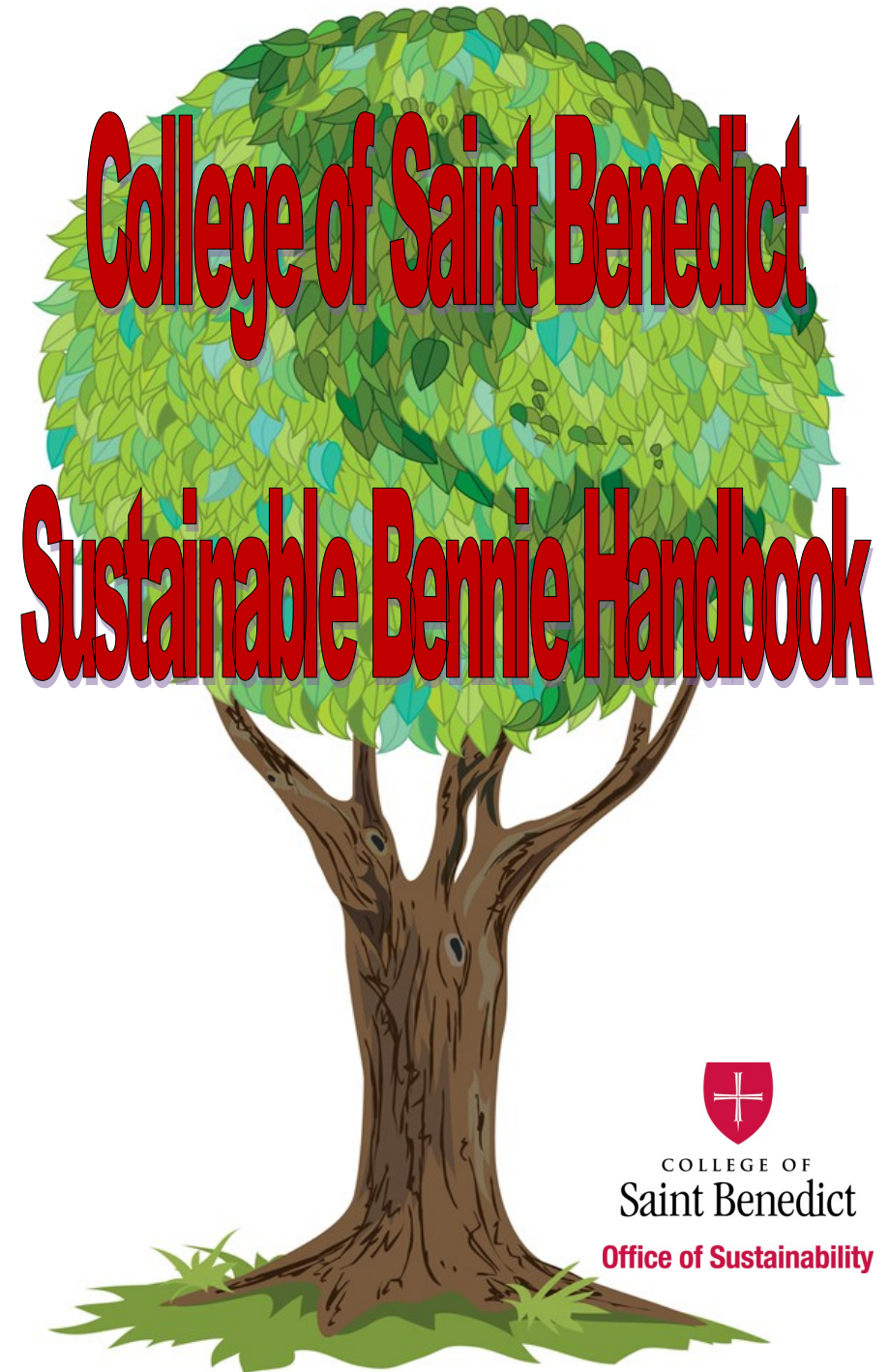


**Thank-you for your support of CSB's  
commitment to sustainability!**



COLLEGE OF  
Saint Benedict  
**Office of Sustainability**



COLLEGE OF  
Saint Benedict  
**Office of Sustainability**

# CSB Sustainability Mission

## **Mission statement**

*As a Benedictine institution, we take seriously our commitment to stewardship. As an institution of higher education, we have the duty to prepare students to be responsible citizens equipped to meet the social, ethical, local and global challenges of today. To achieve this goal, we have to be dedicated to creating a culture of sustainability on campus.*

## **What is Sustainability?**

Broadly defined, sustainability means meeting society's present needs without compromising the ability of future generations to meet their own needs. Sustainable decisions strive to balance economic, social, and environmental concerns to create and maintain the conditions under which humans can thrive. It is important because this approach protects human and environmental health, as well as societal well-being, in a viable way for our lives and the lives of future generations. Decisions based on the tenants of sustainability can be made on a local, as well as global scale.



## **More information**

If you would like any additional information about sustainability at CSB please contact us:

Judy Purman  
Director, CSB Sustainability  
CSB Main G010  
(320) 363-5391

## **Stay Connected**

- Sign-up to volunteer on the website
- Follow us on facebook
- Read monthly newsletters
- Participate in initiatives & events

## **Resources**

[www.csbsju.edu/Sustainability-at-CSB](http://www.csbsju.edu/Sustainability-at-CSB)

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

<http://catholicclimatecovenant.org>

<http://www.presidentsclimatecommitment.org/>

## **Sustain while Abroad**

### **Before you go**

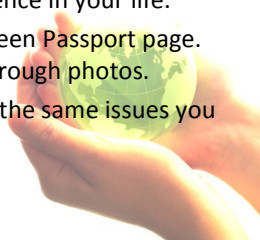
- Become a Green Passport member, join the CSB/SJU Green Passport Group, and take the pledge. The Green Passport pledge notes the interconnectedness of people and nature throughout the world and asks members to compare and integrate their abroad experience into their life at home, and to reduce their ecological impact throughout their experience. Learn more about the Green Passport Program on their website or facebook group and check out other Green Passport holders.
