



GREEN GUIDE

A Gator's Guide to Sustainable Living

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This Green Guide was created by students, for students, to let you know all about sustainable living at the University of Florida. But what does that mean? Sustainability is commonly defined as meeting the needs of the present without compromising the ability of future generations to meet their own needs. It means environmental, economic, and social well-being.

We've prepared this guide because everyone is affected by the decisions each of us makes every day. And whether this guide encourages you to change a few light bulbs in your house or inspires you to join the sustainability movement at UF, we want you to have the resources to get involved.

This guide contains information that will be useful to you during your entire stay at UF, so check it out and keep it handy. Enjoy!

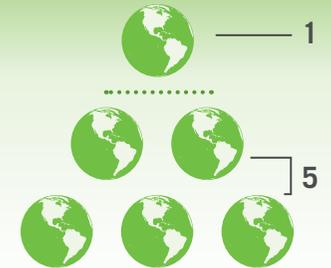
* Look for this asterisk to find out how the production of this publication is sustainable!

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GO GREEN

**If everyone in the world used as many resources as the average American. . .
We would need 5 planet Earths!**



The problem is, we only have one. We must consume fewer resources if future generations are to survive. Try out some of the ideas listed below to reduce your footprint on the Earth, and make your life more sustainable. Every little action counts, so do your part!



VOTE

By voting, everyone can have a say in the direction the city, state, and country is headed, and elected officials can be held accountable for the decisions they make.

Register to vote in Alachua County at the Supervisor of Elections Office, or pick up a registration form at the Post Office, Public Library, or the Student Government Office on the 3rd floor of the Reitz Union.

votealachua.com



CLEAN GREEN

Many cleaning products have chemicals in them that are not only dangerous for humans but can also get into and pollute our water. However, there are alternatives. "Green" cleaning products are usually made from non-toxic and biodegradable materials, and often come in recycled packaging. Read the label to make sure that they are not made with toxic or petroleum-based ingredients and/or look for the *Green Seal* label. Common brands include Method, Seventh Generation and Simply Clean.



COMPOST

You can compost anything that was ever a plant (no meat and no dairy!). Regardless of where you live, there is a composting option for you. If you live in a house, you can put your scraps in a backyard bin. If you live in an apartment, you can either have a small compost bin on your balcony or put a worm composter under your sink. For more information, check out compostinfo.com.

? Why can't bottle caps or lids be recycled? Aren't they made of the same materials that I am recycling?

Mixing two types of materials complicates the recycling process, requiring more energy for separation or even jamming processing equipment.



EAT GREEN

- **BUY LOCAL FOOD.** The average meal travels 1,500 miles from farm to fork. Buy groceries at the farmers market of Ward's where local farmers sell their goods. The closest market is downtown every Wednesday from 4-7 pm. To find other farmers markets in the area see page 14 or check slowfoodgainesvilles.org/resources.
- **GROW YOUR OWN FOOD.** UF has garden plots on campus and at the organic garden on 23rd Terrace. For information on how to rent a plot, visit uf.organic.gardens.googlepages.com
- **EAT LESS MEAT.** It takes 5000 gallons of water to create a pound of meat. It takes 30 gallons to create a pound of fruits, vegetables or grains. By consuming less meat and more fruits and vegetables, you will be using fewer resources and eating healthier.
- **GET A VEGETARIAN KRISHNA LUNCH** for a \$4 donation every weekday in the Plaza of the Americas from 11 am to 2 pm. You can save 25 cents if you bring your own plate, cup, and utensils.
- **BUY ORGANIC PRODUCTS.** Not only can your apples and oranges be certified organic, but your cotton t-shirts can too!
- **BRING YOUR OWN BAG TO THE GROCERY STORE OR MARKET.** Be sure to return used paper or plastic bags, egg cartons and clean foam produce trays to the bins in front of Publix.
- **LOOK FOR THE GREEN LEAF SIGNS** at Fresh Food Co. and Gator Corner dining halls on campus for locally grown produce. Take food to go by checking out a reusable to-go container using your Gator 1 ID.
- **PURCHASE SUSTAINABLE SEAFOOD.** Carry the Marine Stewardship Council sustainable seafood pocket guide when shopping or dining out to make sure your seafood was acquired in a sustainable way. Visit msc.org for more info.



SAVE PAPER

- **RECONSIDER WHETHER YOU REALLY NEED TO PRINT** all of your documents, and if you do, conserve paper by printing double-sided.
- **RECYCLE NEWSPAPERS** by returning them to the bin.
- **USE FEWER PAPER TOWELS;** try a cloth napkin or dish towel instead.
- **BUY PRODUCTS MADE WITH RECYCLED PAPER** to reduce the destruction of forests. If you must use virgin paper, look for the FSC-certified label and try chlorine free paper to cut down on pollution.
- **BRING YOUR OWN MUG** to the coffee shop to reduce waste and get a discount! Gator Dining now offers reusable cups and mugs.
- **REDUCE JUNK MAIL** by asking that your name and address be removed from mailing lists. Check out Stop the Junk Mail Monster to find out how. ecocycle.org/junkmail
- **VISIT catalogchoice.org** to stop receiving unwanted, excessive catalogs.



GREEN SHOPPING

- **BUY RECYCLED PRODUCTS** and those sold in bulk, to reduce packaging.
- **LOOK FOR PRODUCTS MADE IN THE U.S.** or North America. This helps reduce the carbon footprint of your goods while also keeping dollars in our own economy.
- **SHOP SECOND HAND.** Buying items used helps divert waste going to a landfill, and can often save you money.
- **BE SOCIALLY CONSCIOUS.** Look for products that are Fair Trade certified meaning that specific economic, social health and safety criteria were met in the production and trade of the product.
- **PURCHASE PRODUCTS MADE OF SUSTAINABLE MATERIALS** and ones that can be recycled at the end of their life. By buying products that source sustainable and renewable materials, consumers can help create the demand for these goods, and close the loop on the take-make-waste cycle.

For more green shopping tips and sustainable business options, check pages 14-15.



