



**Portland**

**State**

**University**

**Green Event Planning Guide**

# Portland State University

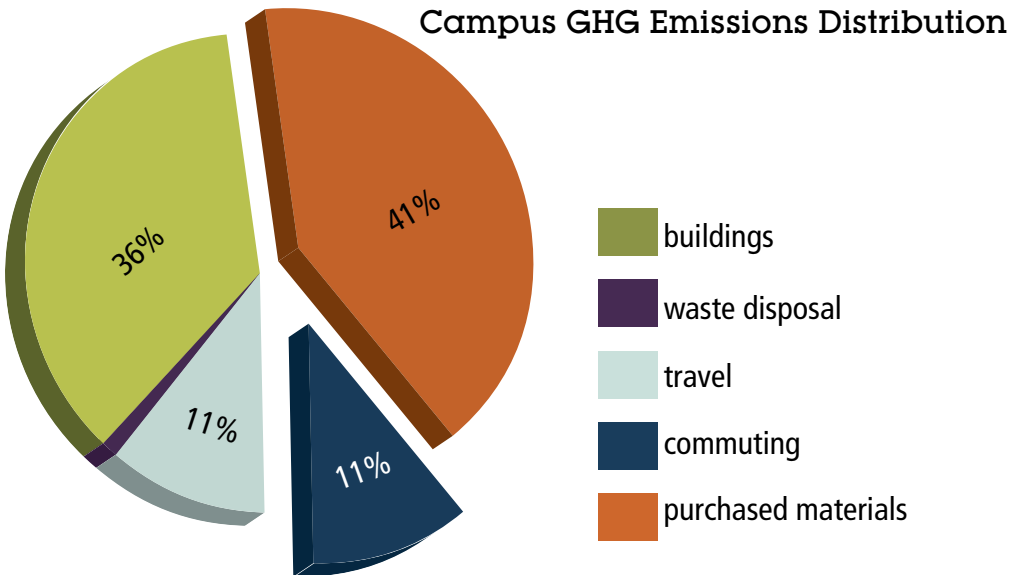
## Green Event Planning Guide:

This guide is designed to help you plan the most sustainable event for your community on PSU's campus.

**Student groups have purchasing power:** In the 2010-2011 academic year, student organizations at PSU spent approximately \$550,000. Every purchase we make has environmental and social costs. This guide will help your group reduce PSU's environmental footprint and support the university vision of being an environmental and social sustainability leader.

**Bring PSU closer to the goal of climate neutrality:** To avoid the most harmful effects of global warming, we need to drastically decrease the amount of greenhouse gasses we put into the atmosphere. Purchased materials make up an astonishing 41% of PSU's greenhouse gas emissions. Seeking out sustainable options when buying food, promotional items, and other items for your event can bring down emissions in this category. Purchasing also affects other greenhouse gas categories

**How Green is Green enough?** The important thing is not to get overwhelmed. One small step in the right direction is much better than nothzΩing. Sustainability is a cooperative effort that can only be achieved if we work together and support each other in achieving our goals.



“If you’re short on time, just go straight to the “Quick Green Event Checklist” located on the next page.”

**How this guide is organized:** Each section is dedicated to an area that is impacted by student groups’ purchasing decisions. An easy-to-use checklist in each section is accompanied by useful facts, on-campus resources, and real world examples

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*Sustainability is about connecting the dots between human social, economic, and environmental systems and seeing how they affect and are affected by each other.*

~Heather Spalding SLC



PSU  
SUSTAINABILITY  
LEADERSHIP  
CENTER

[ecowiki.pdx.edu](http://ecowiki.pdx.edu)

