

A Student Guide to
**SUSTAINABLE LIVING &
LEARNING
AT
MARQUETTE UNIVERSITY**





Dear Marquette Student,

Marquette University is committed to sustainability and environmental justice. Our Jesuit mission and Catholic social teachings compel us to care for others and the environment through sustainability. Advancing sustainability at Marquette is a an effort that requires all of us to lead the way using our unique gifts and talents.

The intention of this guide to increase your sustainability awareness and behavior, provide you with practical tips on how to reduce your ecological footprint, and how to implement the principles of sustainability into your community. We strongly believe that the habits, rituals, and knowledge you gain here will carry over beyond the boundaries of this institution.

LAND ACKNOWLEDGEMENT

Marquette University acknowledges that our campus and Milwaukee are the homelands and waters of the Menominee, Potawatomi, Ho-Chunk, Fox, Mascouten, Sauk and Ojibwe nations, who have known this land and water as a relative for millennia and who remain our hosts on the land today. We also acknowledge that Milwaukee is located along the southwest shores of Michigami (meaning “big water” in Anishinaabemowin), where the Milwaukee River, Menomonee River, and Kinnickinnic River meet. We remember that Milwaukee is covered by the 1833 Treaty of Chicago signed by the United States and Potawatomi and acknowledge it cleaved and dispersed this tribal nation through removal. We also acknowledge the presence of tribal members from Wisconsin sovereign nations in Milwaukee, including the Oneida Nation, Stockbridge-Munsee Community Band of Mohicans, Brothertown Nation and Ojibwe Nations – namely, the Red Cliff Band of Lake Superior Chippewa, Lac Courte Oreilles Band of Lake Superior Chippewa, Lac du Flambeau Band of Lake Superior Chippewa, Bad River Band of Lake Superior Chippewa, Sokaogan Chippewa Community and St. Croix Chippewa Indians. We further understand and honor that the greater Milwaukee area is home to a large, resurging urban Indian community that includes diasporic Indigenous peoples from around North America, as well as from the Global South, the Pacific, Asia, Africa and the Middle East.

Marquette University further acknowledges and pays respect to the elders and ancestors past, present and emerging whose histories, knowledge and cultural traditions have shaped the land and water of the greater Milwaukee area and can enrich practices around its stewardship. We affirm our commitment to practice ongoing good relations with the land and water and with sovereign Indigenous Nations that caretake them. In acknowledging the long-held relationships fostered by these lands and waters, we seek to strengthen and recommit ourselves to ongoing and future kinship responsibilities with each other and the Earth. In the spirit of reconciliation, we can authentically attend to and create the conditions of hospitality for current Indigenous students and community members and all yet to walk with us.

TABLE OF CONTENTS

MOVING IN



ENERGY



LAUNDRY



WASTE DIVERSION



WASTE REDUCTION



ECO-CONSCIOUS EATS



TRANSPORTATION



SUSTAINABLE MILWAUKEE



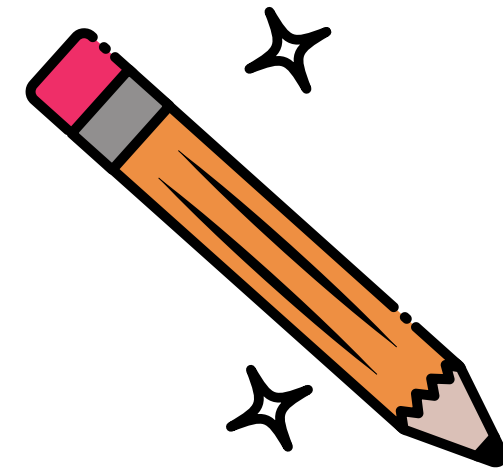
CAMPUS RESOURCES & INVOLVEMENT



MOVING IN

FOR CLASSES:

- Purchase 100% recycled notebooks.
- Instead of buying brand new books, consider downloading an e-book or purchasing used books.
- Consider purchasing sustainable school supplies like refillable pens, recycled paper, or go digital.
- Search secondhand stores for school supplies.