RECYCLE

CITY OF GAINESVILLE AND ON CAMPUS

We recycle all plastic with a #1 - #7 on the bottom, aluminum and tin cans, glass jars and bottles, junk mail, office paper, newspaper, magazines, phone books, pasteboard and corrugated cardboard. Make sure to rinse out cans, jars, and bottles and remove lids. Remember, do not throw any non-recyclables into the bins. UF even has places to recycle batteries, ink cartridges, and Styrofoam packaging peanuts! Check out *Campus Copy, Fax & Pack* on the ground floor of the Union. And see the Sustainable Campus map at campusmap.ufl.edu for on-campus recycling locations. Roughly 25% of UF waste is paper! There are paper recycling bins in every building.

RESIDENCE HALLS

Among other things, the Inter-Residence Hall Association (IRHA) and the Department of Housing are placing blue recycling bins in each room of the residence halls on campus. You can recycle office paper in most residence hall lobby areas. During move-out at the end of the semester look for collection boxes in the lobby areas to donate your old clothes, nonperishable goods, and even furniture to local charities.

FRATERNITY OR SORORITY HOUSE

Greeks Going Green is an organization on campus dedicated to making it easier for Greeks to recycle and become more sustainable. ufgreeksgoinggreen.wordpress.com

HOUSES

Gainesville offers blue and orange bins for residents that are collected every week along with regular trash. Visit this website for more information: cityofgainesville.org

IN AN APARTMENT

Apartment buildings in Gainesville are required to have recycling bins. Recycling bins are often around the back of complexes by the dumpsters. If your apartment does not provide them, call this number to report it: (352) 334-2130.



Plastic, Glass, Aluminum

All plastics 1-7 are accepted, with a few caveats... no brittle or hard plastics. Glass bottles and jars and aluminum cans can also be recycled. When in doubt, remember bottles, jars, jugs and tubs is the rule of thumb.



Old Corrugated Cardboard (OCC)

Corrugated: layer of "fluting" between 2 sheets of cardboard. Widely used for packaging and shipping; toy boxes



Recycled Content

Indicates recycled content. A percentage within the logo may show amount recycled.

FSC



Forest Stewardship Council Certified

Indicates the producer is complying with sustainable forestry practices.



SUSTAINABILITY INTERSHIPS

Intern with the Office of Sustainability. Applications are available at sustainable.ufl.edu.





REDUCE WATER USE

- **GET A FILTER** and reusable water bottle so you can stop buying bottled water – tap water is usually as clean as or cleaner than bottled water, and a filter will make it taste great! Make sure your water bottle does not contain Polyvinylchloride (PVC) or Bisphenol A (BPA) chemicals found in some plastics.
- **TAKE SHORTER SHOWERS.** In 2010, Weaver Hall residents saved 23.26 gallons of water per resident, per day, in January, compared with average water usage from last year. These savings were a result of the Eco-Challenge competition and a water conservation campaign and shower timer pilot, “Shower Coach Challenge: Can You Take a Five Minute Shower,” developed by the Department of Housing and Residence Education.
- **TURN OFF WATER** when brushing teeth and shaving.
- **LET RAIN WATER YOUR YARD,** not sprinklers. If you must water, be sure to follow all local watering restrictions; more info on those can be found at sjrwmd.com
- **ONLY WASH FULL LOADS** of laundry and dishes.



ECO-CHALLENGE

THE BATTLE OF THE HALLS:

In 2010, 15 out of 23 residence halls (65%) used less energy per resident, per day. The savings were moderate and ranged from .07 – 1.81 KWHs less. Additionally, 18 out of 24 residence halls (75%) used less water during the competition. The water savings ranged from 1.52 to 23.26 less gallons of water per resident, per day. Be on the lookout for this annual spring competition between residence halls. However, you don't have to wait until spring to start saving!

IN CASE YOU WERE WONDERING...

Yulee Residence Hall won the 2010 challenge, congratulations Yulee!



GREEN FUN

- **JOIN A STUDENT ORGANIZATION.** See page 12 for sustainability related groups.
- **GET INTO THE COMMUNITY** by teaching students about solar energy and recycling with Gators for a Sustainable Campus Outreach team. Email sustainablegators@gmail.com.
- **ROUND UP SOME AIR POTATOES** every spring in Gainesville area parks at the Great Air Potato Round-up. plants.ifas.ufl.edu/roundup
- **PARTICIPATE IN A DUMPSTER DIVE** or a creek clean-up with Gators for a Sustainable Campus or another sustainability-related group.
- **HELP TAILGATORS AT FOOTBALL GAMES RECYCLE** their cans and bottles, email gatorgreenteam@gmail.com or join the Gator Green Team Facebook group for more information.



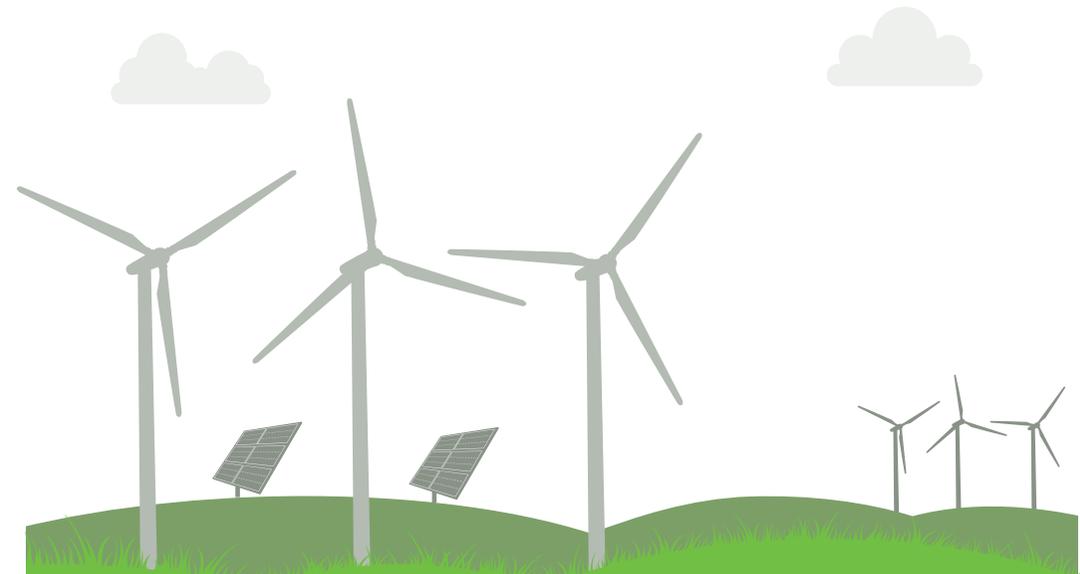
* GREEN GRADUATION PLEDGE

UF has a Graduation Pledge that all students are encouraged to make. Look for the pledge table at the UF Bookstore during graduation gown pick up. You can also choose to join the Sustainable Alumni Network. www.sustainable.ufl.edu



