

# THINK GREEN NEWS

RECYCLE • REUSE • REDUCE • SUSTAINABILITY INITIATIVES AT UPSTATE

UPSTATE  
MEDICAL UNIVERSITY

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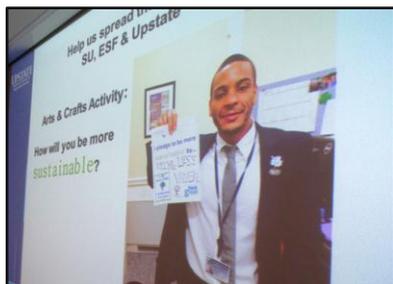
For more information, visit: [green.upstate.edu](http://green.upstate.edu)

August 2015

## Medquest Health Careers Exploration Camp with a 'Think Green' Twist!

Upstate Medical University hosted in July a MedQuest Health Careers Exploration Camp for 24 high school juniors and seniors across CNY. This 4-day medical intensive program is designed to introduce students to the health care industry and related careers.

This year, a section on Sustainability was included. Students were given a tour of Syracuse University's climate change garden, SU Dome's rainwater capture system and the SUNY ESF LEED Certified Platinum Gateway Building. Specific to Upstate the students learned about 'Think Green' initiatives underway at Upstate related to recycling, composting, clinical products repurposing, community gardens, LEED certified facilities, and the variety of careers involving sustainability in the health care industry. Students ended their session by completing their own pledges as to how they would be more sustainable in the future.



**Left:** Presidential Scholar and Sustainability Intern, Gabriel Veras, explains 'The Pledge to be Sustainable.'



**Right:** Medquest students complete their own pledge on how they will be more 'Green.'



## I ♥ NY Water

**I Love NY Water** is a not-for-profit initiative created to promote the benefits of New York's #1 resource: our tap water. The goal of **I Love NY Water** is to create awareness about the negative health effects, environmental impact and staggering costs associated with disposable water bottles. We want all New Yorkers, residents and visitors alike to treasure our tap water, a vastly overlooked natural resource.

**Sustainable Tap Water:** Bottled water is expensive! On average, bottled water costs 1,000 times more than tap water. Drinking two liters of tap water every day would only cost about \$0.50 each year!

Bottled water consumption is not sustainable. It takes 3 liters of water to produce 1 liter of bottled water. Nearly 70% of disposable water bottles end up in landfills, lakes, streams, and oceans.

Tap water is safe. Tap water is more closely regulated by federal safety regulations. The City of Syracuse Water Department has a 7-pronged approach to monitoring our water safety on a continual basis. You can rest assured that your water is clean and safe when you fill up at the tap.

**Water for Health:** The NYWellEveryday challenge for August is: *Choose water as your beverage of choice.* Choose water 15 days during the month of August to receive your challenge pin and certificate. Register at: [www.worklife.ny.gov/wellNYSeveryday](http://www.worklife.ny.gov/wellNYSeveryday). Enjoy the filtered water at the Upstate filtered water stations with your Upstate Think Green Cup!



## IT'S BACK TO SCHOOL TIME!

### Can you afford it? Can the planet?

School prep shopping is expected to ring up \$68 billion in sales for students and college kids this year, reports National Retail Foundation. They estimate that nationwide, families will spend an average of \$98 on school supplies such as pencils, notebooks, and backpacks.

#### How to save MONEY on school supplies:

- Go to the Dollar Store or other discount stores for the basics.
- Check closet or drawers. Chances are there are supplies in them.
- Swap or shop with other parents. Maybe someone in your circle has a kid who no longer needs the \$100 scientific calculator.

### Staggering AMOUNTS of School Supplies!

- 14 Billion pencils are produced every year, many made with wood from ancient forests.
- Americans use about 31.5 million tons of printing and writing paper each year, requiring 535 million trees (most from virgin tree fiber) and 12 billion gallons of oil to make.
- The average American consumes about 660 lbs of paper per year, compared to 550 lbs in Japan and about 8.8 lbs in India.

Source: Click [here](#)

### SUSTAINABLE SUPPLIES AT UPSTATE MEDICAL UNIVERSITY

#### 1. Upstate Duplicating & Printing Services creates scrap notepads!

Duplicating can create scrap notepads of 50 or 100 sheets of any size, out of any paper except cardstock. Scrap paper must be in decent shape – no folds, bent corners, or rips and it has to be able to be trimmed to a consistent size (i.e. a box full of paper of all different sizes that can't be jogged and trimmed will not work.) Send the scrap paper through campus mail or drop it off to Duplicating,



along with a 'Job Card.' Most of the job card doesn't need to be filled out; just indicate 'Scrap pads made with provided paper.' Indicate desired size (50 or 100 sheets per pad), account number and shipping address. There is a \$5 charge for this service. Order may take a few weeks as it is a low priority compared to clinical and academic printing.



#### 2. Buy paper and office supplies containing recycled content through our contracted supply vendor, Guy Brown.

### Environmentally Sustainable Back-to-School Supplies for COLLEGE Students

#### WHAT TO BRING:

1. Cloth bags to tote your purchases from stores.
2. A bicycle.
3. Reusable cups.
4. Tupperware to tote food cuts down on unnecessary waste.
5. Energy Star appliances. Stereos, televisions, computers, lamps, and other appliances are all available in Energy Star models, which significantly reduce energy use as compared to other models.
6. Power Strips. Power strips cut down on vampire loads – the power drain that occurs when an electronic device is turned "off" but still plugged into the electrical socket. Plugging such electronic equipment as cell phone chargers, stereos and computers into a power strip that can be shut off at night or when you are in class, saves energy.
7. Compact fluorescent bulbs, an energy-saving alternative to incandescent bulbs.

#### WHAT NOT TO BRING:

1. A refrigerator.
2. A computer printer.
3. Incandescent bulbs. They use three times the power of compact fluorescent bulbs.

Source: Click [here](#).