

# UNC Asheville Sustainability Resource Guide



Created by the Student Environmental Center  
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(Image from: <http://cliparts.co/mountain-line-art>)

## Why is Institutional Sustainability Important?

Everyday we are given the opportunity to create a more harmonious relationship with the Earth. Everyday we attend our classes, work our jobs, eat our meals, and throw away our waste. Everyday we make choices based on money, convenience, people, and our goals.

We are all at UNC Asheville for different reasons. Some of us want to move on to graduate school, others want to grow their roots in the Asheville community, and some focus their sights beyond the mountains. Whatever the plans, we have a responsibility. The health of our environment and institutions is indivisible from the health of our bodies and minds. As long as we are here, Institutional Sustainability represents **our** sustainability.

Students play an important role in institutional sustainability. For example, student demand for sustainable financial investment resulted in a multi-sided effort to divest the University's investments in non-renewable resources. Student engagement in matters of sustainability is vital in influencing operations on campus.



## Get to know the SEC!

### What is the SEC?

The Student Environmental Center (SEC) is a student-led department, funded by a 'green fee' from UNC Asheville students. The SEC is a campus resource for information related to environmental stewardship, university sustainability processes and community outreach.

The SEC engages students, faculty, staff, and the Asheville community in conversation and action around environmental issues, broadly defined, through events and projects. The SEC strives for diverse inclusion of community and campus partners in fostering experimental and innovative sustainability initiatives, and we aim to increase collaboration between campus and community partners.

More information about UNC Asheville's SEC operations can be found [HERE](#).

### Collaborate with the SEC!

If you, or an organization that you are in, has an interest in promoting environmental sustainability we invite you to collaborate with us! The SEC recognizes the intersections between social justice and environmental sustainability. We

encourage students to explore these and other intersections, and are available as a resource for students to learn more about these intersections. Environmental sustainability encompasses the health of our University and its individuals, and we are here to raise the awareness of those bonds. If you are not sure if your cause has a place in environmental sustainability, come see us, and we will show you that it does. Have questions? Come see us! Our office is located in the Highsmith Student Union, Room 218. We are at the end of the hallway to the left of the ACE office!

## Contact the SEC!

For questions or more information about projects, or how to collaborate with the SEC, please contact [sec@unca.edu](mailto:sec@unca.edu). Our current Co-Directors for Fall 2018 are Tyler Hill and Julia Dorn.

## Green Grants

Have you noticed something unsustainable on campus and want to do something about it? Do you have a workshop idea, lesson plan or exciting project in mind and just need some support? Let's talk about writing a Green Grant proposal!

Past examples have included: Community workshops at Burton Street Garden, invasive plant management tools and work days, film screenings and speaker events. Student organizations planning events with a minimum of twenty expected participants are eligible for \$50 co-sponsorship funds to be used for 'greening' your event. This includes purchasing compostable plates/utensils/etc... or sustainably sourced food.

For more information about Green Grants, visit [sec.unca.edu/green-grants](http://sec.unca.edu/green-grants). The SEC is also available for consultations regarding the sustainability of your event/project. We have experience and connections around campus to help you!

# Hosting Sustainable Events

## Things to Consider

### **Solid Waste:**

- Required: Provide recycling and compost collection containers
- Note: Containers can be requested from Campus Operations, along with tables and chairs
- If using disposables, use only compostable products
- Avoid the use of all materials that are neither recyclable nor compostable (e.g. styrofoam, plastic coated paper products)
- Minimize the total amount of waste created from the event, regardless of whether it can be recycled or composted
- Optional: Go paperless
- Optional: Make the event a zero waste event, which means that no materials are provided that are trash (vs recycling or compost).

