

A photograph of a green lawn with a stone bench and a vase of pink flowers. The scene is outdoors, with a building and trees in the background. The text is overlaid on the lower half of the image.

The Green Guide

**Living and Working
Sustainably at Tufts**

Tufts
UNIVERSITY

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 ways you can join the efforts of the Tufts community to conserve resources, reduce our ecological footprint, and foster a sustainable university community.

Environmental stewardship and active citizenship are strong Tufts traditions, from a leadership commitment to reduce greenhouse gases to extensive recycling, organic food choices, and a LEED Gold dormitory. With your help, we can continue to integrate sustainable habits into everyday campus life.

Thank you for taking time to read this Guide. Use our recommendations as a starting point for taking steps to integrate sustainable behaviors into your daily life. We appreciate your participation and welcome your ideas and feedback.



Tina Woolston
Director, Tufts Office of Sustainability

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LIGHTING

Turn the lights off whenever you leave a room.

Replace incandescent light bulbs with compact fluorescent light bulbs (CFLs), 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 - parking lot side)

HEATING

Too hot? **Turn down your radiator valve or thermostat.** If you continue to have problems with the heat, call work control at 7-3496 (Medford), 6-3535 (Boston), or 8-7921 (Grafton), or fill out an online 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 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. See www.epeat.net.
- Energy Star qualified computers use 30-60% less energy than similar products without the label.



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/?pid=75>

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. That power is consumed by power supplies (the black cubes—sometimes called “vampires”—converting AC into DC), the circuits and sensors needed to receive a remote signal, soft keypads and displays including miscellaneous LED status lights. Standby power use is also caused by circuits that continue to be energized even when the device is “off”.

Almost any product with an external power supply, remote control, continuous display (including an LED), 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.

REPORT LEAKS!



Call work control at:
x7-3496
(Medford)
x6-3535
(Boston)
x8-7921
(Grafton)

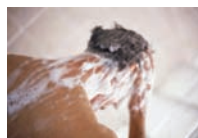
Or fill out an online request:
<https://fsrequest.tufts.edu/WebMaint/>



IN THE BATHROOM

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

Turn off the tap while brushing your teeth and shaving.



@Home: Install low-flow toilets 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.

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!



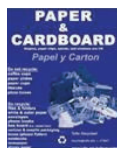
Almost everything can be recycled at Tufts. The recycling rate for the Medford campus was 54% in 2010-2011.

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



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

WHAT GOES IN GREEN BINS?

Glass, metal, plastic

- All rigid #1- #7 plastics
- Cans (tin, steel, and aluminum)
- Glass bottles
- Aluminum foil and trays
- Empty aerosol cans
- Aseptic "drink boxes"
- Juice and milk cartons
- Empty photocopier toner bottles
- Plastic utensils



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)
 - Coffee cups
 - Paper cups and plates
- Carbon paper
- Plastic bags
- Film
- Styrofoam
- "Soft Paper" like tissues or napkins



Need a bin? Ask TuftsRecycles!

Call 617-627-3810, email 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? Don't just toss it—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.

At the end of the year residential students can leave old technology, batteries and other electronics in their dorm's R²ePack 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.

Contact your 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.

Tufts-owned computers can be recycled through Facilities Services. Contact recycle@tufts.edu.

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 30 cents a 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?

Stop Junk Mail: Return unopened envelopes 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.



Write to Mail Preference Services: Contact companies that send you information and request privacy on your address. Or 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

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 eggs.

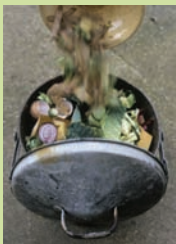
Sustainable fish are served regularly in the dining halls. See <http://dining.tufts.edu/?pid=52> for more information.

- 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 about 1000 lbs. of food. 235 tons of food were composted in 2010–2011. Since 2001, the total amount of food composted has increased by over 200%.

Composting at Tufts is facilitated by Dining Services and Tufts Recycles!

