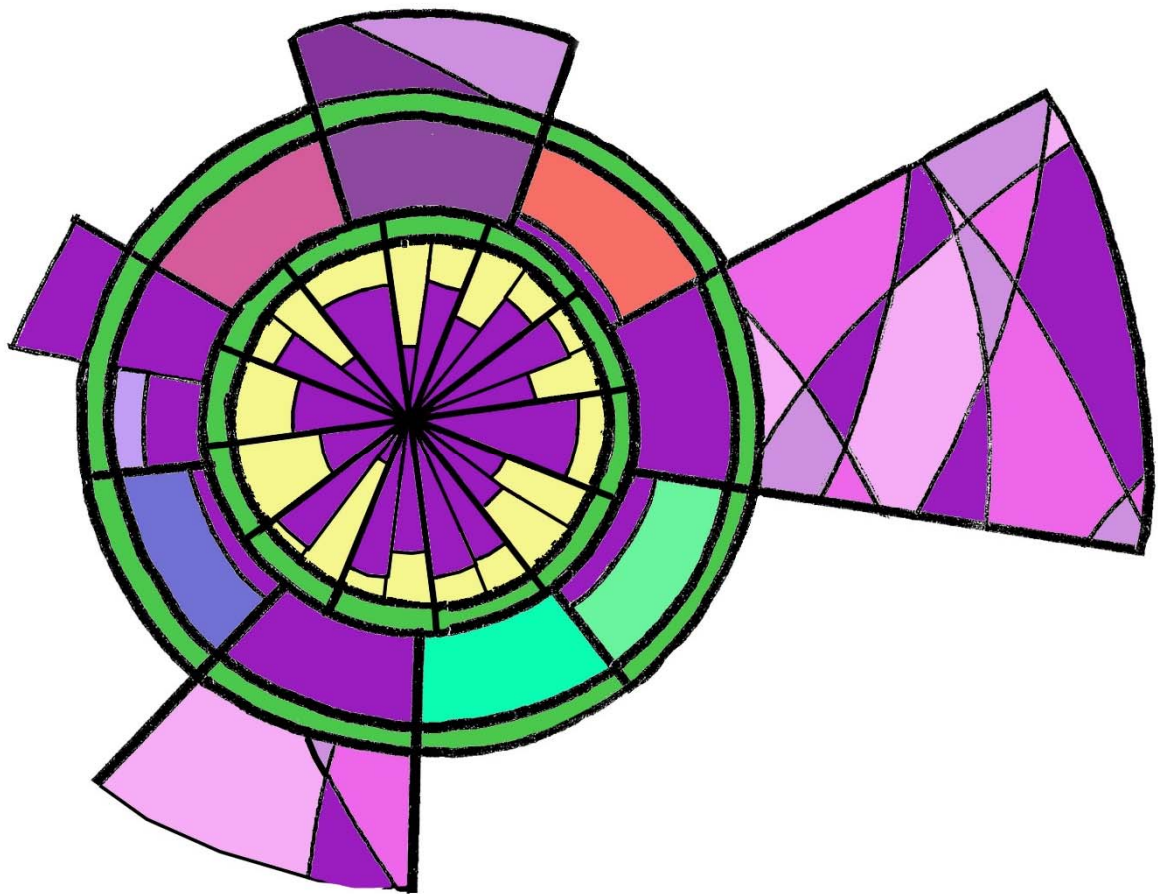


# **The Green Guide**

## **For Sustainable Living at Furman University**

















# Sustainability at Furman!

Living sustainably entails taking the holistic view of our actions and their consequences. A commitment to sustainability promotes the well-being of people and campuses over the long term. For decades, Furman has made sustainability a priority. Furman has become widely recognized as a national leader in these endeavors, and garnered widespread media coverage as well as numerous awards for our efforts.

Furman has pioneered sustainable practices and education in a campus environment, as well as guided our community toward a more sustainable future. By integrating sustainability into everything we do, we believe that we're developing global citizens with the knowledge and tools to live a more sustainable lifestyle.

Be a part of the university's sustainability movement! We hope this guide will provide you with some practical tips for experimenting and pursuing a more sustainable lifestyle while here on campus, and ideally beyond Furman's gates!