### **Food:**

- Provide items that are appropriate to a range of dietary restrictions
- Avoid the use of canned or bottled beverages and water
- Avoid the use of individually wrapped items
- Optional: Hold a meat-free event
- Optional: Source food and/or ingredient from sustainable local producers

### **Education:**

- Take a moment during the event to announce the sustainability aspects of the event itself and provide guidance on waste sorting, food, etc.
- Optional: Integrate a sustainability lens into the subject of the event itself

### **Purchasing:**

- Supplies should be purchased, whenever possible, from sustainable local businesses or producers

### **Energy:**

- Turn off all lights and electric equipment in the space when the event comes to a close
- Optional: Request the solar trailer for outdoor events
- Note: At least 1 month of lead time is needed to reserve the solar trailer

## Offering Food at Your Event

When planning your next event, think about how you can be mindful when purchasing supplies and food. We have provided a series of lists below that detail the prices and packaging of cups, plates, bowls, utensils, and napkins sold at local stores that are either compostable or made of recycled materials. Generally, food ends up soiling potentially recyclable items, making them unacceptable at certain facilities. So while paper plates and cups are technically recyclable, food should not mix with recycling.

If there is a supply/material that we could add to our list, please let us know!

**A note on styrofoam:** Styrofoam is not accepted at most recycling centers, and is not biodegradable. Basically, it's bad news! Please consider avoiding the use of styrofoam cups/plates/bowls etc... at your events.

\*Prices and availability as of February 23, 2018.

### Cups

Name of Product	Vendor	Price	Quantity	Price/Unit	Recycled/Compostable
World Centric Plastic Cups	Greenlife	\$5.39	20 16 oz.	27¢/cup	Compostable
World Centric Paper Cups	Greenlife	\$4.39	20 12 oz.	22¢/cup	Compostable
Repurpose Plastic Cups	Ingles Merrimon Ave.	\$3.98	20	20¢/cup	Compostable
	Fresh Market Merrimon Ave.	\$3.99	20	20¢/cup	

### Plates/Bowls

Name of Product	Vendor	Price	Quantity	Price/Unit	Recycled/Compostable
World Centric	Greenlife	\$3.99	20	20¢/plate	Compostable

Large Paper Plates					
World Centric Small Paper Plates	Greenlife	\$2.49	20	12¢/plate	Compostable
World Centric Small Bowls	Greenlife	\$2.49	20	12¢/plate	Compostable
Chinet Paper Dinner Plates	Harris Teeter Merrimon Ave.	\$3.99	15	27¢/plate	Recycled
		\$7.49	32	23¢/plate	
		\$14.99	100	15¢/plate	
	Ingles Haywood Rd.	\$15.98	100	16¢/plate	
		\$7.58	32	24¢/plate	
	Ingles Merrimon	\$7.58	32	24¢/plate	
Chinet Small Plates	Harris Teeter Merrimon Ave.	\$3.99	35	11¢/plate	Recycled
Repurpose Dinner Plates	Harris Teeter	\$4.99	20	25¢/plate	Compostable
	Ingles Haywood Rd.	\$3.78	20	19¢/plate	
	Ingles Merrimon Ave.	\$3.78	20	19¢/plate	
	Fresh Market Merrimon Ave.	\$3.99	20	20¢/plate	
Repurpose Small Bowls	Ingles Haywood Rd.	\$3.78	20	19¢/bowl	Compostable
	Fresh Market Merrimon	\$3.99	20	20¢/bowl	
Repurpose Divided Dinner Plates	Ingles Haywood Rd.	\$4.58	20	23¢/plate	Compostable
	Ingles Merrimon Ave.	\$4.58	20	23¢/plate	
	Fresh Market Merrimon Ave.	\$4.99	20	25¢/plate	
Repurpose Small Paper Plates	Ingles Merrimon	\$1.98	20	10¢/plate	Compostable
	Fresh Market	\$1.99	20	10¢/plate	

	Merrimon				
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## Utensils (Forks, Knives, Spoons)

