

Sustainability Guides

Provided by the Sustainability Office

This guide's purpose is to provide a starting point for anyone who wishes to learn more about sustainability. There is a lot of information in this document and it is not meant to be read in its entirety. Use the command ctrl+f to search for specific topics or use the table of contents below. If everyone chose two or three of the ideas in this guide, it would be a huge step towards a more sustainable world.

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If you find information that is out of date, broken links, or have some information that you think should be included in the following guide, contact us at sustainability@truman.edu.

Sustainability Office

What is it?

The Truman State University Sustainability Office is an office of student workers at Truman that serves as an extension of the President's Sustainability Action Committee. PSAC is run by the Chief Information Officer of Truman as part of her/his duty to oversee all Sustainability efforts on campus. **Our specific purpose is to provide students with the resources they need to be more sustainable while also helping to increase general sustainability efforts on campus.**

Where is it?

The office is located in **Violette Hall 1310**, the second room on your left when you walk in from the East (Dobson) entrance. Our **hours are 10:00am-3:00pm** on weekdays during the Fall and Spring semesters.

What do we recycle?

Here we take many forms of recycling, including items not taken in the dorms/Kirksville. Anyone is free to stop by whenever we happen to be open to drop off their recycling. As long as it's clean and dry, we take:

Newspaper	Colored cardboard
Magazines	Plastic bags
Aluminum foil	Plastic films
Junk mail	Plastics 3, 4, 5, and 7
Office paper	Terracycling (bottle caps)
Non-colored cardboard	Energy bar wrappers
Batteries	Milk, juice, and egg cartons
Plastics denoted #1 and #2	Phones
Aluminum, tin, and steel cans	Ink cartridges
Glass	Clothing
Magnetic media (CDs, VHS tapes, cassettes, floppy disks)	Eye glasses
	Contacts packaging

What do we rent out?

Any organization can request different items to use for hosting events. Simply fill out our [request form](#) (QR code is in our window) to ask for any of [our inventory](#). You will receive a

confirmation email to let you know that the inventory requested is available for pick up. Inventory can only be rented for **up to a week**, and must be returned clean and ready for another organization to use. We may work with organizations if they'd like to check out inventory on a consistent basis.

What do we give away?

We have an assortment of free items. Anyone can pick up one of the following items for no cost: **water bottle, travel mug, tumbler, bike bell, shopping bag, compost bin**, or assortment of environmental related stickers.

How can the office be used?

During office hours, anyone is welcome to drop by to ask any questions they may have about sustainability at Truman. **All visitors are required to wear masks**. We also allow environmentally-related organizations and groups to use the office as a place to meet.

RECYCLING

[Kirksville](#)

[St. Louis, MO](#)

[Kansas City, MO](#)

[Columbia, MO](#)

On Campus

Dorms and Academic Halls

You can find multi-bin recycling in the dorms and specifically labeled bins in the academic halls. Because Truman falls within the city limits, these bins take the same materials that curbside collects for each corresponding recycling bin. Some dorms have baggies for soda pop tabs next to their metal recycling. Behind the dorm buildings are caged areas for disposing of brown cardboard boxes. Please break the boxes down before throwing into the cage for recycling.

Take any plastic bottle caps and place them in the terracycling bin either in the SUB near Mainstreet Market, or bring them to the Sustainability Office.

The small blue bins found in classrooms are for paper and cardboard only.

Student Government provides recycling bins to check out and keep in your room for the semester to make it easier to collect your recycling.

Office

Here we take many forms of recycling, often outsourcing to nearby cities;

- ★ What Kirksville takes (metals, plastics #1 and #2, office paper, newspaper)
- ★ Plastic bottle caps (terracycling)
- ★ Batteries
- ★ Cell phones and electronics
- ★ Glass recycling
- ★ Foil
- ★ Milk and Egg Cartons
- ★ Brown cardboard and chipboard
- ★ Plastic packaging and grocery bags
- ★ Shredded paper
- ★ Plastics #3-7 and nondescript plastics
- ★ Light bulbs

