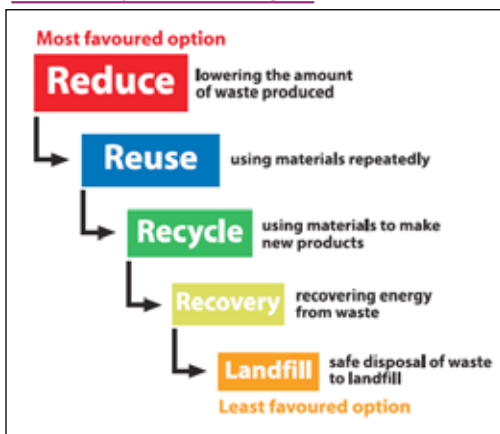
- Eddigan's (416 Salem St)

#### **Grafton**

- The Grafton Thrift Shop (71 Main St, South Grafton)
- Treasures Thrift Store (82 Worcester St)

# GREEN your shopping

## THE WASTE HIERARCHY



**Shop smart.** If you have to buy something, choose wisely - think of The Waste Hierarchy.

The greenest shopping is NO shopping. **Ask yourself “Do I really need this?”**

**Buy used goods.** Shop at thrift stores, yard sales, and [Craigslist.org](https://www.craigslist.org) - you’ll not only be saving resources but might save money too!

**Choose quality over cheapness.** When buying anything, choose products with long life spans and

durability (refillable pens/pencils, durable bags, long-lasting lightbulbs).

Remember: Don't let *your* reusable items end up in landfills, **there is no such thing as “away”**.

**Choose goods made out of post-consumer waste and high recycled content.** This creates a market for the material you recycle and saves resources.

For instance, Tufts staff can buy printer paper made from 30% post-consumer waste *at the same price* as regular paper through the Tufts account at Staples.

**Look for items with less packaging.**

**Use reusable shopping bags to carry groceries.** And instead of getting a new cup every time, **carry around a refillable water bottle or mug to use.**



Tufts School of Occupational Therapy hosts a freecycle room at 26 Winthrop Street in Medford

### Tufts Dining offers discounts for reuseable containers

- Use a Tisch Library or Fletcher School mug and save 20¢ per purchase on any hot beverage at Mugar Café, Hodgdon Good-to-Go, Commons Deli & Grill, Brown & Brew Coffeehouse and The Tower Café.
- Bring the Tufts University “Choose to Reuse” clear bottle and get a deep discount on any fountain beverage at Mugar Café, Hodgdon Good-To-Go, Commons Deli & Grill, Tower Café, and on water and sparkling water at Hotung Café.



# GREEN your cleaning

**Purchase less toxic products.** Just because a product says it's natural doesn't mean it's nontoxic! Look for Green Attributes like:

- Non-toxic (e.g. no ammonia)
- Not tested on animals
- Biodegradable
- Not solvent-based
- Ingredients from renewable resources (e.g. vegetable versus petroleum)

These products are not as harmful to the environment when they leach into water and soil.

## **Buy laundry detergent that is phosphate free.**

Detergents are released with sewage water. When phosphates are present, they

enter the environment and poison aquatic life.

## **For Green Cleaning Tips:**

[www.treehugger.com/files/2007/01/how-to-go-green-cleaning.php](http://www.treehugger.com/files/2007/01/how-to-go-green-cleaning.php)

[www.seventhgeneration.com/learn/categories/Green-Cleaning](http://www.seventhgeneration.com/learn/categories/Green-Cleaning)



## **Some Green brands to look for:**

- Seventh Generation
- Ecover
- Sun and Earth
- Method
- Imus Greening the Cleaning
- GreenWorks
- SimpleGreen



Try vinegar and baking soda.

# GREEN your events

**Invitations:** Invite guests by telephone or email rather than by using paper invitations. If you must use paper, use a postcard format and request paper that is at least 30% post-consumer recycled content printed with vegetable inks.

**Transportation:** For business meetings, first decide if a face-to-face meeting is necessary. Tufts has rooms on all campuses set up for videoconferencing. (For a list of locations, see <http://uit.tufts.edu/?pid=760>). You can also attend videoconferences through Skype or MOVI (Ask UIT to install MOVI on your computer).

Otherwise, choose a central location and encourage guests to use mass transit or carpool. For out-of-town

guests flying in, suggest an arrival time which would allow consolidated trips to the airport. Research environmentally-friendly hotels for your guests ([www.greenhotels.com](http://www.greenhotels.com)).

**Food and Service:** Buy or request organic, locally grown food as much as possible. Use reusable utensils and dishes, as well as reusable napkins and tablecloths rather than paper. Serve beverages in

containers such as punch bowls or pitchers, and serve condiments in bulk containers rather than individual packets. Eliminate plastic stirrers and straws. Serve buffet style, rather than box-lunch style.

Don't forget to **recycle and compost whenever possible!**



# Green Buildings

## LEED-Certified spaces at Tufts

The LEED (Leadership in Energy and Environmental Design) Green Building Rating System® is a voluntary, consensus-based national standard for developing high-performance, sustainable buildings.



