

Sustainable Food

Sign up for a farm share. The New Entry Food Hub CSA is a program of the New Entry Sustainable Farming Project, an initiative of Tufts University's Friedman School of Nutrition Science and Policy and additional partners. Get a 10 or 20 week share of fresh and local produce and pick it up on the Medford or Boston Health Sciences Campus! Visit go.tufts.edu/CSA for more info.



Choose Sustainable Catering Options. If you are planning small in-office events, large on- and off-campus events, or formal events consider sustainable catering options, mainly serving locally grown and organic food, mostly vegetarian, in a buffet style. For more information, see our Green Event Resources guide at go.tufts.edu/GreenOfficeResources

Shop at farmers' markets. There are many farmers' markets throughout Boston. They are typically open from Memorial Day through Thanksgiving. Visit go.tufts.edu/farmersmarkets for information about farmers' markets near Tufts' campuses.

Do you host events on campus where there is often leftover food?

By signing up for the FreeFoodAtTufts elist, you can share information about free food on campus in order to help people access free, fresh food. Visit go.tufts.edu/sustainablefood

Waste: What Goes Where?

Mixed Recycling Bins

Recyclable paper, cardboard, plastic, metal, and glass items should be placed in the mixed recycling bin.



- Office paper (with or without staples), magazines, envelopes, catalogs, phone books
- All cardboard boxes (broken down)
- Clean paper bags
- Paperboard boxes
- Pizza boxes without cheese or greasy paper inside
- Clean hard plastic containers like yogurt cups, plastic bottles, and takeout containers
- Empty clear plastic cups (no lids or straws)
- Soda cans and tin cans
- Aluminum foil (cleaned)
- Empty aluminum takeout containers
- Glass jars and bottles

For a comprehensive list of items, visit go.tufts.edu/recycle.

DON'T put Liquids, Food, Plastic Bags, or Bioplastics in Recycling. Rinse dirty containers before recycling.

Public Compost Bins

- Fruit & vegetable cores and peels
- Eggshells
- Paper coffee filters & grounds, paper tea bags
- Napkins & paper towels
- Greasy pizza boxes, paper bags, & other paper or cardboard items with food waste
- BPI certified compostable products



For comprehensive info, visit go.tufts.edu/compost.

NO meat, bones, dairy or produce stickers

Commuter Benefits

For the most up to date info on the commuter benefit options below, visit go.tufts.edu/erh.

The Boston Health Sciences Campus is a member of **A Better City Transportation Management Association (ABC TMA)**. ABC TMA provides incentives and programs that encourage employees to take public transit, carpool, vanpool, bike and/or walk to work. Some of their benefits include:

A Better Commute: A Better Commute rewards you for incorporating walking, bicycling, running, transit, or any other form of sustainable transportation into your daily routine. By logging your miles, you can win monthly raffles for gift cards, gear, and more.

Carpool Subsidy: The Carpool Subsidy program rewards you for commuting with multiple people by carpool. Your carpool group can save up to \$225 over three months on the cost of fuel. Don't have anyone to carpool with? Visit the Carpool Matching webpage on the RideAmigos/GoMassCommute website to access a platform that will help you find people to carpool with.

Guaranteed Ride Home: This program provides you with 6 free Uber rides per year in case of emergencies.

Register for your ABC TMA account to start using the RideAmigos/GoMassCommute tool to track your daily commutes and earn these rewards. The RideAmigos/GoMassCommute tool can also help you figure out your route to work and find a carpool.

Car and Bike Share Programs

Check out go.tufts.edu/greentravel for all the latest sustainable transportation information.

Zipcar

Zipcar is a carsharing service that offers 24/7 access to vehicles parked right around the Boston Metro area. Zipcar is connected to ABC-TMA, so Tufts employees can sign up for a membership for just \$35 a year. Visit www.abctma.com/commuter-programs/membership-perks to sign up.



Turo

Turo is a neighbor-to-neighbor carsharing company that connects people who need cars with vehicle owners whose rides would otherwise sit unused. Learn more at Turo.com. Travelers must be at least 21 years of age to be eligible for a Turo membership.



Blue Bikes

Blue Bikes, Metro Boston's bicycle sharing system, has over 3,000 bicycles and 300 stations throughout the Boston area. Single trip, 2 hour trips, monthly, and annual passes available. For usage, safety and pricing info, see bluebikes.com.



Public Transportation



The MBTA.

The MBTA is a great way to get to and from the Boston Campus and other places in the greater Boston area. Plan your route online through MBTA's "Trip Planner" or with mobile apps like Transit or NextBus. Visit mbta.com for more info.