- Understand your lifestyle at home. Take an ecological footprint quiz and answer questions about your lifestyle to calculate your resource use. Record your results in your travel journal or documents. At the end of your abroad experience, take this quiz again for your lifestyle abroad and compare your results.

### **While Abroad**

- Use the SustainAbroad tips to live more sustainably abroad. These can be found on the CSB Sustainability website.
- Volunteer abroad with a credible organization with an issue you are interested in.
- Make contacts for work or volunteer opportunities in the future, or simply to maintain friendships.

### **Upon Return**

- Take the ecological footprint quiz again and compare the results of your lifestyle before your abroad experience with your lifestyle during your abroad experience.
- Reflect on your experience abroad. Did you live up to your the Green Passport pledge? Reread your journal. Look at your pictures. Talk with people you traveled with. What aspects of the experience changed you? What practices do you want to integrate into your lifestyle now back at home? Make a list of action items to infuse your abroad experience in your life.
- Post about a sustainability related experience on the Green Passport page. Express yourself through a few sentences in a blog or through photos.
- Volunteer at home with an organization that deals with the same issues you worked with while abroad.



## **CAMPUS COMMITMENTS**



### **Catholic Climate Covenant (CCC)**

The CCC seeks to connect the climate change and Catholicism through stewardship. Their goal is to be advocates for climate change for those who are left out of public policy making.

Education is a predominant aspect in their mission, and they strive to teach other Catholics about climate change and how they can take responsibility. As a college, we focus on the five steps of the covenant. These are praying, learning, assessing, advocating, and acting. We signed this covenant in January 2012 and were the first school in Minnesota to take part.



