

LIVING GUIDE

PRESENTED BY THE OFFICE OF SUSTAINABILITY

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The design of this page is inspired by the United Nations' 17 sustainable development goals, a shared vision for peace and prosperity for us and our planet. It's an urgent call for action by all countries in a global partnership to overcome our current crisis. Learn more here.

WE'RE
GOING TO
PLACES

LET'S GO OUT WINK, WINK!

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HEY AMHERST: WHAT'S POPPIN 22 ADVOCACY INTRODUCTION

Welcome to the Amherst Living Guide! This guide is intended to provide you with tips, tricks, and info to help you pursue a sustainable lifestyle here on campus and beyond. Nearly every decision you make about how you get around campus, what you eat, where you shop, what you consume is an opportunity to make a sustainable choice for yourself, the college, and the planet. Regardless of who we are, where we live, and what we do, we all have a moral obligation to each other, future generations, and other species to sustain the planet. Practicing sustainability ensures that we make choices that bring a safe and livable future to everyone! We hope you find this guide helpful in supporting your sustainability journey! If you have questions, reach out to the Office of Sustainability – sustainability@amherst.edu

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HELP SUSTAIN THE HERD!

LET'S BE FRIENDS



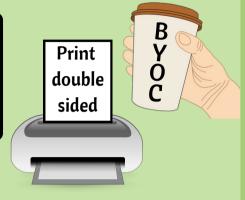
LESS STUFF, LESS STRESS

YEP. AS SIMPLE AS THAT.



AS A COLLEGE STUDENT ...

Edit papers on screen instead of on paper if you can



HOARDING?



Buy only what you need. Buy second hand when possible.

packaging

TEXTBOOKS?



The college now provides students with textbooks. Opt for a digital copy if available and you are willing and able to.

YOU CAN'T TAKE IT WITH YA!

The college partners with Boomerang Storage to offer door to door student storage at the student's expense.



Larger items such as lamps, fans, chairs can be hard to store. Every year, tons of stuff gets left behind during move-out because students can't get it home and don't have a place to store it.



SERIOUSLY. SLOW FASHION IS SEXIER

Come to clothing swaps and yard sales on campus, usually during orientation and the first few weeks of school.

Donate your old clothes in laundry rooms.



Join the Amherst "Free and For Sale" GroupMe to buy or sell!



SAVE BLUE, LIVE GREE

TURN OFF WATERS ALLLLLLLLLL THE WAY!

Drippy shower heads/faucets aren't cool: annoying & wasteful!



STOP LEAKS OR REPORT THEM!

Hear a dripping shower head/faucet? First, tighten it! If it's still leaking, report it to Facilities (413-542-2254). If your toilets/washing machines leak, report to Facilities ASAP! Just one call... That easy!



Whether you're brushing your teeth, shaving, or washing dishes, when you are not rinsing, turn off the water.



TAKING SHORTER SHOWERS CHALLENGE, ANYONET

It saves time (more sleep in the morning, yay!) and saves water.

See if you can shower in less than 5 minutes!



You really don't need more to dry only two hands.





USE A WATER BOTTLE!

Refill your water bottle at the filling stations. They're in every residence hall, Val, the gym, Keefe basement, near the restrooms of Science Center and Frost... Very easy to spot.

LET'S SAVE SOME ENERGY



USE LIGHTS LESS. EMBRACE THE SUN!

Use sunlight: it saves energy and gives you serotonin boosts to combat seasonal blues!

TURN IT OFF, TURN IT OFF, TURN IT OFF!

Don't be lazy: turn off your lights when you leave. Just taking that one small step makes a huge difference!





TURN IT OFF BEFORE GOING ON BREAK!

Before every break, make sure all of your appliances in your room are turned off or unplugged.



UNPLUG. UNPLUG. UNPLUG!

Plugged appliances still use energy even when they are powered off. Unplug devices that you don't use to avoid "phantom power use": scary, scary!





USE YOUR COMMUNITY FRIDGE & MICROWAVE!

If you don't use the appliances in your room often, unplug them and use the community appliances in the commons instead! Bye, constant buzzing! Embrace the serene tranquility...