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. Visit www.massfarmersmarkets.org or download a PDF from <http://sustainability.tufts.edu/?pid=115> which also includes a list of Community Supported Agriculture (CSAs) food shares available near the Boston and Medford campuses.

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 11:30am-1:30pm on Wednesdays in September and October on the Lower Patio of the Campus Center in Medford.

Food

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

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

Also check 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 bananas are available in Tufts dining facilities and Fair Trade coffee is served exclusively at Hotung Cafe and Tower Café. Fair Trade options are also available in Brown & Brew, Carmichael, Dewick, Mugar, and Hodgdon Good-to-Go.

North American consumers usually pay \$4-11/lb. for coffee bought from growers for ~80 ¢/lb. Fair Trade benefits over 550,000 coffee farmers in 22 countries and 42,000 cocoa farmers in 8 countries by paying a fair price for their product.

GREEN

your ride



Tufts Bikes

BIKE

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

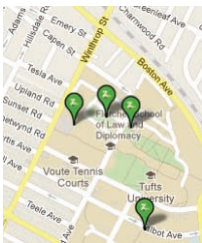
They also operate a bike workshop, hold safety and urban riding classes, and organize group rides. Bikes, helmets and locks can be checked out from the library for FREE. Visit their website at <http://tuftsbikes.wordpress.com/> for more information.



*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 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



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.

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.



RelayRides
Neighbor-to-Neighbor Carsharing

Learn more at 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/ 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 Bursar's Office. You can purchase four- or five- month bus passes or Linkpasses (used for both bus and subway) for 10% off the regular price. The fall semester deadline is early August and the spring semester deadline is early December.

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 and click "Commuter Benefit Program".



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"> #96 Medford Square via Davis Square #89 Sullivan Station via Broadway #87 Arlington Center Davis Square #88 Clarendon Hill Highland #94 Medford Square via W Medford | <ul style="list-style-type: none"> #11 City Point Downtown Bayview Route #43 Ruggles Station Park & Tremont Sts. via Tremont #55 Park & Tremont Sts via Ipswich St #SL5 Dudley Station Downtown Crossing at Temple Place via Washington St. |

| | 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).

RideMatch: RideMatch is a free system that helps commuters to quickly and securely find carpool partners. The system matches people based on proximity to origin and destination points and travel route, as well as similar working hours and compatible carpooling preferences.

For more information about any of these programs, go to: 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.nuride.com

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 as well as an emergency ride home system. 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 four rides per year).



For more information, see: www.commute.com/commuters



FLYING

Carbon dioxide (CO₂) is one of many greenhouse gases that influence the planet's climate. Air travel's contribution to global CO₂ 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 CO₂ 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 impacts but who cannot avoid flying completely, 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*

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
- www.ecofashionworld.com
- www.beklina.com
- www.rawganique.com
- www.esperanzathreads.com/organic-cotton
- www.greengiftguide.com

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

LOCAL THRIFT AND CONSIGNMENT STORES

Boston

- Second Time Around Clothing (276 Newbury St)
- The Closet (175 Newbury St)
- Karma Designer Consignment Boutique (26 Prince St)
- Jasmine Sola (344 Newbury St)

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)
- Frida Bee (1297 Cambridge St)
- Poor Little Rich Girl (121 Hampshire St)
- Vintage Revenge (1105 Mass Ave)
- The Salvation Army (328 Mass Ave)
- Found (255 Elm St)

Somerville

- Goodwill (Davis Square)

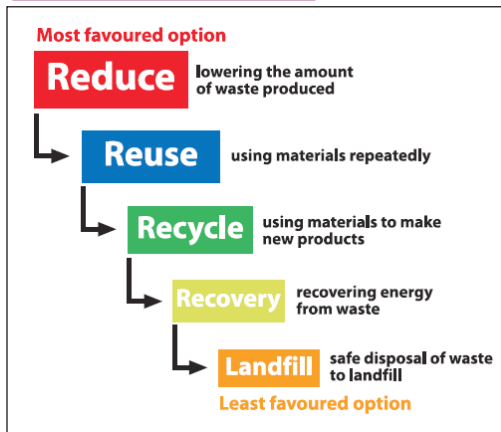
- Buffalo Exchange (Davis Square)
- La Chic Boutique (Davis Square)
- The Salvation Army (483 Broadway)
- Serendipity Thrift (Union Square)

Grafton

- The Grafton Thrift Shop (71 Main St, South Grafton)
- Treasures - An Upscale 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

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>.)