AMERICAN COLLEGE & UNIVERSITY  
PRESIDENTS CLIMATE COMMITMENT

### **American College and Universities Presidents Climate Commitment**

In 2006, college and university presidents recognized the importance of weaving sustainability into the fabric of their institutions to prepare their graduates to be successful leaders for the 21<sup>st</sup> century through the American College and University Presidents Climate Commitment (ACUPCC) initiative. By joining this effort, colleges and universities pledge to exercise sustainability leadership in their communities by implementing measures to reduce greenhouse gas emissions and waste, while educating students about sustainability. Mary Ann Baenninger, the President of the College of Saint Benedict (CSB) and a member of the ACUPCC Leadership Circle, signed the ACUPCC in 2007 in support of the College's commitment to stewardship and the principles of sustainability. Our overarching goals are to manage the campus so that actions are ecologically sound, socially just, and economically viable today and will continue to be so for future generations. As part of this commitment, CSB has agreed to become climate neutral by 2035.

## **Sustainability Tracking, Assessment and Rating System (STARS)**

Developed by AASHE (Association for the Advancement of Sustainability for Higher Education), STARS is a self-reporting sustainability framework designed for colleges and universities. STARS takes the percentages of the specific category scores, combining them to create the overall score. The College of Saint Benedict received a silver rating as of May 2010. To learn more about the process, visit <http://stars.aashe.org>



## **Sustainable Building Policy**

The College of Saint Benedict strives to implement sustainable building guidelines in the design and construction of new buildings and additions, for building renovations over 5,000 square feet, and for the operation of buildings on campus. Through this approach, CSB will balance short and long-term costs, maintenance, life cycle, and the environmental impacts of the built environment while providing a healthy environment for the CSB community and supporting other elements of the broader institutional mission to instill sustainability principles throughout the community. Currently, we are in the process of building Centennial Commons, the new residential complex which we hope will earn at least a Silver rating from the United States Green Building Council's LEED Program.

## **Sustainability Master Plan**

The Sustainability Master Plan was constructed and is implemented by the Sustainability Council. First, they measured sustainability via the Greenhouse Gas Inventory and by rating in the STARS program. Then, they set a carbon neutral goal (zero by 2035). They identified 7 focus areas to decrease greenhouse gases, including transportation and sustainable education. From these areas, they created specific goals and benchmarks to achieve, along with a definite timeline. More details about our sustainable future at CSB can be found on the Sustainable CSB website.

## **Campus Conservation Nationals (CCN)**

Starting in 2012, CSB participated in CCN. Previously, CSB participated in the Energy Challenge. CCN is a nationwide competition against colleges and universities to decrease energy and water use. CSB competes among residence halls to see who can use the least energy. There is a prize for the winning residence hall and for the winning schools. Find out more at [www.competetoreduce.org](http://www.competetoreduce.org)

## **Internship opportunities**

Internships with the Office of Sustainability will include focus on a specific project in addition to supporting initiatives already underway. These positions will allow for individual initiative and creativity as we work together to decrease carbon emission and increase awareness across campus. Positions are available during the summer, fall, and spring.

Yambiro internships are also offered through the Office of Sustainability. Yambiro is a partnership with the women of Otavalo, Ecuador. Interns will develop and research the projects for Yambiro. Yambiro positions are made available during the Spring and will carry over into the summer, as they travel to Ecuador. Find out more at the CSB sustainability website.

## **Energy Audits**

Borrow an energy audit kit from the Environmental Studies department at SJU. Total your energy consumption and use the list from this handbook to decrease your energy used. Record the impact made by the small changes you instated.

## **Maintenance Request**

If something in your residence hall or apartment breaks, request a maintenance repair from the form found on the A-Z Index. This makes your job easier and ensures water, energy, and time aren't wasted!

