

GREEN LIVING GUIDE

FLORIDA STATE UNIVERSITY

Welcome to Florida State

FSU is committed to making a lasting, positive change on the environment and it all starts with you! Here's your guide to living more sustainably on- and off-campus.

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Before You Get Here

Starting college is a huge milestone and we're thrilled you've chosen FSU! Living sustainably as an FSU student begins before you even arrive on campus. To set yourself up for sustainable success:

1

Move In Mindfully:

The college packing lists put out by retailers often list a bunch of items students don't really need. Keep your space peaceful and uncluttered by only bringing things that are meaningful or useful to you.

2

Shop Secondhand:

When buying items for your residence hall room or apartment, think secondhand first to give existing items a new life

3

Think All Four Years and Beyond:

No need to buy new things every year. Prioritize buying and keeping items that will last you all four years of college and then some.

4

Use What You Have:

Your backpack from high school and your dishes or towels from home are all great things to reuse and bring with you.

5

Use What FSU Provides:

From fitness and gaming equipment to furniture like desks and dressers to printers, there are lots of items FSU already provides for students that you don't need to worry about buying and bringing with you.

6

Think About Move-Out during Move-In:

Fewer items in your residence hall room means less to pack up during busy move-out times.

7

Get To Know Your Sustainable Campus:

Use the sustainability layer of the campus map located in the my FSU app to see campus gardens, hydration stations, bike parking, and more.

While

You're Here

Every Day Sustainability Tips

Whether you're living on or off campus, make these simple swaps when possible to help you live sustainably and save money

1

Be Thrifty:

Instead of buying new, consider buying used items like furniture, clothing, and appliances from one of our many local thrift stores. You may even be able to snag something at no cost from FSU Free & For Sale or Craigslist.

2

Be Plant Powered:

Load your plate up with plants! Look for local, plant-based meal options at on-campus dining locations or grow your own produce at the Seminole Organic Garden.

3

Be Water Wise:

Save water by taking shorter showers, turning off the faucet while brushing your teeth, and only doing full loads of laundry.

4

Be Resourceful with Reusables:

Reduce trash by carrying a reusable water bottle or coffee thermos. Bonus points for bringing reusable bags on shopping trips and carrying reusable cutlery and a stainless-steel straw.

5

Be an Energy Champion:

Turn off the lights when you leave a room, use a power strip to easily unplug electronics when they're not in use, and use CFL or LED light bulbs.

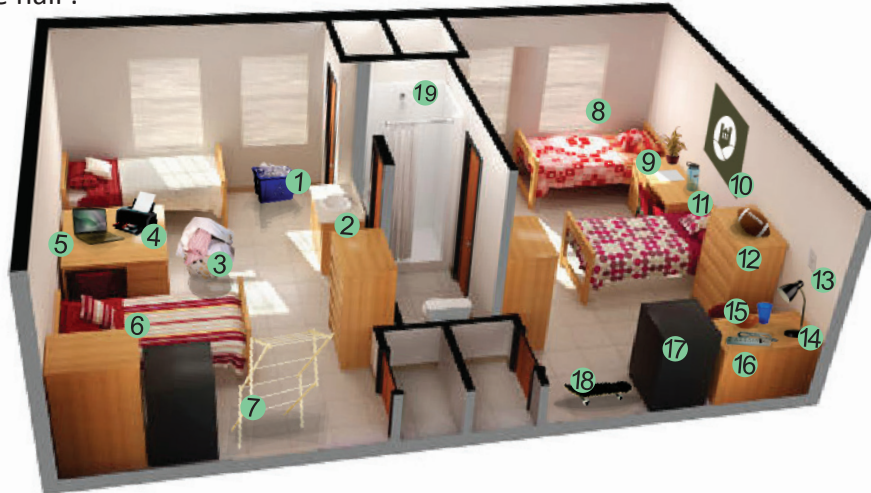
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Be a Tree Saver:

Cut down on paper use by printing less/double sided when possible. Another simple swap is buying post-consumer paper products or switching to reusable options like dish rags instead of paper towels.

Living Sustainably On-Campus

A sustainable FSU starts with you! Check out all the resources to help you live sustainably in your residence hall :



1 Recycling Bin:
Place glass, aluminum, and plastic recyclables in the blue bin located in your residence hall room. When the bin is full, take it to the recycling chutes/bins. Recycle your paper on the first floor of your residence hall and place cardboard in the cardboard dumpster behind your hall.

2 Sink:
Be a water saver! Remember to turn off the faucet while brushing your teeth.

3 Laundry Basket:
Wash clothes in cold water to reduce energy consumption by 90%. Choose laundry detergent free of synthetic fragrances, dyes, and phosphates.

