

Rider University

Bronc's

Green

Guide



A Guide to Sustainable Living at Rider

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Bronc's Green Guide :

A guide to sustainable living at

Rider University

Updated July, 2024

Office of Sustainability

“Every day we live unsustainably, we steal from our children and our children’s children. In years to come, they will ask us the same terrible question, the same awful and incredulous question asked of every human being complacent in the face of evil; How could you not have known? Knowing what you knew, how could you have failed to act?”

-Y.E.R.T

Refuse, Reduce, Reuse, Repurpose, and RECYCLE

Sustainability is meeting the needs of the present without compromising the ability of future generations to meet their needs.



Waste Management of New Jersey
2011 Environmental Stewardship Award

Presented to

Rider University

In recognition of your dedication and commitment to the environment by taking measures to reduce waste, increase recycling, and educating your employees.

John Harris, Award Vice President
April 22, 2011



Dual stream recycling

Rider's recycling accepts :

Plastics #1, 2, & 5 only!

Aluminum

Glass

Paper

Cardboard

These materials must be separated into two separate recycling bins. One bin for acceptable plastics, and aluminum, and one bin for paper and cardboard.



NOT Accepted

Greasy pizza boxes

Styrofoam

Plastic Bags

Disposable Coffee Cups

Food Waste

TERRACYCLE is an International upcycling and recycling company that collects difficult to recycle packaging and products and repurposes the material into affordable, innovative products. TerraCycle is widely considered the world's leader in the collection and reuse of non-recyclable, post-consumer waste. It is located right down the road in Trenton, NJ and we are close partners with their different recycling brigades.

Brigades on campus:

- Techno Trash
- Writing Brigade



Don't Trash it,

Recycle it

Rider works with Helpsy to dispose of any unwanted clothing, shoes and accessories from students. Two weeks prior to move out, Helpsy places large bins in each residence hall. The items donated are properly recycled or reissued to populations in need throughout

Recycled Pages In the

spring of 2011, the Sustainability Department teamed up with Recycled Pages to collect unwanted books and textbooks from students, faculty and staff. A Recycled Pages collection box stands outside of the bookstore for donations.



Technology & Printing:

Print Efficiently- Print double sided, shrink the page margins, print multiple slides to one page, reduce font size, reduce spacing

Go Paperless In Class- Take notes on your laptop, read and annotate articles on the computer and ask if you can submit assignments through Canvas.



**5 Paper Tips:
Think Before You Print**

1. Use both sides of the paper
2. Go digital – read, send and store digital documents
3. Be selective about what you print
4. Reach for the right paper
5. Recycle

Easy Print allows students to print to locations on the Lawrenceville campus while connected to the Rider University network. Reduce waste with Easy Print by viewing and releasing print jobs. Unwanted print jobs can be manually deleted or are automatically deleted after 4 hours, helping reduce negative impact to the environment.

Brought your own printer?
Use vegetable based ink, recycle your ink cartridges with the Office of Sustainability, and use recycled paper!

Eliminate Phantom Energy Usage– Almost all electronics, especially chargers use energy if plugged in even when the device is turned off! Do your part by unplugging or turning power strips off when not in use. Don't forget to turn your electronics off when not in use to save power.



Techno Trash- In order to cut down on electronic waste, bring your e-waste to the Office of Sustainability! This allows students to safely recycle their old CDs, DVDs, phone chargers, and ink cartridges. The techno trash is collected by the Eco-Reps and disposed of properly.

When Using Your Computer– make sure to use your energy saving settings. Set your screen to go into sleep mode after 5 minutes of inactivity and for your computer to fall asleep after 15 minutes of inactivity. Only turn your computer on when you are actually using it and pass on using screensavers which use up a lot of energy.

Battery Life- You can save your computers battery life by keeping it cool. Do not place it on soft surfaces and keep your desk clean to prevent dust from clogging vents.

Food and Water:



Water Bottle Fill Stations (Elkay Units) Water Fill Stations are installed in over 50 locations on the Lawrenceville Campus, and have saved over 4.1 million single use bottles. Students are able to receive free, cool, filtered water eliminating the need for plastic water bottles which carry a hefty carbon foot-

Reusable Coffee Mug!

