

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 behaviors, 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.



CAMPUS SUSTAINABILITY

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 renting 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 secondhand furniture and decor.
- Utilize Facebook marketplace or other secondhand stores for any appliances, electronics, etc.

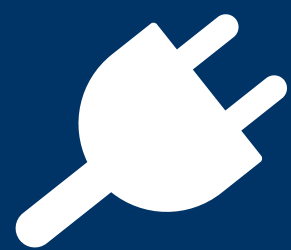


FOR CLEANING:

- 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. For students who live on or off campus that receive a utility bill, you are eligible to order a free energy savings pack from [FOCUS ON ENERGY®](#) that includes LED lightbulbs and more.



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 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

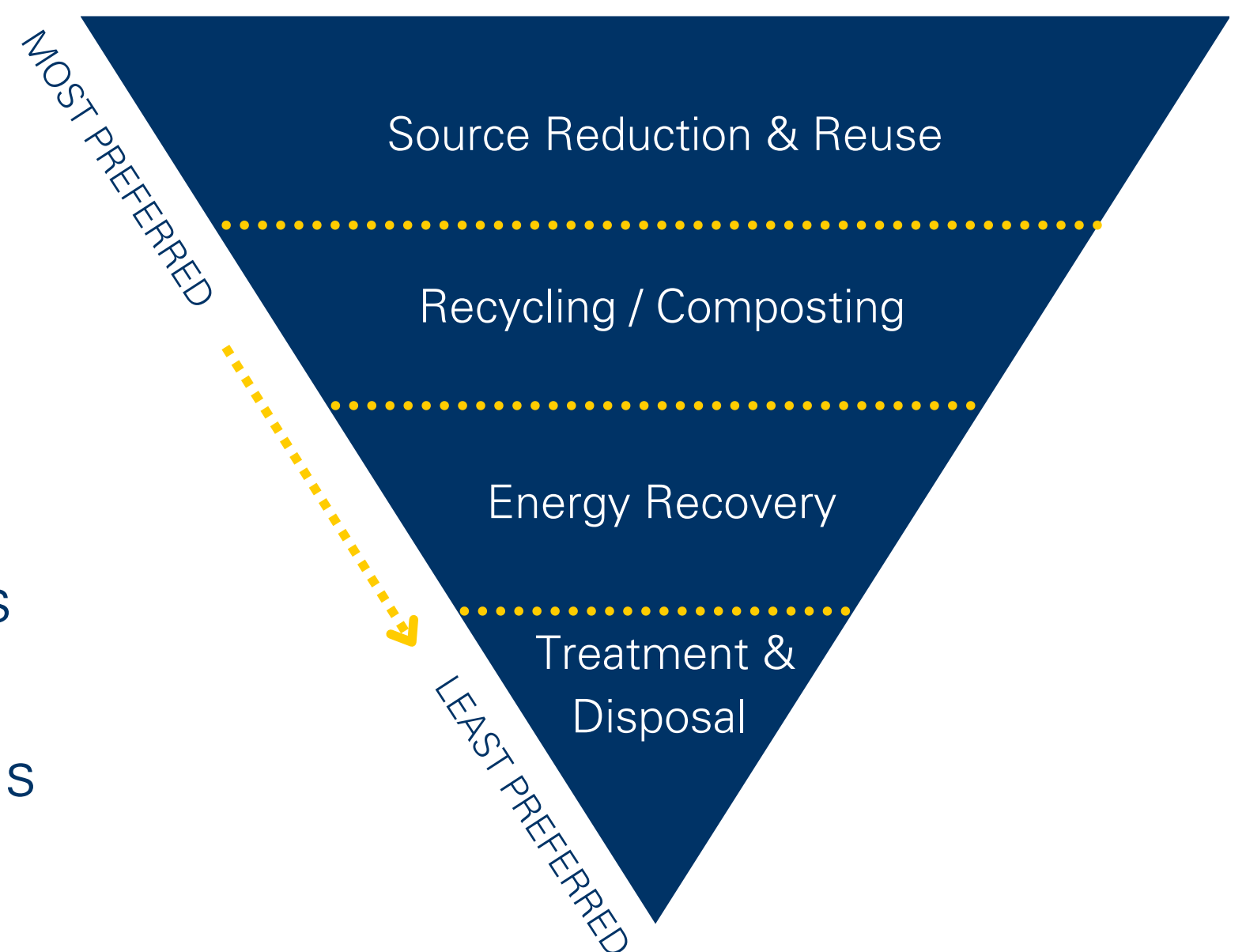


WASTE REDUCTION

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 to find out when these events are happening!