GREEN TRANSIT

- **WALK, BIKE, TAKE A BUS, OR CARPOOL.** If you need a car for personal use, rent a Zipcar (for more information, see page 21).
- **COMBINE TRIPS AND ERRANDS.** Take it easy on the gas and brake pedals, and go slower on the highway (you will improve your gas mileage!). Also, don't idle your engine for more than 10 seconds – it takes less gas to turn it off and back on.
- **FLY LESS.** Take the train or carpool instead.
- **PURCHASE CARBON OFFSETS** if you have to fly or drive long distances. For not too much money, you can offset the carbon your travel releases into the atmosphere. Visit Neutral Gator for information: neutralgator.org.



* chomp down on eenergy

- **TURN OFF YOUR COMPUTER** if you're not going to be using it for 1 hour or more. Don't forget to also turn off your printer and speakers when you're not using them. A power strip makes this easy: plug all your electronics into one, and flip the switch when they aren't needed!
- **BUY COMPACT FLUORESCENT LIGHT BULBS** – they're the spiral shaped ones! They last 10 times longer than regular incandescent bulbs and use 75% less energy. Alachua County provides free fluorescent and CFL recycling; for more information contact the Alachua County Household Hazardous Waste Coordinator at 352-334-0440.
- **TURN YOUR LIGHTS OFF** when you don't need them. During the day, try opening the blinds for natural light.
- **TAKE SHORTER, COOLER SHOWERS,** and wash your clothes in cold water. You'll not only save water, but also save the energy that heats the water. Clothes washed in cold water also last longer!
- **ELECTRONICS DRAW ENERGY** even when they're not being used. Unplugging things like cell phone chargers and laptops can really make a difference in your power use, and remembering to get off the grid when you leave for the weekend, spring break or for summer term can also save you money.
- **ADJUST THE THERMOSTAT.** Keep your heater at 68 degrees in the winter, and your AC at 79 degrees in the summer. Open and close windows in your room on nice days to control the temperature without using the heater or AC at all!
- **LOOK FOR THE ENERGY STAR LABEL** when you buy new electronics, such as a laptop.

SOLAR POWER IS THE CONVERSION OF SUNLIGHT INTO ELECTRICITY. IT IS BY FAR THE EARTH'S MOST AVAILABLE ENERGY SOURCE.

WIND POWER IS THE CONVERSION OF WIND ENERGY INTO A USEFUL FORM, SUCH AS ELECTRICITY, USING WIND TURBINES.

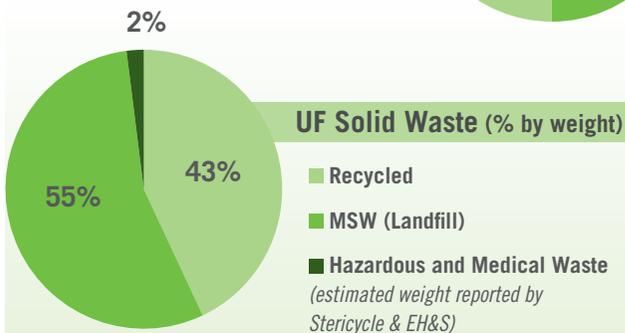
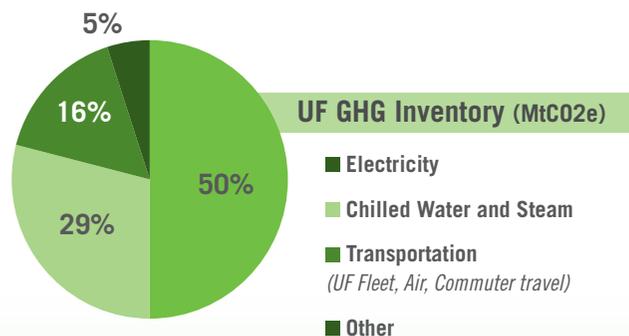
FLORIDA GOES GREEN



AMERICAN COLLEGE AND UNIVERSITY PRESIDENT'S CLIMATE COMMITMENT

UF's president Bernie Machen was the first to sign this pledge, and we have set a goal to reach carbon neutrality on campus by 2025. Visit the ACUPCC website to learn more about the commitment: presidentsclimatecommitment.org.

UF uses roughly 460,000 megawatt hours (mWh) of power annually, which costs roughly \$43 million a year.



UF's main campus generated 18,874 tons of solid waste in 2009. We recycled 8,070 tons, or 43%.

ZERO WASTE

One of the ambitious goals set for UF is to be Zero Waste by 2015. Toward this goal, the Office is developing a Zero Waste Plan with key stakeholders from across campus.

Here are the highlights of some of UF's innovative programs & projects already underway that promote sustainability.

GATOR SPORTS:

The University Athletic Association (UAA) worked with a local organization, Neutral Gator, to offset emissions for the entire 2009-2010 athletic season. By purchasing these local carbon offsets, the UAA made a huge statement (the first carbon neutral athletic season in the country), while also supporting a local organization in its effort to make Gainesville more sustainable.

GREEN TEAM NETWORK:

Green Team Members in many colleges, departments, and organizations across the university act as liaisons to the Office of Sustainability on campus for continuing efforts to develop a sustainable university, attempting to reduce both costs and the use of resources in their respective areas.

GROUNDS AND MAINTENANCE:

Campus currently has over 30 conservation areas (look them up on the UF map online!). Our campus follows the guidelines of protecting net biodiversity and promoting the use of indigenous plants in landscaping.

BUSINESS PARTNERS:

UF and its corporate partners are working together to provide service with a conscience. Pepsi, Wachovia, Progress Energy, Aramark, and Follett help support many of the sustainability initiatives at UF.

