



oneplanetday
4.22.11

Ten Principles Action Sheets

This April 22nd, Earth Day is becoming One Planet Day! Using the One Planet Living framework, a set of 10 principles of sustainability developed by BioRegional and WWF, the goal is to take the tradition of Earth Day to the next level, by challenging individuals to make pledges of concrete action towards living within the means of our one planet. A group of students from Western Kentucky University are spearheading this campaign, and invite everyone from around the world to join us. We ask you to make the pledge today, and share it with your friends! Our actions add up to a movement for a just and sustainable world, and better life for everyone on this one planet we call home.

The 10 Principles and Actions you can take are attached Herein, please share with your friends and lets make One Planet Day a movement for concrete action towards a sustainable future.

Make your pledge today @ oneplanetday.org

*One Planet Living is a global initiative based on 10 principles of sustainability by BioRegional and WWF.



zero carbon



Did You Know?



is a measure of the impacts that our activities have on the environment, and in particular climate change.



Annual Student Carbon Use for Energy, just on campus



The eight warmest years on record (since 1850) have all occurred since 1998

What Can I Do?

Conserve energy – turn off, unplug, use compact fluorescents, set your computer to energy miser settings, buy Energy Star, turn down your hot water heater to 115F, adjust your thermostat for less cooling and heating.

Participate in Green Power
Switch or similar green energy program with your utility provider to encourage green energy growth.

Help Create an Eco-conscious workplace – educate your peers and colleagues or create a green group to promote recycling and energy efficiency.

Think before you drive. Bike, rideshare, use public transportation or walk. If you must drive, keep your vehicle well

maintained to increase fuel efficiency and drive smart. *Vehicle CO₂ emissions cannot be reduced with exhaust treatment devices. They can only be reduced by decreasing the amount of fossil fuel burned by: driving less, using a renewable fuel, getting more mileage out of each gallon of fuel.*

Reduce, Reuse and Recycle and buy recycled products. Be a smart consumer and purchase products with reduced and recyclable packaging and recycled content. Buy local to reduce your footprint and support local economy. *Current national recycling efforts reduce greenhouse gas emissions by 49.9 million metric tons of carbon equivalent, which is equivalent to the annual GHG emissions from 39.6 million passenger cars.*

Compost and be green in your yard. Mulch leaves and grass clippings to improve soil health and reduce waste in the landfill.

Use water efficiently. Get a rain barrel and harvest rainwater for garden irrigation, take shorter showers, turn the water off when shaving or brushing your teeth, use a re-usable water bottle rather than buying bottled water.

Educate yourself and others – spread the word.

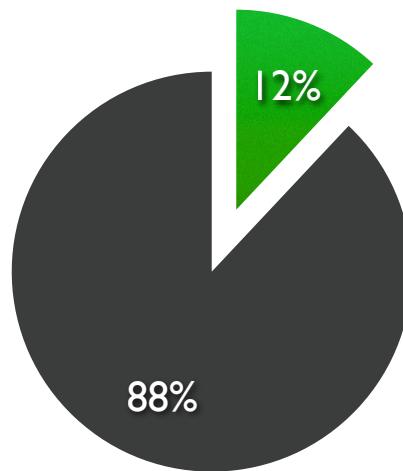
Use EPA's personal greenhouse gas emissions calculator and your household energy bills to estimate your household's annual emissions and identify ways you can cut your emissions.



zero waste



Did You Know?



But only 12% of our waste is being recycled



A Plastic Bag can take over 1,000 years to disintegrate, so if a King in the Middle Ages had produced some of his own, they would still be around today!

What Can I Do?



Campus Garbology:

Students will be sifting through some of the dumpsters from around campus to see what we can learn about our waste habits here at WKU.

On the afternoon of One Planet Day, come out to participate in campus garbology to see what is disposed of here on campus, and find out what could be recycled or reused.

Res Hall Recycling:

From 8am-12pm on OPD you can bring all your recycling including cardboard and compost to your main lobby.

Volunteer in your residence hall for OPD recycling

We need volunteers for in-hall recycling and composting in all of the campus residence halls to help organize the effort. Be a leader in sustainability and volunteer to help out!



Compost:

Your Freshens cups, banana peels, etc. at the on-campus composting locations throughout campus on One Planet Day.