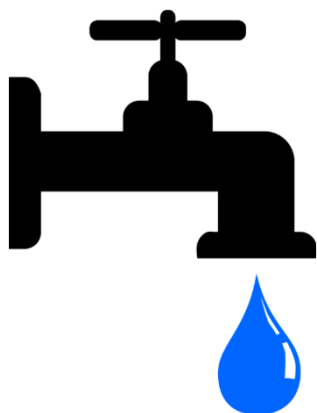
# Contents

	Water Conservation	3
	Dish Washing	4
	D.I.Y. Cleaning Supplies	5
	Energy Conservation	6
	Recycling	7
	Composting	8
	Waste Reduction	9
	Eating Sustainably/Locally	10-11
	Windowsill Herb Gardens	12-13
	Getting Outdoors in Greenville	14
	Transportation	15-16
	Get Involved	17-20



# Water Conservation Tips

- Turn off the water when you are not using it, whether you're brushing your teeth, shaving, or washing dishes when you are not rinsing.
- Reduce the amount of time you are in the shower with the water running. This may mean taking shorter showers or simply turning off the water while you are lathering, washing your hair, or shaving.
- Reuse water whenever possible: is the water too cold to get in the shower yet? Fill up a cup or bucket with some of the water to water your plants, rather than letting it flow down the drain.
- Report leaks (in the toilet, sink, washing machines) to Housing (x2092) as soon as you notice them and fill out a maintenance request available through Housing and Residence Life website.
- Make sure you have a full load of laundry (or combine with a friend) before using the washing machines. Use the "Bright Colors" setting on the washing machine – it uses cold water, which requires 90% less energy per cycle.
- Don't buy bottled water; instead use a reusable water bottle and put a pitcher of water in the fridge.



**Leaky faucets that drip at the rate of one drop per second can waste up to 2,700 gallons of water each year.**



**You can save up to 2 gallons of water with each minute you shave off your shower!**



## Staying Green While You're Keeping Clean

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Washing dishes isn't fun, but it has to be done. Here's the most eco-friendly/efficient way to do it:

- Use a wash tub or plug the sink
- Fill the sink/tub with warm, soapy water and use minimal dish soap  
\*\*Only fill the tub as high as you need to fully submerge a dish. If the water is too high, every time you dunk a dish you'll be making a bigger mess.\*\*
- Place a sponge or dish rag in the sink to get it soapy. Starting with the non-eating surface of the least-dirty dishes, use the sponge or rag to scrub the entire dish until it is clean.
- Dip the dish in the water that is in a separate tub. This way you can rinse the dishes without having to run more water.
- Continue this method until done, dumping the rinsing tub water and replacing it whenever its water gets too sudsy.
- Set each clean dish to the side on a towel or drying rack, and dry with separate towel once all dishes are clean.
- For dishes that are too big to rinse in the tub, like pots and pans, rinse with cold water under the faucet being careful not to let the water run longer than you're using it.



**Green cleaning  
brands like  
Seventh  
Generation and  
Method are  
available at Publix.**







## D.I.Y. Green Cleaning Supplies

### All-purpose cleaner

- 1/2 cup of white vinegar
- 1/2 cup of water
- 2 tablespoons baking soda
- 10 drops of tea tree, lavender, or lemon essential oil

Dissolve and mix

### Mirror/glass cleaner

- 1/4 cup white vinegar
  - 1/4 cup isopropyl alcohol
  - 1 tablespoon cornstarch
  - 2 cups water
- Shake well

### Drain Cleaner

- 1/2 cup baking soda
  - 1/4 cup white vinegar
- Add baking soda then vinegar. Let sit for 1 hour then pour hot water down the drain to rinse

### Liquid laundry detergent

- 1/2 cup Borax
  - 1/2 cup washing soda
  - 1/2 cup Dawn dish soap
  - 4 cups hot water
- Combine first 3 ingredients into gallon plastic jug. Pour water to dissolve

### Clothing Stain Remover

- 1 part hydrogen peroxide
- 1 part baking soda
- 2 parts water

### Toilet bowl cleaner

- 1 cup vinegar
  - 1/4 cup baking soda
- Scrub



## Energy Conservation Tips

- Instead of turning on lights, use natural daylight when possible.
- Turn off lights when you leave an area and/or are not using them.
- In the summer, set the thermostat as high as you can comfortably stand it, and in the winter, set it as low as you can comfortably set it.
- Items that are plugged in still use energy even when they are powered off! So unplug devices that you are not currently using to avoid “phantom power use”!
- Use LED light bulbs for your desk lamps.
- Wash clothes on the cold cycle and do only full loads.
- Dry laundry on a clothesline or drying rack to avoid using the dryer.
- Reduce hot water usage when taking a shower, doing laundry, or doing the dishes.