ALTERNATIVE ENERGY SOURCES:

Our Physical Plant Division uses a 20% biodiesel blend and E85 ethanol to run its trucks and equipment. RTS also uses 20% biodiesel on all campus routes. Powell Hall, home of The Florida Museum of Natural History is home to the first solar power installation on campus. The 75kW system will produce roughly a third of the energy needed for the building.

BUILDING FOR A BETTER ENVIRONMENT:

All new buildings and major renovations on campus are designed to reach a minimum of LEED Gold standards (LEED is a green building rating system). UF is the leading campus in the country for LEED buildings- with 15 certified buildings on campus and 60 projects registered. UF is the home of the first LEED Platinum and LEED Gold certified buildings in the state of Florida. Heavener Football Complex is the first building in Florida and the first athletic facility in the nation to achieve Platinum status.

HOUSING:

UF residential halls provide collection bins for charities during student move-out. Recycling is offered in all residence hall areas. Also, according to our purchasing directives, UF will only purchase "Energy Star" appliances or appliances that achieve a high energy efficiency rating.

HEALTH AND SAFETY:

From purchasing recycled products to using Green Seal certified cleaners, our Building Services Division is doing many things to further sustainability. Even our carpets and vacuums carry a green label, which limits the harmful chemicals released into the air we breathe. As of July 1, 2010, campus is also tobacco-free. For more info, visit hr.ufl.edu. To learn more on how UF is creating a healthier campus, check out Healthy Gators at healthygators.hhp.ufl.edu.

PURCHASING:

UF policy supports campus sustainability by providing guidelines, information, and resources in procuring products that will minimize negative impacts on society and the environment to the greatest extent practicable. The Purchasing Department hosts a Sustainable Products Trade Show every spring.

SOCIAL EQUITY:

The University strives to pay all of its full-time employees fair wages and benefits. Currently UF pays 2 dollars over the Florida minimum wage. UF's commitment to paying fair wages includes all business partners on campus. UF also offers domestic partner benefits and health insurance to graduate students.



GREEN EDUCATION

There are many opportunities to learn about Sustainability through the University of Florida.



SUSTAINABILITY MINOR

UF has offered a Minor in Sustainability Studies since fall 2008. It is an interdisciplinary minor, consisting of 18 credits.

“FACETS OF SUSTAINABILITY” (IDS 2935)

College of Liberal Arts and Sciences

“Facets of Sustainability” is the core course, with the additional four classes coming from a wide variety of class options. It also includes an internship or service learning component. For more information, talk to your advisor or visit: clas.ufl.edu/sustainability



TEXTBOOKS

The UF Bookstore now offers textbook rentals and a new website that allows students to sell books to each other with Classified Ads (textbook listing) and/or by receiving Buyback Alerts from the Bookstore. These two options are designed to increase the availability of used books on campus and to lower the costs associated with textbook purchases. This effort will help make us a more sustainable campus by recycling your textbooks.

bsd.ufl.edu/BookMarket



SUSTAINABILITY MAJORS

SUSTAINABILITY AND THE BUILT ENVIRONMENT

College of Design, Construction and Planning

The Bachelor of Science in Sustainability and the Built Environment (BSSBE) will allow students to explore creative solutions for the planning, design and construction of human structures and settlements. Whether it is the rehabilitation and redesign of existing structures or innovative new design, students will be provided a theoretical foundation for seeking sustainable solutions to problems in the built environment.

ENVIRONMENTAL SCIENCE

College of Agricultural and Life Sciences

Environmental science is the science of people's role in natural systems, the basis of our economy. This program accesses courses university-wide and provides many opportunities for international study. This degree approaches numerous complex environmental issues with reliable knowledge and interdisciplinary perspectives, and provides the full range of knowledge relevant to complex environmental problems.

ENVIRONMENTAL ENGINEERING STUDIES

College of Engineering

Environmental engineering applies engineering and scientific principles to protect and preserve human health and the environment. It embraces broad environmental concerns, including air and water quality, solid and hazardous wastes, groundwater, etc.

FOOD AND RESOURCE ECONOMICS

College of Agricultural and Life Sciences

Specializations include Food and Agribusiness Marketing and Management; International Food and Resources Economics; Environmental Economics and Policy.

FOREST RESOURCES AND CONSERVATION

College of Agricultural and Life Sciences

The forest resources and conservation major provides students an extensive understanding of ecology, while developing expertise in the management of ecosystems to meet society's demands for a vast array of economic, ecological and social products and services.

HORTICULTURAL SCIENCES — ORGANIC AGRICULTURE

College of Agricultural and Life Sciences

This major prepares students for careers in organic agriculture, including management, production, applied research, molecular biology research, marketing, sales and a number of other areas. Students can receive training ranging from commodity production/cropping systems to basic plant science/molecular biology.

SOIL AND WATER SCIENCE

College of Agricultural and Life Sciences

Students majoring in soil and water science complete core requirements that stress a balance between the fundamentals of science and a foundation in the humanities, social sciences, business and natural science.

WILDLIFE ECOLOGY AND CONSERVATION

College of Agricultural and Life Sciences

This major provides training for a variety of wildlife careers, as well as a solid foundation for professional employment or advanced graduate study. This degree enhances knowledge of the conservation and management of wildlife and their habitats for the greatest aesthetic, ecological, economic and recreational values.

ENVIRONMENTAL AND LAND USE LAW

Levin College of Law (Graduate Degree)

The Environmental and Land Use Law Program educates future lawyers by combining the study of land use law with traditional environmental law. Since Florida especially is an ecologically sensitive landscape teeming with biodiversity, students have the opportunity to understand the environmental issues that arise as a result of inappropriate land use, and how to balance public health and environmental values against the protection of private property rights.

GREEN MEDIA



All sorts of media with a sustainable message or focus, personally recommended by the Office of Sustainability interns...



