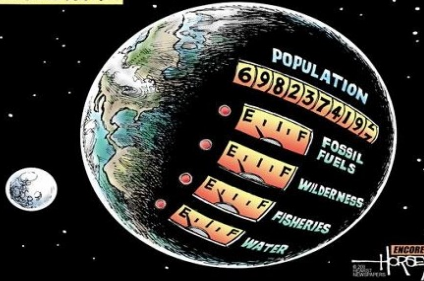




RUNNING ON EMPTY...



Upcoming Events!

- Oct. 16+17— Green Film: *Landfill Harmonic*, 7PM @ SWG 115
- Oct. 19— BOLD Campus Woods Clean Up, 3-5PM meet at Tennis Courts
- Oct. 20— Fall Beach Sweep (Off-campus trip: Island Beach State Park)
- Oct. 23— Campus Sustainability Day, 11AM- 1PM @ Campus Mall
- Oct. 25— Pub Night featuring live music from Homeless Apians 9PM-11PM



Eco Business

Enjoy crepes? See what Jammin' crepes is cooking up in Princeton, NJ! While they specialize in crepes, they also offer a selection of scratch-made seasonal soups and salads and a variety of home baked goods. All-natural juices, specialty coffee and tea drinks, too! Made with local, fresh ingredients from area farms. They also compost and are working towards becoming a zero-waste restaurant.



Recipe: Pumpkin Spice No Bake Bites

- 1 cup almond butter
- 2 tbsp pumpkin puree
- 1 tbsp pumpkin pie spice
- 2-3 tbsp coconut flour
- 1 serving liquid sweetener of your choice

Instructions:

In a large mixing bowl, combine your almond butter with pumpkin puree and mix well.

Add your coconut flour, pumpkin pie spice and liquid sweetener and mix until fully incorporated, and a thick batter remains. If the batter is too thin, add a little extra coconut flour.

Line a large plate with parchment paper. Using your hands, form 18 small balls and place in the plate. Refrigerate until firm.

DIY: Homemade Compost Bin

Supplies Needed

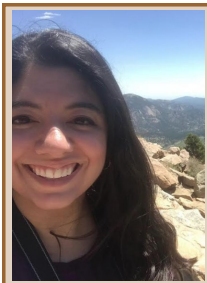
- 1 trash can with lid
- 1 drill
- 2 bungee cords



How to Make

1. Drill 4-5 holes on each side and bottom of garbage can using the largest drill bit you have.
2. Drill a few more holes on the lid.
3. Fill the garbage can about 1/3 of the way with grass clippings and leaves, and add a little water to dampen them.
4. Place your kitchen scraps in the can, along with the initial contents.
5. Leave it in the sun so the food breaks down quicker and roll it occasionally to mix it around.

Q&A Spotlight: Allie Koury



Allie Koury is the Coordinator of Student Involvement and the Student Engagement Chair on the BOLD Council.

Q1) How does sustainability relate to your position on the BOLD Council?

A: As the Student Engagement Chair on the BOLD Council, I don't do too much with sustainability, but as the coordinator of student involvement, I really attempt to incorporate sustainable practices into my life and into the lives of students. I have the unique opportunity to manage Bronc Nation and I'm really proud of being able to reduce our use of paper by moving processes online. We recently moved the club recognition pack- et online and that will also help decrease the use of paper. The great part about moving these things online is it is easier for students to track and allows everyone to have better access to the data.

Q 2) How does sustainability impact your own life?

A: Sustainability plays a huge role in my daily life and I think that living sustainably is one of the most important things that someone can do. I have spent the past 10 months transitioning my living spaces to be as zero-waste and sustainable as possible. I spent the previous year researching how I could make this change and this year implementing it in my daily life. I do my best to purchase products that are not single-use, and when I have to use products of that nature, I make sure that they were made from a renewable source, such as bamboo q-tips. The biggest change was moving from bottled shampoo to bar shampoo. I also only purchase clothing second hand or from a retailer that treats the environment and its workers ethically. I try to have conversations with people about the environment, realizing that those things really do impact and change peoples perceptions. For example, I have been using reusable straws for well over a year with everyone laughing at me for it until it became 'hip' to start using them. For me sustainability isn't a trend, its a lifestyle.

Q 3) What is your favorite nature spot?

A: I took a trip out West this summer and I fell in love with Arches National Park in Utah and Rocky Mountain National Park in Colorado so I would say that those are two of my favorite nature spots but I really just love being outside in the stillness that is nature. If I could bottle a feeling or place and carry it with me it would be Arches. It was the most spectacular place I have ever been. All of our State and National Parks & Forests are unique gems and bring peace to me in different ways.

Q 4) Why is it important to you to be sustainable?

A: We have to preserve the Earth for future generations. We don't really have a choice at this point. This tiny blue dot of a planet is our home and it's the greatest gift that the human race has been given. If we aren't sustainable we aren't doing our part. A lot of people don't understand that so much of our smaller actions make up such a large part of the problem. The mentality of "I am just one person, what can I do?" is harming our society because we forget that one person can do so much. I want my children and grandchildren and all of our future generations to be able to enjoy the beauty of the Earth and the only way we can do that is by being as sustainable as possible.

Q:5.) How do you feel that you make the biggest impact?

A: I feel like I make the biggest impact through education and by being aware of how I am contributing to the problem of global waste. Just being aware makes a difference and knowing that everything we use has a life cycle and a lifespan really helps me think about the products I am choosing to integrate into my life. Reducing the footprint that I have on global waste won't change the world, but if everyone made small adjustments to their lives it would change the world. I like to think I make the smallest impact on the earth that I can in as many ways as possible.

Follow us!

Facebook: [Rider Lawrenceville Eco-Reps](#)

Twitter, Snapchat and Instagram: [@brongsgogreen](#)

Email us: brongsgogreen@rider.edu

Melissa Greenberg, Sustainability Manager:

megreenberg@rider.edu