FOR YOUR ROOM:

- Bring only what you need. If you missed something, you can get it later.
- Shop second hand furniture and decor.
- Utilize Facebook marketplace or other secondhand stores for any appliances, electronics, etc.

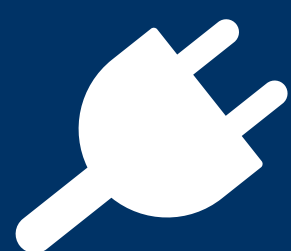


FOR CLEANING:

- Mix 1/2c. distilled white vinegar, 2 cups of water and 20 drops of essential oils as a cleaning alternative.
- Cut up old t-shirts to use for cleaning rags and wash them after use.
- Wash and disinfect sponges for longer use.



ENERGY



UNPLUG

Electronics that are left plugged but not in use, still use energy-this is called "phantom power". It is important to remember to unplug appliances and devices that you are not using or use a power strip that you can switch on and off.

Power strips allow you to plug in more devices than a standard wall outlet and can help make your room look tidier!



LIGHTING

If you are leaving your room for a class or are done using the restroom, remember to switch off the lights to save energy and reduce campus emissions.

Another way to reduce energy from lighting is to bring LED lightbulbs to campus. By switching to LEDs, you are using 75% less energy than you would using incandescent light bulbs. You can stop the the Office of Sustainability to grab a free LED bulb and pledge to make the switch!



THERMOSTAT

When temperatures outside are high, reduce energy by utilizing fans, keeping your blinds shut during the day, and opening your windows at night.

When temperatures outside are cold, save energy by letting the sunshine in your room during the day and turning down your heat when you're not home. If you have a programmable thermostat, use that function to regulate the temperature.

LAUNDRY

DETERGENT

Make your own detergent or use the liquid bottles over the pods.

Why is it necessary to switch to a less toxic laundry detergent? Most standard laundry detergents out there contain harmful chemicals such as ethanalamine, benzenesulfonic acid, and alcohol ethoxylates.

These chemicals pollute waterways and can impact human health (such as skin irritation and possible respiratory and organ effects).

Learn how to make your own detergent using three ingredients [here!](#)

WASH COLD

Save energy by washing your clothes in cold water
90% of the energy used by washing machines is to heat up the water

HANG DRY

The average clothes dryer uses about 4kWh of energy and emits 1.8 kg of CO₂ into the atmosphere. Take advantage of warm weather and consider hanging your clothes to dry.



WASTE REDUCTION

Waste reduction is an important way to protect our land, water and air resources. Before buying something, think about that item's lifecycle and decide whether it's really worth it to buy or if there is a better alternative. You might ask yourself:

- Is this a want or a need? How long will I use it?
- Can this be donated, reused, recycled, or composted when I no longer have use for it?
- Can I borrow this from someone else, trade, or share?

The U.S. Environmental Protection Agency's non-hazardous material waste hierarchy ranks the various management strategies from most to least environmentally preferred based on their contributions to greenhouse gas emissions. The hierarchy places emphasis on reducing, reusing, recycling and composting as key to sustainable materials management.



Throughout the year, Marquette Sustainability hosts a number of different reuse and reduction events including clothing swaps, thrift store pop-ups, and maker workshops.

Connect with [@marquetteugreen](#) on Instagram or Twitter to find out when these events are happening

WASTE REDUCTION

SIMPLE SWITCHES

Any single-use plastics or papers such as straws, coffee cups, water bottles, plastic clam-shell containers for to-go food



OZZI2GO CONTAINER PROGRAM



For just \$5, students can receive a Ozzi coin which can be redeemed at a dining hall for a reusable container. Students can choose to continue reusing it or return it at one of the OZZI machines to be sanitized and washed. Each time you return a reusable container, you receive an Ozzi coin.

Figure 1. Ozzi containers are located in Schroeder, Abbotsford and AMU dining areas.

Paper

- utilize the double sided printers on campus
- switch to e books and take notes on your smart devices

Water

- turn the faucet off while brushing your teeth and while you soap your hands
- set a 3 minute timer for showers or turn os

Shop secondhand for:

- room decor & furniture
- clothes
- kitchen appliances such as plates, utensils, mugs, mason jars

WASTE DIVERSION

Second to reducing what we consume and throw away, is making sure what we dispose of is properly sorted and diverted from the landfill. You can find out more about what can and cannot go in a recycling bin using [Milwaukee Recycles recycling guide](#).