Kirksville

Curbside

Upon request, Kirksville residents can receive a blue-lidded recycling bin for free; the price of recycling pick-up is included with trash services. Just call RTS at 660-784-2474 to request a bin. An additional bin is also available for free by request, or extra recyclables may be placed in a transparent bag next to the bin. For curbside collection, you may put all your recyclable goods in the same bin. Just make sure all contents are clean and dry. The following items will end up being recycled:

- ★ Newspaper and inserts
- ★ Magazines
- ★ Junk mail
- ★ Office paper (if shredded, place in a sealed bag)
- ★ Cardboard and chipboard
- ★ Plastics denoted #1 and #2 (remove lids)
- ★ Milk Jugs and Grocery Bags
- ★ Aluminum, tin, and steel cans (rinse and remove labels)

Curbside recycling is picked up every other week on the same day as trash pick up.

Glass Recycling

The city also provides glass recycling. For this service, you may pick up a bin from City Hall for \$3.99 and then fill with glass containers such as drinking glasses, vases, and food and beverage containers, lids off (if aluminum, put in normal recycling). Still ensure that all contents are clean and dry, and they will be picked up for recycling on the first Monday of the month.

Community Opportunities

Community Opportunities is a recycling drop-off location at 1001 S Osteopathy in Kirksville.

They recycle the following:

- ★ Office paper
- ★ Shredded paper (sealed in a bag)
- ★ Newspaper
- ★ Cardboard and chipboard (even with residues)
 - Can have residues
 - Does not take wood or soft papers (towels, etc)
- ★ Aluminum cans
- ★ Books
- ★ Magazines
- ★ Place out back for glass

They also provide confidential document shredding and recycle that paper as well. Drop off bins are located at the back of the building as well as in the Walmart parking lot at the southwest corner. For more information, call 660-665-5768 and ask for Rose or Tom, or visit <https://communityopportunity.wixsite.com/commopportunities/services>.

Victory Metals

For larger pieces of metal, visit Victory Metals at 3602 N Industrial Rd. in Kirksville. V.M. recycles ferrous and non-ferrous metal such as bumpers, stoves, and piping, as well as electronic waste like computers and cell phones. V.M. also recycles batteries. For more information, visit their website at <http://victorymetalrecycling.com/> or call (660) 665-8000.

Outside Cities

St. Louis, MO

Curbside Rollcart;

- ★ Paper (if shredded, put in a stapled paper bag labeled “paper shredding”)
- ★ Flattened cardboard and chipboard/single ply
- ★ Plastic bottles and containers
- ★ Glass bottles and jars
- ★ Metal food and beverage cans
- ★ Food and beverage cartons (NOT from the freezer aisle)

No plastic grocery bags!! All recycling must be loose, not in bags.

Tips;

- ★ You can recycle pizza boxes and paper plates as long as they don’t have grease or food residue spots bigger than your hand.
- ★ Clean aluminum foil is recyclable.
- ★ You can recycle caps and lids by keeping them attached to your plastic, glass, and metal containers. You also don’t need to take the labels off!
- ★ Plastic bags and Styrofoam are NOT accepted for recycling in the City’s blue bins.

Additional Resources;

[St. Louis Recycling Drop-Off Centers](#)

[The Ultimate Waste Disposal Guide for St. Louis City Residents](#)

[RECYCLING 101](#)

[St. Louis Recycling](#)

Kansas City, MO

In order to recycle, you must use a blue or black recycling bin from participating Westlake Hardware or Price Chopper stores. Bins are \$9 each, and more than one may be used. Or, set extra recyclables in cardboard boxes, paper bags or plastic tubs next to the bin.

Recyclables are picked up at the curb on the same day as your weekly trash pickup. It's especially important to recycle high value materials like aluminum cans and newspapers.

Curbside;

- ★ Office paper, junk mail, newspapers (without plastic rain bag), phone books, catalogs and magazines
- ★ Manila folders
- ★ Advertising inserts
- ★ Brochures
- ★ Corrugated cardboard
- ★ Carrier stock (i.e. cardboard soft drink and beer cartons)
- ★ Chipboard (i.e. cereal and shoe boxes)
- ★ Paper/hardback books
- ★ Plastic bottles with a neck #1 and #2 (look for the number inside the chasing arrow symbol), such as water and soda bottles, milk jugs and detergent bottles. Lids may now be recycled, too.
- ★ Plastic containers #3 thru #7 (look for the number inside the chasing arrow symbol), such as yogurt and margarine/butter tub containers
- ★ Cardboard egg cartons
- ★ Pizza boxes (No food)
- ★ Shredded paper (in paper bags)
- ★ Drink cartons
- ★ Aluminum cans and other metal cans
- ★ Clamshells (Deli or salad bar containers)
- ★ Aseptic containers (milk, juice and vegetable cartons)
- ★ Clean aluminum foil and foil pans