# Quick Green Event Checklist

- Go organic, Go Local:** Coffee? Tea? food? Pesticides? One is obviously better left out the equation. Ask your advisor about affordable options through the Portland Farmers Market.
- Go Meatless:** Offer vegetarian and vegan options - it is good for the earth and PSU students.
- Think plateless:** Consider serving finger or bite size foods that require no serveware.
- Compost:** If the event is in SMSU, Aramark can provide a compost bin.. If its not in Smith and still on campus, contact PSU Recycles.
- Go Bottleless:** Request water in pitchers or 5-gallon jugs of tap water instead of bottled water.
- Host EnLIGHTened events:** Hold events during the day to use that natural light, or find rooms that use energy conserving lighting.
- Kill a Few Watts:** Ensure that sleep settings are set on computers and other AV equipment. Turn them off when you're done.
- Go Hi-tech:** Social media, facebook, pinterest, e-mail. You know the drill, less paper, more effective.
- Word of mouth:** This can be more effective than pieces of paper to get people to your events. It builds community, and starts the conversation as well!
- Print Small Print Double sided:** If you need fliers (like this one) Use recycled paper and print on 1/4 or 1/2 sheets
- Travel Smart:** Encourage biking to events, offer public transit directions, and help coordinate carpooling for longer distances.
- Local Minds:** Bring in local speakers and performers whenever possible.
- Nick-naks No-way:** Avoid purchasing and handing out small items that will be thrown away and are not easily recyclable.



# Quick Green Event Resource List

- Aramark (SMSU 116) – PSU’s food service provider. They provide composting and recycling, compostable disposables, and reusable linens. Just make sure to ask! Check out <http://www.campusdish.com/en-US/CSW/PortlandState/Sustainability/> and <http://www.campusdish.com/en-US/CSW/PortlandState/Sustainability/GreenStakes.htm>.
- The Associated Students of PSU (ASPSU): <http://www.aspsu.pdx.edu/>  
Your student government at PSU.
- EcoWiki: <http://ecowiki.pdx.edu> – PSU’s online student sustainability hub!
- Environmental Club: <http://ecpsu.blogspot.com/> Portland State University Environmental Club. Also see the Green Space.
- Institute for Sustainable Solutions (ISS): <http://www.pdx.edu/sustainability>  
PSU’s hub for sustainability research, academics and partnerships.
- Green Space (SMSU 28, Basement of Smith) – A sustainability hub for students and home to the Environmental club; open to anyone to stop by and get resources.
- ReUse Room (Cramer 180) – Donate and pick up free used office supplies. Open to students, faculty, and staff!
- PSU Climate Action Plan: our guide for becoming carbonneutral. <http://pdx.edu/sustainability/climate-action-plan>
- PSU Recycles: <http://pdx.edu/sustainability/psu-recycles> – Dedicated to creating a sustainable campus by reducing waste, expanding recycling opportunities, and increasing campus recycling and composting rates. Contact them if you need to set up composting for events not held in SMSU.
- SCRAP (2915 NE Martin Luther King Blvd, Portland OR 97212) – Home of all kinds of awesome recycled art supplies and more. It’s a great place to find inexpensive, unique and eco-friendly decorations for your event!
- Student Activities & Leadership Programs (SALP): [pdx.edu/salp/](http://pdx.edu/salp/)  
Advising for student organizations
- Sustainability Leadership Center (SLC): <http://www.pdx.edu/studentaffairs/sustainability-psu>  
A place for students to get leadership opportunities and engage in sustainability.
- The Student Sustainability Leadership Council (SSLC): <http://ecowiki.pdx.edu/news/view/student-sustainabilityleadership-council-sslc>  
Convenes graduate and undergraduate student leaders who already have a specific focus on sustainability issues or who would like to include sustainability as part of their efforts.



# Food

Possibly the single most important consideration in the world of sustainability, food is also the area where student organizations have the most power to make PSU a more sustainable institution. The agricultural practices that provide for our consumption choices have real implications for society and ecosystems. Supporting sustainable food systems is good for personal and public health while also reducing pollution, conserving water, and building community.

## Easy Sustainable Food Checklist:

- ❑ Use organic food whenever possible.
- ❑ Seek out local and seasonal foods when possible. Student groups can purchase food from Portland Farmers Market, which is affordable and green.
- ❑ Use organic and fair trade coffee and tea.
- ❑ Offer vegetarian and vegan options - it is good for the earth and PSU students.
- ❑ Think plateless. Consider serving finger or bite size foods that require no serviceware.
- ❑ If the event is in SMSU make sure composting bins will be provided by Aramark. If it is elsewhere contact PSU Recycles.
- ❑ Be sure all food waste and compostable dishware makes it to the compost bins.
- ❑ Save extra non-perishable supplies for your next event and go on the light side when ordering food to avoid waste.
- ❑ Speak up! If you purchase from a company that doesn't offer more sustainable options, provide feedback and ask them to switch and provide different options.

