



[drakeu.sustainability](https://www.instagram.com/drakeu.sustainability)

2507 University Ave,
Des Moines, IA 50311

www.drake.edu/sustainability

Sustainability Living Guide



Office of Sustainability

Facilities Planning & Management

Land Acknowledgment

Drake University acknowledges that we are gathered on the traditional, ancestral, unceded land of the Báxoe (Bah Kho-je) or Ioway, Sauk (Sac), and Meskwaki (Fox) peoples. We offer our respect to their elders both past and present, as well as future generations. We recognize that our presence here today is the result of the on-going exclusions and erasure of Indigenous peoples, who were the original stewards of this land. As these words of acknowledgment are spoken and heard, let the ties these Nations have to their traditional homelands be renewed and reaffirmed.



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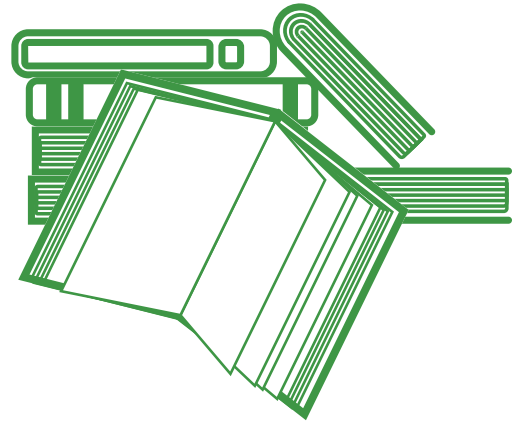


Moving In

Class Supplies

Purchase 100% recycled notebooks. Download e-books, purchase used books, or rent instead of buying brand new.

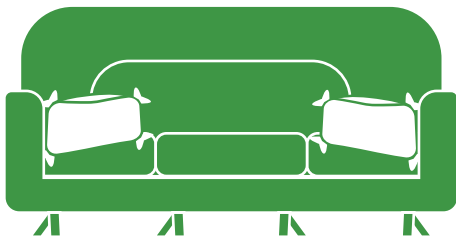
Sustainable supplies like recycled paper and reusable pens are a great way to limit waste along with thrifted supplies.



Mindful Packing

Use blankets, clothing, and newspaper to wrap items instead of packing peanuts or bubble wrap. Use durable storage crates or laundry baskets to pack. Consider asking a grocery stores

for boxes. Make sure to break them down and recycle them, or save them under your bed for move out. Bring your favorite single use plastic alternatives from home to avoid purchasing new items.



Room Supplies

Keep things light and only bring what you need, you can always get it down the road.

Thrift for decor and furniture items. Facebook marketplace or secondhand stores are also a great place for appliances and electronics.

Energy Use

Unplug

When electronics are turned off, but plugged in, they still draw power. This energy is referred to as vampire load which wastes energy and money. It is important to remember to unplug appliances

when not in use. You can also try using a surge protected power strip, just make sure you switch it off when you are not using those appliances. It helps to keep the power strip in a visible place.

Appliances

When purchasing appliances, consider buying Energy Star efficient appliances. These will help you save money and energy while protecting the climate.

Lighting

If you are leaving your dorm, the bathroom, or a classroom, remember to switch off the lights to save energy and reduce emissions.

Thermostat

When temperatures are hot, save energy by keeping blinds shut during the day, utilizing fans, and opening your windows at night. When temperatures are cold, save energy by letting

sunshine into your room during the day and turning down the heat when you are not in the room. Please do not open your windows when it is cold, as that leads to wasted energy.



Laundry

Detergent

Try making your own detergent or use liquid bottles over pods. Most laundry detergents contain harmful chemicals such as ethanolamine, benzenesulfonic acid, and alcohol ethoxylates. These chemicals impact human and environmental health. They pollute waterways and may cause skin irritation, respiratory and organ effects.



Wash Cold

Reduce energy use by washing your clothes in cold water. Energy Star states that 90% of the energy our washing machines use goes toward warming the water. Hot water can also damage your clothing, potentially causing them to shrink and fade faster.



