

STUDENT SUSTAINABILITY GUIDE

HOW TO  
BE A  
GREEN  
WOLVERINE



**M**planet blue  
the sustainable difference

# STUDENT SUSTAINABILITY GUIDE

The University of Michigan (U-M) has a longstanding record of incorporating sustainability in our curriculum, our research, and our operations. This commitment was greatly strengthened in 2009, when President Mary Sue Coleman launched a multi-faceted U-M Sustainability Initiative (learn more at [www.sustainability.umich.edu](http://www.sustainability.umich.edu)).

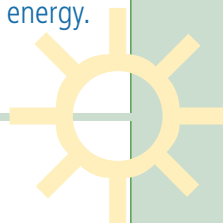
Students are an integral part of the university's sustainability efforts. In fact, this guide evolved from a student team project in the undergraduate "Sustainability and the Campus" course here at U-M. It has since been refined by the Graham Sustainability Institute and the Student Sustainability Initiative (SSI) with input and support from the Office of Campus Sustainability and Division of Student Affairs. (Questions may be addressed to the SSI at [ssi-board@umich.edu](mailto:ssi-board@umich.edu).)

Sustainability is often defined as: "Meeting the needs of the present without compromising the ability of the future to meet their own needs." With this in mind, this handbook provides a variety of tips for living an environmentally responsible lifestyle as a student in Ann Arbor.

As Michigan Wolverines, we can all help make the sustainable difference by learning about sustainability — and living it every day. We hope this Student Sustainability Guide will help. Please use it as a regular reference for information and insights on the following topics:

- 1 ECO-TIPS
- 3 SUSTAINABLE WEEKENDS
- 4 ENVIRONMENTAL STUDENT ORGANIZATIONS
- 6 ENVIRONMENTAL GROUPS
- 7 TRANSPORTATION
- 9 REDUCE, REUSE, RECYCLE
- 12 THE GREEN MARKET
- 15 ACTIVITIES AND RECREATION
- 17 GREEN MEDIA

**E**nergy use on campus contributes to greenhouse gas emissions and global warming. The more we can do to conserve energy, the more we can help to mitigate the increase of greenhouse gasses in the atmosphere. Whether you are living on campus, or in off-campus housing, please do your part to conserve energy. Every seemingly small action counts.



## Simple Ways to Conserve Energy

- **Unplug** all electrical appliances when not in use.
- **Dress appropriately** for the season. For example, wear layers of clothing during the winter months so you don't have to turn up the thermostat. Keep thermostats set at 68° during the cold months and 76° during warm seasons.
- Remember to **close doors and windows** when the heating or cooling systems are on.
- During the **winter, open blinds**, drapes, and curtains to allow sunlight in for solar heat gain. In the **evenings, close blinds**, drapes, and curtains to reduce thermal heat loss.
- **Avoid** the use of portable electric space heaters.
- Use hot water **sparingly**.

## Energy-Efficient Lighting

- Take advantage of **natural daylight** when possible. Open the blinds and turn off your lights.
- Consider using **desk lamps** ("task lighting") and reducing overhead lighting in the room.
- **Replace incandescent light bulbs** with compact fluorescent light bulbs where possible.
- If you spend a lot of time working at a computer, **dim the lights** in your room so you can easily see your computer screen without turning up the brightness level.
- **Turn off lights** when leaving a room.

## DORM REFORM

Residence halls recycle nearly 35% of their total waste and the Northwood Community Apartments recycle about 33% of their total waste.





## H<sub>2</sub> OUCH!

We toss out enough water bottles in the U.S. to circle the equator every 2.9 days.



## Energy-Smart Computing



- Turn your **computer off at night** or when you are out of town. Also, do not turn your computer on until you are ready to use it. (Note: Turning your computer on and off will not harm it. The life of a monitor and computer is related to the amount of time it is in use, not the number of on-and -off cycles.)
- Know this: the best screen saver is **no screen saver** at all.
- Do not plug in your printer until you are ready to print. **Printers consume energy** even while they are idling.
- **Cut down on printing** by reading e-mails and documents on the computer screen.
- Take advantage of **power-efficiency settings** (available in the systems preferences of most newer computers).
- When typing documents, format your document to **as few pages as possible** by using a smaller font, decreasing line spacing, and using double-sided printing.
- **Review your document** on the screen instead of printing a draft.
- Always buy and use **recycled-content paper**. Look for paper with 50-100% post-consumer waste that is non-chlorine bleached.
- If possible, buy vegetable or **non-petroleum-based inks**. These printer inks are made from renewable resources, require fewer hazardous solvents, and, in many cases, produce brighter, cleaner colors.
- **Recycle** your print cartridges by contacting Mikan Corporation (734) 944-9447, U-M's strategic supplier for remanufactured cartridges. They will provide collection boxes and pick them up from your building when filled.