Things you CAN'T recycle curbside;

- ★ Glass
- ★ Plastic bags
- ★ Styrofoam, including Styrofoam egg cartons
- ★ Motor oil bottles and other automotive product bottles
- ★ Containers for household hazardous material
- ★ Paper towels, tissues or napkins, plates or cups

- ★ Gift wrap
- ★ Photographs, blueprints and hanging file folders
- ★ Bags that contained pet food, fertilizer, charcoal or kitty litter
- ★ Metal pots

KC Recycling Centers;

- ★ Pleasant Valley Park
6401 N.E. Pleasant Valley Rd.
(East of N. Brighton)
- ★ 5200 E. Red Bridge Road
(Intersection of U.S.71/I-49 and Red Bridge Road – Next to the KCATA Park and Ride)
- ★ Environmental Campus
4707 Deramus

Materials accepted at drop-off centers;

- ★ Clear glass
- ★ Brown glass
- ★ Green glass
- ★ Aluminum cans
- ★ Tin
- ★ Office paper
- ★ Mixed paper
- ★ Newspaper
- ★ Magazines
- ★ Press board (cereal and food boxes)
- ★ Corrugated cardboard
- ★ Plastics #1 & #2
- ★ Toner and inkjet cartridges

Rigid plastics are not accepted.

Household Hazardous Waste;

Household hazardous waste can be dropped off at the Environmental Campus from 9:00 AM - 6:00 PM on Thursdays and Fridays and from 9:00 AM - 4:00 PM on Saturdays.

Electronics Recycling;

The Surplus Exchange provides electronics recycling in the Kansas City metro area.

Columbia, MO

Curbside;

Customers are mailed vouchers and may redeem them for blue recycling bags at local retail outlets such as Gerbes, Hy-Vee, Menards, Moser's, Schnucks and Westlakes Ace Hardware.

Blue bag;

- ★ Place rigid plastics #1-7
- ★ Glass bottles & jars
- ★ Aluminum & steel cans

Paper bag or Cardboard Box

- ★ All cardboard
- ★ Office paper
- ★ Junk mail
- ★ Newspapers & catalogs

Tips;

- ★ Place containers into blue bags and fibers into cardboard box or paper grocery bag
- ★ Do NOT place items curbside until after 4 p.m. the day before pick-up
- ★ Bags, boxes and bundles should weigh less than 50 lbs.
- ★ Call WasteZero, Inc. 1-800-866-3954 to request additional blue bag vouchers

Recycling Drop-Off Centers

Recycle anytime at any of these drop-off locations, make sure recycling is separated into blue bags, fiber materials, and glass.

- ★ Columbia College (Dulany Hall) – near 8th Street and Hickman Ave
- ★ Columbia College (Wightman Bldg.) – south end of Pannell Street
- ★ Downtown (The Armory) – along Park Ave, between 7th and 8th Street
- ★ Downtown (10th and Cherry) – south side of 10th & Cherry Parking Garage
- ★ Home Depot – 3215 Clark Lane, near the I-70 & HWY-63 intersection
- ★ Moser's on Keene – 900 North Keene St, near the I-70 & HWY-63 intersection
- ★ Moser's Supermarket – 705 West Business Loop 70, near ALDI
- ★ South Providence – 3601 S Providence Road, on the outer road
- ★ State Farm Parkway – near the Grindstone north of E. Nifong Blvd
- ★ University of Missouri (Bluford Hall) – along Kentucky Blvd
- ★ University of Missouri (Schurz Hall) – near College Ave and Ashland Rd

Container Bin;

- ★ All Plastics (#1-7),
 except Styrofoam or any kind of
 plastic film/bags
- ★ Glass Bottles and Jars

Fiber Bin;