Bring your own coffee mug to any of Rider's Dining Locations to receive a 10 cent discount!



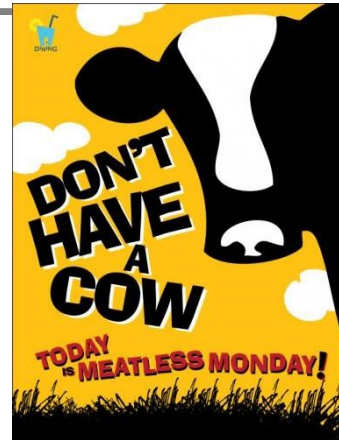
Cupanion! - Stick one of the Cupanion stickers on your reusable water bottle, or use one of the Cupanion cups. Download the Fill it Forward App , scan the bar code on either the sticker or cup and earn rewards while giving a cup of clean water to someone in need! Learn more at fillitforward.com!



Daly's Dining Hall– Bio-Digests 90% of the food waste generated and Recycles all fryer grease into biofuel. They locally source produce, bakery and dairy which supports the business of local farms, while reducing transportation costs and CO₂waste. Trays for buffet dining were eliminated in 2009, reducing food waste, energy and water plus chemicals needed to wash trays.

Food Waste Diversion

Food waste is any portion of food that is unused after preparation or uneaten during meals. Rider installed a bio-digester in 2014 to convert any un-used food waste into grey water. Rider diverts an average of 1,100 lbs. of food a week from being sent to landfills.

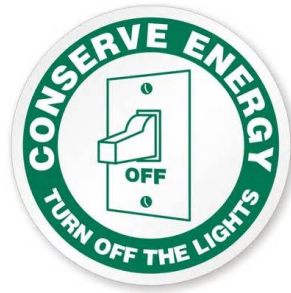


Meatless Mondays– Some Mondays throughout the year Daly's Dining Hall goes meatless! Meat production creates tons of methane, requires large volumes of water, causes grassland destruction, and deforestation. Do you part by trying to pick vegetarian or vegan options more frequently.



Rider's Green Acres - Is the organic community garden that focuses on connecting the Rider community through educating the campus about sustainable agriculture hands on. You can volunteer in exchange for the free organic produce!

In your dorm:



Lighting

Turn them off– Turn off your lights every time you leave the room.

Utilize the sun– Open the blinds/curtains on sunny days and let the sun be your lamp.

Go energy efficient– Use compact fluorescent (CFL) or LED light bulbs for your desk lamps.

Using your fridge?

Share it— Share the fridge with your roommates so you only need one that way you can cut back on your energy usage.

Unplug it – When your fridge is empty no need to keep it cool, turn it off. Make sure to empty and unplug your fridge on breaks and leave the door open too! Leaving it plugged in and full over breaks will be a waste of energy when your food probably won't last that long anyway.

Know what you want before you open the door – Standing there with the door open deciding what to eat is a huge waste of energy!

Give it some room – Don't push the fridge right up against the wall, leave some room for the coils to ventilate and make sure they stay clean!

Cleaning

Go harsh chemical free— Try to use all natural or Eco cleaning products. Always get non-toxic brands. Vinegar makes a great replacement for bleach!

Reduce waste— Use a rag when dusting and cleaning to reduce the amount of paper towels that end up in the landfill. Use reusable, durable and naturally made tools like mops, brooms, sponges, vacuums and more.



Purify your air naturally

Get some indoor plants for your room, to purify the air and give you some more oxygen!



Control the temperature

If you have control of the thermostat for your room, keep it at a moderate temperature in both the winter and summer.

In the winter- Use an extra blanket, dress accordingly and use insulated curtains to keep out the cold.

In the summer— Open the windows at night to allow the cool breeze to cool off the room and close the blinds during the day to prevent the sunlight to come in and warm the room.