Hang Dry

Consider bringing a drying rack to hang your clothes to dry! This will save an average of 3 kWh per load or 2.1kgs of Carbon Dioxide equivalent.

Waste Reduction

Waste Management Hierarchy

Source Reduction & Reuse

Recycling / Composting

Energy Recovery

Treatment &
Disposal

The Environmental Protection Agency has a four tiered hierarchy to guide waste management strategies that ranks them from most to least environmentally preferred. The best strategy is to prevent waste from arising in the first place.

Before purchasing something, ask yourself ...

- Is this a want or a need?
- How long will I use it?
- Can I borrow, share, or thrift this?
- Can it be donated, recycled, reused, or composted when I no longer want it?

On campus

Throughout the year, Drake hosts a number of different reuse and reduction events including clothing swaps, t-shirt making, and a Dorm Donation Drive.

Follow [@drakeu.sustainability](https://twitter.com/drakeu.sustainability) to find out when these events are happening.



Waste Alternatives

Reusables

Try swapping a single-use plastic item like a straw, coffee cup, silverware, or water bottle with a reusable item. At Starbucks, you

get a 10 cent discount for bringing your own coffee cup. At Hubbell, you can receive a reusable container with a \$5 deposit.

Water

Turn the faucet off while brushing your teeth and while you soap your hands. Reduce your shower time and temperatures. Each minute you cut saves 2.5 gallons of water.

Cleaning Supplies

Mix 1/2 cup distilled white vinegar, 2 cups water and 20 drops of essential oil as a cleaning alternative. Use cut up old t-shirts as reusable rags and wash and disinfect sponges to extend usage.

Shop Secondhand

- Clothing
- Decor and furniture
- Appliances
- Dishware and utensils



Waste Diversion

If you cannot avoid using a product, make sure it is disposed of properly. You can find out more about what can be recycled using [Metro Waste Authority's Recycling Guide](#).

Recycling Properly

Prepare your containers - It is essential to rinse out as much of the remaining food or liquid you can when recycling an item.

Do not discard plastic bags, bubble wrap, or flimsy plastic into the recycling bins. This can inhibit the recycling process.

No pizza boxes. Cardboard can be recycled but only when it is not greasy. These belong in the trash.



Paper
Cardboard (clean)
Glass jars and bottles (cleaned)
Aluminum and tin cans (cleaned)



Pizza Boxes
Plastic bags
Food waste
Styrofoam



Composting

Every residence hall has a five gallon bucket in the kitchen. Place your food scraps in the bucket and DEAL volunteers will take the food waste to the compost pile at the Sprout Garden.

Contact DEAL for a yogurt tub that you can keep into your room to hold food scraps to reduce trips taken to the kitchen. The compost is then used in the organic garden.



Produce Waste
Coffee Grounds
Eggshells (washed)
Bread/tortillas



Paper products
Meat or dairy products
Cooked food waste
Glass, metal, aluminum, plastic



Transportation

Dart Bus

Ride the Dart Bus for free with your Drake ID. There are [10 different stops](#) on Drake's campus. It is a great way to access downtown, shopping, internships, and more.

Olmsted Bike Library

Check out a bike, helmet, and lock for free with your Drake ID at the Student Life Center located in Olmsted. Bikes must be returned at the end of the day.

Break Shuttle

Drake University partners with Break Shuttle to offer rides for students to Minneapolis, Davenport IA, and Chicago (Oak Brook). The shuttle will safely take you home and back to campus for Thanksgiving, Winter, and Spring breaks.

Bicycle

Bicycle is Des Moines' bike share program. Riders can check out a bike from Bicycle docks, located around the city with three on Drake's campus.

Safe Ride

Avoid walking across or near campus at night with the Safe Ride Bus which provides a free ride home.

The bus operates between 24th-34th street from Cottage Grove to College Ave. Call Drake Public Safety at 515-271-2222.



Food Security

In order to create a sustainable and thriving community, members must know where they will be getting their next meal. You can find all basic resources [here](#).

Little Free Pantries

There are 10 pantries in the Drake Neighborhood, and 2 on campus (Olmsted Parking Lot and near the Sprout Garden on 30th and Carpenter). The Little Free Pantry motto is “Take what you need, leave what you can.” These can be accessed 24/7.

