Visit our table at upcoming UCSF events!

The UCSF Green Campus Team will be participating in many events over the next few months. In addition, the Green Campus Team will be holding tabling events at many UCSF buildings and asking staff, faculty, and students to make sustainability pledges, and where possible, to lead their office or work area through the process of getting green certified. These pledges are simple individual commitments to live and work in a more environmentally responsible way.

Please come visit our table to learn more about LivingGreen at UCSF, to make a sustainability pledge, or to sign up to become a Office Certification.

Sign up for LivingGreen Office, you will receive a UCSF sustainability stainless steel water bottle!!

Fall Buildings

All days from 11am – 2pm
(Dates subject to change) E-mail us at greencampus@ucsf.edu for exact dates and location.

8/18/2011 - Medical Sciences Building
Week of 8/29/2011 - Mission Center Building, Health Sciences
Week of 9/5/2011 – Rock Hall, Mt. Zion Cancer Research Building
Week of 9/12/2011 – Rutter Center, School of Dentistry
Week of 9/19/2011 – Millberry Union
Week of 9/26/2011 – Parnassus Library, School of Nursing
Week of 10/3/2011 – Byers Hall
Week of 10/10/2011 – 654 Minnesota St.

If your building is not on this list, but would like us to table there, please e-mail us to make arrangements. Thank you!

livinggreen.ucsf.edu
STUDENT TIPS

from Vimalier Reyes-Ortiz, Joint BioEnergy Institute

Hello UCSF fellows. The time has come when we are coming back to school. We are back to classes, labs, and to the learning path. A descent amount of planning has been invested for this term. Now, Living Green at UCSF has a question for you: “Is being green within your agenda?” We know it is, and below we just add a few green tips for you to follow as you think more appropriate. Those areas that we identified as most feasible for UCSF fellows separate the tips.

Energy

- No Screen Savers. Turn off your monitor or have your computer go to sleep mode.
- Turn your computer(s) off at night
- Unplug all devices when you leave home. Many times we leave computers, chargers, fans, and any kind of electronics on when we don’t really need to. Even when “off” those devices still draw energy.
- Use smart strips: Smart strips can save you a lot of energy if you get the right one. Some of the newest versions have occupancy sensors and turn off when not in use.
- Turn lights off in rooms and personal spaces every time you leave that space and every time you consider it reasonable.
- Use cool water: Use only warm water when necessary.
- Use compact fluorescent light bulbs.

Water

- Fix leaks promptly. Call your building manager to fix any existent leaks in your apartment. This is not only for leaky faucets, but for those leaks under the sink and those toilets that keep running when nobody is using them.
- Use the lowest pressure when using a faucet. Lots of pressure mostly wastes water.
- Use low-flow showerheads. Ask your building manager to replace existing showerheads with the lowest flow product you can find.
- Run full Loads. Always run full loads of laundry and dishes. Choose the short cycle at low water levels whenever possible.
- Use your dishwasher wisely. Use your dishwasher and don’t rinse dishes beforehand (for an average 20 gallon savings).
- Take shorter showers.

Recycling, Reusing & Conserving

- Recycle everything! Paper is one of the easiest things to recycle. It is in your hands all the time.
- Print on both sides of the paper.
- Substitute paper for cloth napkins
- Limit use of disposable cups and plates
- Bring your own cup, plate and utensils to work.
- Carry a water bottle around. Check for water filters and fillers around campus. should not have to buy water.
- Use refillable binders.

Transportation

- Simple ways to reduce CO2 emissions and save money: Carpooling, biking, public transportation, and walking.

Promote Cultural Shift

- Try to get others to be green. This is something that we all need to do! … and as we well know, “the needs of the many outweigh the needs of the few… or the one”*
- Get involved: maybe there are greens teams and/or green programs already at your work location. Such programs could be in charge of things like: recycling, material exchange, energy reduction, environmental policies, shipping, computers, junk mail, lunch, break-rooms, etc. Join and enjoy the satisfaction of being green!

References:
- Global Stewards: http://globalstewards.org/ecotips.htm
- Chasing Green: http://www.chasinggreen.org/article/15-great-green-tips-college-students
- Goucher College: http://www.goucher.edu/x23340.xml
- Campus Life @ Suite 101®: http://www.suite101.com/content/green-tips-for-college-students-a25757

* Memorable quotes from Star Trek II
New LivingGreen Online Pledges
Making Conservation is Contagious Pledging and Office Certification easier than ever!

