



COLLEGE OF MENOMINEE NATION SUSTAINABLE DEVELOPMENT INSTITUTE

I, _____ pledge to support a sustainable society by striving to minimize the social and ecological consequences of my decisions and actions. I will use the knowledge I gain while at CMN to improve the sustainability of the communities in which I live, learn, and work. I pledge that I will pursue ways of living a more sustainable lifestyle and I will encourage others to lead lifestyles that are more sustainable.

What you can do to live more sustainably

1. Reduce paper consumption by:

- using each sheet of paper on both sides
 - Printing multiple pages on one sheet of paper. This is especially useful for printing long papers or class notes, and it will save you time and money.
 - Using paper that has recycled content. Paper manufacturing uses up energy and forest resources, and pollutes air and water. Recycling paper is a great way to reduce resource consumption, but it still requires water and energy. Make sure you get the most out of every sheet of paper you use before you recycle it.
2. Use reusable bottles and mugs for beverages and reusable containers for food, instead of disposable containers.
 3. Find a balance between school, work and social time that lets you accomplish your academic and career goals without sacrificing your health and happiness. Be aware of your needs for holistic health and wellness: intellectual, emotional, physical, and spiritual.
 4. Include economic sustainability in your decision-making by sticking to a budget and by researching the financial assistance options you have as a student.
 5. Optimize learning opportunities for yourself and others by helping to create respectful and supportive classroom, research, and/or work environments. A sustainable society is one where the quality of living, learning, and work is ensured for all members.
 6. Share informational resources, ideas, and concerns with fellow students, and be open to feedback and suggestions in return. Creating a sustainable community is about understanding multiple perspectives and finding the areas where they meet.
 7. Honor diversity in all its forms and take risks to challenge discriminatory beliefs and attitudes.
 8. Learn about issues related to sustainability. As a starting point, you can visit the Sustainable Development Institute's website. If you would like to suggest a reading or resource you know of to share with other students, please let us know.



At Home

1. Reduce energy consumption in your home by:

- Turning off lights, computers, and appliances when not in use.
- Replacing normal incandescent light bulbs with compact fluorescents. They last up to ten times longer and use one-quarter of the electricity of a regular bulb. These bulbs are available in most home centers and hardware stores.
- Turning down the heat one or two degrees in the winter and throwing on a sweater, or turning down the air conditioning in the summer and utilizing fans for air flow.
- Turning down the heat at night.
- Keeping windows and doors closed when you are heating or air conditioning your home.



- Draft-proofing your home with caulking and weather-stripping to reduce your home energy needs by up to 20%.
- Setting your washing machine to wash in cold water and hanging your clothes to dry.
- Using drapes, blinds, and indoor and outdoor plants to shade and insulate your home.

For more energy-saving tips to help you save money and reduce the social and ecological impacts of power generation, visit Wisconsin's Focus on Energy program or www.energystar.gov. These sites will also help you estimate the energy requirements of each of your appliances.

2. Reduce water consumption by:

- Turning off the tap when you are washing dishes, soaping up in the shower, and brushing your teeth.
- Taking shorter showers or shallower baths.
- Installing a low flow shower head. You can find these at most hardware stores and home centers and are easy to install.
- Only using your dishwasher and clothes washer when you have full loads.
- Whenever possible, washing your clothes in cold water.
- Collecting rainwater to water your plants.
- Reducing the amount of water needed per flush by installing commercial devices or by placing a pop bottle filled with water in your toilet tank.

Residential water use makes up a large portion of total water use, so home conservation measures can make a big difference to ensuring that water resources are sustained.

3. Donate your used clothes, furniture, books, appliances, and other items to charity. This helps raise money for social programs and reduces waste.

4. Use biodegradable, concentrated, non-toxic cleaning products free of phosphates and dyes. Look for these in your grocery store; if you can't find them, they may be in a special "natural foods" section.

