



SUSTAINABILITY

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Missouri State
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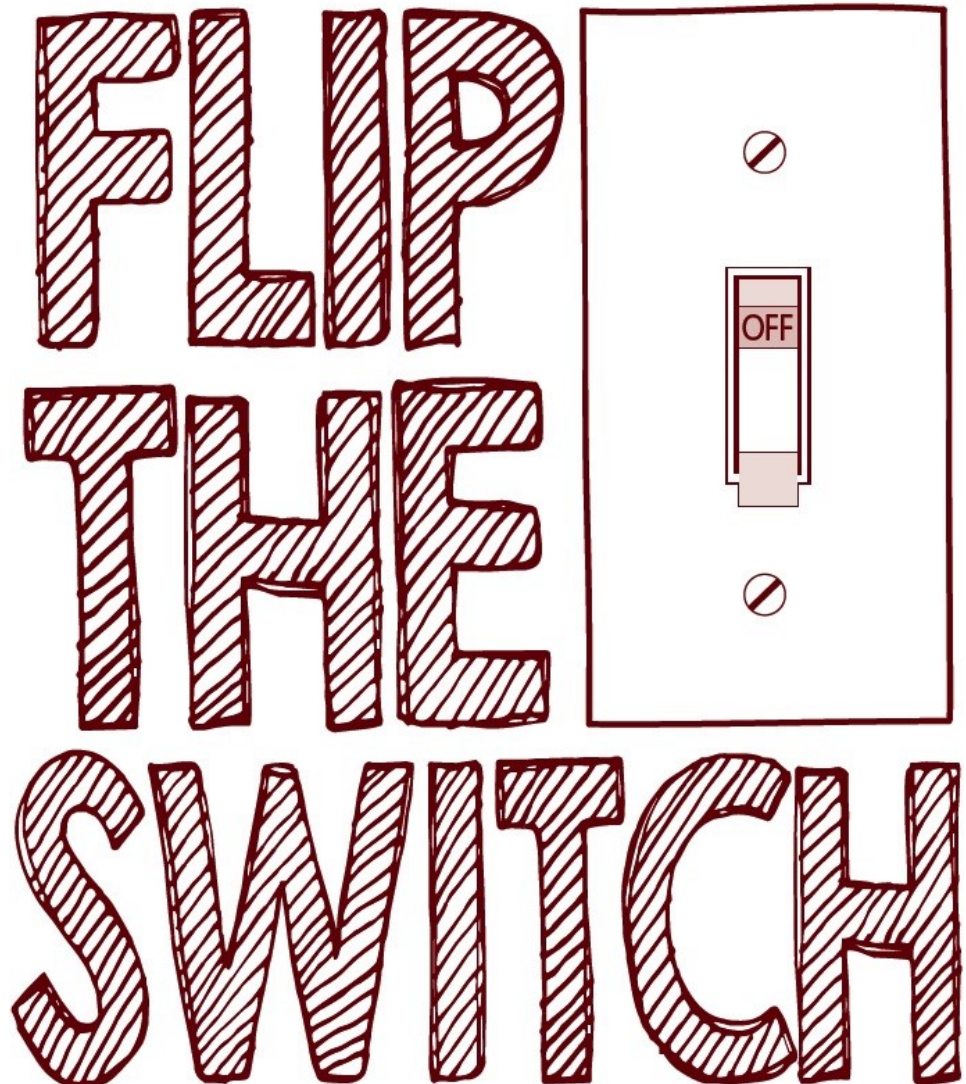
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Would you like to be featured in our newsletter? Email sustainability@missouristate.edu

Campus Conservational Nationals (CCN) runs from April 5–25. Throughout April we challenge you to **Flip The Switch** as we compete against colleges and universities across the nation to see who can conserve the most energy. In 2014, we competed for the first time and placed in the top 20 schools out of 109! This year we intend to place in the top 10 out of over 175 schools. Learn more about how you can get involved on page 4.



Giant Bottle

Students for a Sustainable Future created a giant plastic bottle filled with empty plastic bottles salvaged from Missouri State's trash and recycling. With the help of Residence Life, it took only a matter of a few days to accumulate the bottles needed for this project, equivalent to the 1,700+ bottles sold on campus every day.

Come to the North Mall from now until March 30th to see this tangible display of waste on our campus!