Subway to Tufts Boston Health Sciences Campus

Take the **Orange Line** to Tufts Medical Center Station. Other Nearby MBTA stops are Downtown Crossing (**Red/Orange Line**), Chinatown (**Orange Line**), and Boylston (**Green Line**).

Bus to Tufts Boston Health Sciences Campus

#11 City Point — Downtown BayView via Broadway
#43 Ruggles Station — Park & Tremont Streets via Tremont Street
#55 Jersey & Queensberry Streets — Copley Square/Park & Tremont Streets via Ipswich Street
SL4 (Silver Line) Dudley Station — South Station @ Essex Street via Washington Street
SL5 (Silver Line) Dudley Station — Downtown Crossing @ Temple Place via Washington Street

MBTA Discounts

Faculty and staff receive a 35% subsidy, up to \$50 per employee per month, toward the purchase of bus, train, or commuter rail MBTA passes. Visit go.tufts.edu/commuterbenefits for more info.

GO Buses

GO Buses has regular routes from Boston to places like midtown Manhattan and Providence. Tufts students, staff, and faculty get a 12% discount on GO Bus trips by using discount code "tufts12." For more information visit gobuses.com.

Sustainability at Tufts

Tufts plays a crucial role in helping the world adapt to a changing planet while tackling such challenging issues as climate change and resource depletion. Our goal is to be responsible stewards of the physical environment by cultivating knowledge of sustainability issues and sustainable solutions across disciplines in our students, staff, and faculty. Sustainability at Tufts is a collective effort spanning departments, offices, and our campuses in Boston, Grafton, and Medford/Somerville. If you're interested in getting involved with campus sustainability, please contact the Tufts Office of Sustainability using the information provided below.

Office of Sustainability

The Office of Sustainability acts as a resource, catalyst and advocate for environmental sustainability at Tufts and often serves as a bridge between ideas and their practical implementation. Our office is located on the second floor of Barnum Hall, rooms 205-209. Do not hesitate to stop by, whether you're interested in general campus sustainability, a research project, or just want to say hello. Visit sustainability.tufts.edu, read our blog at sites.tufts.edu/tuftsgetsgreen.

Contact Information

(617) 627-3191
sustainabilityoffice@tufts.edu

Tufts Office of Sustainability
Barnum Hall, Rooms 205-207
163 Packard Ave.
Medford, MA 02155

Stay Connected

[/greenttufts](https://www.facebook.com/greenttufts)

[@greenttufts](https://twitter.com/greenttufts)

[@greenttufts](https://www.instagram.com/greenttufts)

Newsletter:
bit.ly/greenttuftsnews

Supporting a university-wide commitment
UNIVERSITY | Tufts sustainability



sustainability.tufts.edu

Employee Guide

Boston Health Sciences Campus

Eco Map


Tufts UNIVERSITY | sustainability
Supporting a university-wide commitment

Eco Map

Boston Health Sciences Campus

Eco Map Legend

Compost & Specialty Recycling

-  **Battery Recycling:** These bins only accept select batteries. go.tufts.edu/specialtyrecycling
-  **Compost:** No meat or dairy. go.tufts.edu/compost
-  **Fitness Tracker Recycling:** Donate your old fitness tracker to RecycleHealth at this location.
-  **Ink and Toner Recycling:** These bins accept used ink and toner cartridges. go.tufts.edu/specialtyrecycling
-  **Plastic Bag & Film Recycling:** We take clean, dry plastic bags and film. More info at go.tufts.edu/specialtyrecycling
-  **Oral Care Terracycle:** These bins accept toothpaste tubes and caps, toothbrush outer packaging, and floss containers. More info at go.tufts.edu/specialtyrecycling
-  **Outdoor Recycling**

Sustainability Landmarks

-  **LEED Building:** Leadership in Energy & Environmental Design

Sustainable Transport

-  **Blue Bikes:** Become a member at bluebikes.com
-  **Bike Racks (Uncovered)**
-  **Bike Racks (Covered)**
-  **MBTA Bus Stop & Route:** View routes & schedules at mbta.com
-  **MBTA Train Stop:** The Orange, Green, and Red lines are all located near the Health Sciences Campus. View routes & schedules at mbta.com
-  **Shower:** Use these showers to clean-up after a sweaty bike commute. Please note, special access may be required to use these showers. See go.tufts.edu/bikes
-  **Zipcar:** Register at zipcar.com/tufts

View the Eco Map on Google Maps

To see a custom Google Map and the most up to date version of the Eco Map, visit:

go.tufts.edu/ecomap

For biking information visit:

go.tufts.edu/bikes