



the
new student guide to
Sustainability



Summer 2015

UNT | **HEALTH**
SCIENCE CENTER
OFFICE OF SUSTAINABILITY

Message from **The Office of Sustainability**

Welcome to the UNT Health Science Center! As a new student and perhaps a new member of our community, we want to provide you with information about what our campus is doing to be sustainable and how you can get involved in our efforts. Our university's mission is to create solutions for a healthier community, and we aim to accomplish this in many ways. The Office of Sustainability within Facilities Management supports that mission by encouraging our campus to adopt behaviors that are better for the health of our community and environment. Our purpose is to partner with various departments and persons on campus and in the community to implement sustainable practices on campus.

For over a decade, UNTHSC has been implementing strategies to be good stewards of our resources. These initiatives include **reducing energy usage, conserving water, and recycling** to

name a few. Learn what our campus is doing and about opportunities and services available to you, and get involved in the efforts! Let's THINK GREEN and work towards a healthier community!



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What Does Sustainability Mean to UNTHSC?

Sustainability Defined

Sustainability:

Meeting our present needs without compromising the ability of future generations to meet their own needs (Brundland Commission 1987).



3 Components:

- Environmental Conservation
- Social Responsibility
- Economic Development

Why is Sustainability Important to UNTHSC?

Our campus is committed to improving the health and quality of life of Texans and beyond, and sustainability is one more tool to help us achieve our mission. Sustainability is important for many reasons including:



Improving Environmental Quality

Healthy communities require clean air, natural resources, and a non-toxic environment. Sustainability strives to achieve this.



Growth

As we grow, we require more resources such as energy, water, and space. Sustainable growth benefits our campus now and in the future.



Ensuring Healthier Communities

The quality of our environment affects public health, and many health issues are directly related to air and water quality.



Sustainability Makes Cents!

By operating more efficiently, our campus can save money. Since 2000, we have saved almost 6 million dollars through energy efficiency projects.

What is UNTHSC Doing to be Sustainable?

ENERGY EFFICIENCY



Efficiently managing our campus's energy is one of the most effective ways our campus incorporates sustainability in to our operations. Since 1999, UNTHSC has been aggressively improving our energy performance and to date has saved the university over **\$6 million** as a result. This saves us money and reduces our environmental impact!



Goals:

- Increase Efficiency
- Reduce Consumption

Energy Project Examples:

- Mechanical equipment upgrades
- Equipment replacement to more efficient units
- Lighting efficiency improvements
- Window replacements



GREEN BUILDINGS

Green building design and construction promotes **environmental, economic, and social benefits** in our campus and community. The university is committing to build all new buildings with at least a Leadership in Energy and Environmental Design (LEED) Silver certification. The MET Building is LEED Gold.



Benefits of LEED Buildings:

- Lower operating Costs
- Reduce landfill waste
- Conserve energy and water
- A healthier and safer building



Water Conservation

Water is a valuable resource here in Texas, and UNTHSC is taking a proactive approach to efficiently use water on campus.

Low-Flow Fixtures:

Low-flow fixtures use less water than standard fixtures. UNTHSC installs low-flow fixtures when possible to conserve water.

Water Reuse:

In 2012, Facilities installed a catch tank and pumping system to reuse the condensate from the HVAC mechanical system in the CBH. To date, we have captured and reused over 3million gallons of water!



What is UNTHSC Doing to be Sustainable?



Learn more
on pages 5-6!

Here at UNTHSC, we strive to **divert waste from landfills** through our recycling program. We have waste/co-mingle recycling receptacles located throughout campus that is picked up by our custodial staff and placed in the appropriate dumpsters.

We also have the Recycling 2.0 program which collects batteries, ink cartridges, and cell phones.

Occasionally, such as on our Earth Day Event, we do special recycling such as electronics recycling.



Waste & Recycling



Learn more
on pages 7-8!

Options for Commuting, Getting Around Town, & Parking:

- Discounted transit fares (bus and train)
- Carpool or rideshare
- Fort Worth Bike Share
- Discounted parking on campus for low emission vehicles



Transportation

The UNTHSC Community Garden, located on the north side of campus, was established in spring 2014 and is gardened by UNTHSC persons and community members. Twenty-five percent of the produce is donated to a local food bank.