LAUNDRY DAY, BABY!

Cold water is just as effective as warm water at cleaning, but requires 90% less energy! It helps prevent shrinking and fading your clothes. By simply choosing the cold water option, save your clothes, save the environment!

USE COLD WATER FOR YOUR LAUNDRY

RUN FULL LOADS

Combine with a friend if you don't have a full load to launder.

Get free laundry detergent sheets and other hygiene products on the second floor of Keefe (at the Class and Access Resource Center- CARC).



Check out Amherst's heating and cooling system below... The Greenways are different. Go to the next page for more.



Most dorms at Amherst aren't air conditioned. Very sadly, it does get to the 90s during hot weeks.

#GlobalWarming,
how do you do?

HOW TO KEEP YOUR CHILL

Shut your blinds when ur room is on the sunny side.





But keep your windows open at night, to let the cool air in...

When you're in your room, use a fan, but don't forget to unplug it when you leave!



Pick one up at the free yard sale during orientation!

All of the dorms are heated (yay)! Thermostats vary from one building to another. Look up the website to learn how to use them.

IF YOU DON'T SEE A
THERMOSTAT ON THE WALL,
LOOK NEAR THE BASEBOARDS.

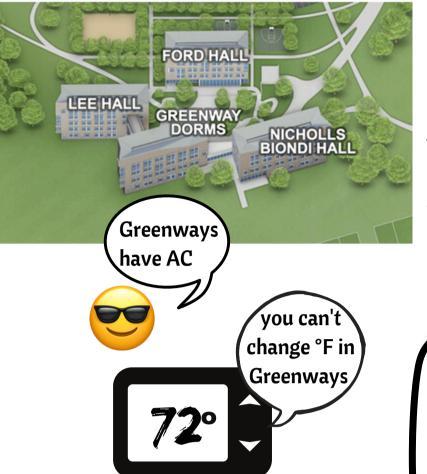


When heating your room, make sure:

- · YOUR WINDOWS ARE CLOSED
- NONE OF YOUR STUFF (BED, BLANKET, CLOTHES...)
 BLOCKS THE HEATING VENT

So you can maximize the amount of heat you get out of the heating source thus conserve energy. Or your room might be freezing.





...DIFFERENT STORY IN THE GREENWAYS

The Greenways are some of the most sustainable buildings on campus. Learn about how to maximize the use of their sustainable features.

Greenways use radiant heating and cooling, which optimizes the temperature every season. It's important that you follow guidelines about opening the windows and keep windows latched-shut in the winter.

Keep your floor and ceiling as clear as possible

Call facilities if your temp is set at an abnormal range (413-542-2254)

Did you know? Greenways' temperature is regulated through the ceilings and floors. About 30% of the heat comes from the floor surface, and 70% comes from the ceiling surface.





ZERO WASTE, PERIOD!

Tampons and pads can take up to 500 years to decompose. In 10 years, about 2,640 pads/tampons could be replaced by one menstrual cup. That many tampons could cost \$1848, but a menstrual cup only costs around \$25.



MENSTRUAL CUPS



Get a free menstrual cup from the SHEs (Student Health Educators)! Scan the code on the left or complete the form online. You can also get other items (tampons, pads, safer sex supplies, lube etc.) for free in Keefe Campus Center, near Grab-n-Go.

Made of silicone or latex rubber, can stay in for up to 12 hours
Rests against walls of vagina
Empty blood into toilet, wash with soap and water, and re-insert
Sterilize by boiling in water

Consult the health center for help!

MENSTRUAL DISCS

Rest at cervical entrance instead of in the vaginal canal
Can stay in for up to 12 hours (less when flow is heavy)
Empty into toilet, wash with soap and water, and re-insert
Sterilize by boiling in water



REUSABLE PADS & PERIOD UNDERWEAR

Made of cotton or synthetic fibers
Change when it feels full, usually 4-8 hours
To clean, just put in the laundry







Feel like regular underwear (not bulky) but are made with super absorbent material Wash them in the laundry



HOW WE SORT WASTE HERE



cartons & bottles (plastics 1 - 7)

empty clean dry



clean plastic containers



scrape your own plate!!!





food scraps





fruit sticker



solo cups



all black plastics!



snack bags



cans, aluminum





Val cups & napkins





styrofoam

paper products cardboard

NEWS I

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glass

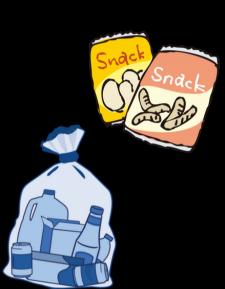
plastic bags & wrappers







you'll have to figure out the answers on your own, pal!





