## Water Conservation

- Use **re-usable water bottles** instead of plastic. It takes three to five liters of water to make just a 1-liter plastic disposable bottle.
- **Eat lower on the food chain**. It takes 5,000 gallons of water to produce one pound of meat, while producing one pound of wheat takes 25 only gallons.
- **Shorten your shower** by a minute or two per day, and you'll save up to 150 gallons of water per month.
- **Turn off the water** while you brush your teeth, wash your hair and hands, and shave.
- Use **cold to luke-warm water** to hand wash dishes, not hot water. Also, don't let the water run while rinsing.
- **Wash clothes in cold water** to save energy and to help clothes to maintain their color.
- **Share water conservation tips** with friends and dorm mates.

**B**eing sustainable need not hamper your fun! Here are some great tips to make your weekend plans fun and sustainable.

## How to Throw a Sustainable Party!

- Instead of buying disposable plates, go to a local thrift store, neighborhood yard sale, or even your grandmother's basement to stock up on **plates** for a chic and eclectic vibe. This can also be done with cups and silverware.
- Use **natural light** whenever possible to light the room.
- Use **beeswax candles!** They give off negative ions that actually help clean the air.
- Bring **your own cups!** Have fun, and make a game out of it. Whoever brings the coolest cup wins a prize!
- Offer **locally produced** snacks and locally grown produce. (See pg. 13 for places to shop.)
- Serve healthy "finger food," with **no plates or utensils** necessary.
- **Ditch the speakers!** Invite musician friends to perform cool music to dance to all night long!
- **Ban cigarettes** (and all that packaging). Who wants to smell bad anyway?
- **Spread the word!** Make sure your guests know that the food is locally grown and produced, or that there is a band instead of a DJ, which saves energy.

## How to Throw a Sustainable Movie Night!

- Show **environmentally focused films** that are educational and entertaining. (See the suggested film list in the "Green Media" section of this guide.)
- Turn the **lights off!** It's best to watch movies in the dark anyway!
- Eat **locally produced munchies** instead of microwave popcorn. It's good for you *and* the environment!

## LANDFILL LOSERS

Those familiar red plastic cups take 450 years to decompose!



# ENVIRONMENTAL STUDENT ORGANIZATIONS

If you're interested in playing an active role in promoting environmental sustainability at U-M, then you can choose from a variety of student-related groups on campus. Here's a list of just some of the groups that you can join to help generate awareness, think innovatively, and volunteer for this important cause:

## Awareness

**Environmental Action (EnAct)** is a group of students who work on environmental outreach and education, with a range of opportunities for students to learn about sustainability. EnAct also teaches children in the community about the environment. *Website: [www.umich.edu/~enact](http://www.umich.edu/~enact), Email: [enact.info@umich.edu](mailto:enact.info@umich.edu)*

**Environmental Issues Commission (EIC)** is part of the Michigan Student Assembly. EIC strives to make U-M more sustainable by working with the administration and other student groups. They also coordinate the annual Sustainability Fair and Earth Week events on campus. *Website: [www.umich.edu/comm/eic](http://www.umich.edu/comm/eic), Email: [gogreeneic@umich.edu](mailto:gogreeneic@umich.edu)*

**Michigan Students Advocating Recycling (MSTAR)** promotes awareness and use of both on- and off-campus recycling resources through exposure to the city's recycling infrastructure and education about recyclable materials. *sitemaker.umich.edu/mstar*

**Michigan Sustainable Foods Initiative (MSFI)** is dedicated to increasing the amount of local and sustainably produced food available on campus. MSFI is also committed to educating the campus community about the importance of sustainable food practices. *Website: [www.umich.edu/~msfi](http://www.umich.edu/~msfi), Email: [msfi-board@umich.edu](mailto:msfi-board@umich.edu)*

**RecycleManiacs** works with University Waste Management Services to encourage students to reduce waste and recycle. *Website: [www.recycle.umich.edu](http://www.recycle.umich.edu), Email: [recyclemaniacs@umich.edu](mailto:recyclemaniacs@umich.edu)*