We currently have 27 plots but we'll be adding an addition 8 plots this fall. To volunteer or be put on the waiting list for a plot, contact us.



Community Garden

WANT TO KNOW MORE?
Go to our website or "Like Us" on Facebook!

Co-Mingle Recycling on Campus

Co-Mingle Recycling Defined

Co-Mingle Recycling:

All general recyclable items can be collected in one container as opposed to sorting items by type.

There are waste/co-mingle recycling containers throughout campus.

Mini blue recycling bins are in offices and other smaller common areas. Anything accepted by the co-mingle recycling can be placed in these bins.



Items Accepted in the Co-Mingle Recycling



Plastics #1-7



Dairy & Juice Containers



Aluminum & Tin Cans



Paperboard



Glass Bottles



Cardboard (broken down)



Paper



Food

Please rinse items that contained food and drinks!

Food contaminates the recycling!

Items **NOT** Accepted in the Co-Mingle Recycling



Paper Towels



Styrofoam



Plastic Bags



Pizza Boxes

Beyond Co-Mingle Recycling on Campus

Recycling 2.0



In November 2012, UNTHSC expanded our university's recycling program to include **ink cartridges, cell phones and batteries**. We currently have receptacles in the MET and library by the cafés. For large items or bulk pickups, please send them by interoffice mail to FMB 110 or call us for a special pickup.



Ink Cartridges & Toners

We accept **all types and sizes of ink cartridges** and toners. We receive money back for each one and use it to fund small projects. For example, we bought three Kindle E-Readers as prizes for the UNTHSC Earth Day Event in April!



Cell Phones

All types of cell phones and accessories are accepted. Please leave the batteries intact. If a group on campus has a collection event for cell phones, the Office of Sustainability would be happy to donate any collected cell phones to the cause.



Batteries

Please follow proper battery recycling (see below). We accept most types of batteries including:

- Alkaline and Lithium
- Lead acid
- NiMH and NiCD

Proper Battery Recycling:

For safe recycling, please do one of the following:

- Place each battery in a clear plastic bag
- Place the batteries in their original packaging
- Bundle batteries of the same type together, and tape the terminals
- Tape the terminals of each individual battery



Fort Worth Bike Share

Fort Worth Bike Share is a city-wide network of bike stations that provide affordable and eco-friendly transportation around the city. There are over 30 stations around Fort Worth.

How Does it Work?

Step 1: Purchase a membership (day, week, month, or year).

Step 2: Check-out a bike at a station.

Step 3: Ride the bike to your destination.

Step 4: Return the bike to any station.

Learn More

The UNTHSC station is located near the Center for Bio-Health Building (CBH) off of Camp Bowie Blvd. UNTHSC receives discounts off annual memberships. Students should use promo code “untstudent” along with their “@live.unthsc.edu” email address. Learn more about the program or join by visiting the links on the right.



fortworth.bicycle.com/
fortworthbikesharing.org/

Discounted Parking Passes

The UNTHSC Police Department offers a **20% discount** on parking permits to drivers of low emission vehicles (LEVs) and fuel efficient vehicles (FEVs). To see if your car qualifies, visit sustainability.unthsc.edu and click on the transportation tab on the left. Scroll down to the parking information then click on the “**List of Qualifying Cars**” document.



To get the discount, you must provide a copy of your vehicle’s registration, and pay for the entire year in full (based on the fiscal year from September 1 through August 31). See the police department for more details.