*Sophia Gordon Hall West*

### Sophia Gordon Hall (SoGo)

is a **LEED Gold** certified, 126-bed residence hall on Talbot Avenue in Medford with environmentally friendly design features. The apartment-style dorm was opened in 2006. The project team, motivated by Tufts' stated commitment to reduce greenhouse gas emissions, incorporated numerous sustainable

technologies and design elements into Sophia Gordon Hall, including:

- 30% Energy Use Reduction
- 30% Water Use Reduction
- Solar Thermal & Photovoltaic Rooftop Array to heat water and generate electricity
- Improved Environmental Air Quality
- Storm-water Management



*Solar rooftop at SGH*

75% of the waste from the building site was recycled or salvaged with a waste management program. 10% of the materials in the design contain post-consumer or post-industrial recycled content.

### Tufts University School of Dental Medicine

embarked on a major vertical expansion project in 2008 to add five floors and 95,000 square feet to the existing building. The new space expanded patient



*Tufts Dental School building in the Boston campus*

clinics, classrooms, offices, as well as Continuing Education and research facilities - earning a **LEED Silver** Certification in the process. The second phase of the master plan or the Level 2 Renovation project, was completed in late 2011 and received **LEED Gold** Certification in February 2012.

Both renovations incorporated sustainable technologies and design to improve water efficiency to 30-40% savings over baseline, increase energy efficiency through the use of occupancy sensors and Energy Star equipment, and used local and/or sustainable materials with recycled content whenever possible. 84% of the construction waste in the second phase was recycled.

For more info, see <http://sustainability.tufts.edu/leed-certified-buildings/>

# Get involved

## Green organizations around Tufts

### Student Groups



#### Tufts Sustainability Collective (TSC)

<http://sites.tufts.edu/tuftssustainabilitycollective>

The umbrella organization for environmentally-focused groups on campus is made up of six subgroups:

- Tom Thumb's Garden
- Sustainable Action Squad
- Green Team
- Food for Thought
- Students for a Just and Stable Future



#### Tufts Bikes

<http://tuftsbikes.com>

#### Fletcher Green

<http://fletcher.tufts.edu/Students/Student-Clubs-and-Organizations>

#### Tufts Energy Forum (TEF)

[www.tuftsgloballeadership.org/programs/tef](http://www.tuftsgloballeadership.org/programs/tef)

#### Student Planning and Policy Association (SPPA)

<http://ow.ly/CH8hG>



#### Tufts Mountain Club (TMC)

[www.tuftsmountainclub.org](http://www.tuftsmountainclub.org)

#### Wildlife Aquatics Zoo Exotics (WAZE)

[www.tufts.edu/vet/scavma/waze.html](http://www.tufts.edu/vet/scavma/waze.html)

#### Climate Policy and Planning Coalition (UEP)

<http://sites.tufts.edu/cppc>

#### Engineers Without Borders

<http://ase.tufts.edu/ewb>



#### Slow Food Tufts (Friedman School)

<http://slowfoodtufts.blogspot.com>

#### Tufts Food System Planning Coalition

<http://go.tufts.edu/foodplanning>

#### Dental School Green Initiative

<http://ow.ly/CH81s>

### Groups Beyond Tufts

**Groundwork Somerville:** An environmental non-profit organization that promotes sustainable community development and revitalization. [www.groundworksomerville.org](http://www.groundworksomerville.org)



#### Climate Action Groups

These community-based groups fighting global warming often sponsor movie nights, speakers, public rallies about climate change, and offer home energy conservation workshops. Visit [www.massclimateaction.org](http://www.massclimateaction.org) to find a local chapter near you.

#### Somerville

[www.somervilleclimateaction.org](http://www.somervilleclimateaction.org)

#### Medford

<http://greenmedford.blogspot.com>

#### Boston

[www.bostoncan.org](http://www.bostoncan.org)

**Cambridge Energy Alliance:** A non-profit service sponsored by the City of Cambridge and NSTAR that helps residents and business owners invest in making their homes and buildings work smarter and more efficiently—saving energy, water and money. <http://cambridgeenergyalliance.org>

# Be Green

At Tufts

## Become an Eco-Rep or Eco-Ambassador!



The Eco-Reps runs a Terracycle brigade and collect chip bags for "upcycling" to different products

### **ECO-REPS**

The Tufts Eco-Reps are residential students who help raise awareness about ecological issues, encourage environmentally-friendly behavior among their hall-mates and peers, and plan related events and activities.



To learn more, visit: <http://sustainability.tufts.edu/programs/ecorepresentatives/>

### **ECO-AMBASSADORS**

Eco-Ambassadors are staff or faculty members who spend a few hours per month of paid work time leading departmental efforts to conserve energy and water, select green office products, improve recycling rates and educate their colleagues about environmentally sustainable practices. Extended and Condensed training programs are available.



Tufts University  
Eco-Ambassadors

To learn more, visit: <http://sustainability.tufts.edu/programs/ecoambassadors/>



Eco-Ambassadors tour a recycling plant

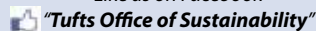
## About the Office of Sustainability

**Tufts**  
gets green  
Office of Sustainability

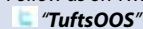
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