RECYCLING







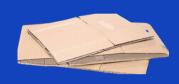
GLASS PAPER & CARDBOARD



ALUMINUM







EMPTY, CLEAN, DRY Or you will contaminate all the other recyclables!

"Nothing can make me fold" **Except when I** RECYCLE CARDBOARD

I MEAN, WHY NOT AVOID OR REUSE THEM?



Donate



CLOTHING & TEXTILES

NO DIRTY CONTAINERS

(BINS IN LAUNDRY ROOMS)



BE TRASH

OR THEY WILL

GIVE IT TO CUSTODIANS

NO "BAGGING"

E-WASTE BACK TO PAGE 1

NO PLASTIC BAGS & WRAPS

RECYCLABLES



Bioplastic is denoted by PLA (find it where you'd see the plastic number). It's made from plants & compostable.

DON'T RECYCLE, COMPOST!

COMPOSTING

In the US, food and yard waste is about 20-30% of the total waste stream.

Composting these materials enriches soil, reduces the need for chemical fertilizers, and minimizes waste sent to landfills, thereby reducing methane emissions.



FOOD WASTE IS STILL FOOD WASTE!

Compost is a remedy, not the solution. Let's stop wasting food all together!

NEARLY EVERYTHING AT VAL IS COMPOSTABLE.

But watch out for the sneakier ones below!



BLACK
PLASTIC GOES
LANDFILL!



Landfills are a major source of pollution. They take decades to break down therefore remain a headache for future generations. Landfills release toxins, leachate and greenhouse gases. Decaying rubbish produces weak acidic chemicals which combine with liquids in the waste to form leachate and landfill gas.

you might find these at val or grab n go.
Such plastic packaging usually goes Landfill.







EATING ... HOW TO "VAL" SUSTAINABLY

DON'T WASTE FOOD!

Ask for a smaller portion at first, then go back for more, if needed. Your eyes are often bigger than your stomach!



ි @Val





EAT MORE PLANTS! (WHY?)

Eating a plant-based diet is probably most effective way at reducing your environmental footprint. Also, it can reduce:

- Water usage
- Land usage
- Risk of health problems
- Methane emission Toxic runoff Antibiotic exposure



PLANT-BASED VAL HACKS



Combine salad, plant-based protein, and plant-based cheese to make the perfect sandwich



Find a variety of fresh veggies at the salad bar, and great plant-based proteins, like tofu, beans, cheese...



Available at the burger bar everyday at lunch.









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VAL LOVES LOCAL!



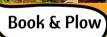


Local food at Amherst comes from within 250 miles. Look for signs in Val and posts on @amherstcollegedining to learn about local vendors.











EAT SEASONALLY

Buying seasonal food helps with eating locally, because seasonal and local produce go hand-in-hand. So it has many net-positive effects on the environment, including significantly reduced greenhouse gas emissions since your food treks through fewer treacherous miles to get to your plate.

COMPOSTING YOUR SINGLE USE

Get quick & light lunch at Keefe to go. Remember, all containers are compostable. So be sure to place the compostables in the appropriate bin!





Don't compost black plastics!



EATING LOCALLY

Eating local reduces the amount of greenhouse gas emissions from getting food on your plate and supports local businesses with a smaller carbon footprint than large corporations.



BOOK & PLOW, OUR CAMPUS/FAMILY FARM

- You can now get a garden plot and grow your own vegetables and herbs at the farm; reach out to Kaylee Brow, Farm Manager, for details.
- There are vegetables, herbs, and flowers on the farm that students can pick! Stop by to see what's growing and grab a fresh snack.









