Green Living Guide

UCR Residential Life   UCR Sustainability

Table of Contents

UCR Sustainability   UCR Residential Life

why sustainability?

Global climate disruption is impacting the planet in ways never experienced in human history. Warmer temperatures are contributing to changing weather patterns that cause more intense storms and heavier rainfall in some places, while elsewhere drought is parching the land. Glaciers are melting at an accelerated rate and oceans are rising. The overwhelming scientific consensus is that climate change is being driven by the release of carbon dioxide into the atmosphere, primarily from the burning of fossil fuels. The University of California has responded to this growing environmental crisis with direct action aimed at ending its reliance on fossil fuels. The University of California has responded to this growing environmental crisis with direct action aimed at ending its reliance on fossil fuels. In November 2013, President Janet Napolitano announced the Carbon Neutrality Initiative, which commits UC to emitting net zero greenhouse gases from its buildings and vehicle fleet by 2025, something no other major university system has done.

The Sustainable Practices Policy has laid out the roadmap for UC Riverside to achieve carbon neutrality and this is our opportunity to participate in reversing the effects of climate change and secure our future. As a UCR resident, you can participate in conscious decision-making and live as green/sustainable lifestyle. This Green Living Guide serves as roadmap for practical ideas, advice and direction to practicing a sustainable lifestyle not just in our residential halls but in our lives as well.

(https://cnidashboard.ucop.edu/)

If you have any questions, please contact sustainability@ucr.edu or visit https://sustainabilility.ucr.edu.

Thank you to Stan Lim from UCR Communications for providing these photos of our beautiful campus.

UCR Residential Life
UCR Office of Sustainability

sustainable food

UCR's goal is to achieve 25% spend on sustainable food and beverages by 2030. More than half of UCR Dining's produce is locally-sourced.

- UCR, through the R'Garden, has been directly involved in sustainable food efforts.
  - The R'Garden includes a community garden, row crops, a Valencia orchard, and a greenhouse area. It serves as a sustainability hub to promote service learning, and community-based research around food systems through student-led projects and collaborations with the campus and community.

What You Can Do:

- Opt for a more plant-based diet
  - Eating more plant-based foods can reduce environmental demands of water, energy, and land.
  - Participate in Meatless Mondays (especially in eating less beef)
- Donate non-perishable food you don't want to the R'Pantry to help a fellow student and to help reduce food waste.
- Visit the Cooking Well at the Student Rec Center and learn how to cook with Chef Val!
- Plan a weekly food menu and invest time into meal prepping.
- Look for labels that indicate your food is sourced sustainably:
  - Fair Trade: a fair deal for farmers and environmental
  - stewardship
  - Rainforest Alliance: protects biodiversity
  - Organic: cuts down pesticide use
- Carry your reusable containers.

List of Local Farmers Markets

1. The Riverside Downtown Farmers Market
   a. Open on Saturdays from 8 AM - 1 PM.
   b. Located on the Main Street Riverside between 5th and 6th

2. County of Riverside Agricultural Commissioner's Office Farmers Markets
   a. Check out the link above for times and locations of various farmers markets throughout Riverside County

water

Water, while seemingly abundant, is actually a scarce resource with the state of California facing a *severe* drought. While the city of Riverside receives water from local groundwater basins, this supply is being replenished by rain and melting snow at a slow rate. It is important for us to be water-wise and pitch in our individual efforts in conserving water.

UCR CleanWater

How Much Water Can You Save?

[Source: https://saveourwater.com/how-to-save-water/around-the-house/]

- Take shorter showers. Keeping showers under 5 minutes can save 12.5 gallons per shower when using a water-efficient showerhead. Consider a 5-Minute Shower Coach by Niagara Conservation.
- Turn off the faucet when brushing your teeth or washing your face to reduce water waste to save 8 gallons of water per person per day.
- Do full loads when washing your clothes or dishes. For your washer, this saves about 15-45 gallons per load. For dishwasher, this saves 5-15 gallons per load.
  - Report leaks, dripping faucets, or running toilets to maintenance immediately by submitting a request for service to facilities@ucr.edu.

If you are interest to learn more about Save Our Water, subscribe to the Save Our Water newsletter.

UCR Residential Life   **UCR** Sustainability

Water Fun Fact!

While having the right and infrastructure to import water, Riverside's water sources begin as rain that flows down through the Earth into underground aquifers.

Source
https://riversideca.gov/utilities/residents/our-water/about

Small Changes You Can Make:

- Run laundry in full loads and with cold water. If possible, air dry clothes.
- Consider using a wool dryer ball instead of single-use dryer sheets.
- Add a potted plant to green your space and clean the air. Please visit Be Water Wise to see what California-native plants work best for your area.

For more information on water resource management, please visit https://www.rwater.ucr.edu/ .

clean energy

UC Riverside is committed to reducing its greenhouse gas emissions by reducing energy use and switching to clean energy supplies.