- ★ Cardboard (flattened)
- ★ Office Paper
- ★ Newspaper

- ★ Aluminum Cans
- ★ Metal Food Cans

- ★ Junk Mail (including paper envelopes, magazines and catalogs)
- ★ Boxboard and Chipboard (cereal/cracker boxes)

Glass Only Bin (State Farm location only);

Accepted;

- ★ Glass food and beverage containers
- ★ Drinking vessels
- ★ Candle Jars
- ★ Cosmetic bottles and Jars

Not Accepted

- ★ Porcelain
- ★ Ceramic
- ★ Mirror
- ★ China/Leaded glass
- ★ Milk Glass and dishware
- ★ Pyrex and Corningware
- ★ Windows, shower doors, tabletops

Additional Resources;

[Residential Recycling Brochure](#)

Anywhere Else

Don't see your city listed? Use the resources below to find out where you can recycle anything from yard waste to lightbulbs in any city in North America or email us at sustainability@truman.edu with any questions!

- ★ Great resource for finding recycling anywhere: <https://search.earth911.com/>

Composting

Composting On Campus

- ★ The Composting Project collects food and waste scraps from the dining halls, Mainstreet Market, Einsteins, and the Library Starbucks and takes them to the University Farm
- ★ Students can pick up a personal compost containers from the Sustainability Office for free
 - Store the container in the freezer to prevent early breakdown and cut down on the smell
 - Line the container with paper towels to make it easier to clean
- ★ They can then empty their containers into the green bins behind dorms or the Compost Project's public collection bin on South Elson Street, located at the Communiversity Garden site, just east of West Campus Suites.
- ★ Any food material, paper towels and paper napkins are accepted, but no food packaging, plastic or pet waste

Composting Off Campus

- ★ Students living off campus can still pick up a free compost container from the office.
- ★ They can sign up to have their compost picked up by the rot riders by emailing rotriders@kvpermaculture.org.
- ★ Or you can start your own compost in your backyard!

Get Involved

- ★ Reduce the amount of food waste created by taking less at the cafeterias or buying smaller amounts of food at a time
- ★ Volunteer with the Rot Riders by emailing rotriders@kvpermaculture.org.
- ★ Work at the Composting Project on campus
- ★ Make your own compost in your backyard following this guide; <https://learn.eartheasy.com/guides/composting/>

Additional Resources

- ★ [Compost Project](#), [Facebook](#)
- ★ [Rot Riders](#), [Instagram](#)

How to Shop Sustainability

Grocery

- ★ Bring a reusable shopping bag or produce bag
 - If you forget bags, paper is preferable to plastic bags
- ★ Avoid buying single use items like plastic silverware
 - You will save money in the long run by investing in reusable items
 - Check out our [Zero-Waste Swaps](#) section for a list of reusable items
- ★ Check the packaging labels and try to buy items with minimal or recyclable packaging
- ★ Buy in bulk whenever you can, this cuts down on the amount of waste from packaging
- ★ Shop locally;
 - The Kirksville Farmers Market is every Saturday 7am till noon on North Elson Street, on the west side of the Adair County Courthouse Square. It is open May through October.
 - The Hitching Post (Kirksville) is a local Amish-run discount grocery store that buys food from other grocery stores that have been “rejected” or past the due date; some items are organic
 - The Bent and Dent (La Plata) is similar to the Hitching Post
 - HyVee (throughout the Midwest) is a chain grocery store that carries a variety of produce and other food products that are grown locally
 - Zimmerman’s (Rutledge) is a Mennonite-run store that sells local meat, bulk foods, and health foods. For directions, contact Dancing Rabbit Ecovillage at 660-883-5511
- ★ Shop seasonally: Research what fruits and vegetables are in season as they are often cheaper, tastier, and takes less artificial energy to grow
- ★ Buy imperfect produce or the ‘ugly ones’ as they are often thrown out when no one buys them even if they are still good
- ★ Research Fair-trade and organic certifications and logos to know what to look for

Health and Beauty Products

- ★ Look for the following logos on beauty products like makeup and hair products;
 - These are the three logos that people can trust to be truly cruelty free as many brands try to put on fake labels to raise sales.