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## OTHER SUSTAINABLE INVOLVEMENT

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### Revolving Loan Fund

Have a great idea for implementing sustainability but need some financial support to get it going? The College of Saint Benedict has set aside a sum of money that will be used to grant zero interest loans to projects with cost savings. The cost savings will pay back the loan until 120% of the loan is paid off. As the fund grows, more projects can be initiated. Anyone can submit a proposal and it will be reviewed. A committee of faculty, staff, administration, and students

### Sustainability Council

The Sustainability Council seeks to provide recommendation and insight for Mary Ann Baenninger with sustainability in mind. They review policy recommendations, work with the Sustainability Master Plan, serve as liaison's between other campus groups, and participate in the various building policy. The Sustainability Council is comprised of exactly 2 students: one designated from Senate and one other student position. To learn more about the application process, visit the Sustainable CSB website.

### Sustainability Alliance

Sustainability Alliance is a club on campus that seeks to incorporate the ecological, economic and social issues of Sustainability. To do this, SA invites delegates of many other clubs on campus to promote sustainability through these goals. To learn more, view the SA constitution from the club page of the CSB/SJU website or email [Sa@csbsju.edu](mailto:Sa@csbsju.edu)

### Eco-Representatives

Eco-reps work to promote sustainability within the residence halls. They foster this by setting live-in example of sustainability and also through events they host, in coalition with residence life, throughout the year. They volunteer for this position as first-year and sophomore Bennies. If you would like to apply, check out the CSB Office of Sustainability website in September.

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## SUSTAINABILITY AT CSB

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### Bottled Water Ban

As of August 2011, CSB has been proud to become the 1<sup>st</sup> college in the state of Minnesota, and 9<sup>th</sup> in the nation, to ban the sale of plain, plastic bottled water on campus, and the purchase of plain, plastic bottled water with institutional funds. CSB recognizes the environmental, economic, and social costs of production, transport, and sale of plastic bottled water, as well as the potential health risks from chemicals contained in plastic. Additionally, CSB acknowledges that water is a fundamental human right, and as an organization declines to profit from its sale.