**LEDs use at least 75% less energy, and last 25 times longer, than incandescent lighting.**



**Cooling and heating account for roughly 50% of home energy use!**



# Recycling

**Here is what can be recycled on Furman's campus.**

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## Do Recycle (single stream)

- Plastics #1 & #2 (soda/water bottles, milk jugs)
- Aluminum (cans)
- Tin/Steel (cans)
- Paper (all kinds and colors)
- Newspaper
- Magazines
- Uncoated Cardboard
- Aluminum foil (clean)
- Small electronics and batteries (in P2X container in Trone)



**Look for these symbols on the bottom of plastic containers to identify the type of plastic.**



## Do **NOT** Recycle

- \* Styrofoam
- \* Plastic bags
- \* Coated cardboard
- \* Chip bags
- \* Candy wrappers
- \* Plastics #3-7
- \* Glass

## Ways to Reduce and Reuse

- Use water bottles
- Use reusable bags
- Use scrap paper
- Shop at thrift store





# Composting

In the United States, food and yard waste is an estimated 20-30 percent of the total waste stream. Composting these materials instead of throwing them away enriches soil, reduces the need for chemical fertilizers, and minimizes waste sent to landfills.

## What to Compost

### Greens

- ▶ All fruits and vegetables
- ▶ Coffee grounds and filters
- ▶ Leafy plant trimmings
- ▶ Grass clippings
- ▶ Animal Waste
- ▶ Meat and Dairy (ONLY at Furman Farm)

### Browns

- ▶ Eggshells
- ▶ Paper products
- ▶ Tea Bags
- ▶ Dry leaves
- ▶ Dryer Lint
- ▶ Compostable to-gos

## Making Great Compost and Using It

Furman composts all of the pre- and post-consumer food waste from the dining hall. The resulting compost is used as fertilizer on the Furman Farm. Although we don't currently compost in the residence halls, there is a community compost bin at the Furman Farm if you have food waste that you would like to compost. Check with the Farm Manager, Bruce Adams, if you have questions!





# Waste Reduction

- Buy less stuff!
- Try to avoid disposable items and items with excessive packaging, and possibly buy in bulk
- Don't contaminate recycling bins with trash.
- Donate to Goodwill, Miracle Hill, or another second hand store when you have items you no longer need, especially upon move out.
- Buy secondhand furniture, books, and clothing to save money and reduce your resource use.
- Take reusable shopping bags to the grocery and other stores when you shop.
- Edit papers on screen instead of printing.
- If you print, be sure to print double-sided copies.
- Carry a refillable water bottle and use the water bottle refilling stations located around campus.



**The typical American generates about 4.4 pounds of trash per day!**



**Globally, 22 billion plastic bottles are thrown out each year!**



# Eating Sustainably

Here are some easy tips for eating more sustainably:

- Eat food. Not too much. Mostly Plants!
  - Avoid processed foods.
  - Eat less and avoid food waste.
  - Eat less meat. Aim for a plant based diet.
- Eat locally.
  - Buy from local markets.
- Eat organically.
- Eat seasonally.
  - Celebrate produce in season!
- Buy Fair Trade.
  - Look for fair trade items which indicates farmers are paid and treated justly.





# Eating Locally

## Local Farmer's Markets

### **TD Saturday Market**

Main Street at McBee Ave, Greenville, SC 29601  
Saturdays, May – October, 8 AM to Noon

### **Travelers Rest Farmers Market**

115 Wilhelm Winter Street, Travelers Rest, SC 29690  
Every Saturday, May – September, 8:30 AM to Noon

### **Slow Food Earth Market**

At Swamp Rabbit Café, 205 Cedar Lane Road  
First and Third Thursdays  
May – November, 3:30 – 7 PM



## Local Produce Stands

### **Greenville State Farmers Market**

1354 Rutherford Rd.  
Greenville, SC 29609  
Monday – Saturday, 8 AM–6 PM

### **The Tomato Vine**

4120 Old Buncombe Rd  
Greenville, SC 29617  
Year Round Organic Market

## Restaurants Featuring Local Foods

### **Roost**

220 N. Main St., Greenville

### **Swamp Rabbit Café and Grocery**

205 Cedar Lane Road, Greenville

### **Bacon Brothers**

3620 Pelham Road, Greenville

### **Kitchen Sync**

1609 Laurens Road, Greenville





## Windowsill Herb Gardens

*For the plant-loving, overloaded college student*

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Window-sill herb gardens are perfect for the plant-loving college student because they:

- Require little maintenance/gardening background
- Save money and reduce carbon emissions (no need to drive to the grocery store to buy herbs!)
- Spice up meals with nutritious, organic ingredients
- Relieve stress through aromatic therapy (along with the instant stress-relief that comes from tending plants)
- Provide an educational experience, allowing students to try different gardening techniques and learn about different varieties of herbs and their benefits
- Foster a communal sharing of herbs within the cabin community







# Window Sill Herb Gardens

- Assess your sunlight situation:** Most herbs need about 6 or more hours of sunlight a day. Windows are ideal for indoor gardens. For outdoor gardens, any surface that is exposed to sunlight will do!
- Pot:** You can put multiple herbs in one pot, as long as each herb has an appropriate amount of space for its roots to develop.
- Potting soil:** You want a potting mix that is made specially for containers, not anything that reads “gardening soil”. Ask for assistance at the store if you’re not sure.
- Plants:** Starting with seeds requires more attention and increases the chances of plants dying before they mature. To get results fast with less maintenance, buy seedlings (established toddler herbs and veggies). The farmers market is a great local source to purchase baby plants!
- Don’t overcrowd your plants:** Leave several inches between plants and limit a few plants to each pot. This allows their roots to fully develop and prevents them from competing over resources.
- Make sure pots have drainage holes:** This prevents you from drowning your herbs!
- Watering:** Each plant has specified watering needs. If plants start to wilt, they are dehydrated. This may take some trial and error to figure out!
- Keep your dirt healthy:** Try sprinkling some compost over the surface of the soil to enrich its quality.
- Keep on trimming:** Trim herbs from the top regularly so they continue to grow. Don’t cut leaves from the bottom, this may damage their solar-source!





# Enjoy the Great Outdoors



## The Swamp Rabbit Trail

This 20+ mile rail-trail cuts directly through campus. Turn right and you will end up in Travelers Rest; left and you will end up in downtown Greenville!

## Falls Park - Downtown Greenville

Falls Park, located in downtown Greenville, is one of the city's great outdoor hot spots. The park serves as an oasis within the city - a place where people gather to work, play, and celebrate. The multi-use park lends itself to a wide variety of activities for people of all ages and interests.

## Paris Mountain State Park

Located 15 minutes from campus by car, Paris Mountain Park has a lake for swimming and kayaking, picnic areas, campsites, and some great trails for hiking and mountain biking.

## Jones Gap State Park

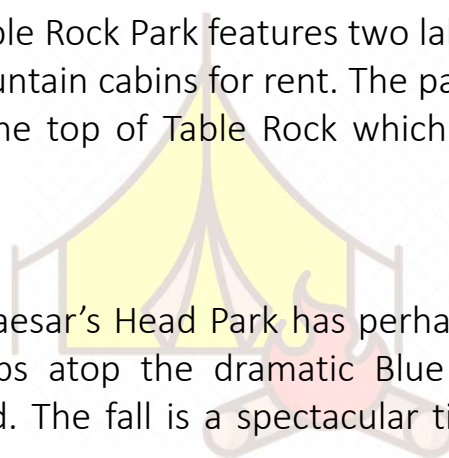
Located 25 minutes from campus by car, Jones Gap is part of the Mountain Bridge Wilderness Area, 11,000 acres of pristine mountain woodlands on the Blue Ridge Escarpment. The park offers challenging and scenic hiking with trailside camping.

## Table Rock State Park

Located 25 – 30 minutes from campus by car, Table Rock Park features two lakes for swimming and kayaking, a campground, and mountain cabins for rent. The park has excellent hiking including a trail that leads to the top of Table Rock which offers spectacular views of the Upstate!

## Caesars Head State Park

Located 30 - 40 minutes from campus by car, Caesar's Head Park has perhaps the best views of the Upstate. Large rock outcrops atop the dramatic Blue Ridge escarpment offer breathtaking views year round. The fall is a spectacular time to visit to see the changing colors of the leaves!