On campus, hazardous items like lithium ion batteries, paint, electronic waste, chemicals, etc., need to be disposed of in a special way. Please do not put these items in a trash or recycling bin. [Submit a work order](#) or contain your Facilities Manager for the building.

Plastic bags, film and bubble wrap

Do not discard plastic bags, bubble wrap or any flimsy plastic into the recycling bin.

Flimsy plastics gum up the machines at the recycling facility. You can collect your bags and then bring them to a grocery store or Target for disposal

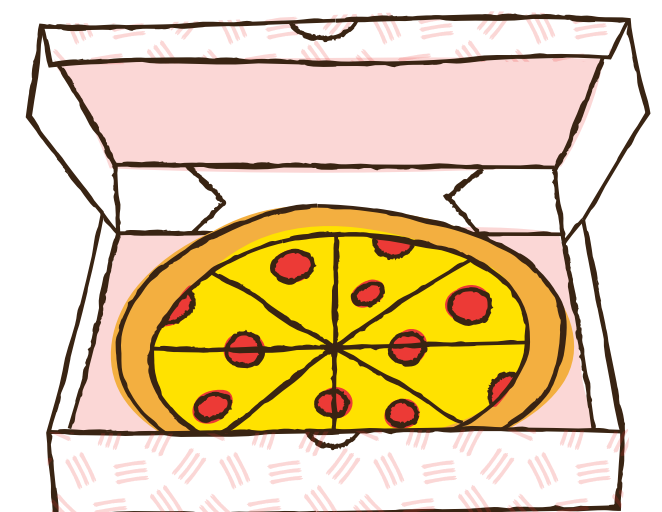


Prepare your containers

Whether it is a plastic coffee cup, a mason jar for pasta sauce, or an empty shampoo bottle, it is essential to rinse out as much of the food or liquid from the item. You can do this in a sink or by using a spoon or paper towel to scrape the contaminants out of the recyclable.

Pizza Boxes

Cardboard can be recycled but only if it isn't greasy. When you finish up that pizza, toss the greasy bottom in the trash and recycle the clean top!



Electronics

Electronics contain elements and chemicals that pose a serious threat to the environment when sent to a landfill or recycling facility. These items need special handling. If you need to dispose any of these items, please submit a work order so that Marquette's Facilities crew can remove it.

ECO-CONSCIOUS EATS

Reduce your environmental and community impact by choosing foods with a lower carbon footprint. As community members of Marquette, eating with the environment in mind and reducing your food waste can help us reduce our greenhouse gas emissions.

STRATEGIES TO REDUCING YOUR IMPACT

TAKE ONLY WHAT YOU WILL EAT

Producing food is an energy intensive process from growing, to harvesting, to transporting, to preparing. Throwing food away is like throwing away energy. When food waste ends up in a landfill it produces methane emissions which have a greater global warming potential. Try taking smaller portions to start and come back for more as needed.

SHOP SMARTER

Meal planning and making a shopping list can go a long way in reducing how much food you waste. Buy only what you need, plan to eat leftovers, share meals with others, or freeze leftovers for another meal.

REDUCE MEAT CONSUMPTION

Cattle (beef) are the number one agriculture source of greenhouse gas emissions. Raising livestock also contributes to water waste and pollution. According to the United States Geological Survey, a 1/4 lb of hamburger requires 150 gallons of water to produce. By reducing your beef consumption to even one day a week or one day a month makes a huge difference. Try substituting this food item with beans, grains, and other plant-based proteins.

When selecting food in the dining halls, pay attention to the symbols that indicate the item is either:

vegan (without dairy, plant-based) and/or
vegetarian (plant-based, could include dairy).



ECO-EATS ON CAMPUS

The Plant Powered Grill

Check out Marquette's new sustainable grill, located in The Commons. Many of the ingredients are sourced locally and the menu changes with the season.