AMHERST FARMERS MARKET

Meet your local growers at the Amherst Farmers Market, which is every Saturday morning from 7:30am to 1:30pm on the town common (the grassy area between Garman/Porter and the triangle). The Market runs from April to November each year, look up their website for specific dates.



AMHERST MOBILE MARKET

Visit or support this community-driven initiative to bring affordable, organic, and fresh produce to food desert neighborhoods. Check out their <u>website</u>.



Potato Homestead



LOCAL EGGS AND DAIRY (PLUS FRESH ICE CREAM!)









Book & Plow, the campus farm, was established in 2013 by a dedicated team of students, professors, alumni, and staff who wanted to support Amherst's own vegetable needs and foster education for the College. Today, B&P has five acres of organic-practice land in active production, producing over 40 different crops, including vegetables, herbs, and flowers, supplying Val with carrots, onions, squash, tomatoes, bok choi and others! Through the Community Supported Agriculture program, B&P also shares its harvest with local individuals.

B&P believes strongly in long-term sustainability of land and farm, and develops itself accordingly. The farm has been cover cropping, applying compost, and developing ways to increase soil health and the surrounding ecology. It also follows integrated pest management and uses organic growing practices. Go check it out yourself!

Work at the farm! B&P employs dozens of students per year. Extra help is always needed during harvest seasons



Farm Fest every fallour tradition to celebrate the fall abundance!



ENGAGE WITH BSP!



Pick your own flowers, herbs, and tomatoes in the summer and fall

Come for dye workshops, burgers, tea, and more!



Get your own plot at the farm! Contact manager Kaylee Brow!





WE ARE "GOING TO PLACES"





You don't need a car to get around here. Alternative transportation methods are more sustainable emitting less greenhouse gasses and are a fun way to interact with the town!



BUS

is free with your student ID. It's an excellent way to travel throughout the region, including to the other five colleges, Hampshire mall, and Holyoke mall

ourbus

Bus Lines offer service to Springfield, Boston, New

York and other surrounding cities

AMTRAK stations nearby are in Northampton, Holyoke, and Springfield, and of course they travel all over the country.





SAFE RIDE is a student-operated van service that runs on Amherst campus. From 7pm-2am, call 413-542-7433 to get a ride anywhere on campus.

COLLEGE VANS allow students to rent out vans from the College when needed. The program is overseen by the AAS. Learn more here.

ZIPCARS are located on campus that you can sign up for yourself. Amherst offers a discounted membership to students. Learn more here.

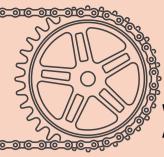
Search for ride share groups on GroupMe and the other social media outlets for a lift or carshare.



There are often shuttles for students during November break and Spring break that go to Bradley airport (CT), Boston, and New York City.

SHUTTLE

Valley Transporter provides shared/private shuttle service to Bradley airport, Boston-Logan, and the Springfield Amtrak station. BACK TO PAGE 1



LONE RIDER

Want even more independence to ride as you want? There's always a way to bike at Amherst!

AMHERST BIKE SHARE allows you to borrow a free bike on campus for a few hours. You can check out a bike from Alumni Gym front desk. Bike Share operates from March-November, and is an excellent way to explore the area, especially on the rail trail! We have 14 bikes available for check out.







THE TREAD SHED is our campus bike co-op. Located across rt. 9 from Moore, between Clark House and Cooper House you will find a cute bike shed that has multiple open hours a week. The goal of the Tread Shed is to teach YOU how to work on your bike. If you don't have a bike, stop by the Tread Shed to learn how you can participate in a work-to-own program to get a bike!

HAVE YOUR OWN BIKE? Make sure to register it online at tinyurl.com/mybikeatamherst. Once you've registered your bike, you can utilize any of the bike indoor parking facilities, like Cohan, Moore, James, Charles Pratt, and Wieland and ask to store your bike over the summer or during study away! There are an abundance of bike racks across the campus and so there is always a place to park your bike.





LET'S GO OUT (WINK, WINK!)