Area Resources

Fort Worth Buses — www.the-t.com or call 817-336-RIDE

Dallas DART — www.dart.org or call 214-745-RIDE

Trinity Railway Express (TRE) - www.trinityrailwayexpress.org

Denton County Transportation Authority - www.dcta.net

Sustainability Pledge & Water Stations

Sustainability Pledge: Promoting a Healthier Campus

In November 2012, the Office of Sustainability launched the Sustainability Pledge with the purpose of encouraging the UNTHSC community to take actions to enhance our sustainability efforts on campus and in our homes. The pledge includes sections on energy efficiency, water conservation, food, consumption, and transportation. To date, **over 1700 students, staff, and faculty have taken the pledge!**



"Very happy we have this program at UNTHSC. Sustainability is becoming more and more important and goes hand in hand with medicine. A healthier, more environmental way of living feeds into good health."
- TCOM Student

Current students, staff, and faculty members receive a free water bottle for completing the pledge. To take the pledge, go to sustainability.unthsc.edu for more information. Together we can work towards improving the health and quality of our environment and community!



Water Stations

With funds from the Environmental Service Fee, construction funds, and department sponsorship, UNTHSC has 23 water stations on campus. The stations provide cold, filtered water to a refillable bottle in a quick and convenient way, and they help to **minimize plastic bottle waste and promote healthy and sustainable practices.** As of May 2015, we have helped eliminate **607,941**

disposable water bottles! Join the efforts by using your own water bottle on campus!

FEATURES

Green

- Helps eliminate plastic bottle waste
- Informs the user the # of 12oz bottles saved from the landfill

Clean

- Provides cold, filtered water
- Touchless, sanitary operation
- Anti-microbial finish to inhibit growth of mold and mildew

Quick

- Rapid fill rate
- One handed operation while standing is both convenient



Pictured: Rebekah Sessoms, TCOM Student

Sustainability Committee

The Sustainability Committee was established in the fall of 2012, and is comprised of faculty, staff, and students. It's primary purposes include:

- **Advance sustainable practices on campus** through education, events and activities, outreach, and operations in partnership with the Office of Sustainability.
- **Vote on campus initiatives** that use funds from the Environmental Service Fee.



To serve on the committee, contact your student government to be appointed. Student governments appoint 1-3 people from each college to serve on the committee. Each term runs from September 1st to August 31st.

Sustainability Liaison Program

Do you care about UNTHSC's environmental impact? Want to let other students know what sustainable practices are happening around campus? The Office of Sustainability is looking for students to serve as Sustainability Liaisons to their peer groups and fellow students. Liaisons will serve as a conduit of information between the Office of Sustainability and the different colleges on campus. If you're interested, please email sustainability@unthsc.edu.

Earth Club

The Earth Club is a **student run organization** founded within the School of Public Health yet open to all students on campus. They have raised funds for Wipe Out Kids Cancer and are involved in other efforts related to both public and environmental health. To learn more, contact, Dr. Alisa Rich at alisa.rich@unthsc.edu.



Stay Connected!

"Like" the Office of Sustainability page! **Learn about news, events, and opportunities.**



www.facebook.com/sustainableUNTHSC



At Home

Use Compact Fluorescent Light (CFL) bulbs at home which are more efficient and save money over time.



Unplug devices when not in use. Many electronics continue to use energy even when they're off.

Wash clothes in cold water. According to ENERGY STAR about 90% of the energy used by the washing machine is from heating the water. Practice pre-treating stains and only use warm/hot water for really dirty loads.

Upgrade to energy efficient appliances when new items are needed.

Adjust the thermostat to the season and use a programmable thermostat. By adjusting the temperature just a few degrees, you can save on your energy bill and reduce your environmental impact.

Make some energy efficient upgrades. Home improvements such as insulation, changing your air filter regularly, sealing leaks, etc. can have significant impacts on the efficiency of your home.

On Campus

Turn off lights when you leave rooms not in use. If you are the last person to leave a classroom or study area, save the campus money by turning off lights when not in use.

Appropriately dress for the season.



Ride Green, Ride Healthy

Carpool to campus. Carpooling has many benefits including saving money, relieving the stress of driving, reducing traffic congestions thereby helping improve our region's air quality.



Ride a bike instead of driving. Fort Worth Bike Share has made it affordable and easy to ride a bike around the city.

Put air in your car's tires and perform the recommended maintenance on your vehicle. This helps it to run more efficiently.

Learn more on pages 7-8!