Name of Product	Vendor	Price	Quantity	Price/Unit	Recycled/Compostable
Preserve Mixed Plastic Cutlery	Greenlife	\$5.69	8 sets of 3	24¢/utensil	Recycled
Repurpose Mixed Plastic Utensils (fork, knife, spoon)	Harris Teeter	\$2.99	8 sets of 3	12¢/utensil	Compostable
	Fresh Market Merrimon Ave.	\$2.99	8 sets of 3	12¢/utensil	
Repurpose Plastic Forks	Ingles Haywood Rd.	\$2.98	24	12¢/fork	Compostable
	Ingles Merrimon Ave.	\$2.98	24	12¢/fork	
	Fresh Market Merrimon Ave.	\$2.99	24	12¢/fork	
Repurpose Plastic Spoons	Ingles Haywood Rd.	\$2.98	24	12¢/spoon	Compostable
	Ingles Merrimon Ave.	\$2.98	24	12¢/spoon	
	Fresh Market Merrimon Ave.	\$2.99	24	12¢/spoon	

## Napkins

Name of Product	Vendor	Price	Quantity	\$/Unit	Recycled/Compostable
365 Lunch Napkins	Greenlife	\$2.19	200	1¢/napkin	Recycled, Compostable
365 Dinner Napkins	Greenlife	\$3.29	200	2¢/napkin	Recycled, Compostable

Simple Truth Paper Napkins	Harris Teeter	\$4.08	250	2¢/napkin	Recycled, Compostable
Simple Truth Paper Towels	Harris Teeter	\$7.49	6 rolls	\$1.25/roll	Recycled, Compostable
		\$2.99	2 rolls	1.50/roll	
Seventh Generation Paper Napkins	Harris Teeter	\$4.08	250	2¢/napkin	Recycled, Compostable
	Ingles Haywood Rd.	\$4.08	250	2¢/napkin	
	Ingles Merrimon Ave.	\$4.08	250	2¢/napkin	
	Fresh Market Merrimon Ave.	\$4.99	250	2¢/napkin	
Natural Value Paper Towels	Fresh Market Merrimon Ave.	\$3.49	1 roll	\$3.49/roll	Recycled, Compostable
Seventh Generation Paper Towels	Fresh Market Merrimon Ave.	\$10.99	6 rolls	\$1.83/roll	Recycled, Compostable

## Table Cloths

No vendors we checked with carried disposable table cloths. However, a good option is to invest in, or borrow, a cloth tablecloth that can be washed and reused at each event.

**For information about food/waste disposal, see section: [Green Up Your Clean Up](#)**

## Sponsors, Community Partners, and Collaborators, oh my!

Local businesses love sponsoring student projects! Just ask! Here is a list of local businesses and organizations that the SEC has worked with, purchased from, and/or received donations from in the past:

### **Businesses:**

- Asheville Mulch Yard
- B&L Organic
- Blue Ridge Biofuels
- Buchi
- Danny's Dumpster
- Do More Bars
- Hickory Nut Gap Farms
- The Hop
- Jesse Israel and Sons Nursery and Garden Center
- Love Poppy of Asheville
- Luther's Plants and Flowers
- Mela
- Mountain Food Products
- Neo Burrito
- No Evil Foods
- Pisgah Plants Nursery
- Reems Creek Nursery
- Roots Hummus
- Rosetta's
- Sow True Seeds
- Strata Solar
- Sundance Solar
- Sweetheart Bakery

**Non-Profits:**

- ASAP
- Asheville Greenworks
- Asheville Buncombe Food Policy Council
- Bee City USA
- Blue Ridge Food Ventures
- Bountiful Cities
- Buncombe County Coop Extension
- Burton Street Peace Garden
- FEAST
- Food Connection
- Glass Foundation
- Grass to Greens
- Green Opportunities
- The Lord's Acre
- North Asheville Tailgate Market
- Organic Growers School
- PAtchwork Urban Farms
- Pisgah View Gardens
- Shiloh Community Garden
- Society of St. Andrew
- Ujamaa Freedom Market

For more information about, or to get in contact with these groups, send an email to [sec@unca.edu](mailto:sec@unca.edu)!