# Transportation



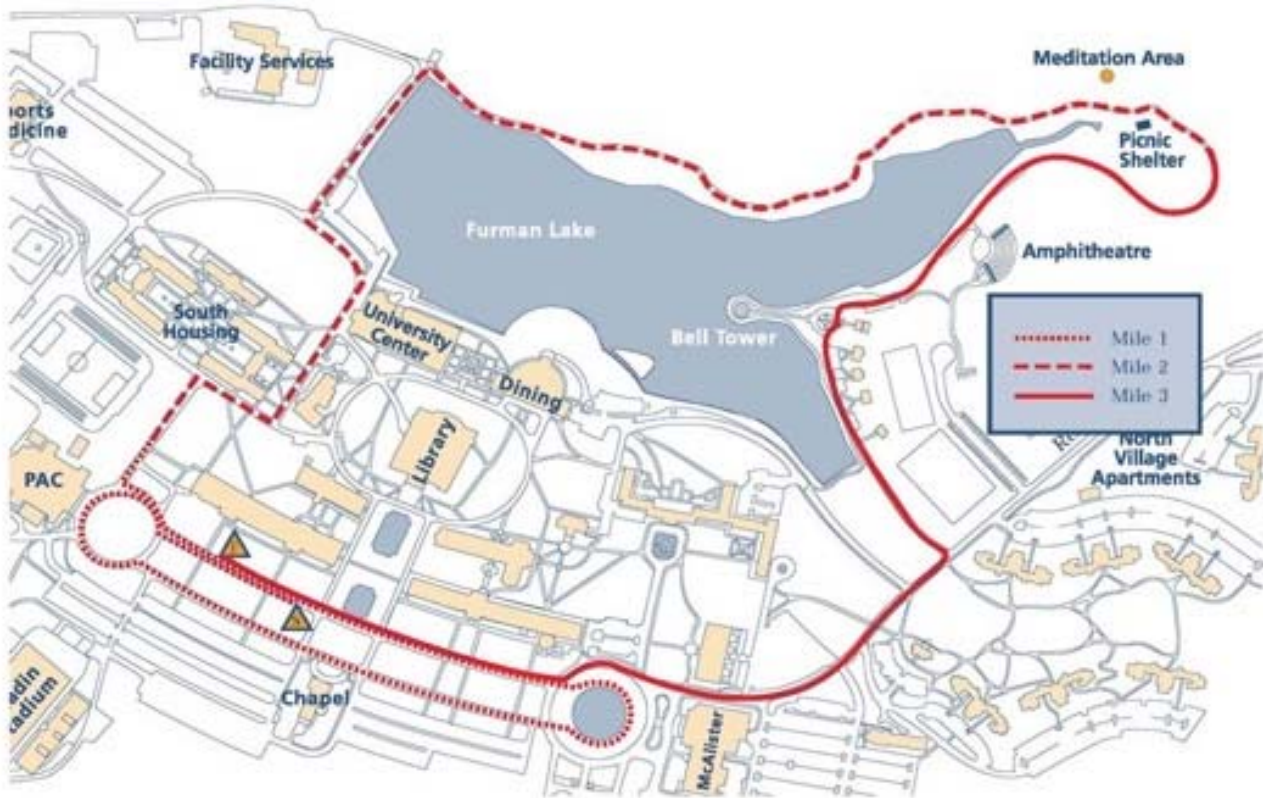
Furman provides a variety of alternative transportation options to get around on and off campus such as bike rental programs, public bus, shuttle services, and a very walkable campus. Avoid using a car!

## WALKING & BIKING

The Furman campus is a convenient place to **walk and bike**.

The **Swamp Rabbit Trail** serves as a great connector for the university community to have safe and easy access to the nearby cities of Travelers Rest and downtown Greenville.

If students are not able to bring a bicycle to campus, students are able to rent a bicycle from **Paladins on Bikes (FUPOB)** for the semester through the Shi Institute or borrow a bicycle on an hourly basis from the **Physical Activity Center (PAC)**.



Campus Walking Map

# Transportation



## GREENLINK

The **Greenlink** is Greenville's public transportation system

Operation Hours: - Monday-Friday, 5:30 AM to 7:30 PM  
- Saturdays from 8:30 AM to 6:30 PM.

Bus Stops: - Publix  
- Cherrydale Shopping Center  
- Downtown Greenville  
- Transit center (where you can connect to destinations such as Haywood Mall)  
- Just outside of Furman's campus main gate entrance on route 3C.

