

A Guide to ...

Living Green on Campus



Sustainability Facts:

The average American produces around 4.9 lbs of garbage per day, which rounds up to about 1,800 lbs per year. At the same time, the average American throws away 82 lbs of clothing per year! While this waste is occurring, over 2 billion people live in water-stressed countries, which is expected to be exacerbated in some regions as result of climate change and population growth

Why Care?

You may be asking yourself, “Why should I even bother reading this guide? Why should I care about sustainability?” Maybe you are unsure what sustainability is. Well, I promise you that if you read a little more, your questions will be answered.

What is Sustainability?

- Sustainability means using resources only as fast as they can replenish themselves.
- Sustainability means meeting the needs of the present without compromising the needs of the future.
- Sustainability means accepting a new way of living if we want to avoid environmental and economic doom.

In This Guide:

Packing List

Page 2

Tips for a more environmentally aware packing list

How-to

Pages 3-5

What should you do to conserve water, save energy, and eat greener?

Loyola & Beyond

Pages 6-9

Resources here on campus and locally in Chicago



What to Bring?

Packing for your first semester of college can seem very overwhelming. Here are some tips on how efficiently pack!

Talk to your future roommate.

Before you buy dorm supplies, talk to your future roommate. Make sure you coordinate who will bring what items to help you avoid having extra and unnecessary items. Some items to discuss are printers, fridges, microwaves, and other electronics.

Lighting

Ask about the lighting in your dorm room beforehand to avoid bringing too many lamps. Desks already come with lamps, so there is no need to bring an extra one. Also, keep in mind the benefit of natural lighting!



Pack seasonally and bring necessities.

Consider the season! Pack what you need for fall/winter weather and then switch out clothes during breaks. This will help save space in your room. Try and bring only what you need. Some people feel as though they need an iron, whereas others get along fine without one. What do YOU need?

Shop Green

Buy food in bulk instead of small packaging. (ex. buy the large jar of apple sauce instead of individual cups.)

Bring a small set of tableware: plates, cups, and utensils.

Bring a reusable shopping bag for groceries!



How to Live Sustainably: Food Choices

Eating low or no-meat diets

Meat and dairy production require a lot of land, water, and energy, and generate significant greenhouse gas emissions. By choosing plant-based meals more often, you can help lower your carbon footprint and support a more sustainable food system.

Loyola's dining halls and retail locations, like Engrained Cafe, make it easy to eat less meat with a wide variety of vegetarian and vegan options at every meal. Look for plant-based stations, low environmental impact "Cool Food" options, or swap meat for hearty alternatives like beans, tofu, and veggies.

Even small changes—like going meatless a few days a week—make a difference!



Although you'll mainly rely on your meal plan freshman year, use these tips when purchasing food elsewhere:

Eat Locally And Seasonally! Purchase fresh fruits and vegetables when they are in season in your area. When you buy foods in-season, the environmental damage caused by shipping foods thousands of miles is eliminated.

Reduce. Reuse. Recycle. When you go to the grocery store, buy only what you need and buy products in bulk, which decreases waste and total cost.



Reducing food waste

Loyola's dining halls compost all food scraps, and students can join the compost bucket program to collect food waste in their own dorm rooms or off-campus housing. Be mindful to only take what you'll eat, and compost any leftovers instead of throwing them away!

You can learn more about composting at <https://www.luc.edu/sustainability/composting/>

Conserve Water

Use less water in the bathroom.

Turning off the water when you are brushing your teeth can save up to 8 gallons of water a day! Be mindful of how long you are showering. In order to take faster showers, try condensing steps like rinsing off your hair while simultaneously rinsing off your body. Try reducing your use of hot water in order to save energy.



Water Bottle Filling Stations

Loyola has many water bottle refilling stations around campus, so make sure to take advantage of them! Buy a quality, reusable water bottle and avoid buying single use plastic water bottles. Carry your reusable water bottle around campus with you and use the stations.

Laundry

To reduce water use, only run full loads of laundry in the washing machines. If you do not have a full load to wash, try to find a friend to share the load with! Combine clothes of like colors to reduce water use and prevent the colors from mixing. Consider air dry your clothes on a drying rack instead of using the dryer.



