Reduce Waste

Commuting Wisely

Conserve Resources
This guide has been created by the Office of Sustainability to provide you with ideas and resources to help you be green while in college - and beyond. Here you will find green living tips, sustainability program information, and information about both on and off campus businesses and programs.

Office of Sustainability
Lola Tilly Commons 2nd Floor
474-5070
www.uaf.edu/sustainability
Reduce Waste: Pre-cycle

BUY LESS STUFF

- If you have a roommate don’t duplicate items that can be shared.
- Use less laundry and dish soap than the package calls for.
- Before buying books always, ALWAYS check out the library.
- Use last year semesters school supplies.
- Computer not working? Try taking it to OIT before giving up on it and buying a new one.

DITCH THE DISPOSABLES

- Use a reusable water bottle and a reusable mug. You can make coffee at home & will get a discount when buying coffee on campus. The Office of Sustainability has them for $5.
- Use rags for easy clean-ups. Save paper towels for the nasty stuff.
- Use a reusable bag or backpack instead of using disposable bags.
- When you can, use items with rechargeable batteries.
Reduce Waste: Up-cycle

GIVE NEW LIFE TO OLD ITEMS

- Need clothing, furniture, or anything else for FREE? Check out the student–run UAF FreeStore! It’s mission is to help UAF reduce its ecological footprint by reducing the amount of resources it uses and waste it produces. Donations are accepted throughout the year, so the inventory is always changing.

- Upcycle – find ways to reuse old items in a new way. Examples: use a water-damaged book as a planter and pasta sauce jars for food storage.

RESOURCES

**UAF FREESTORE**
Lola Tilly Commons 2nd Floor
Mon-Fri: 9:00AM - 4:00PM

**UPCYCLING PROJECTS**
[www.upcyclemagazine.com](http://www.upcyclemagazine.com)
[www.upcyclethat.com](http://www.upcyclethat.com)

**OIT**
Bunnell Building - Room 231
Mon-Fri: 7:30AM - 7:30PM
Sat-Sun: 10:00AM - 6:00PM
Reduce Waste: Shop Smart

THINK BEFORE YOU BUY

- If what you need isn’t at the FreeStore, start shopping thrift stores, consignment stores, garage sales and craigslist.
- Buy used books.
- Try baking your own bread (and COOKIES).
- When buying a gift consider investing in experiences instead of things. You could also make your own!
- When you do eat out go to local restaurants instead of chains.
- Buy appliances and electronics that are used, Energy Star certified, or both.
- Forget frozen dinners. They have way too much packaging and cost more.
- Think about packing when you buy drinks. Aluminum cans are best, glass is second best, and try to avoid plastic bottles.
Reduce Waste: Recycle

IF IT HAS TO BE THROWN AWAY...

- Recycle e-waste through the FREE Interior Alaska Green Star program. Visit iagreenstar.org for more information!

- Aluminum, paper, ink cartridges, batteries, wearable clothing and glass can be all be recycled on campus.

- DON’T throw away your old clothing, furniture, etc. when you move out of your dorm/cabin/apartment at the end of year. Donate it to the UAF FreeStore or another program.

UAF Recycling

RECYCLING AT UAF includes paper, aluminum, steel, some plastics and more. Collection bins can be found all over campus, including in the dorms. The Office of Sustainability employs a team of students to run the recycling program.
Commute Wisely: Drive & Ride

SHARE

- Take the MAC bus around town. Rides are FREE with your student I.D.
- Take the shuttle to go from upper campus to lower campus.
- Try car pooling if you commute to work or campus.

DRIVE SMART

- Plan your trips in a way that makes sense! By planning the most efficient route you can save time, gas AND the environment.
- Stop idling your cars! Turn off your engine when running errands & plug in your car whenever possible once it gets below –20° F.

RESOURCES

BIKE RENTALS UAF Green Bikes 907.474.7375  739 Columbia Cr.
www.uaf.edu/sustainability/green-bikes/

DRIVING TIPS http://www.fueleconomy.gov/feg/driveHabits.jsp

BUS ROUTES http://fnsb.us/transportation/Pages/MACS.aspx
EXERCISE

- Ride a bike! The Green Bikes program has great deals on semester long bike rentals and the resources to fix your own bike for FREE.
- Take a walk! If you have the time, walk between classes.
- Ski! You live in a place where skiing is an option for commuting. Make the most of the winter months!

Green Bikes

THE GREEN BIKES PROGRAM offers students an affordable option for sustainable transportation. Long-term and short term bike rentals are available. Safety is always emphasized, and all renters are required to own a helmet. Anyone can come in to use the tools and resources available in the shop (a fee is charged for parts) for their own bike. The Green Bikes shop is located in the Nordic house on Columbia Circle.
Conserve Resources: Water

**USE LESS WATER**

- Wash clothes in cold water — it uses less energy and clothes last longer.

- Air-dry as many of your clothes as possible while the weather is still agreeable. Try a clothesline inside for smaller items during the winter. This saves water, energy, and money.

- Wash your hair less. It’s better for your hair anyway.

- Corn-starch (or corn-starch based baby powder like Burt’s Bees) makes a great dry shampoo.

- Air dry your hair – better for your hair AND the environment.