If you want to reduce your waste, consider buying a reusable water bottle and using the 20 filtered water bottle refilling stations located around campus. If you still want to buy soft drinks, join the Reusable Cup Program made possible by SGA. Through this program you can get a red reusable cup and unlimited drink refills at the PSU for only \$39.95 per semester! Subsequent semesters cost less once you have purchased the cup. These can be picked up from Grill Nation in the PSU.

Diversion Rate

The numbers for 2014 are in and Missouri State University is showing a diversion rate of 42%! This means that out of all the waste produced by the university, 42% is being recycled, composted or donated. It is estimated that 75% of waste is either recyclable or compostable. We are doing much better than the national average of 33.8%, but can always improve and aim for 75%! If you are unfamiliar with recycling at Missouri State, please visit our [recycling FAQ webpage](#).

Don't Forget: RecycleMania continues through the end of March! Make sure you keep recycling everything during the competition and beyond.



Green Teams Update

Congratulations and welcome to our new Green Teams:

*Financial Services
RĒL Greens
Campus Recreation/FRC*

Please encourage other departments and offices to form a Green Team by visiting the [Sustainability website](#).

Have you started thinking about your **Leaf Two** projects?

Make sure someone from your Green Team has signed up for the Sustainability Training on March 30th. This will count as your Eco-Ambassador Orientation!

Take the Stairs Challenge

Missouri State University Sustainability and Wellness are partnering to offer a **Take the Stairs Challenge** as part of our April *Flip the Switch* campaign for Campus Conservation Nationals.

Participating is simple: simultaneously reduce your energy usage and increase your physical activity by committing to take the stairs as much as possible (or better yet, exclusively)! Simply enter your flights of stairs each week. You may participate for just one week or all three weeks of the competition, which runs from April 5th to April 25th.

We will pick a winner at random each week, and then the faculty, staff and students with the most flights of stairs over the entire competition will receive prizes.

Compete with other Bears for prizes to see who takes the most stairs!

Enter your flights of stairs using this [simple form on the Sustainability website!](#)

Sustainability Training for Employees

Join us on **Monday, March 30th from 2:00 to 3:00 pm** in **Glass Hall 346** for a free sustainability training open to all Missouri State employees. This training will provide employees with information about the sustainability programs and initiatives taking place at Missouri State University. You will also learn simple strategies to reduce your environmental impact by conserving energy and water, reducing waste, and much more. By using these best practices you can create a more sustainable campus and home.

Sign up through My Learning Connection: **Sustainability – On Campus and At Home**

This training will count for the Eco-Ambassador Orientation required for all Green Teams. For more information, contact [Jordan Schanda, Sustainability Coordinator](#).

Conserve Energy

- Unplug everything not in use
- Set computer monitors to sleep after 5 minutes (or less) of inactivity
- Adjust the thermostat to conserve energy
- Turn off all lights when you leave the room
- Unplug electronics as soon as they are done charging
- Use a power strip: turn it off OR unplug when not in use
- Shut down computers every night
- Turn off lights in common areas when you leave
- Open the blinds during the day to use natural light

Flip The Switch Events

Visit the [Sustainability website](#) to learn more about how you can get involved with CCN to help us Beat Mizzou and place in the top 10 schools in the nation!

Trivia Night — Wednesday, April 8th @ 7 p.m.

PSU Food Court. Up to 5 people teams. Top 3 teams win gift cards! Win \$250 to Springfield Bicycle Co. Free popcorn!

Get Energy Conservation Certified

Hang a Commitment Poster on your office door to show off your commitment and encourage others to do the same!

Hour Without Power

Go at least one hour without using electricity each week.

Free Flip The Switch Shirts

[Want a free t-shirt!?](#) All you have to do is commit to wearing your FTS shirt at least once a week during the competition.

Energy Conservation Instagram Challenge

Post a picture of your commitment on Instagram to win! Tag your post with #MSUFlipTheSwitch and @MSUSustain

Academic Building/Residence Hall Competition

Keep tabs on the energy dashboard to see how you stack up. Prizes for winning academic building & residence hall!

Social Media Energy Trivia

Answer energy trivia on [Facebook](#) and [Twitter](#). Prizes will be awarded at random to those who submit correct answers.

Ecopalooza— Friday, April 24th — North Mall — All Day

Black bean burgers at 11:00 a.m. CCN winners will be announced at 11:15 a.m. Spend the day hearing local bands, checking out booths and making eco-friendly crafts.

