


# FLORIDA STATE UNIVERSITY SUSTAINABLE CAMPUS



GREEN  
LIVING  
GUIDE

# Welcome to Florida State University!

*This comprehensive guide will help you live more sustainably on- and off-campus.*

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# Everyday Sustainability Tips



## Support Local

Shop at locally owned businesses for clothing, furniture, appliances, etc. Better yet, buy used items (or get them for free, from a thrift store, FSU Free & For Sale, or Craigslist).



## Eat Green

Buy locally-grown food, support local restaurants, eat local at the dining options on campus, or grow your own produce at the FSU Seminole Organic Garden!



## Save Water

Take shorter showers, turn off the faucet when brushing your teeth or washing your hands, and only do full loads of laundry.



## Go Reusable

Make sure to carry a reusable water bottle/coffee thermos. Bring reusable bags on your shopping trips. Bring your own cutlery, stainless steel straw, produce bags, and cloth napkin.



## Save Energy

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



## Save a Tree

Cut down on paper use by printing less and/or double sided, using fewer paper towels, and buying products made with recycled paper. Make sure to recycle any paper used (except paper towels, which can't be recycled).



## Living Green on Campus

- 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:** 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 bring a printer, try to share one with your roommate. 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:** Look for gently used room furnishings at local thrift/consignment shops. Donate to Chuck It for Charity at the

end of the year.

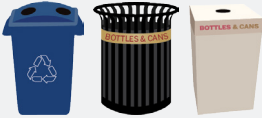
7. **Drying rack:** Save energy by air-drying your clothing. Fold-up racks can be easily stored when not in use.
8. **Window:** Utilize natural sunlight whenever possible.
9. **Plant:** Use a natural air-freshener, plants or flowers to improve air quality.
10. **Room decorations:** Reuse your old room decorations, swap décor with your friends, or buy “new” from a thrift store.
11. **Reusable bottle:** Use a reusable bottle to save money, energy and reduce waste. All of FSU’s water is filtered and chilled so take advantage of this free, clean water. Join Take Back the Tap FSU to learn more!
12. **Sporting equipment:** Improve your health by getting some fresh air and being active outdoors! Check out FSU Campus Rec for a variety of health and wellness options.
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, you can use 75% less energy than a traditional incandescent bulb.
15. **Reusable dishware:** Cut down on your waste by using reusable plates, cups, bowls, stainless steel straws, and utensils.
16. **Power strip:** Even when your electronic devices are plugged in but turned off, phantom loads suck energy. Plug all of your devices into a power strip to eliminate phantom energy.
17. **Mini-fridge:** Improve your health and support local farmers by purchasing local fruits and vegetables. Try Meatless Mondays to reduce your carbon footprint!
18. **Skateboard (bike, bus, walk, carpool):** Save money, energy, and be healthy by using sustainable transportation to get around campus.
19. **Shower:** Take shorter showers to save water.  
**\*Pets:** Pick up after your pet when walking them around campus. Pet waste can run off into the storm drains and create algal blooms in the holding lakes (which are bad for fish and plants).

# Where to Recycle

All campus trash and recycling is handled by FSU's Solid Waste & Recycling team. Recycling bins are available in every building, residence hall, and in high traffic areas around campus. Please be on the lookout for the different types of bins we utilize and help us make FSU more sustainable by doing your part and recycling. #FSUrecycles

## What goes in the bin?

### Co-mingle (all in same bin):



Plastics (#1-7), 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.



### E-waste:

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

There are many sustainable food options at FSU!

## Seminole Dining @seminoledining

Look for these **Healthy You, Healthy Earth** labels at dining halls and dining establishments across campus!



Locate a healthier choice! All Mindful items meet strict nutrition criteria based on the Dietary Guidelines for Americans.



Vegetarian. Contains no meat products. May contain eggs and/or dairy products.



Vegan. Contains no meat of any kind. Contains no eggs, milk, or other animal-derived products such as honey.



Local. Fresh produce grown or raised in a 250 mile radius.



Fresh From Florida. Products that are grown, raised, or caught in Florida.



Floridian Flavors. Florida small business partners.

**Coffee:** Drink local, Fair Trade, and ethically sourced coffee on your way to class.



**Lucky Goat Coffee** is a Tallahassee coffee company started by FSU alumni. Get it at The Grid (Honors, Scholars, & Fellows House), the Grindhouse (ASLC), and the Garnet & Go Grill (stadium).