In the bathroom:

Maybe include something about making soaps out of homemade materials to:

Reduce plastic and paper waste that is traditionally found with store bought bars of soap or body washes

To ensure your soaps can be made in a sustainable fashion

Regulate exactly what ingredients are in your product. Lots of soaps and home materials contain unnecessary additives and chemicals



Natural Coconut Shampoo

You will need:

1/4 cup coconut milk · 1/4 cup liquid castile soap · 20 drops of essential oil of choice ·

For dry hair: add 1/2 tsp. olive or almond oil

How to make:

1. Combine all ingredients into a jar or bottle, shake well to mix
2. Shake before each use
3. That's it! You can use this for up to a month!

Essential oil examples: · Lavender oil—for relaxation, improves sleep · Rose oil—boosts mood · Frankincense oil—stress relief · Sandalwood oil—woody aroma, mental clarity

SMOOTH

DIY SHAMPOO BAR FOR ALL HAIR TYPES

INGREDIENTS

9 ounces coconut oil	1 ounces shea butter
9 ounces olive oil	1 ounces bees wax
6 ounces castor oil	4.6 ounces lye
5 ounces cocoa butter	13 ounces filtered water
4 ounces apricot kernel oil	1 ounce essential oil of choice

DIRECTIONS

Combine coconut oil, olive oil, castor oil, cocoa butter, apricot kernel oil, shea butter, + bees wax in stainless steel pot, melt over medium/low heat. Remove from heat + cool to 100°F.

Outside, with gloves + a mask, pour lye crystals into water, stir until dissolved. Cool to 100°F. If oils or lye water are not cooling at the same rate, use a cold water bath in the sink.

When mixtures are at the correct temp., combine + mix with a stick mixer until medium trace. Add essential oil + blend well.

Pour into mold; insulate for 24 hrs then remove from mold + cut.

Allow to cure for 4-6 weeks in a cool, non-humid location.

ECO Periods—Feminine hygiene products create huge amounts of waste and are full of chemicals. Consider reusable options like menstrual cups, cloth pads, and organic tampons.

Green your shower:

Save water– Take shorter showers and or turn the water off while you soap up.

Save energy– Try to take colder showers when possible to lower the energy usage.

See what is in your products– Check to see if the products are FDA– regulated. Switch to plant based and no harsh chemical cosmetics and soaps.



Turn off the faucet when brushing your teeth!

Invest in a sustainable toothbrush- Get a bamboo or recycled plastic toothbrush. To reduce plastic use.



Get Dry– Rider’s bathrooms use air dryers to cut down on the amount of wasteful paper towels used to dry your hands. If you live in a resident hall room with a private bathroom, be sure to use linen towels to keep up with this effort!

Don't forget to turn off the lights when you leave the hall bathroom!

In the laundry room:

Only wash full loads – The machines use the same amount of energy regardless of the amount you put in.

Wear it twice – Just because you wore it once doesn't mean it is dirty. A lot of clothes last longer with less washings. Just air them out if they didn't get dirty.



Using the Washer-

Wash on Cold– about 90% of the energy used in washing clothes is heating the water. Newer detergents will still dissolve and clean your clothes in cold water.

Use Natural and Eco friendly detergents— To cut back on your use of toxic chemicals. It will be nicer to your skin and the fabric.

Using the Dryer

Try Air Drying—Invest in a clothes rack and let your clothes air dry. This is gentler on your clothes, will save a ton of energy and will prevent the shrinkage that happens in the dryer.

Clean out the Lint Screen before each use– If you are going to use the dryer be sure to empty the lint screen. It will allow the machine to run more efficiently and if not cleaned out it can be a major fire hazard.

Use Reusable Wool Dryer Balls- Forget the fabric softeners and dryer sheets and get reusable dryer balls. They will get rid of static, cut back on your waste and use of harsh chemicals.