4 Printer:
Set your printer to two-sided printing. If you plan on bringing a printer, communicate with your roommate first to avoid having two. Be sure to recycle your empty ink cartridges in the special bin outside the FSU Bookstore.

5 Computer:
Use energy saver settings to conserve electricity. Make sure to unplug it when not in use and set it to automatically turn off after inactivity.

6 Room Furnishings:
Bring only what you need when moving into your residence hall and communicate with your roommate prior to move-in to avoid having duplicate items. At the end of the year, take your things home and reuse them next year rather than buying new all over again.

7 **Drying Rack:**
Save energy by air-drying your clothing. Fold up drying racks can be easily stored while they're not in use.

8 **Window:**
Utilize natural light whenever possible to save electricity.

9 **Plant:**
Purify the air and cultivate your green thumb!

10 **Room Decorations:**
Make your room feel like home by reusing items from home, swapping décor with friends, or finding something one of a kind at a local thrift store.

11 **Reusable Bottle:**
A reusable water bottle will save you money and reduce waste. Take advantage of FSU's free filtered water at hydration stations around campus.

12 **Sporting Equipment:**
College is the perfect time to establish wellness habits that will continue to improve your life well past graduation. Check out Campus Rec to learn more about wellness resources at FSU.

13 **Light Switch:**
Save energy by turning off your lights when you leave the room.

14 **CFL/LED BULB:**
By switching to an energy efficient light bulb in personal lighting such as lamps, you can use 75% less energy over a traditional incandescent bulb.

15 **Reusable Dishware:**
Cut down on our waste by using reusable plates, cups, bowls, stainless steel straws, and utensils.

16 **Power Strip:**
Plug all your devices into a power strip to eliminate phantom energy. Even when your electronic devices are turned off, if they're left plugged in, phantom loads suck energy.

17 **Food:**
Improve your health and support local farmers by shopping at local farmers markets and choosing local, plant-based meal options at Seminole Dining locations.

18 **Transportation:**
Save money and energy, plus get some exercise by using sustainable transportation methods like skateboarding, biking, or walking. Or hop on the bus for free!

19 **Shower:**
Try to keep your showers focused and use cooler water to save energy.

Recycling

FSU's Waste Management team handles all campus trash and recycling. Recycling bins are available in every building and residence hall and in high traffic areas around campus. Do your part to make FSU more sustainable by following these recycling guidelines:

What goes in the bin?

- Co-mingle (all in the same bin):**
Plastics (#1-3), aluminum, and glass can be placed in the BOTTLES & CANS recycling bins. You can find them next to or near the LANDFILL bins on campus.



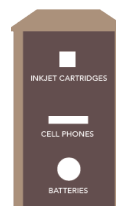
- Mixed paper (all types):**
You can place all types of paper (except paper towels and waxy paper) in the PAPER recycling bins. These bins are found inside buildings across campus.



- Cardboard:**
Stack large and small pieces of cardboard either next to the PAPER bins or in the large CARDBOARD ONLY bins behind buildings and residence halls. Greasy pizza boxes cannot be recycled.



- Electronics:**
Phones, printer toner, printer ink, and batteries must be taken to the e-waste bin outside the FSU bookstore and placed in the appropriate receptacle.



Food

What makes food sustainable? Generally, foods that require less resources (like water and energy) to produce and foods that are produced locally have the smallest impact on the environment. This means that plant-based meals and locally sourced foods are best for the planet. They're also great for your health! There are lots of sustainable food options at FSU.

Dining Sustainably on Campus

- Choose plant-based options at campus dining locations
- Choose locally sourced options when available
- Take only food you know you want to eat at dining halls to reduce food waste Reduce packaging waste by using washable and reusable to-go containers with FSU's "Choose To Reuse" Program
- Keep an eye out for the "Cool Foods" label on food in the dining halls to know what foods have been certified as some of the most sustainable.

Discover the Local Food Scene

There are tons of locally-sourced and vegetarian and vegan options around town. Next time you're looking for a place to eat off-campus, strive to support local businesses that keep sustainability in mind in their sourcing and cooking.



Transportation

Skip the crowded parking lots, get some exercise, and save a ton of money by using sustainable methods of transportation. Skateboarding, cycling, walking, carpooling, and taking the bus are all great options for getting around FSU and Tallahassee.