**RedEye Coffee** is a Tallahassee coffee shop that offers eco-minded products in support of global, humanitarian efforts. Fill up your reusable mug at 1851 and Doctor's Inn (FSU Med School).



**aspretto coffee** is Fair Trade and ethically sourced coffee that is served both in Suwannee Room and Seminole Café.

**\*More FOOD on page 13**

# Transportation

Ready to skip crowded parking lots and save money?

Whether you are on- or off-campus, sustainable transportation practices can help save money, conserve energy, and reduce carbon emissions in our community.

Skateboarding, bicycling, walking, carpooling, and taking the bus are all viable options for getting around FSU and Tallahassee.

## Bikes

**FSU reCycle Bike Program:** This bike rental program provides FSU students the opportunity to rent a bike for a semester or school year for a low cost. Reduce your carbon footprint, save money, and burn some calories at the same time!

*facebook.com/FSUreCycleBike | sustainablecampus.fsu.edu/recyclebike*

## Buses

**Seminole Express Routes:** The Seminole Express Bus System provides transit to and from campus and all around town. Every student, faculty, or staff member of FSU can ride it for FREE. Check the website or download the **Transloc App** for exact times and pick-up locations.

*transportation.fsu.edu/bus-service*

**Night Nole:** This bus route runs from 10:30 PM – 3 AM, Tuesday through Saturday during the fall and spring semesters. The Night Nole does not run during the summer semester.

**Regional Buses:** GMG and Red Coach are bus services that run between cities from North Florida all the way down to South Florida, specifically designed for students traveling across the state.

*gmgtrans.com or redcoachusa.com*





## Other Services

**Emergency Ride Home Program:** Getting to work by carpool, vanpool, bus, cycling, or walking can save you hundreds of dollars each year. Still, when you must work late or leave early for an emergency, you need a quick and reliable way home. Commuter Services of North Florida offers this program at no charge to qualified commuters and gives you peace of mind knowing that if an emergency does arise, you're home free—literally.

Registration is easy!

*[commuterservices.org/commuters/emergency-ride-home-program](http://commuterservices.org/commuters/emergency-ride-home-program)  
or 888-454-RIDE*

**GOTCHA:** GOTCHA is a sustainable transportation company providing FREE and safe rides around town. The ride is always FREE; tips are good karma.

*850-270-6787*

**Nole Cab:** A safe and reliable ride home for a reduced fare. Nole Cab runs seven days a week from 10 PM – 4 AM.

*850-645-TAXI*

**Zipcar:** Need a car? To use Zipcars, simply register and reserve a car on-line or by phone, use your Zipcard to access the car, and get going. Return the car to the same location where you picked it up.

*[zipcar.com/fsu](http://zipcar.com/fsu)*

# Academics

Many majors and minors related to sustainability are available at FSU, including Environmental Science (BA & BS), Environmental Engineering, Environmental Studies, Economics, Geography, Public Administration, Sociology, Digital Media, etc. There are also many programs to complement your curriculum. Check out FSU's Undergraduate Research Opportunity Program (UROP).

**Garnet and Gold Scholar Society (GGSS):** This program facilitates involvement and recognizes the engaged, well-rounded undergraduate student excelling within and beyond the classroom in Leadership, Internship, Service, International, and Research. An undergraduate student meeting the criteria in three of the five areas and completes a Synthesis Reflection qualifies to graduate as a member of GGSS.

*[garnetandgoldscholar.fsu.edu](http://garnetandgoldscholar.fsu.edu)*

# Get Involved

Looking for more ways to get involved in environmental, social, and global issues on campus and around Tallahassee? There are 700+ Recognized Student Organizations (RSOs) on campus, many of which support sustainability. Browse RSOs: [nolecentral.dsa.fsu.edu/organizations](http://nolecentral.dsa.fsu.edu/organizations)

**ServScript:** Through the ServScript Program, you can record your service to the community on your official FSU transcript.

*[thecenter.fsu.edu/Servscript-Program](http://thecenter.fsu.edu/Servscript-Program)*

**Office of Student Sustainability (OSS):** OSS is a student bureau under Student Government Association (SGA) that advocates for sustainability across campus.

*[nolecentral.dsa.fsu.edu/organization/SGAOSS](http://nolecentral.dsa.fsu.edu/organization/SGAOSS)*

*[facebook.com/FSUStudentSustainability](https://facebook.com/FSUStudentSustainability)*

# Adventure Time

Looking for some fun in the great outdoors? Spend the day in one of Tallahassee's beautiful parks!