## Things to remember:

- Avoid pesticides! Buy organic foods to minimize toxins in the environment and poisons in your food.
- Stay close to home and think small. Buying local food from small farmers minimizes pollution from transportation and contributes to resilient communities.
- Be fair. When buying imported items, look for certification from Fair Trade Federation, TransFair USA, Fair Trade
- Resource Network, Fairtrade Labelling Organisations International, World Fair Trade Organization, Global Exchange or Project Hope and Fairness.
- Ditch the weird ingredients. Avoid foods with ingredients like high fructose corn syrup and hydrogenated oils – these are markers for highly processed and unsustainable foods. If you can't pronounce it, don't eat it.

## Quick Resource List:

- PSU Recycles: <http://pdx.edu/sustainability/psu-recycles> Contact them if you need to set up composting for events not held in SMSU.
- Aramark (SMSU 116) – PSU's food service provider. They provide composting and recycling, compostable disposables, and reusable linens. Just make sure to ask for them!
- Confused? Sustainable food dilemmas are addressed here: <http://www.sustainabletable.org/issues/eatlocal/>

### Sustainability Profile



*"I envision sustainability as a bridge between traditional knowledge and the modern world. It will be built on diverse, globally connected communities that honor and celebrate the web of life. Also, it will be supported by initiatives that are inspired by nature and human ingenuity..."*

Mo Lohre  
Leadership Programs Graduate  
Assistant, PSU Sustainability

# Water

Fresh water is a basic human need, but “around 1.2 billion people, or almost one-fifth of the world’s population, live in areas of physical scarcity, and 500 million people are approaching this situation.”<sup>3</sup> Conserving water is an important responsibility on both humanitarian and ecological grounds. And not all sources of water are created equal. Bottled water, while being no safer or healthier than tap water, is much more expensive for the planet and society. Eliminating the use of bottled water can also drastically reduce the environmental impact of your event.

## Easy Sustainable Water Checklist:

- Request water in pitchers or 5-gallon jugs of tap water instead of bottled water.
- Encourage guests to bring their own refillable water bottles and consider offering an (eco-friendly) prize for those who do.
- If your group uses merchandise or commemorative items, consider including reusable water bottles.

*“I see sustainability as a means of respecting and honoring that which the Earth and its inhabitants provide for one another.”*

~Hanna Davis SLC

## Did you know?

- Americans spent \$10.6 billion on bottled water in 2009 and paid up to 1,000 times the cost of tap water. About half of bottled water comes from municipal tap water supplies!
- Bottled water production in the United States used the energy equivalent of 32 and 54 million barrels of oil to produce and transport plastic water bottles in 2007—enough to fuel about 1.5 million cars for a year.
- 75% of the empty plastic bottles end up in our landfills, lakes, streams and oceans, where they may never fully decompose!<sup>4</sup>

## Things to remember:

- Fresh water is a scarce resource. Conserving water may help to avoid resource-conflicts and relieve pressure in water-poor regions.
- Lose the packaging. Most used water bottles end up in landfills. Recycling helps reduce the damage, but it still but still generates environmental harm. Use tap water and reusable bottles instead.
- An unsustainable industry. Bottled water plants are extractive, like mines. They often put big burdens on the communities in which they locate without the public benefits of municipal water.
- Plastic is toxic. From production to consumption to disposal, plastics are bad for people and the planet. Avoid unnecessary exposure by using a glass, stainless steel, or bamboo water bottle.

## Quick Resource List:

- Take Back the Tap : <http://pdx.edu/insidepsu/students-takeback-the-tap> – Installing filtered water bottle refilling stations across campus and selling refillable steel bottles at a discount.
- Sustainable Drinking Water at PSU: <http://www.pdx.edu/sustainability/sustainable-drinking-water>
- PSU Recycles: <http://pdx.edu/sustainability/psu-recycles> –Your recycling experts and advocates on campus.
- Aramark (SMSU 116) – PSU’s food service provider. They provide composting and recycling, compostable disposables, and reusable linens. Just make sure to ask for them!

# Energy

Non-renewable energy is a scarce resource that will not last forever. Renewable sources of energy provide us with electricity and fuel without lowering the total stock for future use or contributing to an already polluted environment. However, there are capacity limits and environmental and social costs to consuming energy no matter what the source. Conservation efforts can help save energy for when we need it most and enable us to share it more equitably with others.

