

# SUSTAINABILITY TODAY NEWSLETTER

Volume 3/Issue 2

“Pollution is nothing but the resources we are not harvesting. We allow them to disperse because we've been ignorant of their value.”  
~ [R. Buckminster Fuller](#)”-

## ABOUT US

The Texas Tech University Recycling Center is housed within the Student Housing Services. The center has been in operation for over 7 years and has continually grown year after year.

Today the Recycling Center collects all forms of recyclables from plastics, glass, foam, cardboard, paper, aluminum, tin, electronics, and anything in between! The money collected goes back into the students through Sustainability Scholarships!



## Tips for Green Holiday Shopping

- **If you must shop, shop as close to home as possible in an area where stores are near each other.** Better yet, carpool with a friend or take public transportation.
- **Consider giving a gift that is eco-friendly, such as; items made with recycled content, items that are locally produced, organic, and/or fair-trade.** Shop at nearby farmers markets, craft fairs, nurseries, and locally-owned stores.
- **Give gifts that encourage others to use less stuff, like a book about making crafts from reusable items, a cookbook for leftovers, or a reusable carry-out container.**
- **Purchase gifts that are long-lasting or that can be reused and later recycled.**
- **Look for gifts that don't require batteries.** If you must buy a product that needs batteries, buy rechargeable batteries and give them with the gift.
- **Give the gift of apps to kids with smartphones.**
- **Used gifts are kinder to the environment.** Consider giving vintage and used clothing, books, DVDs, CDs, sports equipment, tools, cameras, children's toys, musical instruments, etc.
- **Online shopping:** keeps you off the roads, but consider how far your purchases have to travel to get to you.
- **Give gift certificates to local museums, concerts, restaurants, theaters etc.**
- **Give a local gift:** get your favorite gardener a garden plot in a local community garden.

- **Make your own gifts:** edible gifts such as breads, cookies, cakes, dried fruits, nut mixes, canned goods, jams/jellies, or herbed vinegars make fantastic gifts. Use your arts and crafts skills to knit a scarf, crochet a hat or mittens, paint a watercolor, or design your own jewelry. Make a calendar by using family photos marked with important dates.
- **Make a donation to a non-profit organization in the name of your loved one.**
- **Instead of buying a gift, give your time and talent to your loved ones this year.**
- **Plan a "re-gift" swap with your like-minded friends and family.**
- **Bring your own reusable tote bag when shopping.**

<http://www.dec.ny.gov/chemical/8829.html>

## *Recycled Ideas for the Tree*



[All Free Christmas Crafts](#)



[Shanty 2 chic](#)



[All Things G&D](#)



[Crafts by Amanda](#)



[Frugal Mom](#)



[Red Ted Art](#)

## *Sustainable ideas for the New Year !!!!*

Okay, let's face it. One of the big reasons it's hard to stick to a New Year's resolution is that it's supposed to last a whole year. So, try picking a different sustainable resolution for each month. Not only do you switch things up to keep it fun, you get to test out if each resolution is something you can commit to for life. Plus, you can time the resolutions to help you be more successful (like biking in the summer).

So, to help anyone interested in taking the calendar approach - and for those of you who just want some resolution ideas - here's a calendar of resolutions to try:

- **January:** Eat one meal a week that features a dish made of ingredients that are in season in the winter. Find what's in season in your neck of the woods in the [Seasonal Food Guide](#).
- **February:** Set up a [composting system](#) that fits your lifestyle and use it all month. It should be so easy that you'll be able to do it for the rest of year.
- **March:** Volunteer each week at a [farm-to-school project](#).
- **April:** Find your [Water Footprint](#) at the beginning of the month and [use these tips to save water](#). Take your water footprint at the end of the month to see your reduction.
- **May:** Volunteer each weekend at a local farm or community garden.
- **June:** Only eat local veggies grown at farms within a set number of miles from your home.
- **July:** Each weekend, spend a set amount of money at a farmers' market or sustainable shop.
- **August:** Take advantage of all that summer produce and do a [Meatless Monday](#) each week.
- **September:** [Don't waste any food](#): don't throw anything away that could be saved, frozen or composted.
- **October:** For the whole month, don't eat anything with added sugar. If you want, allow [sustainable sugar alternatives](#). Then treat yourself with sugary stuff on Halloween as a celebration.
- **November:** Make sure every animal product you consume came from a source that prioritizes animal welfare, such as anything certified by [Animal Welfare Approved](#).
- **December:** Make sure every gift you give was sourced sustainably and [certified fair trade](#), or make it yourself.

<http://www.gracelinks.org/blog/6456/the-can-t-fail-guide-to-sustainable-new-year-s-resolutions>

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