WEBSITES

SUSTAINABILITY TIPS AND CURRENT NEWS

grist.org
treehugger.com
greenbiz.com

IFAS SOLUTIONS FOR YOUR LIFE

solutionsforyourlife.ufl.edu

WORLD WATCH INSTITUTE

worldwatch.org

THE NATURE CONSERVANCY

nature.org

SIERRA CLUB

sierraclub.org

STUDENT CONSERVATION ASSOCIATION

thesca.org

CENTER FOR A NEW AMERICAN DREAM

newdream.org



TV

PLANET GREEN

NATIONAL GEOGRAPHIC

DISCOVERY CHANNEL'S PLANET EARTH AND LIFE SERIES



BOOKS

Natural Capitalism: Creating the Next Industrial Revolution

Paul Hawken, Amory Lovins, and L. Hunter Lovins

The Sustainability Revolution

Andres R. Edwards

Plan B 4.0: Mobilizing to Save Civilization

Lester Brown

Ishmael

Daniel Quinn

Cradle to Cradle: Remaking the Way We Make Things

William McDonough, Michael Braungart

Living Green: A Practical Guide to Simple Sustainability

Greg Horn

Collapse: How Societies Choose to Fail or Succeed

Jared Diamond

In Defense of Food: An Eater's Manifesto

Michael Pollan

The Sustainability Advantage

Bob Willard

Revolution in a Bottle: How TerraCycle Is Redefining Green Business

Tom Szaky

Three Cups of Tea: One Man's Mission to Promote Peace . . .

One School at a Time

Greg Mortenson and David Oliver Relin

Garbageland: On the Secret Trail of Trash

Elizabeth Royte

Mirage: Florida and the Vanishing Water of the Eastern U.S.

Cynthia Barnett

Ecological Intelligence: How Knowing the Hidden Impacts of What We Buy Can Change Everything

Daniel Goleman



MOVIES

AN INCONVENIENT TRUTH

Directed by: Davis Guggenheim
Starring: Al Gore

Humanity is sitting on a time bomb. If the vast majority of the world's scientists are right, we have just ten years to avert a major catastrophe that could send our entire planet into a tail-spin of epic destruction involving extreme weather, floods, droughts, epidemics and killer heat waves beyond anything we have ever experienced.

THE 11TH HOUR

Directed by: Leila Conners Petersen, Nadia Conners
Starring: Mikhail Gorbachev, Stephen Hawking,

Environmental documentary that firmly confronts viewers about the indelible human footprint that humans have left on this planet, and the catastrophic effects of environmental neglect and abuse.

GIMME GREEN

Directed by: Isaac Brown, Eric Flagg
Starring: Gary Bradshaw

A humorous look at the American obsession with the residential lawn and the effects it has on our environment, our wallets and our outlook on life. It investigates the \$40 billion industry that fuels our nation's largest irrigated crop—lawns.

BLACK GOLD

Directed by: Mark Francis, Nick Francis

Black Gold is a moving and eye-opening look into the 80 billion-dollar global coffee industry, whose spoils are sparsely shared with the farmers who make it all possible.

COAL COUNTRY

A film by: Mari-Lynn Evans & Phyllis Geller

A dramatic film documenting modern coal mining and MTR (Mountain Top Removal) in the Appalachia area. The viewer gets to hear firsthand from working miners and activists who are battling coal companies, along with miners and coal company officials who stand by their work. Both perspectives are laid bare as the film explores economic, environmental, public health and emotional impacts of the coal industry on this community and for America at large.

PLANET IN PERIL

Starring: Jeff Corwin, Anderson Cooper

From the respected and thorough news team of CNN comes this look at our changing planet as seen through a variety of habitats that have felt the harsh imprint of human behavior.

WALL-E

Directed by: Andrew Stanton

Not far in the future, a small waste-compacting robot is the sole thing left on a trash-filled, abandoned Earth. This animated Pixar flick helps bring to light what could happen if we continue our wasteful habits.

NO IMPACT MAN

Directed by: Laura Gabbert and Justin Schein

Documentary of a Manhattan-based family who chooses to abandon their wasteful New York lifestyle and attempt to live an entire year making no net environmental impact.

WHO KILLED THE ELECTRIC CAR?

Directed by: Chris Paine
Starring: Mel Gibson, Tom Hanks

It was among the fastest, most efficient production cars ever built. It ran on electricity, produced no emissions and catapulted American technology to the forefront of the automotive industry. The lucky few who drove it never wanted to give it up. So... who killed the car?

THE AGE OF STUPID

Directed by: Franny Armstrong

This hybrid drama/animation/documentary follows the work of an archivist in the future trying to answer the question: "Why didn't we stop climate change when we still had the chance?"

FOOD INC.

Directed by: Robert Kenner

A documentary about the industrial food system, how we got to where we are and what might be done to redirect our trajectory.

GET INVOLVED

Information on all student organizations at UF, including officers and meeting times, can be found on the Center for Student Involvement website: union.ufl.edu/involvement



STUDENT REPRESENTATION

GRADUATE ASSISTANTS UNITED

Represents graduate students in forming contracts with the University and fighting for benefits such as health care and pay-raises for grad students. ufgau.org

CHOMP THE VOTE

Student Government's agency responsible for registering UF students to vote and increasing student voter turnout. Volunteers are welcome! chompthevote.org

STUDENT GOVERNMENT STUDENTS TAKING ACTION AGAINST RACISM

STAAR has a mission to encourage a diverse atmosphere for UF students to grow and learn from. sg.ufl.edu/staar

GATORS GOING GREEN, STUDENT GOVERNMENT AGENCY

Works towards implementing policies and programming which brings about sustainable improvements to the University of Florida. Email greenators@sg.ufl.edu

JOINT STANDING UF SUSTAINABILITY COMMITTEE

Seeks to enhance the university's standing as a global leader in sustainability. Student Government appoints two student representatives to the committee each year. Apply at aa.ufl.edu/Committees/sust.asp

SUSTAINABLE ORGANIZATIONS

GATORS FOR A SUSTAINABLE CAMPUS

sustainablegators.org
Facebook: search "Gators for a Sustainable Campus"
Aims to increase awareness of sustainability on campus and encourages students to lead more sustainable lives. GSC is affiliated with the UF Office of Sustainability and leads the Renewable Energy Fee initiative.

BIOENERGY AND SUSTAINABLE TECHNOLOGY SOCIETY

grove.ufl.edu/~bests
Provides a forum within which to discuss and educate the members and the public at-large about the technological realities, politics and economics of bioenergy and renewable resources, energy conversion and distribution, and sustainable technologies.

HUMAN RIGHTS AWARENESS ON CAMPUS

grove.ufl.edu/~hra
Facebook: search "Human Rights Awareness on Campus"
Promotes awareness and activism concerning human rights abuses around the world, particularly in cases of genocide.