## Easy Sustainable Energy Checklist:

- Hold events during the day to minimize need for artificial light.
- Location is key. Seek out buildings and rooms that have energy conserving lighting and/or ample natural light.
- Turn lights off if they don't need to be on during your event or lower the lights with a dimmer.
- Ensure that sleep settings are set on computers and other AV equipment and turn them off if they will not be in use for an extended period.

# Promotion and Advertising

What's an event without attendees, right? Obviously you want people to come to your event. That's the point. But how many times have you seen the same flier plastered on every wall and bulletin board in the university long after the event has transpired? Sustainable promotion is about being tactful. Use technology to save paper, and when you use paper, use it efficiently and make sure it is recycled.

## Easy Sustainable Promotion and Advertising Checklist:

- Go paperless by seeking online promotion strategies like email list serves and social media.
- Technology isn't without environmental costs either. Be tactful when using electronic promotional methods. (See the energy section for specifics.)
- Use your words. Word of mouth can be more effective than just blasting people with pieces of paper and it can help build community as well!
- If you do print fliers and handbills, don't go overboard! Use recycled paper and use ½ sheets or ¼ sheets and print on both sides of the paper.
- After your event, make sure to pull down and reuse or recycle any fliers that are still hanging up or any extra handbills you might still have.

# Waste Reduction

Sustainability isn't only about what you do or don't buy. It's also about minimizing waste. The easier it is for attendees of your event to employ reusable materials, the less wasteful your event will be. When reusable materials are not a feasible option, you can also reduce waste by using recyclable or compostable materials. Choosing products without excessive packaging is also important, as is making sure that materials are recycled or composted correctly.

*"Forests are one of our most treasured resources, but they are disappearing at the rate of 20 football fields per second because of pulp and paper production. Nearly 50% of all trees harvested in North America are turned into some type of paper product."<sup>65</sup>*

*PSU generated almost 3,000 tons of waste in fiscal year 2008. This is equivalent to the combined weight of 1,962 Prius Hybrids.<sup>1</sup>*

*"Sustainability to me is mathematically impossible, but practically feasible."*  
~David Nokovic SLC

## Easy Sustainable Waste Reduction Checklist:

- Limit paper handouts at the event to a minimum. Instead, display agendas on screen or using dry-erase boards or chalk boards and email handouts beforehand.
- Leave dates off of printed materials when possible so they can be reused at the next event.
- Ask vendors to bring food in reusable containers and to minimize waste from packaging.
- Use recycled materials whenever possible and practical decorations that can be reused.
- Use reusable or compostable cutlery, dishware, and napkins and reusable linens for dining.
- On all promotional materials, remind people to bring personal coffee cups, to-go mugs, and refillable water bottles. Any drink served can be enjoyed from a reusable cup/mug/bottle.
- Label all recycling, composting, and waste bins clearly and advise your attendees on what can be recycled and composted.

## Things to remember:

- Reusable is always more ecologically sound than compostable or recyclable.
- Many compostable items cannot be recycled. Luckily, many compostable and recyclable items can be reused over and over so get the most life you possibly can out of your cutlery, no matter what the material.
- Compostable plastics may not be as toxic, but they can take many years to break down.

## Quick Resource List:

- PSU Recycles: <http://pdx.edu/sustainability/psu-recycles> – Contact them if you need to set up composting for events not held in SMSU.
- Aramark (SMSU 116) – PSU's food service provider. They provide composting and recycling, compostable disposables, and reusable linens. Just make sure to ask for them!
- Not sure about what can be recycled? See the Composting and Recycling Guide below or go here to get your questions answered: <http://pdx.edu/sustainability/what-can-be-recycled>
- PSU ReUse Room (Cramer Hall 180) They collect and redistribute gently used, surplus office supplies for free that would otherwise be recycled or thrown out.

## Sustainability Profile



*"We were planning the International Night event and we were concerned about food and utensils waste. We wanted to be more environmentally conscious so we decided to compose the food and recycle the utensils instead of throwing it all into the garbage. In the end we cooperated with PSU Recycles and Sustainability Leadership Center and we were able to meet our goal."*

Ahmed Bohliqa,  
Organization of International  
Students

# Transportation & Travel

Portland State is by and large a commuter school. That means a lot of travel to and from campus. With every trip made there are many sustainable options. Avoid making single-person car rides by carpooling or taking public transit, or ditch fossil fuels altogether by riding your bike. When planning your event, think about how to minimize the number of miles traveled, especially by car, and select the most sustainable option that is feasible.