FOOD SECURITY

A sustainable & flourishing community is one where each person knows where they will be getting their next meal. According to World Vision, access to safe, nutritious and sufficient food is a basic need and should be treated as a human right, with priority given to the most vulnerable. Apart from basic nutrition, food security is linked to economic stability, long-term health, women's empowerment and the environment. Here at Marquette we strive to cultivate a community that values Cura personalis or care for the whole person. This includes emotional, physical and spiritual safety so that you can thrive in your pursuits within and beyond Marquette.

FOOD ASSISTANCE

MU Backpack Program

This program allows any Marquette student free access to groceries and other necessities. All you have to do is fill out an intake form, linked [here](#)!

SNAP (Supplemental Nutrition Assistance Program)

This program allows individuals to gain assistance in purchasing nutritional food options. SNAP offers electronic benefits to those who are eligible that can be used in a variety of stores across Milwaukee.

Marquette University Neighborhood Kitchen

Partnered with the Marquette Food Recovery Network chapter, this organization strives to recover excess food that is still edible from the dining halls across campus. This surplus food is repurposed into meals and given out to those in need.

Food Pantries

- [Just One More Ministries](#)
- [The Open Door Cafe Cathedral of St Johns the Evangelist](#)
- [House of Peace](#)
- [Friedens Community Ministries](#)

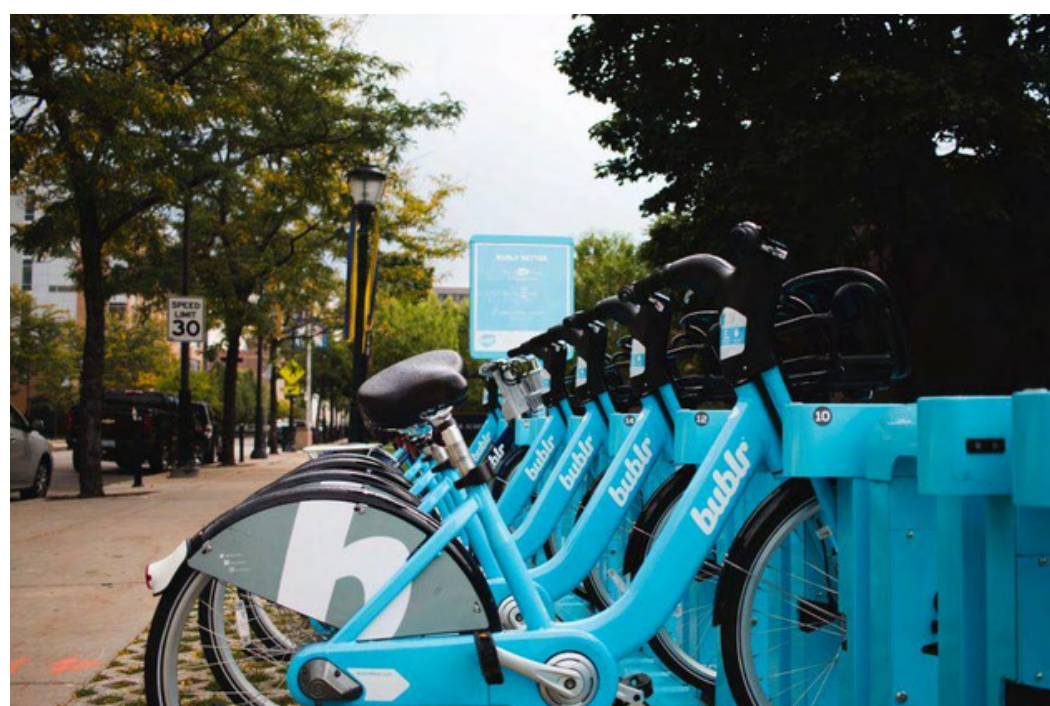
TRANSPORTATION

Transportation is a primary source of air pollution. According to the Wisconsin Department of Transportation, southeastern Wisconsin is an area with ground-level ozone levels that exceed federal air quality standards. As a student at Marquette, there are many sustainable transportation options that will help keep Milwaukee's environment and people healthy.

U-PASS

For only \$50, Marquette undergraduate students can receive a U-pass that gives you access to any MCTS route for free, 24/7. There are ten bus stops located around campus. See the map [here](#)!