WASTE REDUCTION

SIMPLE SWITCHES

Ditch the single-use plastics or papers such as straws, coffee cups, water bottles, to-go containers, and make the switch to reusables



EVERYDAY ACTIVITIES TO MINIMIZE YOUR WASTE

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

Food

- Portioning meals and snacks
- Only buying what you need
- Storing leftovers safely to reduce what is contributed to the landfill

Shop secondhand for:

- Room decor & furniture
- Clothing
- Kitchen appliances such as plates, utensils, mugs, appliances

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 alert 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

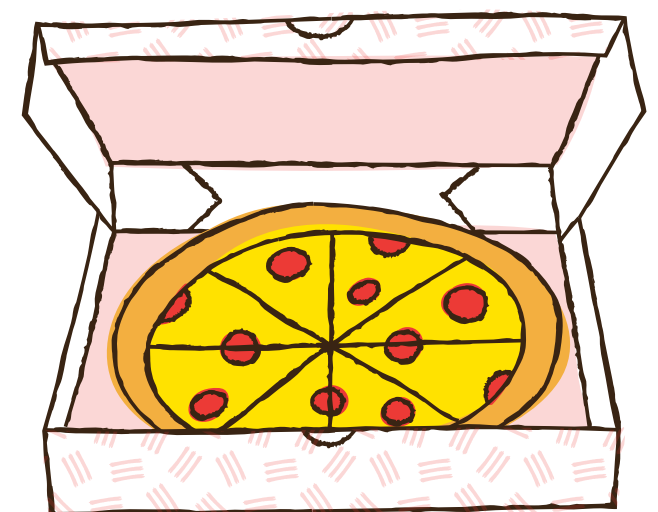


PREPARE YOUR CONTAINERS

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 decreasing 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 agricultural 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

The Backpack Program

This program is open to any Marquette student and provides free access to groceries and necessary toiletries. Visit the webpage [here](#) to learn how to register.

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

- [NourishMKE](#)
- [House of Peace](#)
- [St. Rose Food Pantry](#)

Community Meal Programs:

- [The Gathering](#)
- [St. Ben's Community Meal](#)

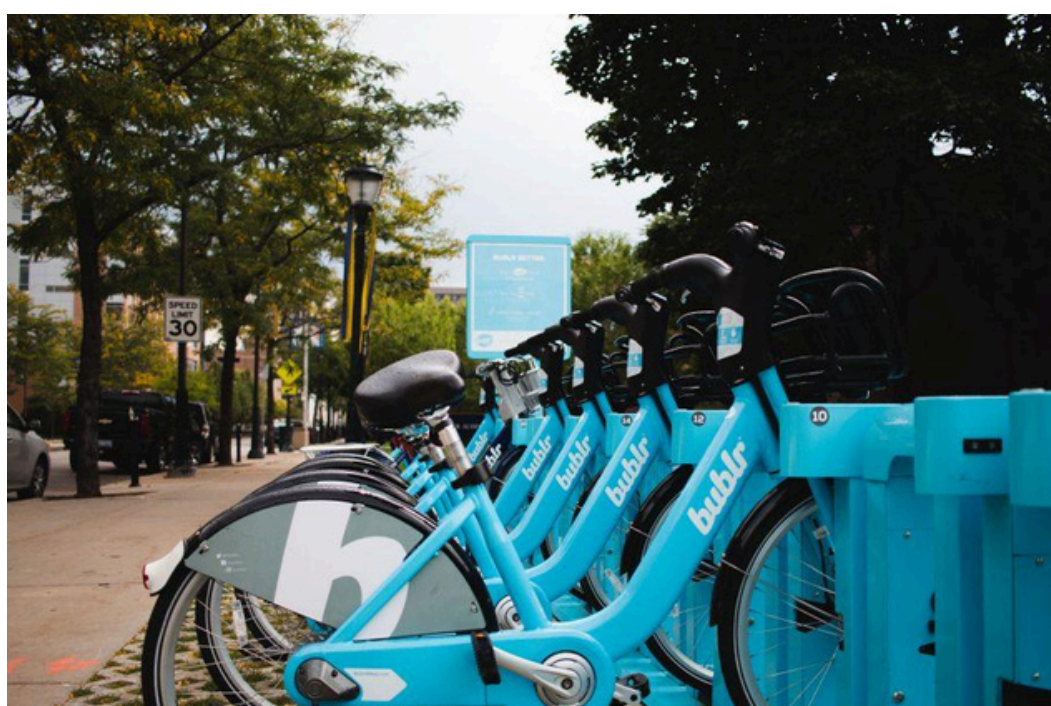
TRANSPORTATION

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 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 CAR

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. See campus pricing on their [website](#).



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
Career Closet // Iggy's Market, Holthusen Hall



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

MILWAUKEE COUNTY PARKS

Whether by foot, bike, bus, scooter, e-bike, wheelchair, or car, you can enjoy exploring so many natural spaces in and around Milwaukee! Visit the [Milwaukee County Parks website](#) for maps and more information.

