



The Campus Green

Rider University's Sustainable Newsletter!

Issue 22 — November, 2020



BeesWax Food Wraps

Looking for 0-waste food storage? Don't want to spend big bucks on trendy reusable wrappers? Make your own beeswax wraps!

MATERIALS

- Cotton fabric scraps (washed).
- Beeswax pellets
- Tape
- Pinking shears
- Parchment paper
- An iron

DIRECTIONS

1. Pick out reusable strips (at least 6"x 6"). Rip or cut them into squares/rectangles + give them a little press. Trim edges with your pinking shears to prevent fraying.
 2. Tape a large piece of parchment paper to your ironing board/surface + set your iron to cotton. Spread the pellets out so they are evenly covering the fabric + make sure they extend to the edge.
 3. Put another piece of parchment on top + iron. Start in middle + push liquid wax out to the edges as it melts. The fabric will get darker as it saturates with wax so bare spots will show up lighter.
 4. Add more pellets to empty spots, + iron. Lay it wax side up when not using. Once finished each sheet, peel it off (it might still be hot so be careful) + hang to dry on clothes rack.
 5. Dry until stiff.
- *Wash with gentle dish soap + warm water when dirty. Dry in dish rack to dry + store folded. If they start to get crumbly or food residue won't come off, simply toss them in your compost bucket!*

Up Coming Events



Join us Thursday, Nov. 12th @ 7 PM for TRIVIA NIGHT! Top 3 winners receive Amazon E-Gift Cards

Virtual Green Team Meeting - Join us for the last meeting of the semester; Dec. 2nd @ 7 PM

***RSVP to Broncsgogreen@rider.edu for the zoom links**

Green Tip

To avoid using extraneous energy heating your house this winter, try to make your windows and doors as airtight as possible, especially by removing window air conditioners for the winter. If they can't be removed, they can be sealed with caulking or tape or covered with an airtight, insulated jacket. You'll save energy and money in heating!

America Recycles Day

Q: What is America Recycles Day?

A: America Recycles Day is a nationally recognized day dedicated to promoting and celebrating recycling in the United States

Q: Why is recycling important, and what are some of the benefits of it?

A: Recycling ensures that already made material is reused and transformed into something else, reducing the need to use new materials. The benefits of recycling include:

- Reducing the amount of waste sent to landfills and incinerators
- Conserving natural resources such as timber, water and minerals
- Increasing economic security by tapping a domestic source of materials
- Preventing pollution by reducing the need to collect new raw materials
- Saving energy
- Supporting American manufacturing and conserves valuable resources
- Helps create new well-paying jobs in the recycling and manufacturing industries in the United States



Q: What can I do to recycle more and be more environmentally conscious?

A: There are so many simple ways to be more environmentally conscious! To start, check with your local township or county's recycling guidelines to check what kinds of plastic can be recycled. Additionally, try using less single-use plastics and use reusable or compostable alternatives

Make sure to join the Eco-Reps for our virtual Trivia Night celebrating America Recycles Day on November 12th at 7 PM



Designed to encourage people to choose reusable bottles and cups, and to move away from single-use plastic options. The WaterAid Foundation is a program with Fill it Forward, where each water bottle you fill on campus and scan through the app, Fill it Forward works to provide clean water to developing countries.

How Can I Get Involved?

- **Step 1:** Get your Cupanion cup or bottle from the Office of Sustainability, pick up a Cupanion tag around campus (or we can mail to you if you are off-campus) to add to a beverage container you already own
- **Step 2:** Download the free Cupanion *Fill it Forward* app for Apple or Android phone
- **Step 3:** Scan your Cupanion Rewards tag each time you fill up your cup or bottle at any of our 40+ reusable water stations to earn points and track how many disposables you've saved
- **Step 4:** Redeem your refill points for rewards on campus

So far, Cupanion has saved >14,722 plastic bottles on Rider's campus + saved 6,477 pounds of carbon emissions. Grab your water bottle, get your sticker, and let's get scanning!!

Vegan Stuffing

Ingredients:

- 4 tablespoons olive oil, plus more for greasing the baking dish
- 2 bags green tea
- 1 large onion, chopped
- 2 stalks celery, chopped
- 8 ounces sliced mushrooms
- 1 tablespoon finely chopped fresh sage
- 1 tablespoon finely chopped fresh thyme
- Kosher salt and freshly ground black pepper
- 16 cups stale, 1-inch cubed bread (about 1 pound)
- 1/4 cup chopped fresh parsley

Directions:

1. Preheat oven to 375 F. Grease a 9"-by-13" baking dish with oil.
2. Brew tea bags in 2 cups hot water for 5 min. Discard tea bags
3. Heat 3 tbsp oil in large skillet over medium heat. Add onions + celery. Cook, stirring frequently, until just soft, ~ 6 minutes. Add mushrooms, sage, thyme, 1 1/2 tsp salt + a few grinds of pepper. Cook, stirring, until the mushrooms are soft, ~ 4 minutes. Add brewed tea, bring to simmer + remove from heat.
4. Put bread in large bowl + pour in tea-vegetable mixture. Add parsley + toss until bread is completely coated. Let rest for 10 min so bread can soak up liquid. Gently toss again + transfer to prepared baking dish. Drizzle with remaining 1 tbsp oil.
5. Cover with foil + bake for 30 min. Uncover + continue to bake until golden brown, ~ 15 minutes more. Serve hot.

Sustainability Spotlight



The Notorious RBG

Ruth Bader Ginsburg participated in landmark decisions in the fight for climate action such as:

1. 2007 Massachusetts v. Environmental Protection Agency (EPA), (determined EPA's has the authority to regulate carbon emissions from vehicles)
2. 2011, American Electric Power v. Connecticut, (reaffirmed the EPA's power to regulate and monitor carbon emissions that were established through the previously mentioned case)
3. American Electric Power v. Connecticut (In an 8-0 decision authored by Justice Ginsburg, the court dismissed the lawsuit on the grounds that federal common law in this area was displaced by the Clean Air Act)
4. Riverkeeper v. EPA, 2007 (The EPA was permitted to use a cost-benefit analysis in setting national performance standards for cooling water intake structures)
5. RAPANOS v. UNITED STATES (This case challenged federal jurisdiction to regulate isolated wetlands under the Clean Water Act.)

"Environmental advocates appearing before Ginsburg knew that justice was never a vote they could assume. Her vote always had to be earned. And the only way to earn that vote would be the force and persuasiveness of their legal arguments." ~ Bloomberg Law

"Ruth Bader Ginsberg is an incredible example of how there isn't really a separation between being a feminist, an environmentalist, and a civil rights activist. She was the perfect example of what it means to care about all aspects of an issue, not just where it manifests itself visually." ~ Muriel Baki '23

SUSTAINABILITY IS ALL ABOUT PRESERVING THINGS AND LEAVING THEM BETTER OFF FOR FUTURE GENERATIONS. IT FOCUSES ON PEOPLE, PLACE, AND PROFIT



Contact info:

Melissa Greenberg, Director of Sustainability
megreenberg@rider.edu

Follow us:

broncsgogreen.com