Bikes

- **FSU reCycle Bike Program:** Sustainable Campus' bike rental program provides FSU students the opportunity to rent a bike for a semester or the whole school year for a low cost. Benefits of renting a bike include free basic maintenance, sustainable, reliable transportation, and an opportunity to get some fresh air and exercise while getting around. Find more information [here](#).
- **CyclingSavvy:** CyclingSavvy is a nationwide cycling safety program that has helped thousands of cyclists and drivers learn skills to share the road safely. The basics course introduces key concepts for riding safely and confidently while commuting to and around campus. Sustainable Campus and Transportation and Parking Services are proud to offer this course for FREE to all FSU students, faculty and staff. Enroll with [this link](#).

Buses

- **Seminole Express Routes:** The Seminole Express bus system provides transit to and from campus and around town. Every student, faculty, and staff member of FSU can ride for FREE! Download the Transloc App for exact times and pick-up locations.
- **Night Nole:** The Night Nole bus runs from 10:30 PM to 3:00 AM Tuesday through Saturday during the fall and spring semesters. The Night Nole does not run during the summer. More information on this and the Seminole Express can be found [here](#).
- **Regional Buses:** GMG and Red Coach are bus services that run between cities from North Florida all the way down to South Florida. These routes are specifically designed for students traveling across the state. Many of these buses even have Wi-Fi on board!

Other Services

- **S.A.F.E. Bus:** Want to get somewhere quickly and safely at night? The S.A.F.E. Connection bus gives rides to students on campus for free. 850-644-SAFE
- **Nole Cab:** A safe and reliable ride home for a reduced fare. The Nole cab runs seven days a week from 10:00 PM to 4:00 AM. 850-654-TAXI or find more information [here](#).



Academics

FSU promotes engagement in sustainability-related courses across the curriculum. Also, through fellowships and research, FSU has numerous opportunities to engage with sustainability through academics.

Sustainability Fellowships:

The **Sustainability Fellows** program provides an opportunity for students of any discipline to participate in furthering sustainability efforts on the FSU campus and in the Tallahassee community. Students that actively participate in making their campuses more sustainable are well prepared to continue that work in their careers and communities after graduation. Sustainability Fellows can be selected from any major or field of study. Fellows work in collaboration with campus and community partners to actively engage in research, propose strategies, and identify opportunities for sustainability issues. <https://sustainablecampus.fsu.edu/sustainability-fellows>

Sustainability in the Curriculum:

For a list of sustainability-related coursework options & degree programs, see [here](#).

Sustainability Research:

In 2019, FSU was identified as a Top Performer in the field of sustainability research. By re-searching sustainability issues and refining related theories and concepts, researchers can continue to help the world understand and address sustainability challenges. Engage in sustainability research at FSU to develop new technologies, strategies, and approaches to facing some of the toughest challenges of our time.

UROP: Compliment your curriculum with research. Check Out FSU's [Undergraduate Research Opportunity Program](#).

Sustainability Pathways:

The Sustainability Pathways program recognizes students as they grow in their sustainability content knowledge and practical experience. Employers are increasingly looking to hire graduates with the skills to tackle environmental, social, and economic challenges. The pathways program allows students to showcase their strengths in these areas across a variety of disciplines. With three badge options, participants have the flexibility to choose their sustainability engagement areas of interest. More information can be found [here](#).

Get Involved

Sustainable Campus Programs:



reCycle Bike:

Students can choose a more sustainable mode of transportation and strive to adapt healthier lifestyles by using refurbished bicycles. FSU students are able to rent one of our bicycles for a nominal fee for the semester or for the academic year.



Eco-Reps:

Eco Reps teaches students about social issues surrounding environmentalism and engages them in community service centered around environmental justice.



Seminole Organic Garden:

The Seminole Organic Garden gives students a place to experience growing their own food, from seed to harvest, right here on campus, with individual raised beds.



Garnet and Gold Goes Green (G4):

Garnet and Gold Goes Green (G4) volunteers help Seminole fans recycle at home football and basketball games.



FSU Food Recovery Network:

Food Recovery Network volunteers help combat the 22 million pounds of food that's wasted on college campuses every year by collecting excess food and redistributing it to organizations serving those in need.

Pathways & Badging:

Stand out from the crowd in your search for a sustainability-related career with badges from the FSU career center that can be displayed on your LinkedIn account. Earn badges to show employers your involvement inside and outside of the classroom. Learn more [here](#).

More Ways to Get Involved:

Looking for more ways to get involved in environmental, social, and global issues on campus and around Tallahassee? There are more than 700 Recognized Student Organizations (RSOs) on campus, many of which support sustainability. Browse RSOs [here](#).

Environmental Service Program (ESP): ESP aims to engage students and community members with the environment around them through education, service, and advocacy.