## Handouts/Freebies

Many groups on campus give out freebies such as pens, whistles, toys, flashlights, sunglasses, etc... However, these handouts do not often fulfill the ultimate goal of promoting your club or event and end up being discarded in a wasteful manner. The time you spend tabling or promoting your organization is precious, and there are many ways to send your message and make an impact on students while being environmentally sustainable.

- Make an Electronic Effort
  - Spread the word through social media
  - Utilise our campus' event app ([UNCA Now/ Presence](#)).
  - Create a hashtag to draw attention.
- Network with Others Organizations
  - Speak with Highsmith Student Union, Residential Education, and Dining Services to see how you can post your events on their respective chalkboards, bulletin boards, and monitors.
- Submit an Event for NowPoints
  - NowPoints are a great incentive for students to take interest in your organization or department.
  - To learn more about NowPoints, [click here](#).

If you are still dedicated to having freebies for students, please check out these companies that provide more sustainable customizable giveaways. Try to consider what will happen to the item if/when it is disposed. Be mindful of products that combine recyclable materials (ie. paper) with non-recyclable materials (plastic) as these cannot be processed at recycling centers.

- [Eco Promotional Product, Inc.](#)
  - [Recycled Color Changing Pencils](#)
  - [Recycled and Recyclable Sunglasses](#)
  - [Recycled Lanyard](#)
  - [Recyclable Conference Bag](#)
- [Planet Earth Promotions](#)
  - [Seed Paper Bookmark](#)
- [Motivators Promotional Products](#)
  - [Recycled Frisbee](#)
- [Promotions Now](#)
  - [Recycled Paper Hand Fan](#)

# The Fair Trade Campus Campaign

## What is it? <sup>7</sup>

Fair Trade Campaigns is a nation-wide grassroots movement that mobilizes thousands of conscious consumers and advocates within campuses and communities. The campaign is part of a global effort to implement Fair Trade within consumer preferences and institutional practices across 24 countries and 6 continents. The campaign recognizes schools in the U.S. that make a commitment to educate and bring awareness to students about the issues surrounding Fair Trade.

## Why is it Important? <sup>8</sup>

Fair Trade is an economic system that ensures products were grown, harvested, crafted, and traded in ways that improve lives and protect the environment. The U.S. today remains the largest consumer nation. While Americans make up only 5% of the world's population, we consume 29% of the world's resources! Fair Trade products provide opportunities for international farmers, artisans, and workers to rise out of poverty. It is a system that promotes economic development through fair and impartial trading partnerships.

## How to Get Involved?

For more information contact Meghan Ibach, Sustainability Coordinator for Dining Services, at [meghan.ibach@compass-usa.com](mailto:meghan.ibach@compass-usa.com).

# A Guide For Planning and Purchasing

When considering how to make your event more sustainable, you can use the following questions as a guide for planning! These are questions that SEC staff try to ask themselves when planning an event.

## Reduce:

- What materials do you *want* for this event?
- What materials do you *need* to make this event happen?
- Can the goal of the event be accomplished with less?
- What materials could you eliminate?
- What will happen to leftover materials?
- How can you reduce the amount of leftover material?:
- How much of each material do you actually need?
- Is the material made of recycled materials?
- Is the material [recyclable](#) or [compostable](#)?

(See section: [Hosting Sustainable Events](#))

## Reuse:

- What materials do you already have?
- What materials do those around you already have?
- Will you, or someone else, be able to reuse the material?
- Can the material be found second-hand?
- What can you borrow?
- What can you rent?

(See section: [Sponsors, Community Partners, and Collaborators, oh my!](#))

## Recycle:

- How will waste be managed at your event?
- Will recycling and compost bins be available?
- Will they be marked?
- Who will be in charge of disposing of waste?