What You Can Do:

1 Enable sleep/standby mode on your computer: The average laptop can consume between 30 - 200 watts when in use, but only 1-5 when in sleep/standby mode.

2 Supplement artificial lighting with natural lighting whenever possible.

**3** Use a personal lamp, with energy efficient LED light bulbs, instead of lighting an entire room.

4 Use a power strip and unplug when not in use.
- Some devices still use energy, even when turned off. This phenomenon is called phantom energy or "vampire power."

5 Open windows to circulate air flow and reduce A/C and heating. Although, if there's an automated system, it works best if windows remain closed.
- If you are able to control your thermostat, aim to have your temperature at 78°F in the summer and 68°F in the winter to maximize energy efficiency and comfort.

6 Coordinate with your roommates to share appliances as much as possible.
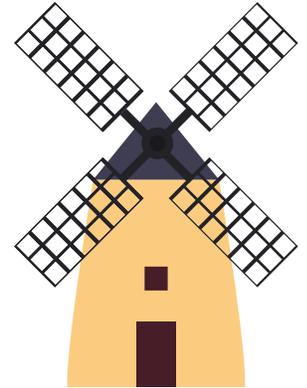
sustainable transportation

In 2022, 71.47% of the campus population at UCR were taking classes remotely. UCR continues to make strides in its effort to use alternative means of transportation and support the use of electric vehicles.

alternative transportation around UCR

1. **Walking**
   a. Walking is a great alternative for shorter journeys as it promotes good health and a therapeutic opportunity to enjoy your surrounding environment.
2. **Metrolink**
   a. For longer-distance travel, Southern California's commuter rail network allows students to travel to locations spanning from San Diego, Los Angeles, and more. For students attending college in Southern California, Metrolink offers a Student Adventure Pass, program that allows students with valid school identification to ride anywhere for free for six months. Students get an additional 25% discount on all other train fares.
3. **RTA Bus Network**
   a. RTA has switched to a free, contactless transit pass found on your mobile device to use when boarding. To get your free transit pass, you will be required to log in to your UCR Transportation Services account and enroll in the U-Pass Program. Once registered, you will receive your free pass on your mobile device via the RTA app for unlimited rides anywhere RTA buses go, anytime they operate.
4. **Carpool/Vanpool**
   a. A group of three or more students at UCR can register with TAPS can take advantage of parking in the Big Springs parking structure
   b. Vanpool is a commuting service that transports 5-12 students to their day-to-day destinations. Check out the Vanpool Program Application for more information
5. **Biking**
   a. Bikes are excellent options for traveling to distances within 6 miles. New protected bike lanes have been added near Watkins Drive on the North edge of the campus
6. **Skate/Scooter**
   a. Unlike biking, their compact/foldable structures eliminate the hassle of locking and securing your property by allowing you to take your skateboard/scooter to class with you while allowing you to travel around campus faster.
7. **ZIPcar**
   a. After applying and through the app, students can rent vehicles by the hour at any Zipcar location on campus. When finished, vehicles can be returned to the same location as pick-up. Learn more on the Zipcar website.

Fun Fact:
On the UCR campus, users can choose from Level I to Level III charging options for their electric vehicles.

Facts about Sustainable Transportation:
- Public transportation is a more efficient way to travel than single-occupancy vehicles. For example, taking a bus can reduce your carbon footprint by up to 90% compared to driving.
- Electric cars produce zero tailpipe emissions, which can help improve air quality and reduce greenhouse gas emissions.

Reminder: Bicycling and walking can not only reduce your carbon footprint, but these activities can also contribute to your physical and mental well-being!

+👤 *Interest* 🔍

A memory to remember.
#event

🎵 🔍 💬 👤
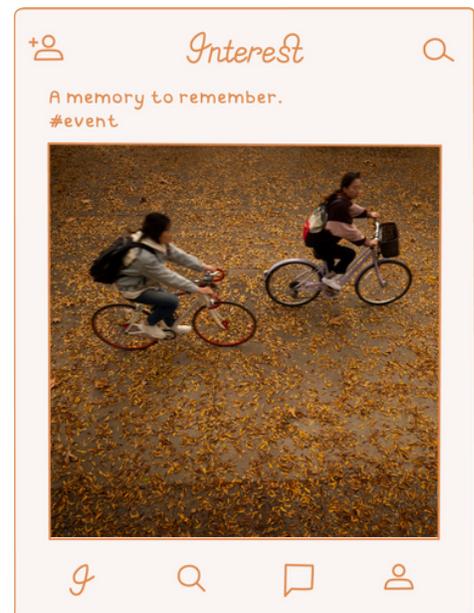
To learn more, please read this article on Alternative Transportation at UCR.

UCR Residential Life   UCR Sustainability

sustainable cleaning and maintenance

UCR's Custodial Services team committed to the campus' sustainability initiatives by executing a green cleaning program that uses sustainable chemicals, equipment and work methods that effectively clean, sanitize and maintain our facilities. UCR is the #1 UC campus for purchasing green cleaning supplies!