LOGO:
Leaping Bunny

ORGANISATION:
CCIC & BUAV (Cruelty-Free International)

LOCATION:
International



LOGO:
Caring Consumer

ORGANISATION:
PETA

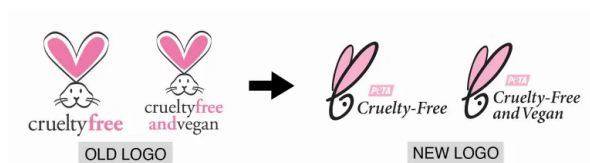
LOCATION:
USA-based



LOGO:
CCF Rabbit

ORGANISATION:
Choose Cruelty-Free

LOCATION:
Australia-based



- ★ Some companies are cruelty free but do not pay the extra fee to use the logo, check to see if they are cruelty-free certified using these databases;
 - [Leaping Bunny Approved Brands](#)
 - [Peta's Cruelty-Free Certification Database](#)
 - [Choose Cruelty Free List](#)

Clothing

- ★ **Shop Second Hand!** You save lots of money and reduce textile waste.
 - The Crossing Thrift Store, Kirksville
 - Hidden Treasures, Kirksville
 - Local Salvation Army or Goodwill
- ★ Avoid synthetic fibers like polyester, nylon, or viscose
 - Or check to see if it was made from recycled plastic bottles or fishing nets
- ★ Look for more environmentally friendly fabrics like Organic cotton, Hemp, Bamboo, Lyocel, or Linen.
- ★ Rent special occasion garments
- ★ Research a brands environmental impact before you buy their products
 - [Good on You clothing brand ratings](#)

How to Eat Sustainably

Tips for Eating at Home;

- ★ Reduce unnecessary waste by only buying what you need and don't cook more than you will eat that day or for leftovers. Wasted food makes up 22% of the waste in landfills in the US.
- ★ Compost any leftover scraps and organic materials to reduce what ends up in landfills
- ★ Shop local food sources like the farmers market or locally sourced grocery stores
- ★ Cut down on your consumption of meat and animal products as they require a lot of resources to produce
 - Start Meatless Mondays and research alternate protein or vegan meals to try
- ★ Avoid highly processed foods
- ★ Start a small vegetable garden in your backyard or a salad garden
- ★ Eat more plants and experiment with plant-based meals
 - This does not mean just vegetables, beans, nuts, fruit, and rice are all plants too!
- ★ Shop for foods that are in season, they are more flavorful and take less artificial energy to grow
- ★ Choose foods with minimal packaging or recyclable packaging

Tips for Eating on the Go;

- ★ When eating fast food, bring your own reusable silverware, water bottle, and to-go containers to reduce the amount of single-use items used in the food industry
- ★ Check out locally sourced non-profits like [Take Root](#) in Kirksville
- ★ Try out the local Mom and Pop restaurants and cafes

Gardening

There are many different types of gardens, far too many to cover in this guide. What will be included below will be very basic instructions for a garden followed by things to consider and ideas to include when creating your own garden space.

Garden Basics;

Most plants come in mainly in two different styles, seed packets, or plant starters. Usually each plant will have more specific information about its sunlight and water needs on the seed packet or plant tag. When you get your plants follow these basic instructions on how to plant and take care of them.

1. Find a good place to keep your plants.
 - a. If planting in the ground, find a place that has sufficient sunlight for the plant's needs.
 - b. If planting in a movable container, put in fresh potting soil and make sure the container has good drainage.
2. Dig a small hole large enough to fit and cover your seeds or the base of the starter plant.
3. Place the seeds or starter in the hole and gently pack soil over the seeds or around the plant's stem.
4. Gently water the area immediately after planting and daily for the next few days to help the plant get established. If planting seeds, water every day until sprouts appear.
5. Water your plants every few days or when the soil is dry, check the tag or packet to see if there are any special watering needs.
6. If the plant is in a moveable container, make sure it is in a spot that is getting sufficient sunlight and away from any vents or heaters

Garden Best Practices;