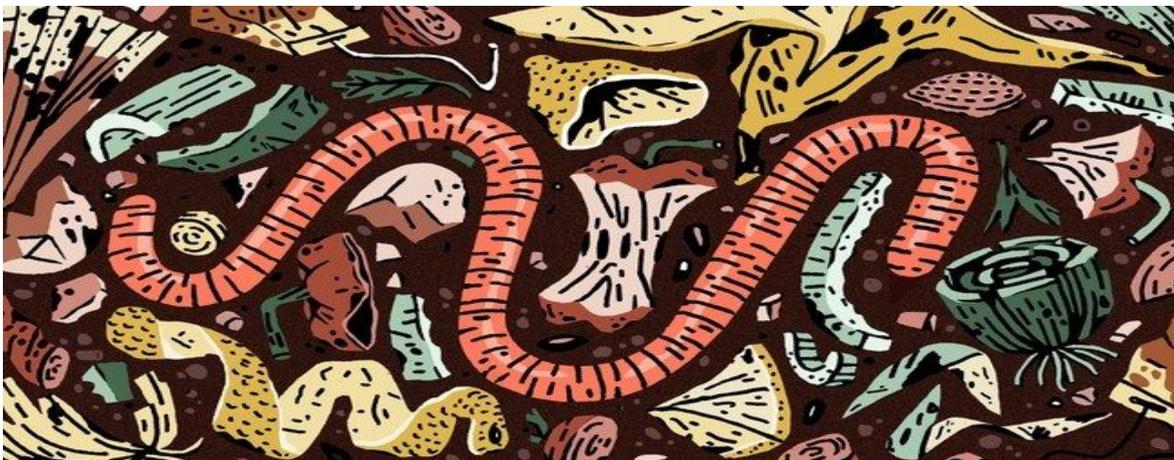
(See section: [Green Up Your Clean Up](#))

# Green Up Your Clean Up!

## Composting (Easy as Pie, which is also compostable)

### Why should you compost? <sup>3</sup>

- Composting limits the need for expensive and chemical-laden fertilizers, which improves soil health and is better for the environment. Chemicals in fertilizers often contaminate water systems, such as rivers, lakes, and streams. Soil that contains composted material is also better for retaining moisture, so less water is needed to care for plants.
- Landfills are a big problem. By composting, you are keeping valuable resources from being put into them. Residential waste is composed of 40% items that could have been composted!
- Composting also reduces greenhouse gas emissions. By composting, less vehicular transportation is required to move waste.
- It's easy! The SEC office has compost bins and bags available for waste collection. More info about UNCA's composting program can be found [HERE](#).



(Images from <http://www.glendaleca.gov/government/departments/public-works/integrated-waste-management/refuse-trash-recycling/backyard-composting> and <https://www.newyorker.com/culture/onward-and-upward-in-the-garden/compost-is-magic>)

# Visual Guide to Composting on Campus

## Composting on Campus

A guide for waste reduction at UNC Asheville

Food Scraps	Food Soiled Paper	Compostable 'Plastics' Labeled #7
		
<ul style="list-style-type: none"> <li>✓ Dairy (including eggshells)</li> <li>✓ Meat (including bones)</li> <li>✓ Seafood</li> <li>✓ Fruit</li> <li>✓ Nuts</li> <li>✓ Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>✓ Paper cups &amp; plates</li> <li>✓ Paper take-out boxes</li> <li>✓ Waxed cardboard boxes</li> <li>✓ Napkins</li> <li>✓ Coffee filters and grounds</li> <li>✓ tea bags</li> <li>✓ Paper bags</li> </ul>	<ul style="list-style-type: none"> <li>✓ Compostable bags</li> <li>✓ Utensils</li> <li>✓ Cups</li> <li>✓ Straws</li> <li>✓ To-go containers</li> <li>✓ Dishes</li> </ul>

**Keep these items out!**



× Foil/ plastic-lined cartons × Plastic serveware × Plastic bags × Rubber bands/ twist ties