What You Can Do:

- Seek natural and biodegradable cleaning products
- Compared to traditional cleaning products, "Green Cleaning Products" minimize health risks and reduce water pollution.
- Use your own, personal reusable towels or rags to clean surfaces or dry your hands.
  - Follow this 20 Second Guide on Washing and Disinfecting your hands!
- Read the product label for suggested use: small amounts can go a long way
- Reuse and recycle empty cleaning containers
- It is important to remember that as students, you are the primary customers of the school. Support green cleaning initiatives by picking up after yourselves and practicing good hygiene.

waste management

UCR has made significant progress towards achieving goals by diverting 50% of campus-generated waste from landfills. The 2021-22 fiscal year saw an increase in total municipal solid waste which led to a reduction in the total solid waste generated per person per day.

Move-In Tips

- Pack your items in suitcases or crates/bins that you can utilize in your room later on to avoid one-time-use cardboard boxes.
- If you do use single-use plastics and grocery bags, try to find one more use out of them before discarding them (i.e. trash bags, reuse at the grocery, packing your lunch, etc.)
- Wrap fragile items in towels, clothes, or even old newspapers to help save space, and also avoid using bubble wrap or packing peanuts.
- To save money and reduce waste, you can shop at ScotSurplus where you can find used furniture, electronics, and more at bargain prices.

Move-Out Tips

- Consider donating furniture pieces before throwing them away. Some vendors allow sellers to set their own prices and even arrange for local pickup.
- Donate old clothing items to local thrift stores or sell on second-hand vendors to make a few extra bucks. Donate your old textbooks or sell them online.

What You Can Do:

- Bring reusable bags to carry items.
- Refuse single-use plastic; invest in reusable utensils and containers.
- Refer to the UCR Sustainability Zero Waste Report.
  Buy from second-hand stores when possible.

COMPOST

UCR Residential Life   UCR Sustainability
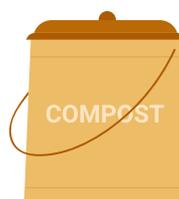
Refuse, Reduce, Reuse, Recycle

brock_lee
FOLLOW
...

143 likes
Spending everyday with awesomeness! #fun

What You Can Do:

- **Refuse**
  - This is the first step in restructuring our consumptive patterns. Take a moment to reconsider whether you really need an item, or if there's a sustainable alternative. Say "no" to single-use plastics!
- **Reduce**
  - Take shorter showers.
  - Reducing over-consumption of daily products also reduces the environmental impact
- **Reuse**
  - Fill up your reusable water containers at the Hydration Stations located throughout the campus
  - You can try to exhaust all the pages in your old notebooks before you purchase a new notebook.
- **Recycle**
  - Recyclable food containers (Tip: try to empty and rinse, if possible, food containers before placing them in the recycling bin)
  - Paper and cardboard
  - Glass
  - Aluminum
  - Donate clothes to the R'Professional Career Closet or a local thrift store.
- **E-Waste**
  - Used batteries can be recycled at the Orbach Library or at the RSO
  - ScotSurplus can help dispose of electronics, used batteries, and other electronic waste

Opportunities for Students

Handshake

Handshake is a employment portal for career resources and finding internships, full-time or part-time jobs, on-campus positions and more. It also give you access to Career Center workshops, events, and career fair.

Career Center

Career Center is a resource center for students and alumni of the University of California, Riverside that provides career guidance, resume review, and interview preparation to help students and alumni find jobs. Students can access the center's service through UCR Handshake

Research

UCR offers numerous research opportunities for students across all levels of experiences. The uResearch Portal is a research portal for students to find opportunities to engage in research. If you are interested in sustainability research in UCR, click on the Sustainability Research & Academic Programs.

Clubs

UCR has over 450 student organizations, categorized into Academic, Fraternity/Sorority, Honors, and many others. Clubs often have leadership roles that allow members to develop and demostrate leadership skills and provide opportunities for networking.

Get Involved!

You are now aware of UCR's sustainable initiatives and have been exposed to some helpful green tips. As a Highlander, you can further engage with sustainability through joining student organizations.

Office of Sustainability

The Office of Sustainability works to implement policies and programs aimed at reporting and reducing resource usage and greenhouse gas emissions. Our programs showcase the environmental, economic, and socio-cultural relationships to suit our current needs and those of future generations. Our vision is to improve the quality of life through enhancing the culture of sustainability at UC Riverside and the community.

R'Garden

The R'Garden is a space for students, faculty, staff, and community members, to grow fresh produce while learning about social, environmental, and economic sustainability through a food systems approach

CALPIRG

California Public Interest Research Group (CALPIRG) is a statewide, student-directed non-profit organization that focuses on research, education, and grassroots organizing for the public, to take action against special interest lobbyists that threaten sustainability.

GCAP

The Green Campus Action Plan (GCAP) is a sustainability program under the Associated Student Body of the University of California-Riverside that is 100% student-run.

Please visit our **UCR Student Organizations List** and our **UCR Sustainable Departments & Research Centers List** for more information.