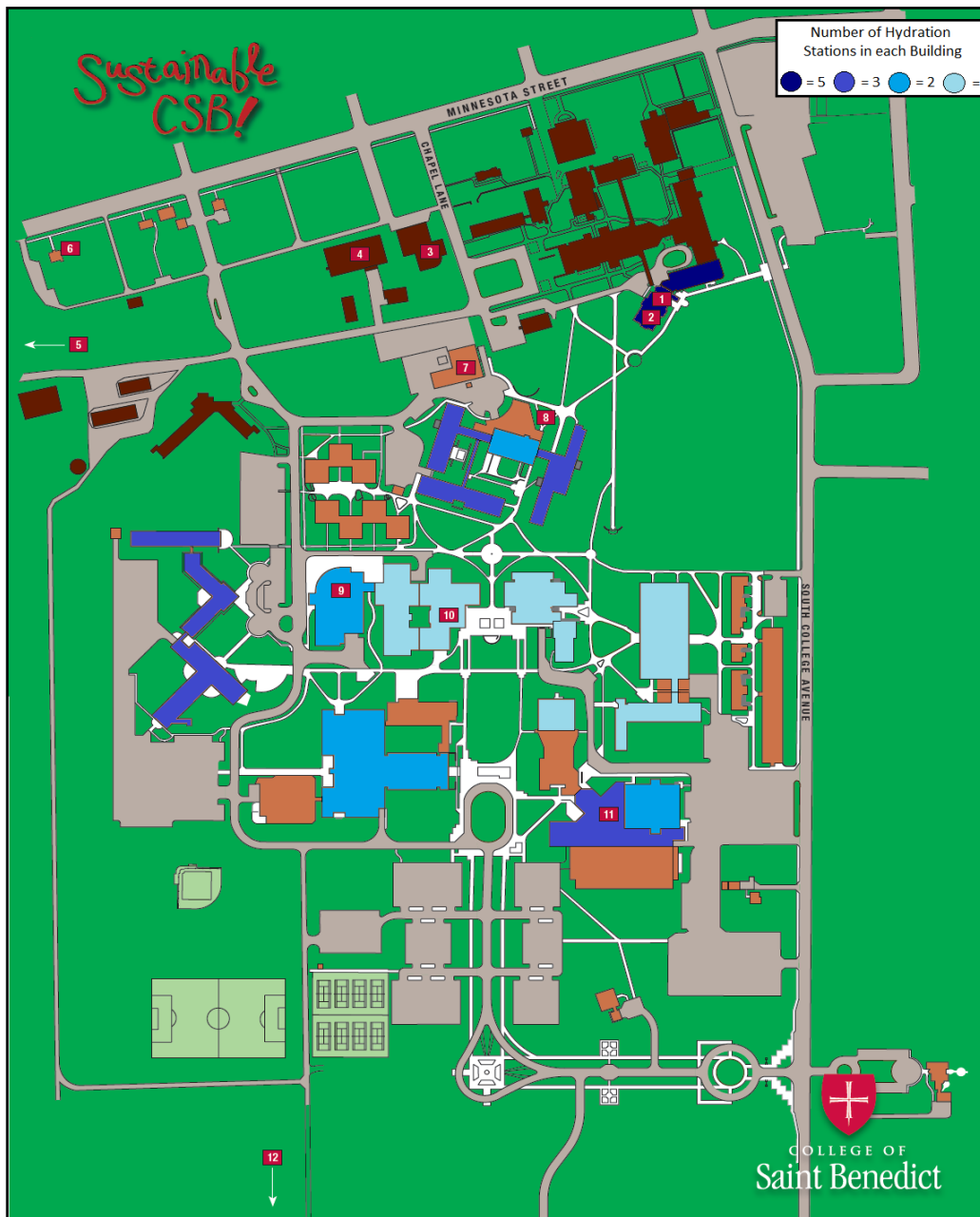
Students are still able to bring bottled water on campus, as the college also recognizes the right for them to do so, though the campus will not sell it. (Flip to the next page to see the map of Hydration Stations on campus).

### Printing Policy

As part of our ongoing commitment to responsible consumption and conserving resources, CSB/SJU implemented a new Student Printing Policy for all students, student clubs and organizations. Print management software (PaperCut) is utilized to track usage and billing. \$25.00 is given per semester for all students, student clubs and organizations, which is equivalent to 500 single-sided pages or 830 double-sided pages. Any unused portion of student's PaperCut balance cannot be refunded, carried over or gifted. Since the implement of this policy the institutions have saved on average 4,939 sheets of paper per day!







#### Where do I get water?

38 hydration stations were installed and located near water fountains throughout campus.

### Transportation

- 🚌 The link runs constantly between both campus and also makes weekend trip to Crossroad Mall in St. Cloud.
- 🚲 Rent a bike from the HCC, they also offer roller skates.
- 🚗 Rent a WeCar (more information can we found under WeCar on the A-Z Index).
- 🚶 Walk, all buildings are walking distance.

### Food

- 🍴 Only take what you need at the dining halls.
- 🍴 Donate extras from your apartment or residence hall to the local food shelf, St. Joe community food shelf.
- 🍴 Compost on campus.
- 🍴 Buy in bulk.
- 🍴 Visit the St. Joe Farmer's Market and Minnesota Street Market.

### Reuse

#### Clothing and Housewares

- 👕 Visit Closet 2 Closet in St. Joe for gently used clothes and housewares.
- 👕 Donate your items to a Free Box on campus or to Closet 2 Closet.
- 👕 If you need to buy new, try to buy local and only buy what you need.

#### Textbooks

- 📖 Rent textbooks from the bookstore and save money!
- 📖 Buy used and sell your books back.

# WHAT CAN STUDENTS DO?

## Reduce

### Water

- ♣ Take a shower that is 5 minutes or less.
- ♣ Turn off the shower while shaving and lathering, then turn it back on to rinse.
- ♣ Turn off the water when brushing your teeth.
- ♣ Always do a full load of laundry.