# Recycling (basically a magic trick)

## Why Should You Recycle? <sup>4,5</sup>

- Recycling is the magical process of turning waste into new, usable products. By doing this, resources are saved and less waste is sent to landfills, which reduces air and water pollution.
- According to the United States Environmental Protection Agency <sup>5</sup>:
  - Recycling 1 ton of paper saves about 17 trees and 17,000 gallons of water.
  - Recycling 10 plastic bottles saves enough energy to power a laptop for more than 25 hours.
  - Recycling 1 ton of aluminum cans conserves the equivalent of 1,024 gallons of gasoline consumed.
- Recycling saves energy! Companies that utilize recycled aluminum save 95% of energy during production compared to companies that source raw materials.
- Plastic and other materials that do not naturally decompose that find their way into nature are responsible for the deaths of many animals. They are either tricked into thinking these materials are food, or become entangled in them.
- On average, every American produces about 1,600 pounds of waste per year. 1,100 pounds of that waste is recyclable.
- By recycling, you can cause less harm to the environment and serve as an example for the people around you.
- More information about UNCA's recycling program can be found [HERE](#).



(Images from <https://science.howstuffworks.com/environmental/conservation/issues/recycling-reality.htm> and <https://www.greensutra.in/news/plastic-recycling-codes/>)

## What can you recycle? <sup>1</sup>

- **All plastics marked # 1-7**, including:
  - Bottles
  - Jugs and jars
  - Yogurt and margarine tubs/dairy containers
  - *Clean* clam-shell containers/ deli containers
  - Plastic drink cups
- **Mixed paper**, including:
  - Office paper
  - Newspapers
  - Catalogs/Magazines
  - Junk mail
  - Egg cartons (paper only)
  - Envelopes,
  - Phone books
  - Glossy paper
  - Post-it notes,
  - Cereal and similar boxes,
  - Brown paper bags
  - Empty paper towel tubes
- **Corrugated cardboard** and moving boxes
- **Aluminum**
  - Cans
  - Pie tins/food trays
- Milk, Juice, and Soup cartons.
- **Glass** bottles and jars
- Empty aerosol cans

**A note on batteries\*:** Batteries contain very harmful elements that are detrimental to the environment and human health, and require special handling to be recycled. Look for the small brown bins next to the recycling/composting bins on campus.