ENVEG

enveg.org
Facebook: search "enVeg"
A group that encourages people to reduce their industrial-raised meat, dairy and egg consumption in order to help slow climate change. By promoting and increasing the ease of cooking without meat, enVeg shows people that you don't have to sacrifice the environment to eat well.

ROOTS AND SHOOTS

rootsandshoots.com
Shares ideas and inspirations to create positive changes for the community, animals, and the environment, implements community service projects and special events, and promotes awareness about social, political, and economic issues as they relate to environmental issues.

ORGANIC AND SUSTAINABLE AGRICULTURE CLUB

organicgators.org
Main purpose is to inform and teach the UF and local Gainesville community, through hands-on experience, about organic farming, alternative agriculture techniques, and sustainable food systems.

UF UNITED WORLD ORGANIZATION

Facebook: search "United World Organization"
Aims to enable young people to become responsible citizens, environmentally and politically aware, and committed to the ideals of peace and justice, understanding and cooperation, through international education, experience and community service.

CHILDREN BEYOND OUR BORDERS

chbob.org
Facebook: search "Children Beyond Our Borders"
Primary purpose is to provide support for impoverished children in Latin American countries and the world through social projects that stress, above all, education.

UF STUDENTS IN FREE ENTERPRISE (SIFE)

ufsife.com
Facilitates student teams to take what they are learning in the classroom and use that knowledge to create and implement educational outreach projects in their community. One of SIFE's "pillars" is sustainability.

UF GREEKS GOING GREEN

ufgreeksgoinggreen.wordpress.com
Promotes environmental awareness and eco-friendliness within the UF Greek community.

THE STUDENT CHAPTER OF THE WILDLIFE SOCIETY

grove.ufl.edu/~tws
Affiliated with The Wildlife Society, which is part of the network for the professional society for wildlife biologists.

UF MODEL UNITED NATIONS

grove.ufl.edu/~ufmun
UF chapter of Model UN which travels around the country competing at conferences to debate international issues.

THE CAMPUS KITCHEN AT UF

ufcampuskitchens.yolasite.com
Facebook: search "Campus Kitchen at the University of Florida"
The UF Campus Kitchens Project (CKP) work to reduce food waste while alleviating hunger in Gainesville. CKP collects food donated from on-campus food providers, local restaurants, Greek houses, the Krishna society and other locations, and then cooks, package and delivers wholesome meals to those in need across the community.

GREEN MAR-



By supporting sustainability-minded business you can build a stronger market for responsible business growth, strengthen our local economy, and find some tasty treats or one-of-a-kind items along the way.



CLOTHING & MORE

There are a number of thrift stores and second-hand shops in Gainesville. Whether you're looking for clothes, furniture and housewares, books, bikes or athletic gear or other unique goods, being thrifty can be fun, save you money and reduce your impact on the environment.

Also check out garage sales, craigslist.com, freecycle.org, or Facebook marketplace. If you have to buy new, look for products at locally-owned businesses. If the products are made locally it helps support the local economy, and can also mean shorter transport distances for your goods (which equals less carbon emissions).

And, don't throw your stuff away when you move into and out of residence halls and apartments – sell or donate it.



GROCERIES

Alachua County Farmers Market

Saturdays, 8:30 AM to 1 PM
Corner of U.S. Highway 441 and County Road 121

Downtown Farmer's Market

Wednesday, 4 PM to 7 PM
Downtown Community Plaza

Ward's Supermarket

(352) 372-1741
515 NW 23rd Ave.

Haile Plantation Farmer's Market

Saturday, 8:30 AM - 12 PM, seasonal
SW 91st Terrace



RESTAURANTS

These are just a few of the restaurants in Gainesville that have varied commitments to sustainability. Some serve organic, locally grown foods, others have great vegetarian or vegan options, pay living wages, and/or use products made of sustainable or recyclable materials. Check them out and ask more about their initiatives!

Book Lover's Cafe

(352) 384-0090
505 NW 13th Street, 32601

Civilization

1511 Northwest 2nd Street
(352) 380-0544

Dragonfly Rolls 'n Bowls

(352) 271-1011
3117 SW 34th Street, Suite 1

Dragonfly Sushi and Sake Co.

(352) 371-3359
201 SE 2nd Ave.

The Jones Eastside

(352) 373-6777
401 Northeast 23rd Avenue

Karma Cream

1025 West University Ave.
(352) 505-6566

Leonardo's 706

(352) 378-2001
706 W University Ave.

Leonardo's By the Slice

(352) 375-2007
1245 W University Ave.

Luca's Pasta

(352) 338-1700
607 W University Ave.

Mildred's Big City Food

(352) 371-1711
3445 W University Ave.

New Deal Café

(352) 371-4418
3445 W University Ave.

Paramount Grill

(352) 378-3398
12 SW 1st Ave

Satchel's

(352) 335-7272
1800 NE 23rd Ave.

Ti Amo!

(352) 373-6307
12 SE 2nd Ave.

Volta Café

(352) 271-4361
48 SW 2nd Street

Yum Cupcakery

(352) 275-9739
3345 Southwest 34th Street



Know of a sustainable business that should be included in this guide? Contact us at info@sustainability.ufl.edu.

GREEN ACTIVITIES



ENTERTAINMENT AND CULTURE

The Civic Media Center

The Civic Media Center (CMC) hosts meetings and concerts, shows movies and plays, and offers an alternative library with 10,000 items.

(352) 373-0010
433 S Main Street
civicmediacenter.org

Phillips Center for the Performing Arts

The Phillips Center hosts local and national touring theater productions. There are some student tickets available for only \$10!

(352) 392-1900
SW 34th Street and Hull Road
performingarts.ufl.edu

Samuel P. Harn Museum of Art

Commonly known as the Harn, this art museum is on campus, is FREE, and hosts Museum Nights along with the Museum of Natural History certain Thursdays for UF students.

(352) 392-9826
SW 34th Street and Hull Road
harn.ufl.edu

Florida Museum of Natural History

Check out the Megalodon Shark Exhibit, the Butterfly Rainforest, and the Museum Nights activities. Admission is free and UF students get discounts on ticketed exhibits!

(352) 846-2000
SW 34th Street and Hull Road
fmnh.ufl.edu

University Gallery

The Gallery features artwork by students, faculty, staff, and alumni. Exhibits rotate during the year.