**Student Sustainability Initiative (SSI)** brings together student leaders to work closely with the Graham Environmental Sustainability Institute and the Office of Campus Sustainability. SSI organizes Zero Waste events, holds roundtable meetings for cross-campus discussion of environmental issues, and works to advocate positive change toward sustainability on campus amongst students, student organizations, faculty and staff. *Website: [www.umich.edu/~umssi](http://www.umich.edu/~umssi), Email: [ssi-board@umich.edu](mailto:ssi-board@umich.edu)*

## Innovation

**BLUElab** works on real-world projects locally and in underdeveloped countries, allowing Engineering students to enhance their technical abilities while gaining a better understanding of the impact of their work. *Website: [www.engin.umich.edu/societies/BLUElab](http://www.engin.umich.edu/societies/BLUElab), Email: [bluelab-contact@umich.edu](mailto:bluelab-contact@umich.edu)*

**MPowered** fosters an entrepreneurial culture on campus by supporting student ventures, competitions, and educational programs. MPowered strongly recognizes the need for change to better the environment through big ideas. *Website: [www.mpowered.umich.edu](http://www.mpowered.umich.edu), Email: [mpowered-contact@umich.edu](mailto:mpowered-contact@umich.edu)*

**Solar Car Team** designs, builds, finances, and races a solar powered car in competitions around the globe fostering sustainable research and technology. *[solarcar.engin.umich.edu](http://solarcar.engin.umich.edu)*

## Volunteerism

**Cultivating Community**—sponsored by the Matthaei Botanical Gardens—educates students about sustainable food systems through hands-on organic gardening and community outreach. *Website: [www.lsa.umich.edu/mbg/learn/cc/](http://www.lsa.umich.edu/mbg/learn/cc/), Email: [mbgna.cc@umich.edu](mailto:mbgna.cc@umich.edu)*

**Circle K International**, the collegiate version of Kiwanis International, provides various community service opportunities helping those in need and the environment. Just check out the calendar for all their projects and to sign up! *Website: [www.umcirclek.org](http://www.umcirclek.org), Email: [circlek@umich.edu](mailto:circlek@umich.edu)*

**The Detroit Partnership** is helping the City of Detroit become more sustainable through projects such as Greening of Detroit, Motor City Blight Busters, and many others. *Website: [www.thedp.org](http://www.thedp.org), Email: [dp.dir@umich.edu](mailto:dp.dir@umich.edu)*

**The Ginsberg Center** provides a network of service-learning organizations to bring about social change. They also award grants and fellowships to students for many types of projects. The Ginsberg Center is a great resource on campus to direct you in your own social justice work! *Website: [www.ginsberg.umich.edu](http://www.ginsberg.umich.edu), Email: [ginsberginfo@umich.edu](mailto:ginsberginfo@umich.edu)*

## WATTAGE WISDOM

**If an appliance is off, it's still using power. Up to 10 percent of your power bill goes to run appliances that you've already turned off! Unplug appliances that you aren't using to save money and energy.**



# ENVIRONMENTAL GROUPS

## PAY IT FORWARD

If 20% of Americans switched to electronic bill receipt and payment, we could save almost 2 million trees and 100 million gallons of gasoline a year.



There are also plenty of ways to volunteer in Ann Arbor. The organizations listed below are easily accessible from campus and provide year-round opportunities to get involved.

**Clean Water Action—Michigan** is an organization of 1.2 million members working to protect America's waters. Since 1972, Clean Water Action has won notable environmental protections. [www.cleanwateraction.org/mi](http://www.cleanwateraction.org/mi)

**Ecology Center** in Ann Arbor works at the local, state, and national levels for clean energy production, healthy communities, environmental justice, and a sustainable future. [www.ecocenter.org](http://www.ecocenter.org)

**The Huron River Watershed Council's** mission is to inspire attitudes, behaviors, and economies that protect, rehabilitate, and sustain the ecological and cultural communities of the Huron River ecosystem. [www.hrwc.org](http://www.hrwc.org)

**The Huron Valley Sierra Club** is the local chapter of this non-profit organization dedicated to helping people explore, enjoy, and protect the wild places of the earth. They offer multiple outings and monthly programs. [michigan.sierraclub.org/huron](http://michigan.sierraclub.org/huron)

**The Michigan League of Conservation Voters'** environmental priorities are to secure adequate state funding for environmental protection and conservation, address the threat of global warming in Michigan, and protect the health of future generations. [www.michiganlcv.org](http://www.michiganlcv.org)

**The National Wildlife Federation** is the nation's largest conservation organization, committed to protecting wildlife, restoring natural habitats and ecosystems, and educating the public to adopt similar practices. Since 1982, the Great Lakes Regional Center has worked towards protecting the Great Lakes. [www.nwf.org/regional-centers/great-lakes](http://www.nwf.org/regional-centers/great-lakes).