## Easy Sustainable Transport and Travel Checklist:

- Encourage biking to the event for local attendees.
- Offer public transit directions to guests and help coordinate carpooling for longer distance travel.
- Feature local speakers and performers whenever possible.
- If you really want to feature a speaker from far away, consider video conferencing options rather than having them fly in.
- Inform people. Create awareness surrounding carbon neutral transportation. Suggest purchasing carbon offsets for unavoidable travel ([presidentsclimatecommitment.org/html/offsets](http://presidentsclimatecommitment.org/html/offsets)).
- Send a smaller number of delegates to events far away, and have them present what they learned to your group.

Over the past 20 years, miles from travel at PSU have risen, reaching nearly 10 million miles in 2008! That equates to over 30 round trips to the moon! <sup>1</sup>

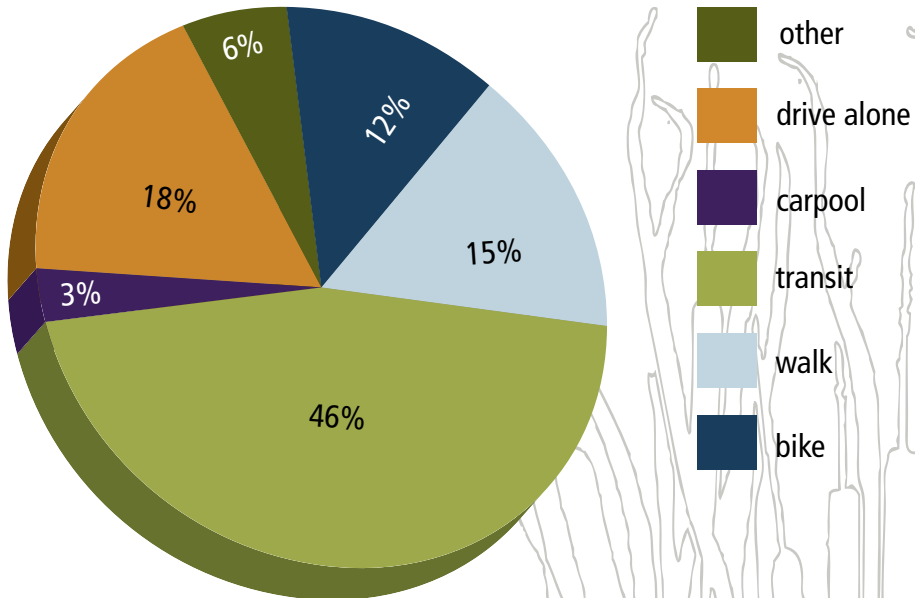
## Sustainability Profile



*"I recently planned and led a conference for about 50 students on the importance of reducing, reusing and then recycling, and creative ways of teaching this knowledge to students and other organizations. Everyone arrived taking public transportation which is so easy with PSU, and everyone had a great time."*

Laura Kutner, SSLC Member, and Founder of Trash for Peace, PSU MPA candidate

## PSU Student Transportation Modeshare Graph



# Composting and Recycling Guide

Composting	Recycling
<p><b>YES</b></p> <ul style="list-style-type: none"> <li>All food</li> <li>All food-soiled paper</li> <li>Napkins</li> <li>Papers liners</li> <li>Pizza boxes</li> <li>Waxed cardboard</li> <li>Stir sticks</li> <li>Sugar packets</li> <li>Portland Roasting Co. Coffee Cups</li> </ul>	<p><b>YES</b></p> <ul style="list-style-type: none"> <li>All paper &amp; cardboard</li> <li>Metal cans</li> <li>Plastic bottles</li> </ul>
<p><b>NO</b></p> <ul style="list-style-type: none"> <li>Liquids (soup, beverages, etc.)</li> <li>Coffee Cups (except Portland Roasting)</li> <li>Plastic, metal, or glass</li> <li>Condiment packets</li> <li>Plastic wrap</li> <li>Grease / oil</li> </ul>	<p><b>NO</b></p> <ul style="list-style-type: none"> <li>Glass</li> <li>Food</li> <li>Food-soiled paper</li> <li>Paper plates</li> <li>Liquids</li> <li>Coffee Cups</li> <li>Napkins</li> <li>Chip bags</li> <li>Plastic flatware</li> <li>Lids &amp; Bottle caps</li> </ul>