BUBLR BIKES



Burn calories, not carbon! BublR Bikes is a city-wide bike share system that provides all community members easy and affordable transportation. Download the BublR Bike app [here](#) and check out the station located outside the Weasler Auditorium to start your next Milwaukee adventure!

BIKE REPAIR STATIONS

If you brought your own bike to campus or are thinking of purchasing one, Marquette is here to help! Four bike repair stations are stationed around campus for your air and maintenance needs. Locations can be found [here](#).

ZIP CARS

Zip car is a car-sharing service that is accessible to all Marquette and surrounding community members. A Zipcar station is located in the parking lot north of the AMU and provides a cheaper alternative than students having your own car on campus.



SUSTAINABLE MKE

SHOP LOCAL TO REDUCE YOUR CARBON FOOTPRINT

Thrift and Secondhand Shops:

Value Village // South Side, St. Francis

Chattel Changers // Shorewood

Plato's Closet // Brookfield & Greenfield

Alive and Fine // Bay View

Rethreads // Shorewood

Swanky Seconds // Shorewood

Retique // Milwaukee (Third Ward)

Goodwill // 18 locations in the Milwaukee area

Downtown Books Bought & Sold // Downtown Milwaukee

Voyageur Book Shop // Bay View

Renissance Book Shop // Mitchell Field



GROCERIES

The Glass Pantry // Milwaukee (Walker's Point)

Use "MarketWagon", a sustainable grocery delivering service that connects you directly with local farmers and businesses.

Milk 'N Honey // Wauwatosa

Milwaukee Area Farmers Markets // Farmer's Market Finder

Riverwest Co-Op // Milwaukee's Riverwest neighborhood

Outpost // Wauwatosa and Bay View



SUSTAINABLE MKE

EXPLORE MILWAUKEE COUNTY PARKS

Whether it is by foot, bike, bus, scooter, e-bike, wheelchair, or car, there are so many natural spaces in and around Milwaukee to explore!

MILWAUKEE COUNTY PARKS PARKS MAP

KEY

- SWIMMING POOL
- BEER GARDEN
- CONCERT SERIES
- FARMERS MARKET
- BOAT LAUNCH
- WATER
- SUMMER
- YEAR-ROUND
- SLEDDING
- ICE SKATING
- SNOW SHOES/SKI TRAIL
- NATURE TRAIL
- MOUNTAIN BIKE TRAIL
- PARK
- PARKWAY
- VENUE
- FOOT GOLF COURSE
- DISC GOLF COURSE
- GOLF COURSE
- OFF-LEASH DOG PARK
- SPLASH PAD
- WADING POOL
- PLAYAREA
- BASKETBALL COURT
- PAVED TRAIL
- ON-STREET TRAIL
- EXPRESS WAY