**The Nature Conservancy in Michigan's** mission is to preserve the plants, animals, and natural communities that represent the diversity of life on Earth, by protecting the land and water resources they need to survive. [www.nature.org](http://www.nature.org)

**W**hy hassle with traffic and parking? Save money and the environment with these transportation options for travelling on campus and in Ann Arbor.

### By Foot

The campus area is completely accessible for walking. The State Street and South University areas border central campus and are full of restaurants and shops. On North Campus, there are plenty of footpaths.

### By Bike

Bicycling is an easy alternative to walking. It's faster — just don't forget your helmet. Bike parking is available near all class buildings and on the streets. On North Campus, it's the best way to get around. Ann Arbor is one of the most bike-friendly cities in the country. A map of Ann Arbor bike paths can be found at [www.a2gov.org/government/communityservices/ParksandRecreation](http://www.a2gov.org/government/communityservices/ParksandRecreation).

### Need a bike?

There are many used and new bike stores around Ann Arbor. Here are some suggestions:

#### Campus Student Bike Shops

607 S. Forest Ave.  
(734) 662-6986  
336 Maynard  
(734) 327-6949

#### Midwest Bike and Tandems

1691 Plymouth Rd.  
(for those on North Campus)  
(734) 213-7744  
[www.midwesttandems.com](http://www.midwesttandems.com)

#### East Quad Bike Co-Op

23 Tyler, basement of East Quad  
[eqbc@umich.edu](mailto:eqbc@umich.edu)  
[www.eqbc.org](http://www.eqbc.org)

#### Two Wheel Tango

3162 Packard Rd.  
(734) 528-3030  
[www.twowheeltango.com](http://www.twowheeltango.com)

#### Great Lakes Cycling & Fitness

2015 W. Stadium Blvd.  
(734) 668-6484  
[www.greatlakescycling.com](http://www.greatlakescycling.com)

### ROAD RAGE

According to the U.S. Department of Transportation, about 140 million motor vehicles in the U.S. are driven nearly 4 billion miles per day, using more than 200 million gallons of gasoline in the process.



## CAN DO

Energy saved from one recycled aluminum can can operate a TV set for three hours and is the equivalent to half a can of gasoline.

### Zipcar

If you need a car temporarily for an errand or excursion, then rent a Zipcar. There are nine Zipcar pick-up locations in Ann Arbor, and it costs only \$8 an hour (including gas). You can even rent out a hybrid. Sign up at [www.zipcar.com](http://www.zipcar.com).

### Michigan Bus Line

The big blue buses can take you around to all of the separate-but-interconnected U-M campuses. Travel to North Campus to study in the Dude, or down to the IM Building to pump some iron. And the best part is that IT'S FREE! Bus stops are found throughout campus. Details at [pts.umich.edu](http://pts.umich.edu).

Want to know exactly when your bus is coming? Magic Bus provides a real-time view of each Michigan bus. It's accurate and super easy to use. Check it out at [mbus.pts.umich.edu](http://mbus.pts.umich.edu).

### Ann Arbor Transportation Authority (AATA) – The Ride

The Ride bus system travels throughout the City of Ann Arbor and to Ypsilanti. AATA offers 28 routes that make it easy for students to get to the grocery store, the mall, or to Downtown Ann Arbor. With a student ID, students can ride FREE. Pick up a route schedule and guide on the bus, or visit [www.theride.org](http://www.theride.org).

### Buses and Trains, Not Automobiles

Need to get out of town? Try these alternatives!

**Amtrak:** Travel toward Chicago or Detroit with the Amtrak train from Ann Arbor. The train is ideal for out-of-state students and visitors, as well as for weekend trips to the city. Details and tickets at [www.amtrak.com](http://www.amtrak.com).

**Megabus:** Megabus is a low-cost, express bus service offering Ann Arbor-to-Chicago travel for as low as \$1 per trip. The Ann Arbor station is located at 2694 S. State St. Find schedules and rates at [www.us.megabus.com](http://www.us.megabus.com).

**Michigan Flyer:** You can take this bus from the Four Points Sheraton by Briarwood Mall in Ann Arbor to East Lansing or Detroit Metro Airport. This is great for getting out of town or visiting MSU for a weekend. The schedule and rates are at [www.michigan-flyerimscart.com](http://www.michigan-flyerimscart.com).