DIY Reusable Dryer Balls

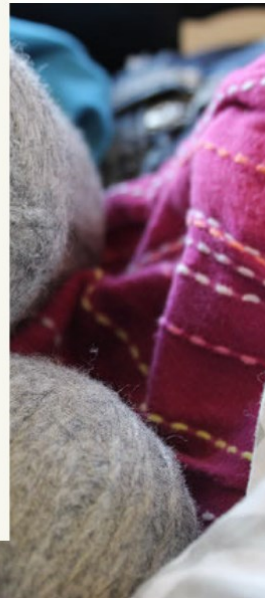


materials

- 4-6 skeins 100% wool yarn (must be 100% wool and not labeled "superwash")
- crochet hook or tapestry needle (or a blunt pointy object to tuck in ends)
- one pair of nylons or pantyhose
- yarn or ribbon to tie off the pantyhose
- scissors
- washer and dryer (for felting)

instructions

- Begin by winding the end of the wool yarn around your two fingers and wrap the yarn around itself tightly a couple of times.
- Fold yarn over and begin wrapping into a ball. Alternating sides as you go, so you don't end up with an oblong shape.
- Continue rolling & balling the yarn until you have finished the entire skein. It should be about the size of a softball. Tuck excess yarn into the ball carefully.
- Cut the full leg off your pantyhose. Carefully place the Dryer Ball into the stocking. Push it all the way to the bottom so that the stocking is tightly wrapped around the ball.
- Pull the stocking around the ball tightly and tie off with craft yarn to secure in place. Repeat with all of your dryer balls
- Run your wash machine on the Hot water cycle. Then throw the balls into the dryer with towels for agitation & dry on the hottest setting. Repeat until fully felted!



Getting around:



Rider University Shuttle

Rider operates a free campus-to-campus shuttle Monday through Saturday during the Fall and Spring semesters. On Saturdays the route is expanded to include transportation hubs, and local attractions. Near the Rider sign at the front of campus, there is also an 606 local bus stop! Check the NJ Transit website for route timetables.

Bike Racks- In an effort to promote environmentally friendly transportation, several bike racks were installed on both campuses. These racks have been placed in convenient locations so that riders can safely park their bikes without worry. Check online for the nearby Lawrence Hopewell Trail map!



1. Drive more efficiently

Travel light. Extra weight in your car decreases fuel economy.

Slow down. Driving too fast significantly reduces the efficiency of your car.

Don't idle. Idling for more than ten seconds uses more gas than it takes to turn off your car and then restart the engine.

2. Drive less often

Combine trips. Instead of making lots of little trips throughout the week, save all of your errands for one big trip within the same area.

3. Keep your scheduled maintenance

Get a tune up and inflate your tires. Make sure that your car is running properly for efficient trips.

4. Find alternatives

Carpool. Going to the same location? Take one car!

Take public transit. Use the Rider shuttle or bus

EV Charging INFO—

- Electric vehicle charging stations are available on the Rider University campus. Faculty, staff, students, and approved visitors that have received a pin number for charging may use these stations to charge their hybrid/electric vehicles.
- Parking spaces designated for the exclusive purpose of charging an Electric Vehicle at an Electric Vehicle Charging Station are clearly identified with conspicuous and permanently
- Only current Rider faculty, staff and students who have created an Electric Vehicle charging account and have registered their Electric Vehicles with the Office of Sustainability are permitted to use Electric Vehicle Charging Stations.
- The addition of EV charging stations supports the University's goal of reducing carbon emissions. The more carbon free modes of transportation there are, the better our carbon footprint will be. Transportation is the second largest carbon emitter after energy use on Rider's annual greenhouse gas emissions inventory following energy.



Shopping:

Skip the bag!

Choose to use neither paper or plastic and use reusable cloth bags while shopping instead.



How to shop:

Think before you buy— Do I really need this item or can I do without it?

Fix it before buying new— Try to fix something that is broken before chucking it away.

Buy it used -See what you can get at a thrift shop, its usually cheaper and just as good!

Shop locally owned businesses— Support your local economy.

Get fresh— Get produce and more at local farm stands or farmers markets. There are a ton around Rider!

What to buy?

Made in America— support our economy while cutting back on shipping by trying to only buy American made products.

Try buying organic and natural

Clothes and other cloth items made from organic cotton, wool, soy, hemp or bamboo cloth items.

Food try buying organic, non-GMO fruits, veggies and grains. For meats try and only getting free range, grass fed, no hormone poultry items.