## Paper and Writing Instrument Purchasing Guide<sup>5 7</sup>

<p><b>Best Choice</b></p> <ul style="list-style-type: none"> <li>Eco-logo Certified Products</li> <li>High Post-Consumer Recycled Fiber Content</li> <li>Recycled Fiber Content or Tree Free</li> <li>Sustainably Harvested Wood Resources (e.g. Forest Stewardship Council certified)</li> <li>Oxygen delignification, Processed Chlorine-Free &amp; Totally Chlorine-Free</li> <li>Produced Locally, or with renewable energy</li> <li>Lowest Basis Weight</li> </ul>	<p><b>Avoid</b></p> <ul style="list-style-type: none"> <li>Virgin Or Low Post-Consumer Recycled Fiber Content</li> <li>Unsustainably Harvested Wood Resources</li> <li>Chlorine</li> <li>Produced At A Great Distance From Use</li> <li>Highest Basis Weight</li> </ul>
<p><b>Best Choice</b></p> <ul style="list-style-type: none"> <li>Refillable Pens And Pencils</li> <li>Recycled Materials Bio-Based, Sustainably Harvested Materials</li> <li>Soy-Based Or Vegetable Inks</li> <li>Water-Based Markers And Highlighters</li> <li>Fine Point</li> <li>Alcohol-Based Dry-Erase Markers</li> </ul>	<p><b>Avoid</b></p> <ul style="list-style-type: none"> <li>Single Use Pens And Pencils</li> <li>Virgin Materials</li> <li>Petrochemical-Based And/Or Bio-Based Materials That Are Not Sustainably Harvested</li> <li>Inks Containing Heavy Metals</li> <li>Solvent-Based Markers And Highlighters</li> <li>Wide-Point</li> <li>Ketone-Based Dry-Erase Markers</li> </ul>

# Master Resource List:

**Aramark (SMSU 116)** – PSU's food service provider. They provide composting and recycling, compostable disposables, and reusable linens. Just make sure to ask for them! Check out <http://www.campusdish.com/en-US/CSW/PortlandState/Sustainability/> and <http://www.campusdish.com/en-US/CSW/PortlandState/Sustainability/GreenStakes.htm>.

**The Associate Students of PSU (ASPSU):** <http://www.aspsu.pdx.edu/>  
Your student government at PSU.

**Campus Sustainability Office (CSO):** Where all the numbers and magic happen. Responsible for putting together PSU's Climate action plan

<http://pdx.edu/sustainability/about-us-campus-sustainability-office>

**Eco Promotional Products:** <http://www.ecopromotionsonline.com/>

**EcoWiki:** <http://ecowiki.pdx.edu> PSU's online sustainability hub!

**Environmental Club:** <http://ecpsu.blogspot.com/>

Portland State University Environmental Club. Also see the Green Space.

**The EPA's Green Meeting and Conference Guide:** Learn about larger green events

<http://www.epa.gov/epp/pubs/meet/greenmeetings.htm>

**Event Recycling by the City of Portland:** <http://www.portlandonline.com/bps/index.cfm?c=43211>

**Institute for Sustainable Solutions (ISS):** <http://www.pdx.edu/sustainability>

PSU's hub for research and partnerships in sustainability.

**Green Space (SMSU 28, Basement of Smith)** – A sustainability hub for students and home to the Environmental club; open to anyone to stop by and get resources.

**The Organization Budget Council (OBC):** [http://soc.groups.pdx.edu/obc\\_web/](http://soc.groups.pdx.edu/obc_web/)

A sub-committee of the Student Fee Committee that provides assistance to student organizations.

**ReUse Room (Cramer 180)** – Where donated office supplies go, which are free for students, faculty, and staff!

**PSU Climate Action Plan:** <http://pdx.edu/sustainability/climate-action-plan>

**PSU Recycles:** <http://pdx.edu/sustainability/psu-recycles> ~ Dedicated to creating a sustainable campus by reducing waste, expanding recycling opportunities, and increasing campus recycling and composting rates. Contact them if you need to set up composting for events not held in SMSU.

**SCRAP (2915 NE Martin Luther King Blvd, Portland OR 97212)** – Home of all kinds of awesome recycled art supplies and more. It's a great place to find inexpensive, unique and eco-friendly decorations for your event!

**Student Activities & Leadership Programs (SALP):** [pdx.edu/salp/](http://pdx.edu/salp/)

Advising for student organizations.