There are lots of ways to get outside here...
From taking a ride on the rail trail to hiking in the nearby Holyoke Range.



NORWOTTUCK RAIL TRAIL

Just next to campus is the Rail Trail, which is a space to walk, run, bike ride, and cross country ski. You can take the trail all the way to Northampton! Enter the rail trail at the tennis court parking lot or at the intersection of route 116 and Snell Street, by the gym.



WILDLIFE SANCTUARY AND BIRD SANCTUARY



On campus, you can access the beautiful wildlife sanctuary and bird sanctuary. There's a network of walking trails through the sanctuaries, which connects to the campus farm and the rail trail. The trails are accessed near the campus tennis court.









For even more opportunities to explore the outdoors, join the Outing Club. Follow them @ac.outing.club or join on the Hub!

THE NOTCH

A classic Amherst hike at Mount Holyoke Range State Park, visible from Memorial Hill on campus. The top of the Notch is the highest point in the Holyoke Range, and provides a view of the Amherst campus! There are also a number of other hikes through the Seven Sisters - a mountain range - that you can access from the state park. The Outing Club offers frequent trips to the Notch, sometimes at sunrise.







Located in the nearby town of Easthampton, Mt. Tom offers a number of different hiking opportunities. Mt. Tom offers excellent views of the Pioneer Valley.



PUFFERS POND

Located a few miles north of campus is Puffers Pond, a place to walk year round and swim in the summer. You can take the bus directly from downtown Amherst to Puffers Pond (route 33).





HEY, AMHERST: WHAT'S POPPING

Our mission is to contribute to the struggle for a more just American food system by acknowledging and fighting against the exploitation and inequality that exists at all leves of the food system.

The EJA aims to provide all members of the Amherst College community with the opportunity to engage in environmental activism, with a particular focus on grassroots organizing and divestment movements.

FOOD JUSTICE ALLIANCE

ENVIRONMENTAL JUSTICE ALLIANCE

SUSTAINABLE OCEAN ALLIANCE



SOA is a global organization that looks to empower students to lead in helping preserve the health and sustainability of our oceans. By combining student involvement, businesses, and technology development, we strive to educate and influence our communities to care for the indispensable resource that is our ocean.

SUSTAINABLE SOLUTIONS LAB

The Sustainable Solutions Lab is an ideation / innovation hub designed to bring students together to identify campus sustainability issues, ideate on possible solutions to address the issues, and then work to implement solutions. Any student can join.

DECARBONIZED BY

OUR CLIMATE ACTION PLAN Amherst College vows to decarbonize the campus energy system by 2030 through transforming from fossil fuels to renewables, going beyond just buying offsets.

2039 DAYS* LEFT,

CLOCK'S TICKING!



*as of 6/1/24





Town manager: Paul Bockelman, townmanager@amherstma.gov

Town council (13 members): towncouncil@amherstma.gov

MEET OUR REPS







Representative (left): Mindy Domb, mindy.domb@mahouse.gov

Senator (right): Jo Comerford, Jo.Comerford@masenate.gov









Massachusetts politicians: [from left to right]

Governor: Maura Healey

Representative: Jim McGovern

Senators: Elizabeth Warren, Ed Markey

No matter your political affiliation you should be voting in EVERY election if eligible. Local elections are the most effective way at creating legislative change.

Pay attention to if your vote will create more sway in your hometown or right here in Amherst.

Regardless, when you are eligible, REGISTER TO VOTE. Register at VOTE.GOV.

During election seasons research the ballet initiatives and candidates to determine what/who you feel most aligned with.





Don't forget you can contact your elected officials by writing a letter or email with your reasons for supporting or opposing a piece of legislation. *Title your email with your position on the issue!

And don't forget to look out for nationwide calls to action, when large groups of people come together with a specific action item it is likely to affect change!

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LOCAL











"We build power with low wage and immigrant workers across Western Massachusetts. Together we strengthen our communities, organize our workplaces, and take political action to win economic and social change for working people."

"Since 1976, the Amherst Survival Center has promoted the health and well being of residents of Franklin and Hampshire counties with a wide variety of programs designed to help people meet their basic needs. The Amherst Survival Center provides a welcoming community where families and individuals can come for food and access to other resources. People are here to share their material resources, their expertise, and frustrations. No one is turned away."