### Energy

- ✂ Unplug all appliances when not in use - including hair straighteners, coffee machines, and stereos.
- ✂ Use a power strip!
- ✂ Unplug chargers, especially cell phone and laptop, after you are done charging.
- ✂ Turn off the lights when you leave the room!
- ✂ Use natural light when possible.

### Printing

- 📄 Ask your professor if an assignment can be turned in through email or Moodle.
- 📄 Print double sided.
- 📄 Change the settings on your computer to print multiple pages on one page.
- 📄 Print on recycled paper.
- 📄 Read class articles online.
- 📄 Recycle old ink cartridges.
- 📄 Consider buying an environmentally friendly ink cartridges when you need to replace an old one.

## Composting at CSB

Sustainability intern, Mary wood, created a program that allows students in the residence halls to compost their food scraps on campus. Students are responsible for collecting their own food scraps and bringing them to the compost site on campus.

To start composting at CSB, email [csbsustainoffice@csbsju.edu](mailto:csbsustainoffice@csbsju.edu) to get a bucket, a composting magnet, and more information!



*Intern, Mary Wood and students that were responsible for collecting their own compost and bringing it to a compost site on campus.*



## Trayless in the Gorecki Dining Center

As a way to reduce food and resource waste (water, soap, labor), the Gorecki Dining Center became a trayless facility in August 2011. As a result, food waste has been reduced by 28%, 34% and 54% in September, October and November 2011 respectively when compared to 2010. Trays are still available for guests who require additional assistance while dining and are provided upon request.

**Tip:** Take only what you know you will eat, you can always go back for seconds. Make sure to finish all your food on your plate and also your beverage, this is still considered liquid waste.

## Eco-Houses on Campus

CSB has two eco-houses on campus, Rainbow house and Idzerda house. Both houses live intentionally, paying special attention to the products they consume and where these products come from. They make an effort to reduce heat, to reduce water, and to reduce electricity used. Both houses compost and do their best to buy local food and support the St. Joe Farmers Market. Four women live in Rainbow and 11 women live in Idzerda.

## Recycling

At CSB, we have a 2-sort recycling system. This means we sort the cardboard and paper separate from tin, aluminum, glass and plastic.

There is also recycling for batteries on campus. For more information, go to the CSB Sustainability website, click Reduce, Reuse, Recycle and learn how your old batteries can be picked up from your room!



## DID YOU KNOW?

- ◆ A four-minute shower uses approximately 20-40 gallons of water.
- ◆ Worldwide, each person uses about 14 gallons of water per day.
- ◆ Turning off the tap while brushing your teeth in the morning and at bedtime can save up to 8 gallons of water per day, this equals to 240 gallons a month!
- ◆ The average washing machine uses about 41 gallons of water per load and high-efficiency washing machines use around 28 gallons of water per load.
- ✈ The average Bennie used 6.26 tons of CO<sub>2</sub> in 2010, not including energy expended on breaks and in the summer.
- ✈ The average American used 19.8 tons of CO<sub>2</sub> in 2008.
- 📄 The average American accounts for 560 pounds of paper waste.
- 📄 The US uses approx. 68 million trees each year to produce: 17 billion catalogues and 65 billion pieces of direct mail.
- 📄 An average tree provides enough oxygen for 3 people.
- 🚲 Transportation accounted for 33% of CO<sub>2</sub> total U.S. emissions in 2008.
- 🚲 88% of trips are made by car in the U.S.
- 🚲 If the average American family switched to public transportation, they would save \$6,200 a year.
- ✈ 30,990 tons of food scraps were discarded in 2008, composing 18.6% of all materials going to landfills or incinerators.
- ✈ Only 2.5% of food waste was composted in 2008.



CSB Students "Unplug it" to win Campus Conservation Nationals