5. Use cloths, rags, brushes and brooms instead of disposable cleaning supplies to reduce your waste.

6. Recycle - and make sure you include only the allowed items. This will help to improve the efficiency of our collection system.

7. Start a back yard composter or an indoor worm bin composter for food scraps, depending on your living space.

8. If you have a lawn, mow it manually or let it grow, and avoid pesticides and fertilizers. If you have a flower garden, try planting native species.

On the Move

Choosing active or alternative transportation has immediate social, economic, and ecological benefits. Driving a car to CMN each day contributes to poor air quality, which is undesirable. Gas, insurance, and parking have high economic costs. Add in the ecological costs of fossil fuel extraction and greenhouse gas emissions and you have a large incentive to cut down your driving time. Fortunately, there are several ways to do this.

1. Whenever possible, walk, bicycle, or take public transportation.
2. If you have a job or research project that allows it, try telecommuting whenever possible.



3. Share your regular car ride to school or work with other people who live near you.
4. Choose a place to live that is close to school and/or work and reduce your need to drive or amount of driving time.
5. Drive smarter and save fuel by:
 - driving the speed limit - as driving at high speed decreases fuel efficiency.
 - running errands in one weekly trip.
 - turning your car off when stopped for more than 10 seconds, rather than idling.
 - keeping your car maintained and checking tire pressure once a month.
 - minimizing the use of your car's air conditioning.
6. For long-distance trips, try taking less energy intensive methods such as the bus or train.

In the Store

Making good consumer choices are simple and powerful ways to promote and support sustainability.



1. Only buy what you need. Excess stuff only creates waste and eats into your budget.
2. When you buy anything, look for the options that are:
 - less packaged. More packaging just means more waste of energy and materials going in and more garbage going out.
 - locally produced. Buying locally supports the development of our regional economy and reduces the social, economic, and ecological costs of transportation. Our food travels far! The days of the 3000 mile Caesar salad are limited.
 - produced by a company with good social and environmental policies and performance. If you're buying clothing, try to find companies with fair labor standards. You can check out Co-op America's company profiles (www.coopamerica.org) and you can also try asking stores and manufacturers about their labor policies. In addition you can also find out about corporate policies on human rights, sustainability, environmental initiatives, and community involvement. Responsible Shopper's database is searchable by company or product, and covers a wide range of industries (food, personal care, clothing, housewares, cleaning products, toys, and more).
 - recycled. Recycling programs can only save energy and materials and cut down on waste if there is a market for recycled products. Buying recycled products completes the cycle.
 - second hand. Buying used clothes, furniture, and books minimizes waste of materials and reduces the pollution and resource consumption associated with manufacturing.
 - more energy efficient. Choose EnergyStar appliances and fuel efficient vehicles when buying new.
3. When you buy food, look for items that are:
 - organic. Pesticides damage ecosystems and pose serious health risks to both consumers and farm workers.
 - less processed. Food processing uses up water and energy resources in addition to adding chemicals that our bodies can do without.
 - fairly traded. When you're buying coffee or chocolate, look for companies that work with grower co-operatives to ensure workers are getting a fair wage. The Fair Trade Certified (www.transfairusa.org) label is recognizable around the world.
4. Bring your own reusable bags. Although many stores give out bags for "free", the hidden price is pollution and wasted resources from producing plastic.

In the Community

Volunteer with an organization working for social or ecological change.

Find an organization promoting your vision of sustainability and support it.

Find out about the planning processes in the community, and take part in public consultations.

Let someone know what you think. Contact a government representative or member of a corporate board or public commission to express your views.

Turn off the television and spend time building healthy relationships with family and friends.

For recreation, choose skiing or snowboarding instead of snow-mobiling, and windsurfing, canoeing or kayaking instead of jet-skiing or wakeboarding.

Learn more about sustainability and share your knowledge with family and friends. By working together we can make the world more equitable, secure, and sustainable.