- If you live off campus AND happen to be lucky enough to have running water, put in a low-flow shower head (or request that your landlord do so).
Conserve Resources: Energy

SWITCH OFF & UNPLUG

- Switch off lights and use daylight as much as possible...WHILE YOU STILL CAN!!! Take advantage of the daylight before winter gets here.
- Use the common area - many on campus residences have common-area TVs and refrigerators.
- If you live off campus, turn your heater down a few degrees and wear a sweater.
- Mind that phantom load! Computers, gaming systems, stereos, TVs, and chargers draw electricity even when turned off. Unplug items when not in use or use a power strip.
- Switching a light bulb? Use CFL or LED bulbs.
Conserve Resources: Food

SUSTAINABLE EATS

- Start a garden, even if it is just a pot of herbs. During the summer months you can rent a plot at the UAF Community Garden!

- Fairbanks has great Farmer’s Markets! Buying items grown & made locally saves energy and supports the local economy.

- Plan your meals to avoid waste and overspending.

- Looking for a cheap carb? Try bulk rice! Avoid salty noodles packaged in individual wrappers.

- Buy items packaged in glass and reuse the jars for storage.

RESOURCES

TANANA VALLEY FARMERS MARKET
2600 College Road  Wed 11-4 / Sat 9-4 / Sun 11-4

FAIRBANKS CO-OP MARKET GROCERY & DELI
526 Gaffney Road  Mon-Sat 8am-8pm / Sun 11am-8pm

ALASKA GROWN SOURCE BOOK
http://dnr.alaska.gov/ag/ag_AKGrown.htm
THINK GREEN

- Next time you buy soap switch to items that are NOT anti-bacterial and ditch any shower soaps with micro-beads.
- Try using items like vinegar, baking soda, and lemons as much as possible for cleaning. They are more environmentally-friendly and cheaper too!
- Ditch your vinyl shower curtain and go with cloth or PVC-free plastic.
- Learn how to Green your dorm room at https://www.uaf.edu/sustainability/getinvolved/dorm-room/

Nanook Grown

THE NANOOK GROWN MARKET provides campus-grown produce and other items to the students, staff and faculty at UAF at an affordable price. Student workers learn how to grow organic food and operate a weekly market table. Produce staples grown and sold by the students have include potatoes, peas, lettuce, strawberries and onions.
RESOURCES ON CAMPUS

**UAF GREEN BIKES** is a student-funded program that offers affordable short and long term bike rentals and mechanical help. The program maintains weekly mechanic office hours. For more information go to www.uaf.edu/sustainability/green-bikes/
Nordic House, 739 Columbia Circle / (907) 474-7375

**THE FREE STORE** provides free clothing, dorm and household items, books, movies, gadgets and more in the Office of Sustainability.
www.uaf.edu/sustainability/free-store/
Lola Tilly Commons 2nd Floor / (907) 474-5070

**THE ASUAF OFFICE** has resources for UAF students including free coffee, tea, printing, and access to information about grants, scholarships and other funding opportunities.
http://www.asuafstudentgov.org/
Wood Center, Suite 119 / (907) 474-7355

**THE OFFICE OF INFORMATION TECHNOLOGY** (OIT) service desk is available to help you with your computer by phone or in person 7 days a week!
https://www.alaska.edu/oit/get-help/
Bunnell Room 231 / (907) 450-8300

**THE UAF FARMERS MARKET EXPRESS** is a service for students, staff and faculty. The shuttle leaves every Wednesday from the Arctic Java roundabout at noon and 1 and return sat 12:45 and 1:45.
The **TANANA VALLEY FARMER’S MARKET** is open May – September and offers tons of local produce, prepared food, and crafts.  
2600 College Road / Open Wed 11-4, Sat 9-4pm, Sun 11-4

**CO-OP MARKET GROCERY & DELI** is the only retail food cooperative in Alaska providing local and natural foods. Membership is not required to shop.  
526 Gaffney Road / (907) 457-1023 / Open Mon-Sat 8-8 / Sun 10-6

Visit **PLAY IT AGAIN SPORTS** for great deals on used sporting goods.  
160 Old Steese Highway / 907-457-7427 / Open Mon-Fri 10-8 / Sat 10-7 / Sun 12-5

**GULLIVER’S BOOKS** has new and used books for sale and a café. Located on College Road approximately 2 blocks from campus.  
Tues-Fri 10-8, Sat 11-5

**VALUE VILLAGE** is a thrift store located at 3027 Airport Way. Great for clothes, appliances, sheets, and many other items for getting settled in Fairbanks.  
Monday-Saturday 9am-9pm and Sundays from 11am-8pm

The **ALASKA GROWN SOURCE BOOK** is designed to increase consumer awareness and consumption of Alaska agricultural products.  
http://dnr.alaska.gov/ag/ag_AKGrown.htm

The **MACS TRANSIT SYSTEM** can be used for free with your student ID. Bus route maps are online. They also have an app that shows in real time where the bus is.  
http://fnsb.us/transportation/Pages/MACS.aspx
WHO WE ARE

In Spring of 2009 students voted to establish a $20 per semester fee to fund programs and projects that make UAF a more sustainable and energy efficient campus. The fee, now called the Student Sustainability fee is managed by the student-led Review of Infrastructure, Sustainability and Energy (RISE) Board. All projects selected are chosen by this board. In 2010 RISE established the Office of Sustainability was and Michele Mouton was hired as the first UAF Director of Sustainability.

WHAT WE DO

The RISE board has funded over 90 projects in 5 years. The majority of these projects have been submitted by students. These projects have saved over $500,000 and helped to make UAF a leader in sustainability. Over 70% of these projects reduce energy costs at UAF.

In 2015 the Office of Sustainability & RISE board established a Green Revolving Fund to increase the effectiveness of the Student Sustainability Fee. This inner university loan program recaptures initial savings created by projects and reuses them to fund more sustainability projects in future years.

www/uaf.edu/sustainability
https://www.facebook.com/UAFsustainability/