Buy local in-season fruits and vegetables to cut back on the carbon footprint created by increased food miles

How to learn more:

Green Films– There are SO many films that center around environmental themes in various genres. The Moore Library has several of these that can be checked out. You can also find them on various streaming services.



Green Speakers– Rider hosts a green speaker who talk on a sustainable issue of their interest or expertise. Some past green speakers include: Bill Nye, Adrian Grenier, Rosario Dawson, Erin Brockovich and Tom Szaky (Terracycle).



A few times a year there is a new edition of **The Campus Green Newsletter** which can be found on Rider’s website under Sustainability. Also check for these on the Broncsgogreen webpage which also houses an event photo & video gallery, interesting articles and other features.



The Campus Green
Rider University 's first sustainable newsletter!

Sustainability Studies Minor– This minor concentrates on the interdependence of natural, economic and human systems. This program helps students explore the complex task of protecting the earth while generating economic welfare and ensuring social justice.

How to get involved:

Energy and Sustainability Steering Committee

(ESSC) -Composed of faculty, staff and students who collaborate on the second Tuesday of each month to develop programs and hosts activities on campus that support our sustainability mission.



Green Team— Becoming a member of the Green Team confirms your dedication in spreading awareness about sustainability to Rider University students, faculty, staff and the community surrounding Rider. As a member you are committing to assist the Eco-Reps in any way to spread this awareness.



Eco-Representatives (Eco-Reps) are undergraduate students who educate their peers and other community members about environmental issues and encourage them to live in a more eco-friendly way. They develop sustainability programs and participate in events on the Lawrenceville campus.



- **WCA-BGA**— Include information about the Westminster College of the Arts Green Alliance
- In association with Broadway Green Alliance
- Include information about the new brncsgogreen.com website for green resources

Events:

Campus Race to Zero Waste Is a 10-week competition that takes place throughout the spring semester. The competition is designed to increase landfill diversion initiatives across college campuses in the United States. Two pre-season weeks are used to determine benchmarks, followed by eight weeks of reporting weights for the competition in a variety of categories and special recycling events. Schools across the nation compete to have the most recycling as a campus, per capita, and in specific waste streams like paper and food and organics.



America Recycles Day— Is celebrated each year on November 15th, encourages Americans to reduce and recycle, invest in recycled materials, and increase education on local recycling options. Eco-Reps host an event including info tables, recycling games, and more.

Events Continued:

National Campus Sustainability Day-Is a celebration held each year to raise awareness within college communities and encourage students to adopt a greener lifestyle. One of the ways in which we celebrate is our annual festival complete with Eco-Friendly giveaways, and various games and activities. Through this event, we can show everything Rider has done to be sustainable as well as educate students on how they can get involved and go green with their clubs and organizations.



World Water Day- It is an annual international observance, an opportunity to learn more about water related issues, and be inspired to tell others and take action to make a difference. The UN designated March 22nd 1993 as the first World Water Day. Each year Rider hosts a water focused event for this day!

EARTH DAY

Earth Day-is celebrated on April 22 of each year, and marks the anniversary of the birth of the modern environmental movement in 1970. Our annual event, held on Earth Day each year, includes information tables on both projects that Rider is working on and those of local community organizations, interspersed with various games and activities.

Earth Hour - It is a global climate awareness campaign organized by the World Wildlife Fund. Earth Hour started in 2007 in Sydney, Australia when 5.5 million homes and business turned off their lights for one hour, on the last Saturday in March, to make a stand against climate change. Global landmarks all stand in darkness, as symbols of hope for a cause that grows more urgent by the hour. Each year, the Eco Reps host an Earth Hour event in the dark!



Arbor Day—In 1872 Julius Sterling Morton, proposed a tree planting holiday he called “Arbor Day” for April 10 of that year. Trees are an important resource for our environment because they not only produce shade to act as a natural air conditioner, but they also provide shelter for wildlife, reduce erosion of top-soil, filter ash, pollen, and dust from the air, absorb gallons of flood water and runoff, and produce oxygen just to name a few. Each year, Rider celebrates Arbor Day by planting a tree on campus along with other events.





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