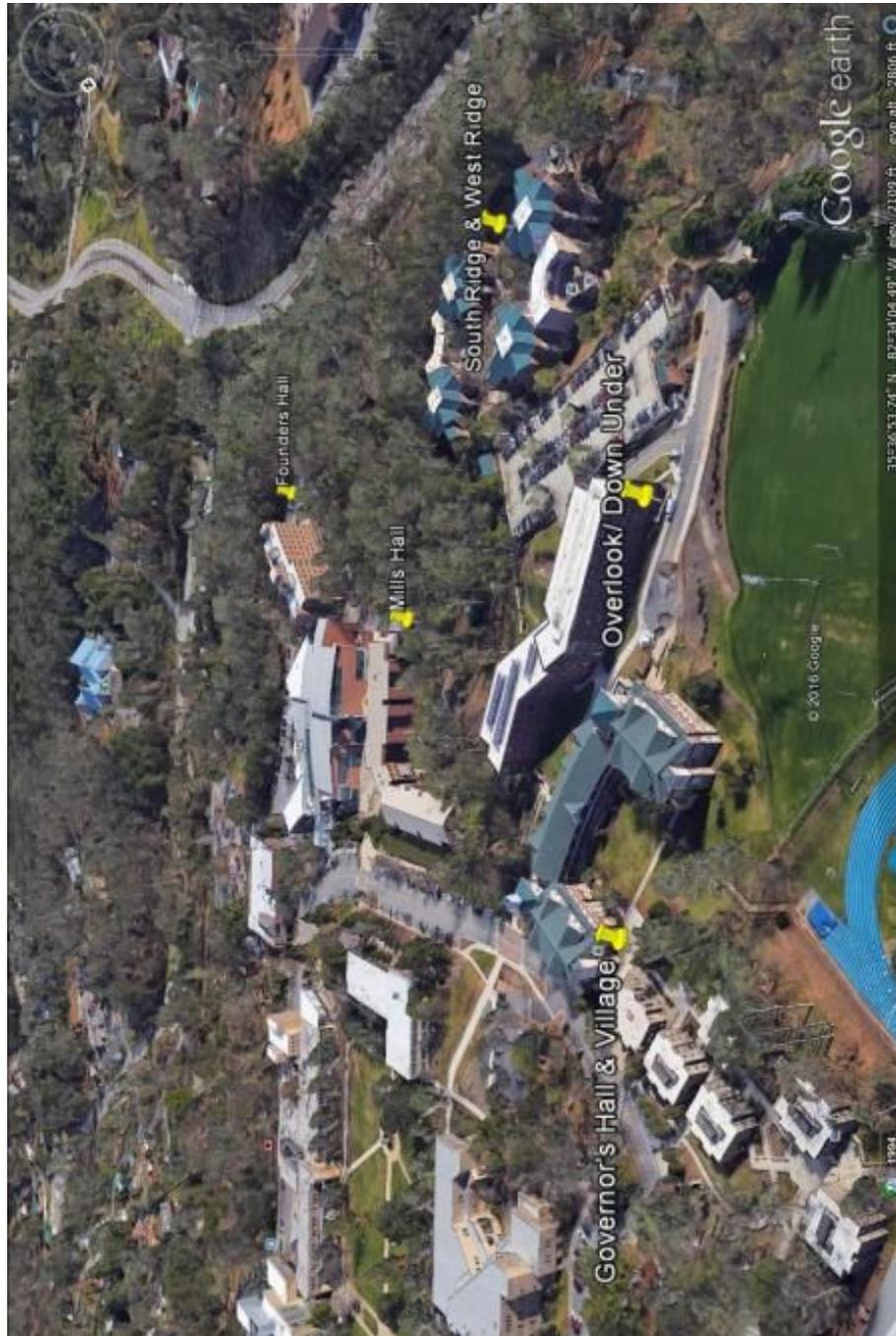
**A note on ink cartridges\*:** Place used ink cartridges in your departmental mailbox with a note that says "recycle". They are picked up daily.

\*Used batteries and ink cartridges can also be brought to the SEC desk in Alumni Hall in Highsmith Student Union.

Need help? Contact the SEC office to look into inviting an SEC staff member to help manage waste disposal throughout the event!

## Where do you bring it?

Below is a map of large compost and recycling bin locations on campus for you to empty your personal bins. There are also indoor compost and recycling bins located in almost all of the buildings on campus.



# Links

UNCA employs the composting services of Danny's Dumpster:

<http://www.dannysdumpster.com/>

<http://www.dannysdumpster.com/the-inside-scoop/on-composting>

Sustainable Promotion for Handouts/Freebies:

<https://unca.presence.io/>

<https://highsmithunion.unca.edu/submit-event>

<https://ecopromotionsonline.com/>

<http://www.planetearthpromotions.com/>

<https://www.garrettspecialties.com/earth-friendly-c-960.html>

<https://www.motivators.com/Promotional-EnvironmentallyFriendly-Products-252.html>

<sup>1</sup> Information Cited From

<http://www.ashevillegreenworks.org/recycling-information.html>

<sup>2</sup> Information cited from <https://facilities.unca.edu/recycling-campus>

<sup>3</sup> Information cited from

<http://greenactioncentre.ca/reduce-your-waste/why-should-i-compost/>

<sup>4</sup> Information cited from

[https://www.conserve-energy-future.com/why\\_should\\_we\\_recycle.php](https://www.conserve-energy-future.com/why_should_we_recycle.php)

<sup>5</sup> Information cited from

<https://www.epa.gov/recycle/frequent-questions-recycling>

<sup>6</sup> Information Cited From <http://www.dannysdumpster.com/>

<sup>7</sup> Information cited from: <https://fairtradecampaigns.org/about/>

<sup>8</sup> Information cited from: <https://fairtradecampaigns.org/about/faq/>