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THE UP CYCLE

Messiah University's Office of Sustainability
Official Newsletter

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UPCOMING EVENTS:

***Live Stream
with Katharine
Hayhoe***

Dec 4 | Kline 120

Messiah Earthkeepers Club

By: Kayleigh Wood, President of Earthkeepers



Lisburn Road Clean-Up

Messiah Earthkeepers is a club that promotes sustainable practices and caring for Earth on our campus. We strive for community within our student body by working together to care for God's creation. Some ways that we do this include the Lisburn Road clean-up, garden volunteering, nature walks, film analyses, discussions, and more. We are thankful for all those who have attended our events and plan to participate more this year!

As the holiday season is quickly approaching, Earthkeepers is focusing on sustainable practices to use during this time. We had a meeting on November 5th, where we introduced the topic of sustainable solutions during the holidays.



(Continued)

We talked about food waste at Thanksgiving, and the importance of eating leftovers and composting. We also introduced LED lights as an alternative to high energy lights used during Christmas. In addition, shopping at small and local businesses and purchasing fewer materialistic items can be beneficial to the environment.

Earthkeepers is hosting an upcoming event called “a sustainable gift-wrapping night”! We have been collecting old newspapers, packing paper, and used wrapping paper to be reused for Christmas wrapping. We encourage others to save up old paper in preparation for our event on December 3rd, at 6 pm. We hope you can make it!



Students making popcorn strands



*Our Engagement Coordinator (Maggie Stauder)
and Energy Coordinator (Hayden Crown)*

Sustainable Gift Wrap Event

Join Earthkeepers Club on Tuesday, December 3rd at 6 PM in Boyer 102. Learn to make sustainable wrapping paper as you prepare your holiday gifts!



Tackling Thanksgiving Food Waste & Black Friday Impulse Purchases

By: Danielle Leppert, Waste Coordinator

Every year, families across America come together to celebrate Thanksgiving. Unfortunately, this celebration comes at an environmental cost, as an estimated **305 million pounds of food** go to waste from Thanksgiving dinner alone.

The impact of this waste extends beyond the landfill. Producing this food generates **greenhouse gas emissions exceeding 1,100,000 metric tons of CO2 equivalent (MTCO2e)**—the same as driving 169,000 cars for an entire year. Additionally, the water footprint totals **104 billion gallons**—enough to supply New York City's water needs for three and a half months.

One effective way to minimize food waste is by making better use of leftovers:

- **Encourage BYO-Tupperware:** Ask guests to bring their own reusable containers. This not only reduces food waste but also eliminates the need for disposable options like paper plates and plastic wrap.
- **Get Creative with Leftovers:** Transform leftover turkey into soups or sandwiches and repurpose side dishes into new meals to encourage less waste.

After Thanksgiving, many shift their focus to Black Friday. During the week of Black Friday, **25% more waste** is generated with the majority coming from excess packaging. Up to 80% of Black Friday purchases are discarded after minimal use. Overconsumption fuels unnecessary waste, but mindful shopping can make a big difference!

Here are some tips to shop smarter this holiday season:

- **Plan Accordingly:** Make a list of what you need before shopping and stick to it.
- **Choose Sustainable Shipping:** Opt for slower delivery if it means consolidating items into fewer packages.
- **Reuse Packaging:** Save boxes, bubble wrap, and other materials for future use.
- **Opt for Local Pickup:** When available, select in-store pickup to cut down on shipping waste.
- **Invest in Quality:** Prioritize durable, multi-use items over short-lived trends. Ask yourself, "Can this be reused, repurposed, or regifted later?"
- **Buy Locally!** Find those fun little shops that you have always wanted to go to.
- **Invest in an experience instead of a gift:** Prioritize time together instead of purchasing consumables.



Stewards of the Earth

By: Lori Chance, Sustainability Program Coordinator

At Messiah, Sustainability is defined as an “ethos of ecological citizenship and stewardship through education, sustainability planning, and community engagement to create an environmentally, socially, and economically just world”.

Messiah’s commitment to sustainability continues with its recent Bronze award from the Association for the Advancement in Sustainability Higher Education (AASHE). Messiah University’s Office of Sustainability recently earned this STARS (Sustainability Tracking, Assessment & Rating System) rating in recognition of its sustainability achievements which measure and encourage sustainability in all aspects of higher education.

The office of Sustainability is located in the Eisenhower Campus Center and is staffed by Helena Cicero, Director of Campus Sustainability, and Lori Chance, Sustainability Program Coordinator. The office also comes to life each academic year with several work-study students who focus their attention on 5 categories that are taken from the 17 United Nations Sustainable Development Goals (<https://sdgs.un.org/goals>). These five categories include Engagement, Waste, Biodiversity, Energy, and Food.

Embedded in Messiah’s Community Covenant it reads that “...respect for creation also shows itself in our treatment of natural resources. As stewards, we are to be faithful in preserving the environment and in maintaining balances within the creation order. We are to use our intellect and creativity to preserve and enhance the creation, using its resources prudently in light of the uncertain limits to history and life as we know it.”



Our office helps to provide education and programming to assist the University in carrying out this call for action to care for our creation. We provide several programs throughout the year that allow all students to be involved. Some of these programs include Sustain-A-Fest, tree plantings, Campus Race to Zero Waste, Swap and Mend, Sustainable Living Survey, Garden Management/Volunteer time, and Move Out.

We hope that through these programs, students will become better equipped to be mindful of the importance of their role in creation care. The possibilities and expectations are numerous to further mitigate the impacts of climate change, protect biodiversity, manage campus waste, and educate the campus community.



The Team

Accepting Donations

Do you have kitchen supplies, unused books, or unworn clothing? Consider donating for Campus Race to Zero Waste! Drop them off at the Sustainability Office by The Falcon, ECC 159. *Collecting donations up until the end of February*