# REDUCE, REUSE, RECYCLE

Obviously, we can't enlarge the earth to accommodate all of our stuff. So, let's do our best to adopt the following helpful hints to minimize our consumption and waste (with particular focus on the "three Rs" in the order listed):

## 1. Reduce

- **Buy only what you need** and use all of what you buy.
- Choose products with **minimal packaging**. (Hint: Packaging should protect the product from damage, keep it clean and sanitary, and present product information; anything more than this is unnecessary and wasteful.)
- Purchase products in **packaging that can be readily recycled** and, even better, is made from recycled material.
- **Buy in bulk**. It will reduce waste and save you money in the process.
- **Refuse bags** at stores! When you buy one or two items at a store, carry them out in your hands or take a reusable bag with you to carry your purchased items.

## 2. Reuse

- When you are done using something or no longer want it (such as a book, a piece of clothing, a board game, or virtually anything else), then **give it to a friend** who can continue to put it to good use.
- Sell old products on sites like **Craigslist.org**. Maybe you'll find something you need on the site yourself!
- Take along **washable cups or travel mugs** instead of disposables.
- When you do use disposables — like plastic cups, plates, utensils, and plastic food storage bags — don't throw them away! **Wash** and reuse them.
- Instead of replacing items when they break, **repair** them.
- When you replace something, **donate** the old one (if in good condition) to charitable outlets like Goodwill or Salvation Army.
- Hold a **yard sale** or give-away. And ask your neighbors to join in too.
- When you need to purchase something, check yard sales, charitable outlets, and **resale stores** first. (See list of reuse stores on next page.)

## CONSUMER CULTURE

If all the other people on the earth used (and discarded) as much stuff as we do in the United States, the planet would need to be three to five times larger just to hold and sustain everyone!

## RAGS TO RICHES

Move-Out Week collection programs for recyclables yield more than 14 tons of clothing, household goods, food, toiletries, bedding and shoes, with most items being donated to local charities and non-profit organizations.

### Reuse Stores

Buying already used merchandise and/or donating unwanted items to thrift stores is an easy way to help reduce waste, as well as to save money. Here are some of the many reuse outlets in Ann Arbor (for items such as clothing, décor, electronics, furniture, and much more).

#### The Getup

215 S. State St.  
(734) 327-4300  
[www.thegetup.com](http://www.thegetup.com)

#### Habitat for Humanity ReStore

170 Aprill Drive  
(734) 677-1558  
[www.h4h.org](http://www.h4h.org)

#### Kiwanis Thrift Sale

Saturdays, 9 a.m. – noon  
200 South First St.  
(734) 665-0450  
[www.kiwanissale.com](http://www.kiwanissale.com)

#### U-M Property Disposition

3241 Baxter Rd.  
(734) 764-2470  
[www.propertydisposition.umich.edu/index.html](http://www.propertydisposition.umich.edu/index.html)

#### The ReUse Center

2420 South Industrial Highway  
(734) 222-7880  
[www.recycleannarbor.org/reuse](http://www.recycleannarbor.org/reuse)

#### Salvation Army

Stimson St.  
(734) 761-7750  
100 Arbana Drive  
(734) 668-8353  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

#### Star Vintage

322 S. State St.  
(734) 332-0088

#### St. Vincent de Paul Thrift Store

1001 Broadway  
(734) 761-1400  
[www.svdpaa.org](http://www.svdpaa.org)

#### The Scrapbox

581 State Circle  
(734) 994-4420  
[www.scrapbox.org](http://www.scrapbox.org)

#### Treasure Mart

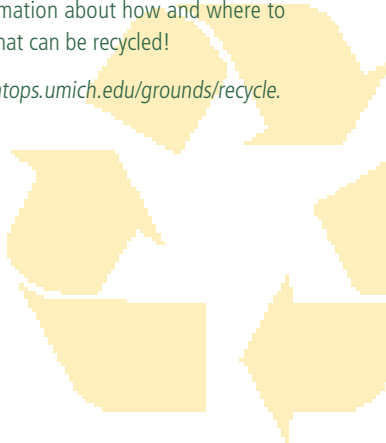
529 Detroit Street  
(734) 662-1363  
[www.treasuremart.com](http://www.treasuremart.com)

### 3. Recycle

Only after reducing and/or reusing your goods do you recycle what is left over! Fortunately, U-M makes it extremely easy to recycle, with recycling bins available throughout the Ann Arbor campus — including every dorm room!

Not sure how to recycle miscellaneous things like batteries, old CDs and DVDs, electronics, ink cartridges, jewel cases, and Styrofoam? Visit U-M's Recycling Program website, and you'll find detailed instructions and contact information about how and where to recycle just about everything that can be recycled!