- ★ Only water in the morning or evening if you can, this helps reduce water loss to evaporation and results in better soil absorption
- ★ Water the base of the plant to keep from damaging the leaves
- ★ Reduce the water pressure when watering to prevent washing away soil
- ★ Plant rows north to south to maximise sunlight exposure
- ★ Don't reuse potting soil from previous pots, the nutrients are mostly depleted, instead use it to fill in holes in the yard or spread out it in the garden
- ★ Plant seeds and starters far enough apart to prevent crowding and competition for nutrients, spacing is usually specified on the seed packet or plant tag
- ★ Reduce pesticide usage and plant natural bug repellant flowers like marigolds or citronella plants

Garden Ideas;

- ★ Research what plants are native to your area and include those in your garden
- ★ Try to avoid plants that are considered invasive in your area
- ★ Watering with water used to cook pasta or boil food is a good way to conserve water and add some micronutrients to your garden. Just make sure its cooled down first
- ★ Build a [wildlife habitat](#) in your backyard
 - [Tips](#)

Fertilizers

Most plants need a mix of three macronutrients often denoted as NPK;

- ★ **Nitrogen:** Most useful for increasing plant yield and speeding plant growth.
- ★ **Phosphorus:** Beneficial for “bulking up” plants, such as fruit and flower growth, and creating bushy leaves and sturdy roots.
- ★ **Potassium:** All-around soil conditioner, helping your plants retain water, resist pests and disease, and produce the necessary proteins for growth.

Use the following DIYs to make organic fertilizers using leftover scraps. Note: Be careful not to over-fertilize as this can cause the plant to have trouble absorbing other nutrients that it needs. Fertilizer burn is a sign of over fertilization, edges of leaves will turn brown and dry. Try to limit fertilizing to every three weeks to once a month during growing seasons.

- ★ Make DIY banana tea fertilizer for a potassium boost!
 - Add one banana peel to a quart jar
 - Fill jars with water and seal
 - Allow to sit for about a week before using on your potassium loving plants!
- ★ Mix dry, used coffee grounds into the soil to add nitrogen
- ★ For phosphorus, grind up boiled fish or chicken bones and mix into the soil
- ★ Dry and powder egg shells to add to the soil for some calcium

Pollinator Garden

Pollinators like bees and butterflies help supply up to 35% of the food supply. Supporting these species is critical as many are endangered and are dying out.

- ★ Research what plants attract pollinators
- ★ Choose flowers that bloom at different times to support pollinators all season long
- ★ Milkweed, Sedum, Phlox, Sunflowers, Black-eye Susan, are all good butterfly plants
- ★ Bee Balm, Anise Hyssop, Willow, New England Aster, and Azaleas are the top five plants for bees.
- ★ Tulips, Marigolds, Petunias, Day Lilies, and Daisies are of little help to pollinators
- ★ Make a [bee watering station](#) with a dish and marbles

- ★ Make/Build wood nesting pollinator nesting boxes or bee hotels
 - [Instructions and Ideas Here](#)
- ★ Include dead tree trunks in the your landscape for wood-nesting bees

How to Save Energy

At Home

- ★ Turn off any lights you are not using
- ★ Study in areas where the lights are already on, like the Library
- ★ Open the curtains and use natural lighting as much as possible
 - This also has major health benefits and can help warm your house in the winter
- ★ Unplug any appliances you aren't using even if it is turned off, they still use a little electricity, same with chargers
 - Or purchase a smart power strip that shuts off electricity to the socket after inactivity or at an assigned time
- ★ Don't let devices charge overnight, it wastes energy and can cause long-term damage to the battery
- ★ Replace burnt out bulbs with Light-Emitting Diodes (LEDs), they may cost more but they last a lot longer and use a lot less electricity, saving you money in the long run
- ★ When buying new appliances, look for the blue "Energy Star" label that marks energy-efficient certified products
- ★ Wash your clothes in cold water, it's just as effective as hot water, better for the longevity of your clothes, and uses much less energy
 - Only wash full loads of laundry as well
- ★ Skip the drying machine and hang clothes to dry, especially in the summer
- ★ Lower the water heater's thermostat to 120 F and/or insulate it and the first six feet of water pipes to reduce heat loss
- ★ Install low-flow shower heads (under 2.5gpm are the best) this cuts both water and energy consumption
- ★ Take shorter, cooler showers
- ★ If you are leaving home for several days turn off and unplug any unnecessary appliances, turn off the water heater, and turn the thermostat up or down a few degrees depending on the season
- ★ In the winter, invest in some warm blankets and sweaters instead of turning the heat up
- ★ Plant trees on the sunny side of the house to reduce heat in the summer but still benefit in the winter when the trees drop their leaves