The Hitchcock Center, founded in 1962, connects people with nature and encourages a deeper emotional bond with the natural world that sustains us all. The Center helps develop a community that understands connections among human health, ecosystems and economies through educational programs that offer a particular focus on children, who live in a world of environmental challenges.

The Kestrel Land Trust is a local nonprofit land conservation organization that conserves farmland, woodlands, wildlife habitat, water resources, and scenic vistas in the Connecticut River Valley of Western Massachusetts. The trust has successfully conserved more than 27,000 acres of wildlands, woodlands, farmland, and riverlands in partnership with landowners, governmental agencies, citizen groups, and other nonprofits.

The Amherst Mobile Market is a community driven, bilingual mobile farmers market bringing affordable, organic fresh produce to Amherst's food desert neighborhoods. The market not only makes affordable produce available within walking distance of residents who struggle to access healthy food, but also puts decision-making in the hands of low-income, BIPOC community members and builds the capacity of those community members to take on leadership roles.

Climate Action Now Western MA is a grassroots, all-volunteer group, dedicated to building a powerful climate justice movement through organizing, action and public education."





GET EDUCATED, GET INVOLVED

TO GET INVOLVED WITH ORGS & GROUPS:

Want to participate in more organized, ongoing environmental advocacy at the state and national level? Here are some MA orgs...

- Climate Action Now
- Massachusetts Youth Climate Coalition
- Massachusetts Renews Alliance
- 350 Massachusetts

There are a number of publications that offer excellent reporting on environmental and sustainability challenges. Amherst students have free access to the New York Times.

There are also free email newsletters that curate the news for you. Check out:



The Daily Climate



Down to Earth

The Intercept_

The Intercept

The Climate 202

The Washington Post

Climate 202

Energy and
Environment
The Washington Post

Energy and Environment

WRITE LETTERS

If there is a particular issue you'd like to bring attention to in the wider community, consider writing a letter to the editor. A letter to the editor is a short response (usually a few hundred words) to a recent article, which can be used to show broad support for/opposition to an issue. Keep an eye on sustainability reporting in our local publications, like the Daily Hampshire Gazette.

SEA LEVELS ARE RISING SO ARE WE



Amherst Office of College

Sustainability

Wes Dripps ('92), Director



Audrey Woods ('24), Green Dean



Luxy Sun ('25), Editor

Connect with Us:



@sustainable_amherst



Sustainability at **Amherst College**



Join Our Newsletter!

LET'S BE FRIENDS

Amherst College's Office of Sustainability was launched in 2014 to support sustainable campus operations, from dining services to transportation, and facilitate student engagement in sustainability on and off campus. In 2019, the Office of Sustainability helped oversee the adoption of the College's landmark Climate Action Plan (CAP), which commits the campus to decarbonize its energy system by 2030. The Office of Sustainability now supports the implementation of the CAP and ensures community engagement throughout the process. Today, the re-launched Office of Sustainability works with student fellows, faculty affiliates, and other campus partners to integrate sustainability into every aspect of living and learning at Amherst College.

OUR OPPORTUNITIES FOR YOU

STUDENT FELLOWS are supported by the Office of Sustainability and they contribute to a particular area of campus sustainability, tackling challenges like the food system and our waste stream. Look for the application to be a Student Sustainability Fellow each academic year and apply via Workday.

ECOREPS program at Amherst encourages sustainable living in the res halls. EcoReps engage their peers in efforts to reduce their personal footprints through educational programming, fun activities, and campus-wide competitions. We hire new EcoReps each spring!

TAINABLE brings students together to identify campus sustainability SOLUTIONS LAB issues, ideate on possible solutions to address the issue, and then work to implement solutions. The group is fun, interactive, and low-commitment; it's a great chance to get involved and share your ideas on campus sustainability!





Exciting speakers



Earth Day celebrations



Share the Share Fest (Food Justice Alliance, April)



(September)



Free clothing **Events**



Film screenings



Res Hall Competitions



Tree Campus USA