PARK SITE DIRECTORY

Park Number	Park Name	Map Location
01	DRETZKA	A1
02	POPULCH	A1
03	JOSEPH LICHTER	A1
04	SERVITE PARK PRESERVE	A1
05	KOHL	A2
06	A.C. HANSON	A2
07	ALGONQUIN	A2
08	BROWN DEER	A3
09	DOCTORS	A4
10	GRANVILLE	B1
11	MELODY VIEW PRESERVE	B1
12	NOYES	B1
13	LIHLEIN SOCCER PARK	B2
14	WYROK	B2
15	SCHOENECKER	B2
16	KLETZSCH	B3
17	WEBSTER	C1
18	MADISON	C1
19	VOGEL	C1
20	LINDSAY	C1
21	INDIGENOUS PEOPLES	C2
22	MCGOVERN	C2
23	WAHL	C2
24	SMITH	C3
25	GARDEN HOMES SQUARE	C3
26	MEALX	C3
27	LINCOLN	C3
28	ESTABROOK	C4
29	BIG BAY	C4
30	CURRIE	D1
31	HANSEN	D1
32	KOPS	D1
33	COOPER	D1
34	HOYT	D1
35	NASH	D2
36	DINEEN	D2
37	CENTER STREET	D2
38	SHERMAN	D3
39	MOODY	D3
40	LINDBERGH	D3
41	JOHNSONS	D3
42	ATKINSON TRIANGLE	F1
43	CARVER	F1
44	BECKUM	F1
45	ROSE	F1
46	ROVERWEST	F1
47	KERN	F1
48	CAMBRIDGE WOODS	F1
49	PLEASANT VALLEY	Z1
50	GORDON	Z1
51	RIVERSIDE	Z1
52	ROTARY ARBORETUM	Z1
53	CAESARS	Z1
54	LAKE	Z1
55	PROSPECT TRIANGLE	Z1
56	GILMAN TRIANGLE	Z1
57	BRADFORD BEACH	Z1
58	BACK BAY	Z1
59	MCKINLEY	Z1
60	BURNS COMMONS	Z1
61	CLAS	Z1
62	ZEIDLER UNION SQ.	Z1
63	PERE MARQUETTE	Z1
64	RED ARROW	Z1
65	CATHEDRAL SQ.	Z1
66	JUNEAU	Z1
67	VETERANS	Z1
68	WAR MEMORIAL & ART CTR.	Z1
69	CHIPPEWA	E1
70	RAINBOW	E1
71	WISCONSIN AVE.	E1
72	COUNTY GROUNDS	E1
73	CANNON	E1
74	LAFOLETTE	E1
75	JACOBUS	E2
76	DOYNE	E2
77	MITCHELL BLVD.	E2
78	WASHINGTON	E3
79	HIGHLAND	E3
80	VALLEY	E3
81	TIFFENTHALER	E3
82	MITCHELL	E3
83	CLARKE SQ.	E3
84	KING	E3
85	WALKER SQ.	E3
86	RIVER FRONT	E4
87	GREENFIELD	F1
88	EUKLID	F1
89	MCCARTY	F1
90	LYONS	F2
91	WEST MILWAUKEE	F2
92	MANTOBA	F2
93	JACKSON	F3
94	KINNICKINNIC SPORTS CTR.	F3
95	PULASKI (MILW.)	F3
96	KOSCIUSZKO	F3
97	BARAN	F3
98	HUMBOLDT	F3
99	BAY VIEW DOG PARK	F3
100	CLIPPERTON	F3
101	SOUTH SHORE	F3
102	MORGAN TRIANGLE	F3
103	BAY VIEW	F4
104	HOLT	G1
105	KULWICK	G1
106	ALCOTT	G1
107	WEDGEWOOD	G2
108	ARMOUR	G2
109	CLAS	Z1
110	BARNARD	Z1
111	WILSON REC. CTR.	Z1
112	WILSON	Z1
113	HOLLER	Z1
114	SAVELAND	Z1
115	MITCHELL AIRPORT	Z1
116	TIPPECANOE	Z1
117	GREENE	Z1
118	SHERIDAN	Z1
119	HALES CORNERS	Z1
120	TRIMBORN FARM	Z1
121	WHITNALL AIRCRAFT FIELD	H1
122	SCOUT LAKE	H2
123	GROBSCHMIDT	H3
124	GROBSCHMIDT TRAIL	H3
125	WILSON ICE ARENA	H3
126	JOHNSTONE	H3
127	MAITLAND	H3
128	RUNWAY DOG PARK	H4
129	CUDAHY NATURE PRESERVE	H4
130	KOZY COMMUNITY CENTER	F4
131	MITCHELL PARK HORTICULTURAL CONSERVATORY (DOMES)	E3
132	CUDAHY	H5
133	RAWSON	H5
134	PULASKI (CUDAHY)	H5
135	WARNMONT	H5
136	GRANT	H5
137	S.T. MARTINE	H5
138	PROEMMING	I1
139	MILWAUKEE COUNTY SPORTS COMPLEX	I2
140	SOUTHWOOD GLEN	I3
141	FALK	I3
142	RIVERTON MEADOWS	I4
143	FRANKLIN	J1
144	OAKWOOD	J2
145	BENDER	J5
146	LITTLE MEMOMONEE RIVER PARKWAY	B1
147	GRANTOSA PARKWAY	C1
148	MEMOMONEE RIVER PARKWAY	D1
149	LINDERWOOD PARKWAY	E1
150	HONEY CREEK PARKWAY	E2
151	STORY PARKWAY	E2
152	KINNICKINNIC PARKWAY	F1
153	ROOT RIVER PARKWAY	G1
154	DALE CREEK PARKWAY	H2
155	NORTH SHORE ROW	I4
156	OAK CREEK PARKWAY	I4
157	EASTSIDE BIKE TRAIL	Z1
158	MILWAUKEE RIVER PARKWAY	Z1
159	LINCOLN CREEK PARKWAY	C3
160	U.P. CORRIDOR	B3