Florida Association of Environmental Professionals (FAEP): FSU's chapter of the FAEP focuses on networking with professionals in various environmental fields to understand real world problems and opportunities that these current professionals are facing.

The Center for Leadership and Social Change: The Center for Leadership and Social Change offers more than 30 programs for students, faculty, and staff intended to foster opportunities and vision to create positive sustainable change in their communities and broader world. Opportunities range from one-time service at local nonprofits to the 18-credit Undergraduate Certificate in Leadership Studies.

ServScript: Looking for a way to show future employers or graduate programs a record of community service and civic engagement at FSU? Through the ServScript program, you can record the time you spent serving your community and have your service noted on your official FSU transcript. Learn more [here](#).



Advocating for Sustainable Change

Earth's resources are finite, and our current ways of living are largely unsustainable. As a student, your voice is powerful. You can advocate for sustainable change at FSU and beyond! Here's how:

- **For a place to start:** Check out the AASHE resources for students: <https://www.aashe.org/resources/for-students/>
- **Do your homework:** If there's a sustainable change you'd like to see on campus, you should feel comfortable speaking up! However, before approaching administration about making a change, it is important to conduct foundational research to understand if and how the change you'd like to see can be possible. Learn what has happened in the past, what has worked, and what hasn't. Make sure you know how your suggested solution solves the problem you're looking to tackle.
- **Coordinate your efforts:** In doing your research, you might find that there are other on-campus or community organizations working toward a similar goal as you are. Reach out and create partnerships with existing organizations as it is likely that they've already forged many meaningful connections with administrators and stakeholders.
- **Work with all stakeholders:** There may be other university departments, offices, or organizations that also have an interest or concern with the issue you are tackling. Involve stakeholders and work toward an effective solution for everyone.
- **Learn from peers and peer institutions:** With each passing year, institutions continue to innovate new solutions to sustainability challenges. A great way to solve problems is to learn how others have tackled similar problems in comparable contexts.



Local Adventures

Explore the great outdoors at FSU and across Tallahassee!

FSU Reservation:

FSU's lakefront park offers outdoor recreation equipment rentals FREE for students. Check out a canoe, kayak, or stand-up paddle board and get out on the water. Or check out the exciting rock wall and challenger course, play disc golf, or relax by the lake. Learn more [here](#).

■ **Rez Rides:** Students can catch a ride to the Rez for FREE. The S.A.F.E. bus will pick you up from anywhere on campus and drop you off at the Rez.
850-644-SAFE

Outdoor Pursuits:

FSU's outdoor adventure program offers trips locally and all over the country. Make lifelong friends in the great outdoors! Check out the current trip schedule [here](#).

Local Parks:

The City of Tallahassee and Leon County maintain tons of great local parks. A few options less than three miles from campus include Cascades Park, Lake Elberta Park, and Mission San Luis Park. Download the Tally Parks app or search for parks online for more options.

Trailahassee:

Trailahassee: Tallahassee has a vast network of trails perfect for running, biking, and hiking. Trailahassee is an online resource to help you find the perfect trail. Take a look [here](#).



After Graduation

We hope you'll build sustainable habits while you're a student at FSU and then continue those good habits even after graduation. Keep making a difference in the health of the planet and the people who call it home by:

1

Align your career with your sustainability values:

Your passion for sustainability doesn't have to end when you graduate. Search for environmentally focused careers through NoleNetwork by selecting "Environment & Conservation" under job function on the Jobs and Internships tab.

2

Continue to minimize food waste:

Keep seeking out healthy, plant-based meals. Always shop with a grocery list and buy food in quantities you know you'll be able to eat before it spoils. Pantry items like canned or dried beans, lentils, and pasta are great staples that last a while. Look for a farmer's market where you live and support local agriculture! Finally, don't forget your reusable bags.

3

Furnish your next home with items you already own or secondhand items:

Just like when you moved into your new home at FSU, reusing as many items as possible that you already own can save you a ton of money and conserve natural resources after you graduate. You can also create a space that is totally unique and your own by furnishing your new home with one-of-a-kind secondhand items.

4

Continue advocating for sustainability:

Keep voting for candidates who will pursue sustainable legislation, talking to friends and family about the environmental issues you care about, and keep learning from reputable news organizations, books, and podcasts.

5

Give back:

Help future FSU students, faculty, and staff realize their sustainability visions for FSU by donating to the Green Fund.

Green Graduation Pledge:

"As a graduate of Florida State University, I pledge to consider the environmental and social implications of my future actions in both my personal and professional life and to always uphold the Garnet and Gold!"

Stay Connected



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Fb.com/fsusustainable