For details, log onto [www.plantops.umich.edu/grounds/recycle](http://www.plantops.umich.edu/grounds/recycle).



### IT ALL ADDS UP

In fiscal year 2009, more than 2,309 tons of paper and 198 tons of containers were collected on campus for recycling. Recycled materials made up 27.9 percent of all the material collected by U-M Waste Management Services. Since the program started in 1989, 41,380 tons of mixed paper and 2,619 tons of mixed containers have been recycled!



Help support a greener marketplace by patronizing businesses that “walk-the-talk” of sustainability. Here’s a list of businesses to consider on and off campus.

## Restaurants

The restaurants listed use locally sourced ingredients, provide organic selections, and are otherwise environmentally responsible in their operations and offerings. Most of them are also locally owned.

### Key

- Vegetarian Options
- ▼ Vegan Options
- ★ Locally Sourced
- ✿ Organic Purchasing
- \$ Inexpensive (less than \$10/meal)
- \$\$ Moderately Priced (\$10-\$20/meal)
- \$\$\$ Expensive (more than \$20/meal)

**Bert’s Café** ●▼★ \$  
Shapiro Undergraduate Library  
(734) 647-6237  
[unions.umich.edu/berts](http://unions.umich.edu/berts)

**Big City Small World Bakery** \$  
500 Miller St.  
(734) 668-7688  
[www.bigcitysmallworld.com](http://www.bigcitysmallworld.com)

**Café Japon** ●▼★ \$  
113 E. Liberty St.  
(734) 332-6200  
[www.cafejapon.net](http://www.cafejapon.net)

**Café Verde** ●▼★✿ \$  
216 N. Fourth Ave.  
(734) 994-9174  
[peoplesfood.coop/store/cafe.php](http://peoplesfood.coop/store/cafe.php)

**Chipotle** ●▼✿ \$  
235 S. State St.  
(734) 794-0800  
[www.chipotle.com](http://www.chipotle.com)

**The Chop House** ★✿\$\$\$  
322 S. Main  
(734) 669-8826  
[www.thechophouserestaurant.com](http://www.thechophouserestaurant.com)

**Earthen Jar Vegetarian Cuisine** ●▼✿ \$  
311 S. Fifth Ave.  
(734) 327-9464  
[www.earthenjar.com](http://www.earthenjar.com)

**Espresso Royale** ●★✿ \$  
214 S. Main St., 668-1838  
324 State St., (734) 662-2770  
1101 S. University, (734) 327-0740  
[www.espressoroyale.com](http://www.espressoroyale.com)

**Glass House Café** ●▼★✿ \$  
Palmer Commons  
(734) 647-3777  
[www.glasshousecafe.net](http://www.glasshousecafe.net)

**Grange Kitchen & Bar** ●▼★❁

\$\$\$

118 W. Liberty  
(734) 995-2107  
[www.grangekitchenandbar.com](http://www.grangekitchenandbar.com)

**Jerusalem Garden** ●▼❁

307 S. Fifth Ave.  
(734) 995-5060  
[www.jerusalemgarden.net](http://www.jerusalemgarden.net)

**Revive** ●▼❁

619 E. University  
(734) 332-3366  
[www.revive-replenish.com](http://www.revive-replenish.com)

**Stucchi's Ice Cream & Frozen Yogurt** \$

302 S. State St.  
(734) 662-1700  
1121 S. University  
662-1716  
[www.stucchis.com](http://www.stucchis.com)

**Seva Restaurant** ●▼❁ \$\$

314 E. Liberty  
(734) 662-1111  
[www.sevarestaurant.com](http://www.sevarestaurant.com)

**Silvio's Organic Pizza** ●▼★❁

\$\$\$  
715 N. University St.  
(734) 214-6666  
[www.silviosorganicpizza.com](http://www.silviosorganicpizza.com)

**Zingerman's Deli** ●▼ \$\$\$

422 Detroit St.  
(734) 663-DELI  
[www.zingermansdeli.com](http://www.zingermansdeli.com)



## Groceries

These grocers provide local and organic options.

**Ann Arbor Farmer's Market**

315 Detroit St.  
(734) 994-3276  
[www.a2gov.org/market](http://www.a2gov.org/market)  
May–Dec: Wed. & Sat. 7 a.m.–3 p.m.  
Jan–Apr: Sat. 8 a.m.–3 p.m.