**FSU Reservation:** FSU's lakefront park offers many activities including canoeing, kayaking, stand-up paddle boarding, rock climbing, disc golf, and more. All free for students!

*Address: 3226 Flastacowo Road  
campusrec.fsu.edu/reservation*

**Outdoor Pursuits:** FSU's outdoor adventure program offers trips locally and all over the country.

*campusrec.fsu.edu/outdoors/op*

**City of Tallahassee Parks:** Tallahassee is home to a variety of parks, hiking and bicycling trails, as well as facilities for tennis, disc golf and sand volleyball! Download the **Tally Parks App** to find a park near you, or search for them online.

*talgov.com/parks*

**St. Mark's Historic Railroad Trail:** 32 miles of flat paved trail that takes you directly to the water (and a lighthouse)!

*floridastateparks.org/trail/Tallahassee-St-Marks*

## Online Resources

### **Local Events:**

*visittallahassee.com/events*

### **Cycling Resources:**

Bike Eat Shop Tallahassee: [bike-eat-shop-tallahassee.com](http://bike-eat-shop-tallahassee.com)

Bike Tallahassee: [biketallahassee.com](http://biketallahassee.com)

Capital City Cyclist: [cccyclists.org](http://cccyclists.org)

Trailahassee: [trailahassee.com](http://trailahassee.com)

Joyride Bicycle Collective: [joyridebicyclecollective.com](http://joyridebicyclecollective.com)

Bicycle House: [bicyclehouse.org](http://bicyclehouse.org)

Black Girls Do Bike: [facebook.com/groups/BlackGirlsDoBikeTallahassee](https://facebook.com/groups/BlackGirlsDoBikeTallahassee)



# Sustainable Campus Programs:

Read more about our programs by visiting [sustainablecampus.fsu.edu/programs](https://sustainablecampus.fsu.edu/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 70 bicycles for a nominal fee for the semester or for the academic year.

## Energy Fellows:

The Energy Fellows program aims to develop a team of student advocates, trained in conservation and efficiency practices, who raise awareness and serve as liaisons between campus groups.

## Eco-Reps:

These student ambassadors are charged with increasing sustainable behaviors at FSU through peer-to-peer outreach and leadership in residence halls and around campus.

## FSU Food Recovery Network:

Food Recovery Network unites the FSU community to combat the 22 million pounds of food that are wasted on college campuses each year.

## Garnet and Gold Goes Green (G4):

G4 calls on volunteers to collect recyclables before home games. Because of them, our iconic Doak Campbell Stadium is not only a symbol of sportsmanship but also of sustainability.

## 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.

## Take Back the Tap:

Take Back the Tap is an advocacy campaign to transform Florida State University into a disposable bottled water free campus.

# Food, cont'd.

## Seminole Dining

- Discounts on fountain drinks and drip coffee are offered at some locations when you join the **reusable cup program**.
- Reusable to-go boxes, biodegradable corn based to-go containers, compostable to-go cups, and reusable mugs are available at some locations.
- Tray-less dining results in significant water savings and reduction in food waste.
- Hormone-free milk is available as a locally-sourced option.
- Loads of vegetarian and vegan options are available daily.

## Other

**Krishna Lunch:** This on campus lunch option offers a vegetarian and vegan buffet every Monday through Friday from 11am-2pm on the first floor of the Center for Global Engagement.

### Discover the Local Food Scene:

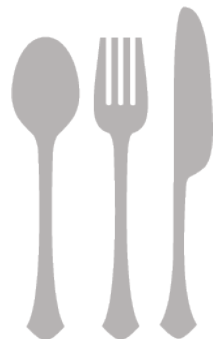
[www.sustainableallahassee.org/localfood](http://www.sustainableallahassee.org/localfood)

[www.happycow.net/north\\_america/usa/florida/tallahassee](http://www.happycow.net/north_america/usa/florida/tallahassee)

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

[www.localharvest.org](http://www.localharvest.org)

[www.rhomarket.com](http://www.rhomarket.com)



# Stay Connected

[sustainablecampus.fsu.edu](http://sustainablecampus.fsu.edu)



[fb.com/fsusustainable](https://fb.com/fsusustainable)



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



[@fsusustainable](https://www.twitter.com/fsusustainable)



[sustainablecampus.fsu.edu](https://sustainablecampus.fsu.edu)