URBAN ECOLOGY CENTER

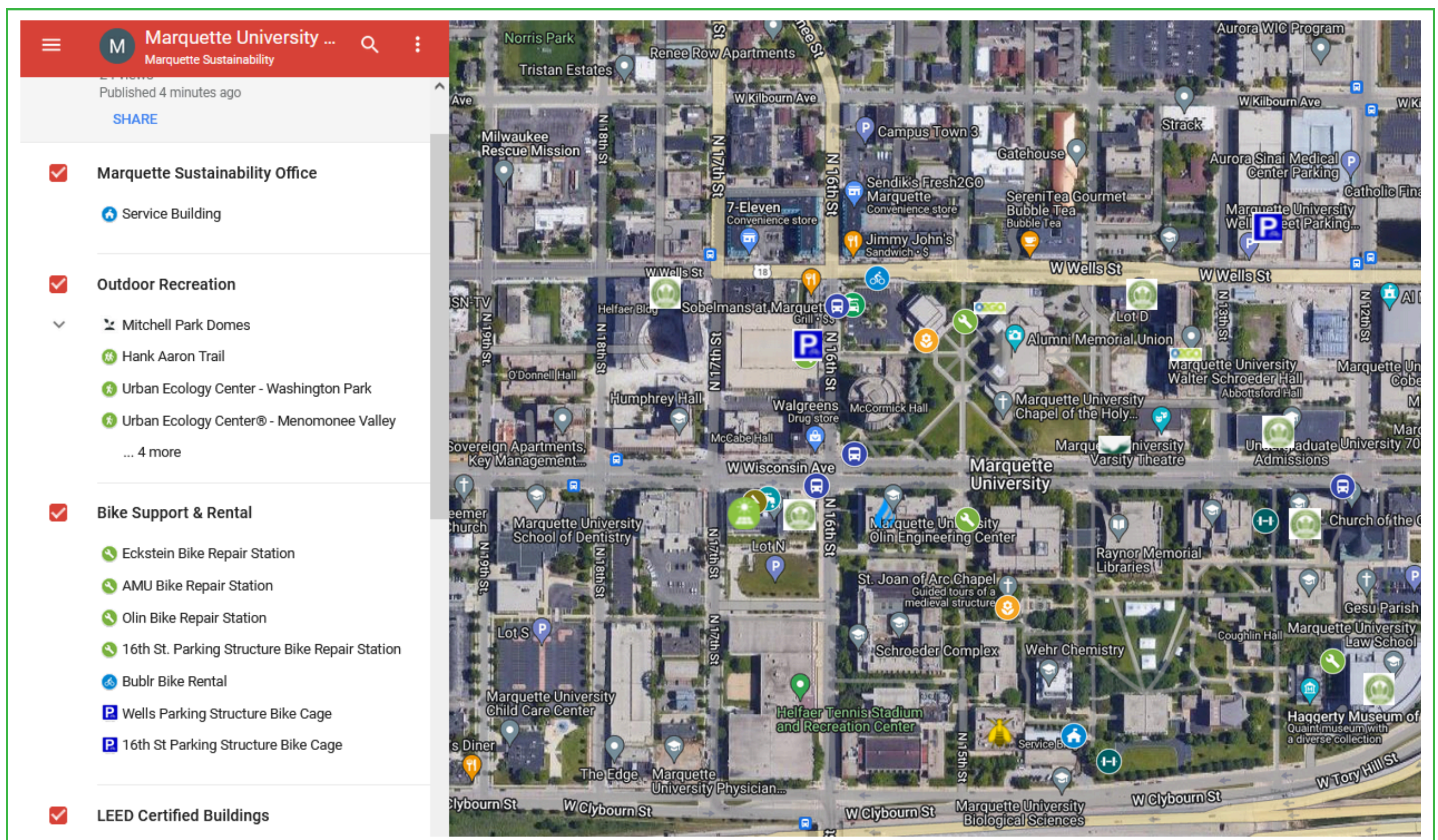
The [Urban Ecology Center](#) is a local Milwaukee non-profit that strives towards connecting people in cities to nature and each other. They provide environmental education, land stewardship, outdoor recreational activities, and much more!

There are three Urban Ecology Center locations throughout Milwaukee:

- [Riverside Park](#)
- [Washington Park](#)
- [Menomonee Valley](#)

CAMPUS SUSTAINABILITY MAP

Use the Marquette University [Sustainability Landmarks Map](#) to locate nearby sustainability resources or to take a self-guided walking tour of our sustainable campus.



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, Sustainability Committee

SEAC // Students for an Environmentally Active Campus

Campus Sustainability Internship Program

MU Food Recovery Network

Marquette Volunteer Corps

Native American Student Association

Marquette Outdoor Adventure Club

CONTACTS AND CAMPUS RESOURCES

Email: sustainability@marquette.edu

MU Sustainability website: marquette.edu/sustainability_

Instagram: @marquetteugreen



CAMPUS SUSTAINABILITY