**Arbor Farms Market**

2103 W. Stadium Blvd.  
(734) 996-8111  
[www.arborfarms.com](http://www.arborfarms.com)

**Peoples Food Co-op**

216 N. Fourth Ave.  
(734) 994-9174  
[www.peoplesfood.coop](http://www.peoplesfood.coop)

**The Produce Station**

1629 S. State St.  
(734) 663-7848  
[www.producestation.com](http://www.producestation.com)

## LOCAL HEROS

**More than 30 Michigan suppliers and farmers provide the University with poultry products, fruits, vegetables, honey, and more.**



## BULK UP

**Buy non-perishable food (i.e. beans, grains, flour...) in bulk. You will save money and reduce packaging waste! By the Pound and the People's Food Co-op both sell bulk food in Ann Arbor.**

### **Replenish**

619 E. University  
(734) 332-3366  
[www.revive-replenish.com](http://www.revive-replenish.com)

### **Trader Joe's**

2398 E. Stadium Blvd.  
(734) 975-2455  
[www.traderjoes.com](http://www.traderjoes.com)

### **Washtenaw Dairy**

602 S. Ashley  
(734) 662-3244  
[www.washtenawdairy.com](http://www.washtenawdairy.com)

### **Whole Foods Market**

990 W. Eisenhower Parkway  
(734) 997-7500  
3135 Washtenaw Ave.  
(734) 975-4500  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

## Shops

Find green and/or fair-trade gifts and other products at the following locations.

### **Middle Earth Gifts**

1207 S. University  
(734) 769-1488  
[www.middleearthgifts.com](http://www.middleearthgifts.com)

### **Organic Bliss**

117 E. Liberty  
(734) 761-3047  
[www.organicblissproducts.com](http://www.organicblissproducts.com)

### **Sunday Artisan Market**

315 Detroit St.  
(734) 913-9622  
[www.artisanmarket.org](http://www.artisanmarket.org)  
Apr–Dec: Sun 11 a.m.–4 p.m.

### **Ten Thousand Villages**

303 South Main St.  
(734) 332-1270  
[www.annarbor.tenthousandvillages.com](http://www.annarbor.tenthousandvillages.com)

Playing in the great outdoors is a wonderful way to learn about and appreciate the environment. Here's a list of just some of the many recreational opportunities in the Ann Arbor area, including outdoor outfitters, local parks, and related student groups.

## Outdoor Outfitters

**Argo Canoe Livery:** Offers kayak and canoe rentals. Instruction is available. 1055 Longshore Dr. (734) 794-6241. [www.a2gov.org/government/communityservices/parksandrecreation](http://www.a2gov.org/government/communityservices/parksandrecreation)

**Bivouac Ann Arbor Gear Rentals:** Outdoor equipment retailers and gear rental. 336 S. State St. (734) 761-6207. [www.bivouacannarbor.com](http://www.bivouacannarbor.com)

**Gallup Canoe Livery:** Offers canoe, kayak, paddleboat and rowboat rentals and is surrounded by park trails and playgrounds. 3000 Fuller Rd. [www.a2gov.org/government/communityservices/parksandrecreation](http://www.a2gov.org/government/communityservices/parksandrecreation)

**MRock:** The Outdoor Adventures climbing wall. Lots of bouldering and rock-climbing gear included in the \$5 fee. Intramural Sports Building 606 E. Hoover Ave. (734) 764-7625. [www.recsports.umich.edu/outdooradv/climbing](http://www.recsports.umich.edu/outdooradv/climbing)

**Outdoor Adventures:** University of Michigan Dept. of Recreational Sports outdoor tripping and gear rental program. 336 Hill St. (734) 764-3967. [www.recsports.umich.edu/outdooradv](http://www.recsports.umich.edu/outdooradv)

**Planet Rock Climbing Gym:** Indoor climbing wall for all skill levels with gear available to rent. Wonderful staff! 82 April Dr. (734) 827-2680. [www.planet-rock.com](http://www.planet-rock.com)

## Parks

**Nichols Arboretum:** Escape campus without going too far in U-M's own park on the Huron River. James D. Reader Center 1610 Washington Hts. (734) 647-7600. [www.lsa.umich.edu/mbg/see/nicholsarboretum.asp](http://www.lsa.umich.edu/mbg/see/nicholsarboretum.asp)

**Matthaei Botanical Gardens:** Has a set of fun trail loops and plenty of community activities. 1800 North Dixboro Rd. (734) 647-7600. [www.lsa.umich.edu/mbg/see/matthaei](http://www.lsa.umich.edu/mbg/see/matthaei)



## OUTSIDE THE BOX

Move-In Week recycling programs capture more than 1,900 cubic-yards of cardboard and 550 bags of polystyrene packaging.