This month UCSF Office of Sustainability and the Green Campus team are launching new LivingGreen online pledging and checklists. The first is an updated online pledge that asks individuals to make three simple changes at work: turn off their monitor when they leave, learn to sort their waste, and report all water leaks to facilities management*. Once 50% of an office takes the pledge, the group can move on to the second LivingGreen online shift: a whole office self-assessment.

This new LivingGreen Office checklist was redesigned to be easier to understand and reflect the new individual pledge.

Once the self-assessment is finished and verified by the Green Campus team, an office will receive a silver, gold, or platinum LivingGreen Office certificate and can win prizes for fun or to help move on to the next level. We hope these new serves can be tools to help individuals and offices work towards UCSF’s sustainability goals.

*All leaks reported to and repaired by facilities management are done at no cost to your department fmcustservice@ucsf.edu

LIVINGGREEN OFFICE

UCSF LivingGreen Office (LGO) certification is all about making your office meaner, leaner, and most of all, greener!

The goal is to help UCSF offices get aggressive about preventing waste, motivate offices to trim unsightly energy consumption, and, overall, inspire thinking about office sustainability. While results may vary, by following the certification process, with the help of the LivingGreen tools, you’ll feel good that your office is doing its part to affect sustainability change at UCSF for a brighter, greener future. For more info about the UCSF LivingGreen Office (LGO) program certification process visit LivingGreen online.
MEDSHARE AT UCSF

Reducing and Reusing Medical Waste through Collaboration

LivingGreen at UCSF is determined to reduce waste in all domains. UCSF has been an ideal campus for collaborating with Medshare, a nonprofit organization dedicated to improving healthcare and the environment through the efficient recovery and redistribution of the surplus of medical supplies and equipment to those most in need – already deterring 100 tons from landfills which in turn can ultimately save lives. This goal being fundamental to a healthcare-oriented institution like UCSF.

MedShare overall has shipped over $70 million worth of surplus medical supplies and equipment to hospitals and clinics around the world while saving 1.7 million cubic feet of landfill space. Volunteers organize, sort and package medical sanitized waste and supplies that are sent to hospitals and clinics that serve the poor throughout the world. Medshare is phenomenal in organizing exactly what they need and exactly what they should order. A smaller aspect of Medshare is their ‘pop-up’ stores connecting physicians working for Doctors without Borders with their low cost, recycled medical supplies. Purchasing 50 pounds for $70 is critical for urgent, remote situations.

How does Medshare work at the clinical level? Simply, as a donor hospital, volunteers highly identified with a medical background can help to identify individuals wards where they can supply through the program large barrels. Staff are then introduced and informed about what is possible to submit for collection. For instance many surgical kits contain over a dozen items, and often, just a few of them are used. Unfortunately, once a kit has been opened, the items are no longer sterile, so even the unused ones must be disposed of. MedShare is able to take the unused kit items, and sort and bundle them, and make them available to hospitals in developing countries, who will sterilize them there before usage. Further education such as infomeetings or team development is also implemented.

Ultimately, healthy individuals and healthy planet are intrinsically linked. If you would like to participant in change towards global well-being, we encourage you to volunteer with the UCSF Remedy Team that is working with Medshare. For volunteering information or any other questions, you may visit the Remedy page on the UCSF LivingGreen website or contact Meggie Woods - remedy-at-ucsf@googlegroups.com or meggie.woods@ucsf.edu.

Their website is also accessible at http://rco.ucsf.edu/index.php/remedy/
### Metrics

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<th></th>
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<td>Interaction</td>
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<td>80 for Best Practices Presentation and 10 for Sustain. Steering Committee Meeting</td>
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**Green Campus Team**

Yovanni Antonelli  
Gabe Lieb  
Vimalier Reyes-Ortiz  
Brian Simpson  
Stephen Szeto

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**University of California, San Francisco**

The University of California, San Francisco (UCSF) is a leading university dedicated to promoting health worldwide through advanced biomedical research, graduate-level education in the life sciences and health professions, and excellence in patient care.

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**Living Green at UCSF**

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