When Traveling

- ★ If your destination is close enough, try biking to work or school
- ★ Buy used cars or bikes, there are many out there still in good condition and are much cheaper than new models
- ★ Learn to drive a stick-shift, they can be more fuel efficient

- ★ Find a carpool or use public transportation to get to work or school
- ★ Try and do as many errands as possible in one trip and map them out to find the most efficient route
- ★ Do some research about your accommodations to find energy conscious places to stay, do the same with the companies that own airlines and trains to find the best ones
- ★ Decline daily fresh sheets and towels in hotels, you can reuse them for several days before needing new ones
- ★ Try using public transportation when in a different city instead of renting a car
- ★ Bring a reusable water bottle and avoid buying plastic bottles

Sustainability Tips

General Tips;

- ★ Look into what chemicals are safe for the environment to use in cleaning agents, detergents, etc. - think about where everything goes after the drains
 - The EPA has a “Safer Choice Standard” certification that is put on products that meet their standards for safer and healthier ingredients. Some companies don’t pay the extra fee to use the logo so check here to see if they still meet the standards; <https://www.epa.gov/saferchoice/products>.
 - This link has a list of chemical ingredients to try avoiding; <https://toxicfreefuture.org/chemicals-of-concern/>
- ★ Research any products or brands that you shop
 - Check out our [Health and Beauty Products](#) or [Clothing](#) sections for some tips

Minimize use of single-use plastics and employ these “Zero-Waste Swaps”

Many reusable options are not only better for the environment, but also better for your wallet! You spend much less on reusable products that you only have to buy once than on products that you have to purchase over and over after throwing them away.

Home

- ★ Use/make DIY or Organic Cleaners instead of commercial ones
 - Most organic cleaners do not disinfect as certain chemicals are needed to kill germs but many are great at cleaning surfaces!
 - List of green cleaning companies
 - [Seventh Generation](#)
 - [Mrs Meyers](#)
 - [Grove Collaborative](#)
- ★ Use a reusable/refillable water bottle and avoid purchasing plastic bottles
- ★ Use a reusable straw made out of glass, bamboo, or metal. Glass seems to be the best as it is easiest to clean, does not affect the taste, but is still sturdy.
- ★ Invest in a couple sets of metal or ceramic plates and utensils, they are more cost effective in the long run and many plastic utensils cannot be recycled due to their size.
- ★ Use cloth napkins and towels instead of paper ones
 - You can easily make some by cutting up old clothes into squares or invest in some microfiber towels or cotton/linen napkins for something more stylish.
- ★ Dryer Balls instead of dryer sheets (and fabric softener)
 - Wool Dryer Balls not only cut down on drying time but they make your clothes softer and reduce static cling, replacing dryer sheets and fabric softener.

Hygiene

- ★ Shampoo and conditioner can now come in bar form, look for those wrapped in paper or other biodegradable materials, same with soap bars
 - Lush or Ethnique are good sources for hair product bars, they limit plastic use and are cruelty-free/vegan
 - Soap bars can be found just about anywhere
 - Avoid plastic packaging and look for soaps that have more naturally based ingredients or those proven to be safe to the environment
- ★ Menstrual cups or washable pads are great alternatives to single-use pads and tampons
 - They also have lower risks for irritation and toxic-shock syndrome and are more cost effective
- ★ Using toothpaste bites (search for ones in glass or plant based packaging over plastic) and bamboo toothbrushes can help provide dental hygiene without plastic tubing and brushes
 - <https://bitetoothpastebits.com/>
 - These come in multiple-month supplies, which makes up for the larger up-front cost.
- ★ Compostable Cotton Swabs instead of regular
 - Many cotton swabs (or Q-Tips) are already compostable. Just make sure the stick is made of wood or paper instead of plastic and you can throw them in the compost for them to break down.
- ★ Safety razor instead of a disposable one
 - A safety razor is 100% metal, meaning if it ever breaks you can recycle and get another one, already a step above plastic ones that you cannot recycle. And the blades are sooo much cheaper than buying replacement heads for regular razors. Or you can use an electric, epilator, or sugar wax.