(352) 392-2378
2nd floor of the Reitz Union
union.ufl.edu/gallery

University Auditorium

The University Auditorium hosts a wide variety of musical performances. There are some student tickets available for only \$10!

(352) 392-1900
Union Road and Newell Drive

The Hippodrome State Theatre

This beautiful building in downtown Gainesville is a performing arts theatre and independent movie theatre. They also offer student discount tickets.

(352) 375-4477
25 SE 2nd Place
thehipp.org



THE GREAT OUTDOORS

Gainesville and its surrounding areas are teeming with state parks with great activities such as hiking, sightseeing, tubing and swimming. There are many great places right on campus, like Lake Alice, the Bat House, and nature trails to enjoy.



Devil's Millhopper Geological State Park

A 120 ft. sinkhole that leads down to a miniature rain forest.

(352) 955-2008
4732 Millhopper Road, 32653
floridastateparks.org/devilsmillhopper

Ichetucknee Springs State Park

A six mile river that flows through shaded hammocks and wetlands – great for tubing, canoeing, swimming, and hiking.

(386) 497-2511
12087 SW US Hwy 27
Fort White, 32038
floridastateparks.org/ichetuckneesprings

Payne's Prairie Preserve State Park

Opportunities for hiking, horseback riding, bicycling, and viewing wildlife.

(352) 466-3397
100 Savannah Blvd.
Micanopy, 32667
floridastateparks.org/paynesprairie

Alfred A. Ring Park

A system of nature trails and boardwalks leads visitors along Hogtown Creek and through Upland Mixed Forest.

cityofgainesville.org

Kanapaha Botanical Gardens

62 diverse acres of plants and flowers make up this year round garden.

(352) 372-4981
4700 SW 58th Drive
kanapaha.org

Lake Wauburg

UF owns its own lake and park! Everything here is free with your Gator 1 ID card, including canoeing, water skiing, paddle boats, a ropes course, and more!

(352) 466-4112
Highway 441 (8 miles south of campus)
recsports.ufl.edu/lakeWauburg.aspx

Gainesville-Hawthorne Trail State Park

A 16 mile recreational trail for walking, cycling, and horseback riding.

(352) 466-3397
3400 SE 15th Street, 32641
floridastateparks.org/gainesville-hawthorne

Poe Springs Park

Poe Springs Park borders the Sante Fe River and contains 202 acres of scenic space, including a covered forest and trails, softball field, volleyball courts, and its own crystal clear spring. A great place for canoeing, kayaking, swimming, picnicking or floating on a tube.

(386) 454-1992
28800 Northwest 182nd Avenue
High Springs, FL 32643-2711
naturequest-usa.com/poe-springs-park



The Bat House is down Museum Road towards Fraternity Row, and they leave their house at sundown.

VOLUNTEER RESOURCES

There are thousands of ways to volunteer during your time here at UF. Find something you like and go for it. We've listed a few places to get you started. You can also scan over the "Gator Times" in your email. Different ways to get involved are listed each week. Check out the Center for Leadership and Service for more opportunities to get involved. leadershipandservice.ufl.edu



SUSTAINABLE UF

Sustainability Hut

Volunteer to work our campus outreach hut. Engage with students, staff and faculty about efforts on campus, trivia, and how to get be a part of the movement at UF.

Tailgators Game Day Recycling

Join the student green team and help distribute bags and collect recyclables before and after home football games.

sustainable.ufl.edu



CIVIC SERVICE

Student Adjunct for City Advisory Board

The city offers a spot specifically to a student on 18 of its advisory boards. To be eligible to apply, a student must attend a meeting of the board of his or her choice in August or September. See www.cityofgainesville.org/organiz/clerk/meetings or contact SG's Community Political Affairs Cabinet.

(352) 392-1665 or politicalaff@sg.ufl.edu

League of Women Voters (not just for ladies!)

A nonpartisan political organization, the League of Women Voters (LWV) encourages the informed and active participation of citizens in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

lww-alachua.org



THE ARTS

Cultural Arts Coalition

Work with at-risk youth and volunteer to help out with the annual 5th Avenue Arts Festival.

culturalartscoalition.org

Ushers for the University of Florida Performing Arts

Contribute to the arts and see shows for free.

352-392-1900, ext. 315
performingarts.ufl.edu/getconnected/volunteer

Florida Museum of Natural History

Whether they're with a curator behind-the-scenes or with youngsters in the Butterfly Rain-forest, volunteers are a vital part of the mission of the Florida Museum of Natural History. For more information, contact Julie Crosby.

(352) 846-2000, ext. 210
volunteers@flmnh.ufl.edu

Civic Media Center

Non-profit alternative media venue.

(352) 373-0010 or grace4@ufl.edu
civicmediacenter.org



HUMANITARIAN

Alachua County Crisis Center

24-hour telephone crisis intervention and counseling service offered by trained volunteers under the supervision of the Crisis Center Staff. Call to volunteer.

(352) 264-6785
crisiscenter.alachua.fl.us

Gainesville Community Weatherization Coalition

A community coalition focused on improving weatherization and energy efficiency for low-income households through education and volunteer work projects.

rebuildgainesville.wordpress.com/cwc

Shands at the University of Florida

Assist with patient and visitor escort, patient transportation, childcare, adult visitation, tours, and patient mail service. They provide pet therapy visits and raise funds that support patient services and provide scholarships.

(352) 265-0360
shands.org

UF Habitat For Humanity

UF students coming together with residents of Gainesville to build homes in the Gainesville community.

ufhabitat.org

Rebuild Gainesville

There are many ways to get involved with Rebuild's home repair efforts year round.

rebuildgainesville.org

St. Francis House

A homeless shelter and soup kitchen, volunteer with individuals, work in the kitchen or volunteer in their library.

(352) 378-1883
stfrancishousegnv.org

Gainesville Harvest

This organization is an innovative solution to hunger in Gainesville that gives food companies a convenient, reliable and safe way to channel surplus food to hungry people.

gainesvilleharvest.com



ANIMALS

Gainesville Pet Rescue

There are many ways to help our furry friends in need.