**The Student Fee Committee (SFC):** <http://www.aspsu.pdx.edu/student-fee-committee.html>

A recognized body of ASPSU responsible for recommending Student Fee allocations to ASPSU and the University President.

**Social Sustainability Colloquium:** <http://www.ecowiki.pdx.edu/events/1657>

A weekly forum in which scholars and practitioners can share, learn and collaborate on issues and projects related to social sustainability

**Sustainability Leadership Center (SLC):** <http://www.pdx.edu/studentaffairs/sustainability-psu>

A place for students to get leadership opportunities and engage in sustainability.

**Sustainability Leaders Network:** <http://sites.google.com/site/sustainabilityleadersnetwork/>

A student-led sustainability group connecting PSU students to leaders in the field of sustainability.

**The Student Sustainability Leadership Council (SSLC):** Convenes graduate and undergraduate

student leaders who already have a specific focus on sustainability issues or who would like to include sustainability as part of their efforts.

<http://ecowiki.pdx.edu/news/view/student-sustainability-leadershipcouncil-sslc>

*Sustainability is a personal journey of finding,  
making, re-finding and re-making loving, respectful and  
balanced interactions with diverse sentient beings and  
ways of being.*

~Ridhi D'Cruz SLC



Portland State University  
Sustainability Leadership Center

# Glossary of Terms<sup>8 9 10</sup>

**Biodegradable:** Capable of being decomposed or broken down by natural biological processes, such as living microorganisms like bacteria or fungi, into simpler, more stable organic compounds.

**Carbon Footprint:** A representation of the effect human activities have on the climate in terms of the total amount of greenhouse gases produced (measured in units of Carbon Dioxide).

**Composting:** Process whereby organic wastes, including food waste, paper, and yard waste, decompose naturally, resulting in a product rich in minerals and ideal for gardening and farming as soil conditioners, mulch, resurfacing material, or landfill cover.

**EPP:** Environmentally Preferred Purchasing, a program or policy that helps institutions make decisions regarding environmentally friendly products and services.

**Fair Trade:** Fair trade certification empowers farmers and farm workers to lift themselves out of poverty by investing in their farms and communities, protecting the environment, and developing the business skills necessary to compete in the global marketplace. Fair trade principles include fair prices, fair labor conditions, direct trade, democratic and transparent organizations, community development and environmental sustainability.

**Genetically-Modified Organism (GMO):** A term that refers to plants that have had genes implanted to improve their performance by making them resistant to certain pesticides, diseases, or insects.

**Green House Gasses (GHGs):** Gases that trap heat in the atmosphere are often called greenhouse gases. Some greenhouse gases such as carbon dioxide occur naturally and are emitted to the atmosphere through natural processes and human activities. Other greenhouse gases (e.g., fluorinated gases) are created and emitted solely through human activities. The principal greenhouse gases that enter the atmosphere because of human activities are: Carbon Dioxide, Methane, Nitrous Oxide and Fluorinated Gases.

**Organic Farming:** A production system that completely or mostly excludes the use of synthetically compounded fertilizers, pesticides, or growth regulators. Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations (USDA). According to those standards, organic food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering, or ionizing radiation. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics.

## **Organic Labeling:**

- "100% Organic" – May use USDA Organic Seal.

- "Organic" – At least 95% of content is organic by weight and may carry the USDA Organic Seal.

- "Made With Organic" – At least 70% of content is organic. With this you are not able to have the USDA Organic Seal.

**Pesticide:** A general name for agricultural chemicals that include: Herbicide - for the control of weeds and other plants, Insecticide - for the control of insects, Fungicide - for the control of fungi, Nematocide - for the control of parasitic worms, Rodenticide - for the control of rodents.

**Post Consumer Waste:** Waste collected after the consumer has used and disposed of it (e.g., the wrapper from a candy bar)

**Renewable Energy:** Energy resources such as wind power or solar energy that can keep producing indefinitely without being depleted.

**Sustainability:** Meeting the economic, social, and environmental needs of the present without compromising the similar needs of future generations.



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*In my opinion, sustainability is far more than reducing our consumption individually and collectively. It is about stewardship and leaving the world in better shape than when we entered it, so that future generations may inherit a world that is bioculturally alive, biologically productive, and spectacular in multiple ways.*

~Keith Nevison SLC



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