

THE UP CYCLE

Messiah University's Office of Sustainability
Official Newsletter

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UPCOMING EVENTS:

Fall Photo Contest Reception

February 15 from 3-5 p.m.
Oakes Museum

Campus Race to Zero Waste

February 2-March 23 2024

Summer Job Fair

February 28 | 10:30-2:30

Campus Race to Zero Waste

By: Aleesa Wu, Waste Coordinator

Starting the last week of January, Messiah University will be participating in Campus Race to Zero Waste! This 8-week competition involves informative and fun events from the Office of Sustainability and tracking of our school's waste.

Our waste numbers, which include trash, recycling, and food waste, will be entered and compared to other universities around the United States.

Here are our rankings from last year:

Waste Diversion - ranked 67 of 153 with 34.37 pounds of waste diverted per capita

Recycling - ranked 135 of 205 with 58,000 pounds of recycling

Food Organics - ranked 22 of 71 with 21.5 points

CR2ZW encourages students to think and act more intentionally, regarding what they purchase, eat, and dispose. This is a great opportunity to learn accessible ways to act more sustainably.

We hope to see you at our events!



How to Use the Lottie Accumulator

By: Hanna Ryon, Communications Coordinator

When you get your delicious Lottie meal like popcorn chicken bowl, Falcon Filet, and breakfast for dinner, make sure you only take the food you know you will eat. This is a great way to reduce food waste and divert excess greenhouse gases from entering the atmosphere (which are causing climate change). If you cannot finish your portion, make sure to place your entire plate and/or bowl with your leftovers on the rack. In doing this, you are allowing the SOMAT machine to produce powerful compost that is rich in essential nutrients for our Grantham Community Garden! Your Falcon Filet could help grow new zucchini this summer! If you see others next to you at Lottie scraping their leftovers in the trash, make sure to tell them about the super cool machine we have in Lottie!



AASHE Stars

By: Lori Chance, Program Coordinator

Messiah University's Office of Sustainability is proud to be a part of a larger network of colleges and universities through the Association for the Advancement of Higher Education (AASHE). The AASHE organization assists in providing resources to university faculty and staff to enhance student education and commitment to sustainability. Through their involvement, the hope is that universities will embody sustainability in their operational practices as well as in their academic courses to encourage students to think about equity, ecology and sustainability as a part of their college experience and of their future occupation.

AASHE offers a reporting tool that universities can use to see how they are satisfying the requirements toward common sustainability standards. The Sustainability Tracking, Assessment and Rating System (STARS) provides a tool to measure how Messiah is progressing in sustainability related curriculum and research, operations, engagement, and planning. The Office of Sustainability is currently undergoing this reporting process and will be reporting for our third time in May 2024. Our previous submissions have earned us the Bronze status. We have appreciated the input of many students, faculty and staff as we complete this arduous task!

If you would like to learn more about AASHE or STARS, please follow the link below.

<https://www.aashe.org/>

Pennsylvania Staycation

By: Hannah Hall, Biodiversity Coordinator

The new year is upon us, and it's already February! Time flies when you're having fun at Messiah University, and before we know it the weather will be warm enough to travel.

While we're all pondering which places to visit next, it's worth considering a vacation within Pennsylvania. Not only would we have the opportunity to immerse ourselves in a new adventure, but also make it sustainable by limiting travel emissions, supporting local shops, and gaining an appreciation for the state we call home.

A few questions to consider while we're adventuring through the state are "How do I minimize harm to the natural world I live in?", "How can I support local communities?", and "How do I show respect for the different communities of Pennsylvania?" Your local decisions make a massive impact on the greater world - remember to prioritize the earth as you plan your next vacation!

- Shopping? Bring a reusable shopping bag on that trip downtown!
- Coffee? Go to a local shop and try out their signature brew!
- Live Music? Why not try something new with your friends/family?



Food Recovery Network Volunteers Needed

Messiah donates leftovers from Lottie to Bethesda Men's Homeless Shelter

Volunteers pick one hour every week to transport trays.

Volunteers can use their own vehicle and commit to an hour of their time regularly.

Volunteers will be trained and informed about how and where to transport the trays.

Food Recovery Network is a non-profit organization working to reduce food waste and benefit local communities.



SCAN TO VOLUNTEER!

Upcoming Events with the Office of Sustainability

Library Bingo (CR2ZW) - February 2 | 7-8pm | Murray Library

Sustainability Trivia (CR2ZW) - February 8 | 7-8pm | Frey 110

Seed Pickup from the Seed Library - February 12 | 8am-11pm | Murray Library

Valentine's Day Card Making (CR2ZW) - February 13 | 2-4pm | Library Athenaeum

Fall Photo Contest Reception - February 15 | 3-5pm | Oakes Museum

Teaology (CR2ZW) - February 19 | 6-7pm | Frey 110

Compost and Coffee (CR2ZW) - February 28 | 9-11am | Eisenhower Commons

Special Interest Housing Applications Due - March 1

Kitchen Swap (CR2ZW) - March 7 | 3-5pm | Fishbowl

Plant Giveaway (CR2ZW) - March 18 | 4-5pm | Eisenhower Commons

Sow and Grow - March 19 | Noon-1pm | Murray Library

Swap n' Mend (CR2ZW) - March 22 | 3-5pm | Fishbowl

Seed Library Lunch and Learn - April 17 | Noon-1pm | Murray Library

Restoration House

Applications are due on March 1st by 11:59pm



The Restoration House is another option for student housing. The Restoration Houses (Foreman and Melhorn) are located on Grantham Road just over the train tracks!

These sweet little homes offer students the opportunity to intentionally create a community that revolves around sustainable initiatives.

Stop by the **Res Life office**, the **Office of Sustainability**, or email **specialinteresthousing@messiah.edu** with any questions!