Lake Michigan

Lake Michigan is an important resource of water not only for Chicago, but for the cities surrounding it. It is important that we do our best to keep this area clean and usable for everyone. Do not throw trash into the lake or at the beaches around the lake. When swimming in the lake, use non-toxic sunscreen in order to avoid chemical contamination in the lake.

Save Energy



Turn off lights when not in the room.

In order to conserve energy, make sure you turn the light off when you leave or when there is enough natural light in the room. Do the same with any lamps you may have in your room.

Refrigerator

If you and your roommate decided to get a refrigerator, consider buying a small one that saves energy. Get the most out of your fridge by having it stocked in order to not waste energy. Make sure to keep your fridge clean and unplug it when you and your roommate are leaving campus for a long time.



Microwave/Oven

Consider using the communal microwave and ovens in your dorm if your dorm provides one. If you and your roommate decide to purchase a microwave, make sure to unplug it when it is not in use. When using an oven, make sure to set timers for your food in order to conserve the energy and heat you are using. Avoid constantly opening the oven while using it to avoid energy and heat loss.

Unplug Electronics

Make sure to unplug any lamps or computers when not in use in order to conserve energy. When using your computer, try not to procrastinate, so energy is not wasted. You can also turn off the TV when no one is watching it. Use a smart powerstrip and you can turn everything off with the push of a button!



**Want to know where to shop sustainably?
Not sure what sustainable transportation is available to you?
Here's a list of all things local and sustainable around you!**

Thrift Stores:

Ragstock

812 West Belmont Ave.

Salvation Army

2151 W Devon Ave.

Buffalo Exchange

5252 N Clark St.

Green Element Resale

6241 N Broadway

Out of the Closet

3311 N Halsted St.

Belmont Army Vintage

5117 N Clark St.

New to You Thrift Store

1545 W Morse Ave.

The Brown Elephant

5404 N Clark St.

Village Discount Store 11

4898 N Clark St.



Transportation:

CTA- UPass

Each semester you receive a new pass to use on the bus and train.

Divvy Bikes

Lyft operates the Divvy system in Chicago, where using your phone you can unlock and rent bikes hourly to get from place to place without a car.



Want to know where to eat sustainably? Here's a list of all things local and sustainable around you!

Farmers Markets

Edgewater Monday Market

5917 N. Broadway

June 6 – August 29, 3–7pm

www.edgewater.org/programs/farmers-market/

Glenwood Sunday Market

6900-7000 N. Glenwood Ave.

June 5 – October 23, 9am-2pm

<https://www.glenwoodsundaymarket.org/>

Low-Line Market

3400-3458 N. Southport Ave.

June 7 – October 11, 3–7pm

www.lakeviewroscoevillage.org/lowlinemarket

Andersonville Farmers Market

1500 W. Catalpa Ave.

May 11 - October 19, 3-7pm

<https://andersonvillemarket.org/>



Uptown Farmers Market

4620 N. Broadway

May 4 - November 2, 2:30-7pm

www.uptownfarmersmarket.org

Green City Market

1817 N. Clark St.

April 2 – November 19, 8am–1pm

www.greencitymarket.org



Local Grocery Stores

Devon Market

1440 W Devon Ave.



Wild Onion Market Co-Op

7007 N Clark St.

Rogers Park Fruit Market

7401 N Clark St.



Morse Fresh Market

1430 W Morse Ave.

Edgewater Produce

5515 N Clark St.

Whole Foods Market

6009 N Broadway

Remember to bring your own reusable bags when grocery shopping! It is an easy way to cut down on single-use plastic waste. Keep a few foldable bags in your backpack or by the door so you don't forget them.





Restaurants

Vegan-friendly

Alice and Friends Vegan Kitchen

5812 N Broadway

Global fair

Smack Dab

6730 N Clark St.

American breakfast food

Denden Restaurant

6635 N Clark St.

Eritrean food

Penelope's Vegan Taqueria - Andersonville

5204 N Clark St.

Mexican food

Pick Me Up Cafe

4882 N Clark St.

American cafe

Urban Vegan Thai Cuisine

1601-1603 W Montrose Ave.

