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 an effort that requires all of us to lead the way using our unique gifts and talents.

The intention of this guide is 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.
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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.
Why is it necessary to switch to a less toxic laundry detergent? Most standard laundry detergents out there contain harmful chemicals such as ethanolamine, benzesulfonic 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 an 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 off

Shop secondhand for:
- room decor & furniture
- clothes
- kitchen appliances such as plates, utensils, mugs, mason jars
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 of 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.
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 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 environmental 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.
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
- Reniassance 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!

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.
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