The Sprout Learning Garden & Food Forest

Located on 30th and Carpenter, anyone who participates in garden events can take produce home. The Food Forest is open to everyone to take what they want.

Community Resources

[Des Moines Community Food Pantry](#)

[Hope + Elim Church](#)

[Impact Food Pantry](#)

Youth Concepts

Community Fridge

1446 Martin Luther King Jr.
Parkway

Sweet Tooth Community

Fridge located at Home Inc.
1618 6th Ave.



Sustainable Shopping

Groceries and Produce

[Dogpatch Urban Gardens](#)

Located at 5085 Meredith Drive, near Merle Hay Mall

[Valley Junction](#)

[Farmers' Market](#)

In West Des Moines on Thursdays May-September 4-8pm.

[Veggie Thumper](#)

Look out for the Veggie Thumper food truck. It occasionally comes to campus for Drake events. It had organic, vegan, and locally sourced food.

[Downtown Farmers' Market](#)

Saturdays May-October in the Court District in Downtown Des Moines. Open 7 am- 12pm.

[Beaverdale Farmers' Market](#)

In walking distance of campus Tuesdays 4-7pm June-September.

[Lutheran Services in Iowa](#)

[-Global Greens CSA](#)

Pick up on 3200 University Avenue, by Drake's campus.



Thrift and Secondhand Shops

[Many Hands Thrift Market](#)

[Salvation Army](#)

[Atomic Garage](#)

[Animal Lifeline Thrift Shop](#)

[Goodwill](#)

[DAV Thrift Store](#)

Outdoor Activities

Drake Annual Events

Arbor Day Tree Planting

Join DEAL and Drake Grounds to plant trees to maintain our Tree Campus Higher Education recognition.

OAKtoberfest

Join DEAL and Drake Grounds for a tree tour of Drake's campus and snacks.

Park(ing) Day

Parking spots are turned into parks to exemplify tactical urbanism and catalyze long-term change.

Earth Jam

DEAL puts on six days of Earth Week events ending with Earth Jam, a live music event!



Local Attractions

[Gray's Lake Park](#)

[Raccoon River Park](#)

[Browns Woods](#)

[Blank Park Zoo](#)

[Ledges State Park](#)

[Brenton Skating Plaza](#)

[Water Works Park](#)

[Pappajohn Sculpture Park](#)

[More Hiking Trails](#)

[Rusty Stars Alpacas Farm](#)

[Des Moines](#)

[Botanical Garden](#)

Engagement

Green Grad Program

Sign up for the Green Grad Program to receive recognition for your sustainability efforts on campus and in the community. Once you hit ten points, you will achieve Green Grad status!

Internships

Sprout Learning Garden
Maintenance Coordinator

Sprout Learning Garden
Youth Coordinator

Rotating Office of
Sustainability Opportunities

Volunteer Opportunities

Visit Drake's online community engagement platform, [DUGood](#) to find opportunities to get involved in our community and track your impact.

The Office of Sustainability, DEAL, Sprout Learning Garden, NextCourse Food Recovery, SAA, and community partners frequently post sustainability events there.



Resources

Courses

ENSS 035

One Earth: Global
Environmental Science

ENSS 065

Geographic Information
Systems

ENSS 108

Environmental & Natural
Resources Economics

ENSS 138

Water Resources and Policy

ENSS 150

Sustainable Transportation

ENSS 188

Urban Environmental History

ENSS 156

Environmental Politics
and Policy

ENSS 080

Topics in Environmental
Writing

ENSS 061

Environmental Sociology

ENSS 054

Environmental
Communication

ENSS 157

Environmental Justice

Resources

[Drake Sustainability Map](#)

[Drake Sustainability website](#)

IG [@drakeu.sustainability](#)

Student Groups

Drake Environmental
Action League ([DEAL](#))

Drake Outdoor Leadership Club
([DOLC](#))

[Epsilon Eta](#), professional
environmental fraternity

[Next Course](#) - Food
Recovery Network