(352) 331-1087
gainesvillepetrescue.org

Alachua County Humane Society

From dog walking, dog bathing, cat grooming, cleaning, delivery drivers, to administrative help and photographers... they need your help.

alachuahumane.org



THE ENVIRONMENT

Friends of Paynes Prairie

Provide support through fundraising, outreach, and education.

info@prairiefriends.org
prairiefriends.org

Keep Alachua County Beautiful

Beautify, conserve resources, recycle, educate and preserve Alachua's environmental legacy through beautification activities, environmental action, small and large restoration projects, and by promoting recycling and reducing waste products.

kacb.org

Watershed Action Volunteers

Clean up a creek or help teach kids about water conservation.

sjrwmd.com/education/wav

UF Clean Water Campaign

Work with passionate Florida students about clean water ways.

campuswaterquality.ifas.ufl.edu

Gainesville's Nature Operations Div.

As a volunteer you might find yourself roaming the trails assisting biologists with a variety of environmental projects. Apply online.

cityofgainesville.org

Visit the Center for Student Involvement on the 3rd floor of the Reitz Union and the Center for Leadership and Service in the Dean of Students Office; they are there to help you find something right for you.

GREEN TRANSIT

Save money, avoid traffic and parking hassles, and prevent pollution by leaving your car at home. With all the modes of transportation UF and Gainesville have to offer, traveling alone by car may soon be a thing of the past.



BY BIKE

Bicycling is an excellent way to minimize car use and get exercise at the same time. It will also get you to class faster than walking! Because more people at UF are turning to bicycles as a transportation alternative to cars, bike lanes have been designated for bicyclists on campus roads that get the most traffic.

WHERE CAN I GET A BIKE?

Graduating students sell their bikes all the time on Facebook Marketplace and Craigslist.com. Gainesville has a lot of used and new bicycle shops as well.

REGISTER IT!

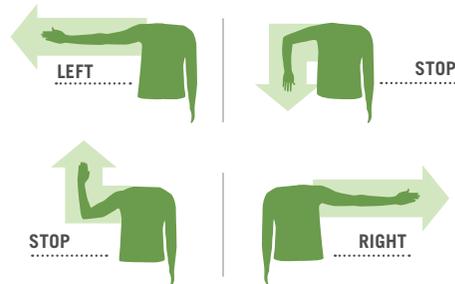
Worried about bike theft or maintenance? The University Police Department (UPD) offers bicycle registration in order to aid in recovery in the case of bicycle theft. To register your bicycle, simply stop by UPD's office on Museum Drive or stop any UPD patrol person and ask them to register your bicycle. sustainable.ufl.edu/bike

BIKE REPAIR

Student Government offers FREE bike repair outside the Reitz Union from 10 am to 4 pm Monday through Friday. The Kickstand, a bicycle community center, offers free or low-cost bicycle repair, as well as tools and instructions to fix problems yourself.

722 S Main Street
thekickstand.org

HAND SIGNALS (view from behind biker)



BY BUS

Riding the bus makes it easy to study before class, listen to your ipod, and reduce pollution and traffic.

REGIONAL TRANSIT SYSTEM (RTS)

UF students, faculty, and staff enjoy unlimited access to all RTS services anytime. It's FREE with your Gator 1 ID card. RTS has routes throughout the UF campus and Gainesville. For your nights out, there are three Later Gator bus routes that take students downtown at night. You can find RTS bus schedules all over campus and online.

go-rts.com

With the new Gator Locator you can see where your bus is in real time. Buses enabled with the GPS system can be tracked online through your computer or web-enabled phone.

gpsrts.ufl.edu

GOING HOME

Homesick? If you don't bring your car, how can you go home for the weekend or holidays? If carpooling is not an option, try one of the weekly bus services to/from Gainesville and Miami, Ft. Lauderdale, Pompano, West Palm Beach, Ft. Pierce, or Orlando for only \$35 to \$45. UF doesn't endorse any particular service, but here are a few:

gmgrtrans.com
miamibusservice.com

For transportation to Orlando and Jacksonville airports, check out Runways Transportation. rmwy.com



ZIPCAR

Forget the hassle of trying to park on campus. Students who don't bring their cars to school can get 24/7 access to Zipcars that are parked right on campus! Sign up for a membership and reserve online. Your membership covers gas, insurance and roadside assistance, and you can choose to rent and pay by the hour or by the day.

zipcar.com/ufl



GREENRIDE

UF GreenRide helps you find carpool partners by searching for other employees/students who live near you and have similar schedules and lifestyle preferences. Enter your info and you'll get to see a map of your area showing potential carpoolers near you.

uf.greenride.com



BY FOOT

The main part of campus is not that large, so walking is always an option! Many restaurants and shops on University Ave are within walking distance from campus.



ONE LESS CAR CAMPAIGN

Pledge to commute by an alternative to single-occupancy vehicle travel on One Less Car Day, held every fall!



ONE LESS CAR

UNIVERSITY OF FLORIDA

Please join our Sustainable Gator Pledge Facebook group to demonstrate your commitment.

SUSTAINABLE GATOR PLEDGE

As a member of the UF community, I will do my best to minimize my environmental impacts by pledging to practice the following:

Wash my clothes in cold water.
Use compact fluorescent light bulbs.
Use items with recycled content.
Buy local when it's an option.
Recycle all plastic, glass, and aluminum containers.
Make sure that my computer is set to go into sleep mode.
Hold my representatives responsible for their actions by voting.

Think twice before printing, print double-sided, and recycle all paper.
Use reusable coffee cups and glasses so I can stop using paper ones.
Take shorter showers and turn off the water when brushing my teeth.
Walk, bus, bike, and carpool when I can, and combine errands to reduce driving distances.
Turn off computers, lights, and other equipment, and unplug electronics.



sustainable UF

“The ultimate test of a moral society is the kind of world it leaves to its children.”

– Dietrich Bonhoeffer

Have any questions?

Check out our FAQ section on the sustainability website at sustainable.ufl.edu

Any ideas or events to share?

Contact info@sustainability.ufl.edu

Want to stay up to date?

Become a fan: facebook.com/sustainableuf

Follow us: twitter.com/sustainableuf

Sign up for our newsletter: sustainable.ufl.edu

DESIGNED BY:

Ariella Mostkoff
Morgan Slavens

UF | Office of Sustainability
UNIVERSITY of FLORIDA