## PALM PILOTS

Fill your living  
space with plants!

It will clean the  
air and has been  
shown to improve  
your mood!

**Leslie Science Center:** The Leslie Science Center has about 50 acres of parkland, a critter house that is open on Sunday, and many opportunities for volunteering. 1831 Traver Rd. (734) 997-1553. [www.lesliesnc.org](http://www.lesliesnc.org)

**Pinckney Recreation Area:** A State of Michigan-run recreation area with camping and trails. 8555 Silver Hill Rd. Pinckney, MI 48169. (734) 426-4913. [www.dnr.state.mi.us/parksandtrails](http://www.dnr.state.mi.us/parksandtrails)

**Waterloo Recreation Area:** State of Michigan-run recreation area with camping and trails. 16345 McClure Rd. Chelsea, MI 48118. (734) 475-8307. [www.dnr.state.mi.us/parksandtrails](http://www.dnr.state.mi.us/parksandtrails)

## Student Organizations

**Kayak Club:** Connects kayakers and paddlers from all over U-M and offers training sessions at the NCRB pool. Intramural Sports Building 606 East Hoover St. [www.sitemaker.umich.edu/kayak](http://www.sitemaker.umich.edu/kayak)

**Michigan Backpacking Club:** Member students organize trips and workshops about backpacking and fun hiking trails. 324 John St. [www.michiganbackpacking.weebly.com](http://www.michiganbackpacking.weebly.com)

**Michigan Birders:** A network of individuals dedicated to the enjoyment and conservation of wild birds and to increasing student involvement. 530 S. State St. 3909 Michigan Union. [umbirders@ctools.umich.edu](mailto:umbirders@ctools.umich.edu)

**Michigan Climbing Club:** Connecting students and faculty interested in climbing with movie nights, trips and ride sharing. [www.umich.edu/~climbing](http://www.umich.edu/~climbing)

**Michigan Fishing Club:** Educates and raises awareness about all aspects of fisheries and fishing. 440 Church St. Room G128. [www.sitemaker.umich.edu/bassfishing/home](http://www.sitemaker.umich.edu/bassfishing/home); Email: [bassfishing@umich.edu](mailto:bassfishing@umich.edu)

**Michigan Sailing Club:** This U-M student organization offers a unique and affordable opportunity to learn and practice the art of sailing. Clubhouse is on Baseline Lake in Dexter. First two visits are free! 8010 Strawberry Lake Rd. Dexter, MI. [www.umich.edu/~umsc](http://www.umich.edu/~umsc)

**Society of Les Voyageurs:** A group dedicated to learning from and enjoying the outdoors. They do informal trips, educational programs, and weekly potlucks. 411 Longshore Dr. (734) 662-1553. [www.umich.edu/~lvs](http://www.umich.edu/~lvs)

Time is limited, so if you're going to take time out to see a movie or read a book, here are some suggestions to make it worthwhile (compliments of SSI students who contributed to this guide):

## Movies

### Documentaries

An Inconvenient Truth  
The Cove  
Food, Inc.  
Planet Earth  
Who Killed the Electric Car

### Dramas & Biographies

Avatar  
A Civil Action  
The Day After Tomorrow  
Erin Brockovich  
Wall-e

## Books

*A Sand County Almanac* by Aldo Leopold  
*Coming into the Country* by John McPhee  
*Eating Stone* by Ellen Melpy  
*Ishmael* by Daniel Quinn  
*My First Summer in the Sierras* by John Muir  
*Pilgrim at Tinker Creek* by Annie Dillard  
*Red Sky at Morning* by Gus Speth  
*Refuge* by Terry Tempest Williams  
*Silent Spring* by Rachel Carson  
*The Land of Little Rain* by Mary Austin  
*The Moon by the Whale Light* by Diane Ackerman  
*The Ravaging Tide* by Mike Tidwell

## Cookbooks and Guides for Living

*The End of Nature* by Bill McKibben  
*Food Matters: A Guide to Conscious Eating* by Mark Bittman  
*Food Rules* by Michael Pollan  
*The Green Book* by Elizabeth Rodgers and Thomas M. Kostigen  
*The Old Farmer's Almanac*  
*Our Choice* by Al Gore  
*The Story of Stuff* by Annie Leonard

GOING ,  
GOING...

Every day, 50 to 100 species of plants and animals become extinct as their habitat and human influences destroy them.



## Learn More...and Stay in Touch

Visit the **Student Sustainability Initiative** on Facebook,  
and be sure to log onto **[www.sustainability.umich.edu](http://www.sustainability.umich.edu)**.



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