Little Changes Go a Long Way

Take shorter showers. This not only saves water, but also saves the energy required to heat the water. Assuming you have a low flow fixture to begin with (2.5 gallons per minute) and take 5 minute showers 5 days a week, you can save 1,950 gallons of water over the course of the year



Report Leaks!
Call Facilities at
817-735-2181

by taking 2 minute showers instead of 5 minute showers!

Do not leave water running in the bathroom or kitchen. If you don't need it, don't run it.

Conserve water by only running the dishwasher/laundry when full.

Water your lawn or plants in the morning when it's cooler. If you water when it's hot, more water is lost through evaporation.



Our Stuff Has Huge Environmental Impacts

Consume less stuff. According to the Environmental Protection Agency, millions of tons of waste are generated by Americans annually. While recycling is good, reuse things before recycling it or throwing it away.

Recycle on campus and at home. Check your city for specific details. Earth911.com can also help you find recycling centers in your area.

Limit your use of paper towels and napkins. Americans use billions of pounds of paper towels each year. Help reduce that consumption by using reusable clothes and using less disposable products.



Pay bills online and reduce your junk mail. While recycling is great, the best option is to pay bills online and stop the junk mail from coming to your mailbox. There are many websites to help you. Check out: www.catalogchoice.org or www.dmachoice.org

Use a reusable water bottle and coffee mug rather than using disposable ones.

Choose to use documents electronically. When that isn't possible, print on both sides.

Resources & Sustainability Tips

WHAT YOU EAT



Don't Just Eat Your Greens. Eat Green!

Buy local or sustainably grown food when possible. According to the US Department of Agriculture, eating local or sustainably grown food helps the local economy, reduces pollution, and can save money. Also, the food often is fresher and tastes better, and you can eat with the changing seasons.

Buy and eat seafood that was caught or farmed using sustainable practices. The Monterey Bay Aquarium Seafood Watch program educates people on the issues of seafood consumption and provides consumers with guides to choosing sustainable options. Download the pocket guide by going to www.montereybayaquarium.org.

Take only what you'll eat. In 2010 the Environmental Protection Agency found that 14% of the total municipal solid waste was from food waste. This not only has significant environmental impacts, but huge economic impacts from the cost of producing, transporting, buying, and storing that food. Be sustainable by only taking food that you will eat!

Compost your waste. Composting is the process by which microorganisms break down waste such as food scraps and yard waste resulting in soil.



Replace one meal a week (when you would have eaten meat) to a vegetarian meal. By committing to eat less meat, you can help reduce greenhouse gas emission generated by the production of raising livestock and other animals.

Bring your own reusable containers to restaurants. Since a lot of restaurants use Styrofoam, it's best to use your own container. You'll not only save resources, but it can also help you not overeat at restaurants.



Be Sustainable With Your Wallet



Use reusable bags at the store. There are both environmental and economic positive impacts of using reusable bags at the grocery store and other places.

Buy recycled products. It often requires less energy and resources to produce goods from recycled materials resulting in conservation of resources and savings. Look for the recycle sign on the packaging.

Buy durable and good quality products. Rather than using disposable products, look for items that are reusable and long-lasting.

SHOPPING

Plastic bags can take **decades to centuries** to degrade depending on where they end up.

This costs
retailers an
estimated
\$4 billion
every year
(Wall Street Journal).

America goes through an estimated
100 billion plastic
bags annually.

That means we
use almost
200,000
plastic bags
every minute!

Reuse This Bag

10%:

The number of
plastic produced
every year that
ends up in the
ocean (UN 2006).



This bag was
made to save
over 1000
single use
bags!

12,000:

The number of
locations in the
U.S. that can
take back plastic
bags to be
recycled
(Earth911.com).



Plastic trash affects at least 267 marine species
worldwide including **86% of sea turtle species, 44% of sea bird**
species, and **43% of marine mammal species** (Laist 1997).



Contact the Office of Sustainability

Stay Connected & Informed!

Website: sustainability.unthsc.edu



Like Us on Facebook: www.facebook.com/sustainableUNTHSC



What do you want to see on campus?
Let our office know!

Sign up for our Newsletter by emailing us!



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