Cost: - One-way ticket: \$1.50

Website: - <http://www.ridegreenlink.com/>

## Furman offers three different shuttle services to students:

- **The Paladin Trolley**
  - Operation Hours: Fri & Sat evenings, 10 PM to 1:45 AM
  - Brings students to downtown Greenville
  - Picks up at North Village J
- **SafeRide**
  - Operation Hours: 7-days a week, 6:30 PM to 2:00 AM
  - Will bring students to their desired location across campus
  - Request Service: 864-772-0007
- **SGA shuttle**
  - Operation Hours: Week days, 7:30 AM to 11:30 AM and 1:00 PM to 5:00 PM
  - Provides students transportation from North Village to the academic buildings and the dining hall

## SHUTTLES



# Get Involved

There are a number of campus organizations that work on various sustainability issues.

## Environmental Action Group (EAG)

EAG is a non-partisan group committed to environmental stewardship, advocacy, and education. They focus on promoting eco-friendly lifestyles, while offering service projects and activities that support this philosophy.

## Heller Service Corp

Broaden your horizon and take full advantage of the numerous opportunities to serve our community! Heller Service Corps offers volunteer opportunities to work with a wide array of community partners.

## Furman Creative Collaborative (FCC)

The FCC is a student-run organization committed to fostering a creative culture at Furman University. The group organizes and presents TEDxFurmanU each year among other events.

## Furman Outdoors Club (FUOC)

FUOC creates and supports a community of students aimed at experiencing the natural world. Exploration. Fear. Triumph. Beauty. If you like the outdoors, FUOC offers regular expeditions!

**syncDIN** can connect you to student organizations and their members and allow you to explore your community

<https://furman.campuslabs.com/engage/>





## The Shi Institute for Sustainable Communities

Since the mid-1990s, sustainability has been a strategic priority for Furman and has made us distinctive, particularly in the Southeast. Over the last decade, the university has been at the cutting edge of sustainability in higher education at the national level with both the creation of the Shi Institute for Sustainable Communities and the first, and only, Bachelor of Science degree in Sustainability Science at a liberal arts institution in the United States. We have garnered increasing national recognition for our sustainability efforts including a STARS Gold rating in 2015 and 2018, and AASHE's 2009 and 2016 National Campus Sustainability Achievement Award.



### Student Fellows Program

The Shi Institute hosts a student fellows program. These paid fellowships engage students in sustainability research, service, and internships around both campus and community based projects with fellowship offerings during the summer and the academic year.



## The Furman Farm

The Furman University Farm is a ¼ acre organic practice garden with a comprehensive composting program. The farm is largely student run under the supervision of Bruce Adams, Furman Farm Manager. It sits on land that used to be tennis courts behind the Greenbelt Community. Significant attention to soil quality, a French drain system, and endless hours of manual labor have transformed this area into a highly productive demonstration farm.

The farm grows thirty-five different fruits and vegetables and sells its produce to the Furman Dining Hall. It has also supported a Community Supported Agriculture (CSA) program in the past, in which students, staff, faculty, and community members can purchase a share of the farm.

**The farm offers paid student positions and always accepts volunteers!**



# Community Conservation Corps (CCC)

The Community Conservation Corps (CCC), founded in 2009, is a home weatherization program for low-income homeowners in the greater Greenville area. Its mission is to reduce energy consumption, promote the financial stability of homeowners, and increase environmental awareness. It provides things like attic insulation, air sealing, and HVAC servicing. The Shi Institute collects the carbon credits gained from saving homeowners energy.

Students have been integrally involved in the weatherization process. Many Furman students come out to help with tasks including caulking, duct sealing, and changing light bulbs. The homeowners enjoy hearing stories from students, and vice versa!

**The Community Conservation Corps is always accepting volunteers!**

**Email: [ccc@fuman.edu](mailto:ccc@fuman.edu)**







“For over 70 years economics has been fixated on GDP, or national output, as its primary measure of progress. That fixation has been used to justify extreme inequalities of income and wealth coupled with unprecedented destruction of the living world. For the twenty-first century a far bigger goal is needed: meeting the human rights of every person within the means of our life-giving planet.”

-Kate Raworth, *Doughnut Economics: Seven Ways to Think Like a 21<sup>st</sup>-Century Economist*