

new employee guide to **Sustainability**





Welcome to the UNT Health Science Center! As a new employee 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.

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 almost \$6 million as a result. This saves us money and reduces our environmental impact!







Goals:

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- Increase Efficiency
- Reduce Consumption

Energy Project Examples:

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

Green building design and construction promotes environmental, economic, and social benefits in our campus and community. 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 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 possible to conserve the CBH. water.

Water Reuse:

In 2012, Facilities installed a less water than standard catch tank and pumping system fixtures. UNTHSC installs to reuse the condensate from low-flow fixtures when the HVAC mechanical system in To date, we have captured and reused over 2,00,000 gallons of water!



Water Conservation

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.

Since 2011, we have recycled 207 tons of waste which translates to saving 766 cubic yards of landfill space or enough space to fulfill the municipal waste disposal needs of 982 people for one vear!







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

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



We currently have 16 plots but we'll be doubling the garden in the near future. To volunteer or be put on the waiting list, contact us.

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



Co-Mingle Recycling Defined

Co-Mingle Recycling:

All general recyclable items can 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



Glass



Food contaminates

Food

Please rinse items that contained food and

drinks!

the recycling!





Cardboard (broken down)



Paper

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



Explore the Options **Transportation**

Carpool & Rideshare

Vanpool

Interested in riding to campus with other people? You could enjoy the benefits of cost savings including FREE parking on campus, stress reduction, reducing fossil fuel consumption and traffic congestion, and helping to improve our air quality! Currently we



have one vanpool, but we are close to starting others in several areas.

A **vanpool** is a group of people who share the costs of getting to work using a van owned by Fort Worth's The T. The T offers a Guaranteed Ride Home Program (GRHP) for emergencies or schedule changes. To learn more, call 817-735-2451 or email sustainability@unthsc.edu.

TryParkingIt.com is a regional program that provides a matching service for carpooling. Register under UNT Health Science Center to find your matches and start enjoying the benefits of carpooling. Also, contact us to be put on a list specifically for UNTHSC.

Discounted Transit Fares

UNTHSC offers discounted bus and train fares to its employees and students with savings 50% to 80% off the monthly price for a year. The university purchases passes directly from the bus companies and are valid from January 1 through December 31 each year.

Get a Pass

Payments are collected November 1st through early December, and passes are available for pickup by the end of December. Only cash and checks are accepted, and you must present a UNTHSC ID. If you wish to purchase a pass in the middle of the year, contact us to get the form (passes are not prorated). For more information or to purchase a pass, contact Sandy Bauman at 817-735-2451 or sandy.bauman@unthsc.edu.



Types of E-passes

- Local Pass (The T buses only)
- Local + Zone 1 Pass (The T buses and TRE Zone 1)
- Regional Pass (The T buses, TRE Zones 1 & 2, DART)

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. Employees should use promo code "untemployee" along with their UNTHSC email address. Learn more about the program or join by visiting the websites on the right.



fortworth.bcycle.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 <u>sustainability.unthsc.edu</u> 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: 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 1400 students, staff, and faculty have taken the pledge!

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"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, the Office of Sustainability through Facilities Management has installed 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 June, 2014 we have helped eliminate 303,610

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



Greer

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

Clear

- 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

Little Changes Go a Long Way

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



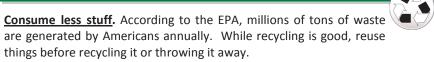
Unplug devices when not in use. Many electronics continue to use energy even when they're off.

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 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.

Report Leaks! Call Facilities at

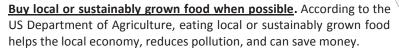
Our Stuff Has Huge Environmental Impacts



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.

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

Don't Just Eat Your Greens. Eat Green!



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.

Ride Green, Ride Healthy

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



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 Office of Sustainability openings. Staff and faculty serve on the committee for one year terms from September 1st to August 31st. There are six meetings each term.

Sustainability Liaison Program

Do you care about UNTHSC's environmental impact? Want to let people in your office or department know about sustainable practices happening around campus? The Office of Sustainability is looking for staff members to serve as Sustainability Liaisons for their departments on campus. Liaisons serve as a conduit of information between the Office of Sustainability and the different departments and offices on campus. If you're interested, please email sustainability@unthsc.edu.

Contact The Office of Sustainability

Stay Connected & Informed!

Website: sustainability.unthsc.edu

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





Sign up for our **Newsletter by** emailing us!

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