Green DIY

- ★ Make easy cleaning clothes by cutting up old clothes
- ★ 1 part lemon juice, 1 part vinegar, 2 parts water makes a cheap, easy, and natural cleaner that works hard and smells amazing
- ★ You can even make your own deodorant and toothpaste using coconut oil, baking soda, cornstarch (for deodorant only), and plant oils of your choice.

Get Involved!

Jobs in Sustainability

There are several jobs on and off campus that support sustainability. Any listed below are available through Tru-Positions.

- ★ Recycling Worker
 - Scholarship, Workstudy
 - Sort University recyclables at Dulaney-Baldwin buildings, and pick up cans and plastic bottles from all buildings on campus.
- ★ Green Thumb Project Scholarship Worker
 - Scholarship
 - Help with various projects such as garden maintenance, after school garden club, and community events
- ★ Farm Worker
 - Scholarship, Work-Study
 - Daily duties at Farm, cleaning stalls, animal care, farm maintenance
- ★ Farm to Table Vegetable Production Workers
 - Scholarship, Work-Study
 - Assist Farm Manager & Farm to Table Coordinator with fruit and vegetable production, harvest, and distribution, and with on-campus produce stand ("Market on the Mall). Soil preparation, planting and transplanting, weeding/watering, Harvesting, processing and storage of vegetables, Delivery of fresh produce to campus dining services
- ★ Compost Project Worker
 - Scholarship, Work-Study
 - Workers, in teams of two, will collect food scraps from campus dining halls, transport them to the University Farm using the Compost Project pickup truck, mix the scraps with sawdust for composting, thoroughly clean bins, and return cleaned bins to the dining halls.
- ★ Bike Co-op Scholarship Worker
 - Scholarship
 - Bike shop: selling bike parts, handling bike sales and rentals, repairing bicycles and instructing people how to fix bicycles. Handling financial accounts and record-keeping. Bicycle advocacy, publicity, planning cycling-related events. Note that any single student need only perform some of the above tasks, but the largest number of positions involves work in the bike shop.

Environmental Campus Organizations

Student Groups

- ★ Environmental Campus Organization (ECO)
 - Mission: Advocate, educate, and bring environmental concerns to the forefront at Truman State University and in the Kirksville community.
 - Email: trumaneco@gmail.com
- ★ Wildlife Association
 - Mission: stimulate interest and increase knowledge in the field of wildlife among Truman students and the general public
 - Email: wildlife.truman@gmail.com
- ★ Communiversity Garden
 - Mission: The Gardening Club is an ever-evolving organism that seeks to enable students, faculty, and Kirksville community members to garden their way towards social, economic, and environmental justice as well as sustainability.
 - Email: trumancommuniverse@gmail.com
- ★ PLANTS (Plant Lovers Also Need To Socialize)
 - Mission: provide opportunities for faculty and students to converse and socialize with others interested in plant biology and to further botanical interest and knowledge within the Truman community.
 - Email: plants.truman@gmail.com
- ★ TruOutdoors:
 - Mission: Organize outdoors activities such as hiking, camping, backpacking, hammocking, etc. to promote love of the outdoors on campus
 - Email: truoutdoors@gmail.com
- ★ Rot Riders
 - Mission: To provide a free curbside compost pick-up service to off-campus residents
 - Email: rotriders@kvpermaculture.org
- ★ Enactus
 - Mission: Enactus is an international organization that aims to help complete the United Nations 17 Sustainable Development Goals through entrepreneurship action.
 - Email:

Student Government Committees

- ★ Environmental Sustainability Fee Accountability Fee

- The Environmental Sustainability Fee Accountability Committee strives to ensure the fair and beneficial allocation of the student Sustainability Fee.
- ★ Environmental Affairs Committee
 - Mission: The Environmental Affairs Committee strives to promote sustainable behavior and decrease the environmental impact of the University, its students, faculty, and staff.

ENVS Curriculum

[ENVS Minor](#)

- ★ A minor program where you can learn about the complex forces that influence the environment.

[IDS Major](#)

- ★ A program where you can design your own major or minor that is tailored to your interests

[ENVS courses](#)

- ★ This lists all of the courses offered on Environmental Studies