PARK VENUES

- 1. PARKS ADMIN
- 2. COOL WATERS AQUATIC PARK
- 3. BOERNER BOTANICAL GARDENS
- 4. WEHR NATURE CENTER
- 5. WHITNALL BEER GARDEN
- 6. KECEL ALPHA TRAIL
- 7. MODEL AIRCRAFT FIELD
- 8. GROBSCHMIDT POOL
- 9. SEVEN BRIDGES TRAIL
- 10. WILSON ICE ARENA
- 11. THE VINE HUMBOLDT
- 12. SOUTH SHORE TERRACE
- 13. PULASKI INDOOR POOL
- 14. KOZY COMMUNITY CENTER
- 15. MITCHELL PARK HORTICULTURAL CONSERVATORY (DOMES)
- 16. KING COMMUNITY CENTER
- 17. MCKINLEY MARINA
- 18. SCHULZ AQUATIC PARK
- 19. OAK & ANTLER TAVERN
- 20. NOYES INDOOR POOL

OAK LEAF TRAIL

- MILWAUKEE RIVER LINE
- ZIP LINE
- KINNICKINNIC LINE
- SOUTH SHORE LINE
- OAK CREEK LINE
- ROOT RIVER LINE
- MEMOMONEE LINE
- LOOP
- CONNECTOR
- OTHER TRAILS

MAP KEY

- PAVED TRAIL
- ON-STREET TRAIL
- EXPRESS WAY
- PARK
- PARKWAY
- VENUE

LOVE YOUR PARKS MKEco. PARKS

Trail Use: The Oak Leaf Trail is designed as a multi-use recreational trail. Be courteous of other trail users. Visit OakLeafTrail.com for trail maps and full usage guidelines. Fenced Areas: Trails are nature trails for hiking only - no bicycles.

Meet Our Rangers: Our Rangers team helps keep parks safe for all by patrolling parks and enforcing park ordinances. Ranger contact: 414-227-2772. In an emergency call 911.

Park Hours: Most parks close between 10 p.m. - 11 p.m. Parks along Lake Michigan open at 6:30 a.m.

Link to Milwaukee County Parks website [here!](http://www.milwaukee-countyparks.com)

URBAN ECOLOGY CENTER:

The Urban Ecology Center is a local Milwaukee non-profit that strives towards connecting people in cities to nature and each other. They provide environmental education, land stewardship, outdoor recreational activities, and much more!

There are three Urban Ecology Center locations throughout Milwaukee:

[Riverside Park](#)

[Washington Park](#)

[Menomonee Valley.](#)

RESOURCES

COURSES

Sustainability-focused courses are those that engage in the concept of sustainability, including its social, economic, and environmental principles.

Below are just a small sample of some of the courses offered at Marquette that are focused on sustainability.

HIST 3800: Environmental History

POSC 4351: Environmental Politics and Policy

BIOL 4402: Experimental Ecology and Field Biology

ECON 4016: Environmental and Natural Resource Economics

SOCI 3720: Environment and Society

SOCI 3750: Food, Water and Society

CEEN 3510: Environmental Engineering

CEEN 4550: Water Resources Planning and Management

CEEN 4715: Sustainable Engineering

STUDENT INVOLVEMENT

MUSG // Marquette University Student Government

SEAC // Students for an Environmentally Active Campus

Marquette Sustainability Internship Program

MU Food Recovery Network

Fossil Free Marquette

Native American Student Association

Ocean Conservation Club

CONTACTS AND CAMPUS RESOURCES

MU Sustainability website // marquette.edu/sustainability_

Twitter & IG @marquetteugreen