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)



Food and Service: Buy 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!**

Sophia Gordon Hall

a green living space

Sophia Gordon Hall (SGH) is a LEED Gold certified, 126-bed residence hall on Talbot Avenue 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: The building's design optimizes energy performance to achieve a 30% reduction in overall energy use.

30% Water Use Reduction:

Apartments, bathrooms and laundry have water efficient appliances, low-flow faucets, dual-flush toilets and a waterless urinal.

Solar Thermal & Photovoltaic :

Solar thermal and photovoltaic rooftop arrays provide hot water and generate electricity to minimize energy loads (funded by \$500,000 from Massachusetts Technology Collaborative with matching funds from Tufts).

Improved Environmental Air Quality:

The carpet and sheet vinyl adhesives,

sealants and paints were chosen because they have very low or no VOC emissions. The building is non-smoking.



Sophia Gordon Hall West

Reduce, Reuse, Recycle: 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.

New Glass Technologies: The Low-E insulated windows and the ceramic-fritted and louvered glass walls reflect heat away from the curtain wall in the summer months and reflect radiant heat indoors in the winter months.

Storm-water Management: An underground storm-water retention system collects runoff from impervious surfaces and recharges it on-site, minimizing the load on the city's storm drains.



Solar rooftop at SGH

Educational Displays:

Signs and labels throughout the building educate users about Sophia Gordon Hall's unique features. A screen

showing real time monitoring of the building's energy use appears at the entrance. Our hope is that this building will be a model for living and learning at Tufts.

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 four subgroups:

- **Tufts Bikes**
<http://www.tufts bikes.wordpress.com>
- **Tom Thumb's Garden**
<http://sites.tufts.edu/tomthumbsstudentgarden/>
- **Sustainable Action Squad**
- **Students for a Just and Stable Future (SJSF)**

Fletcher Green

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

Tufts Energy Forum (TEF)

<http://www.tuftsgloballeadership.org/programs/tef>

Student Planning and Policy Association (SPPA)

<http://ase.tufts.edu/uep/Students/PlanningPolicy.asp>



Tufts Mountain Club (TMC)

<http://www.tuftsmountainclub.org>

Wildlife Aquatics Zoo Exotics (WAZE)

<http://www.tufts.edu/vet/scavma/waze.html>

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>

Food Education and Action for Sustainability at Tufts (FEAST)

<http://www.tufts.edu/programs/feast/>

Dental School Green Initiative

<http://bit.ly/dvtrr6>



Groups Beyond Tufts

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.

Somerville: Find the group on Facebook or join the Google group.

Medford: Contact christinemaher@gmail.com

Boston: <http://www.bostoncan.org>

Groundwork Somerville: An environmental non-profit organization that promotes sustainable community development and revitalization. www.groundworksomerville.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!



Clothing swap organized by Eco-Reps for EarthFest

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/?pid=151>

Eco-Ambassadors

Eco-Ambassadors are Tufts employees who participate in a year-long program to learn about the many different ways to “green” their office and then implement initiatives in their own office.



Tufts University
Eco-Ambassadors

To learn more, visit: <http://sustainability.tufts.edu/?pid=10>



Eco-Ambassadors tour a recycling plant

About the Office of Sustainability

Tufts
gets green
Office of Sustainability

210 Packard Avenue
(Miller Hall East Rear entrance)
Medford, MA 02155
(617) 627-5517

sustainabilityoffice@tufts.edu

Visit us online for more information
and sign up for our newsletter:

<http://sustainability.tufts.edu>
<http://sites.tufts.edu/TuftsGetsGreen>

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Read the Green Guide online!

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