Thai food



The Chicago Diner - Lakeview

3411 N Halsted St.

American comfort food (Chicago classic)

Fancy Plants Cafe

613 W Briar Pl.

American cafe

elephant + vine

2315 N Lincoln Ave.

Global fair

Locally-sourced

Sauce & Bread Kitchen

6338 N Clark St.

Bakery/cafe

Farm Bar - Ravenswood

1970 W Montrose Ave.

American farm-to-table fair

Oak and Honey

3124 N Broadway

American food

Uncommon Ground - Lakeview

3800 N Clark St.

American food

Blue Door Farm Stand

2010 N Halsted St.

American farm-to-table food

Loyola Initiatives

LUREC

Loyola University Chicago Retreat and Ecology Campus, also known as LUREC, invites visitors and students to come visit and experience our ecologically friendly campus, as well as the great outdoors through a multiplicity of team building activities. The Retreat and Ecology Campus provides a serene setting for retreats, workshops, and summer classes. It allows individuals to connect intellectually and spiritually to nature and the environment.



Biodiesel Program

The Center for Urban Environmental Research and Policy (CUERP) launched the Biodiesel Program in 2007, to convert the university's used cooking oil into biodiesel fuel. This was not an easy task, as there were many legal processes and government standards that needed to be met.



Between the start of the Biodiesel program in 2007 and 2012, over 4,200 gallons of biodiesel fuel were produced, offsetting more than 75,000 pounds of CO2 emissions. Loyola Biodiesel is used to fuel the fleet of shuttle buses that runs between the Lakeshore and Water Tower campuses. All waste created during the production process are used to make other byproducts, including the Biosoap that can be found almost anywhere on campus.

Think Green and Give

Think Green and Give is a charitable collection event, since 2010, that collects reusable clothing, unopened food products, and other non-perishable items. Taking place at the end of the academic year during finals week when students are moving out, students are given the opportunity to donate unwanted items to people in need. In 2022, over 8012 total pounds of products were collected, including 3887.5lbs of clothing and 869lbs of unopened food.



San Francisco – “Green” Residence Hall

San Francisco Hall is an environmentally conscious residence hall with several green features, connected to the School of Environmental Sustainability. Built in 2013, it promotes a living-learning mission throughout all aspects of the building. Students have the opportunity to join the Greenhouse Living-Learning Community during their first year on campus to learn more about sustainability and get to know other first-year students. The School of Environmental Sustainability and San Francisco Hall are bridged by Engrained, a green cafe that uses seasonal produce to provide healthy and sustainable food options to the Loyola community.



Information Commons

Winner of the 2007 LEAF Award for Best Use of Technology, this environmentally-engineered building has achieved silver-level certification from the Leadership in Energy and Environmental Design (LEED) Green Building Rating System, the nationally accepted benchmark for the design, construction, and operation of high-performance green buildings. Key design elements of the IC include:

- Sophisticated systems controlled by an array of sensors, which monitor the temperature, humidity, and CO2 levels within the building. Radiant concrete-slab ceilings provide thermal mass to cool in the summer and heat in the winter.
- A green roof that absorbs rainwater and relieves some of the runoff into Lake Michigan
- Sensors which monitor light and only turn on the energy-efficient fluorescent lights when they are needed.
- Carpet tiles made from recycled content and formaldehyde-free products. This carpeting is more resilient to static, stain, crushing, and matting.



Plus so much more!

You can check out all our sustainable initiatives at <https://www.luc.edu/sustainability/sustainabilityatloyola/>

Get Involved

Join a Green Club

Join a green student organization to connect with others who care about sustainability and make a positive impact on campus! Learn more about groups such as:

- **Student Environmental Alliance (SEA)** – Advocates for sustainability initiatives and environmental justice on campus.
- **Food Recovery Network** – Reduces food waste by recovering surplus meals from dining halls and donating them to local pantries.
- **Restoration Club** – Supports hands-on conservation by visiting LUREC monthly to help restore natural habitats.
- **And more!**



Volunteer

Loyola offers many volunteer opportunities to take action—from LUREC work days restoring native habitats, to Zero Waste Games helping with composting and recycling during athletic events and more.

You can also connect with the Office of Community Service & Action to find sustainable service opportunities or reach out to local Chicago groups.

Internships and Jobs

The School of Environmental Sustainability provides hands-on internship opportunities for students of all majors to get deeply involved in our environmental initiatives. Check back each semester to see what is available.