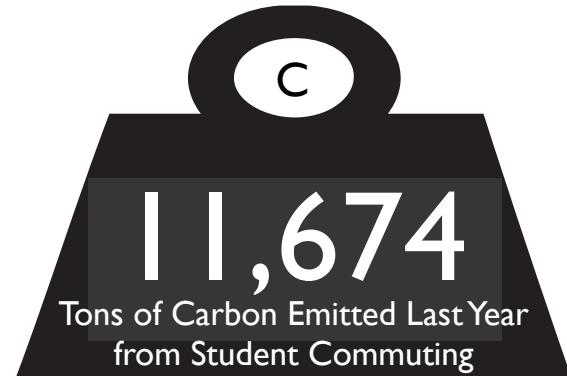
Look out for special compost bins around campus all day to add to the campus compost pile, which works is used at the WKU Farm and for the organic student garden.



sustainable transit



Did You Know? WKU Facts



What Can I Do?



Public Transit:

Topper Transit will be free as usual! **WKU's** convenient, free transit service provides transportation for faculty, staff, students and the general public. Routes include transportation on campus, between main and south campus, and off campus in the evenings.

GObg Transit is free on Earth Day!

The Bowling Green fixed route bus service is open to the general public and available Friday beginning at 7:00 a.m. and ending at 6:00 p.m.



Biking:

WKU Big Red Bikes provides free, refurbished bicycles to **WKU** students, staff, and faculty.

The bicycles can be checked-out for a period of two days and renewed indefinitely from the Department of Facilities Management on the first floor of Parking Structure 1, which is located on Avenue of Champions across from McLean Hall. Helmets and locks are available as well.

There will be a bike maintenance workshop and community bike ride during Earth Week. (TBD)



Ridesharing:

WKU Parking and Transportation Services will be offering giveaways for students who rideshare on **One Planet Day**!

WKU has its own page on AlterNetRides that offers free ride matching services.

You can look for single trips or repeating trips.

The ZimRide app on Facebook is a free, easy-to-navigate ridesharing website.



sustainable materials



Did You Know?



One recycled aluminum can saves enough energy to power a television or computer for 3 hours



Used on an average day at **WKU** across the various eateries and convenience stores



Used on an average day at Fresh Food Company at **WKU**, which end up stacking up in landfills

What Can I Do?



Skip the Plastic Bag:

Use a reusable bag instead or see if you can skip the bag all together. There are options available at most major retail stores, and some even offer discounts or rewards for bringing your own bag.

Do you really need that plastic bag for your Chik-Fil-A sandwich and fries leaving the food court? Test your dexterity and balance skills and impress your friends!



Reduce & Reuse:

Oftentimes we forget about the other two Rs with recycling always on mind. We can reduce the amount of products we buy by reusing old products.

Reusing items and repurposing them for new functions is not only good for the environment, but also good for your wallet. Go Green & Save Green.



Buy Sustainably:

Look for the FSC Label. The Forest Stewardship Council label ensures that the forest products used are from responsibly harvested and sustainable sources. FSC certified products can be found at most major retailers.

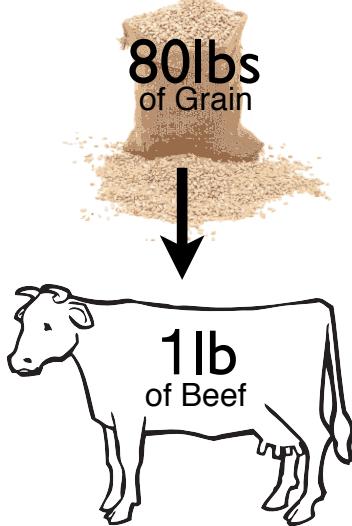
Also, look for items made out of recycled materials, including paper, which you can get both in notebook and printer paper forms from many stores.



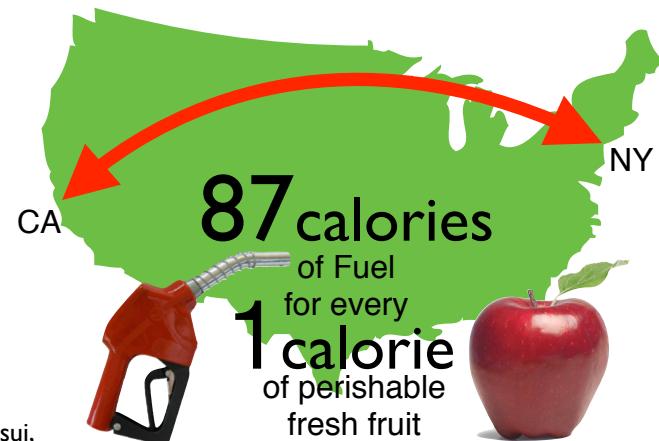
sustainable food



Did You Know?



Six companies, Monsanto, Sygenta, DuPont, Mitsui, Aventis, and Dow, now control 98% of the world's seed sales.



What Can I Do?



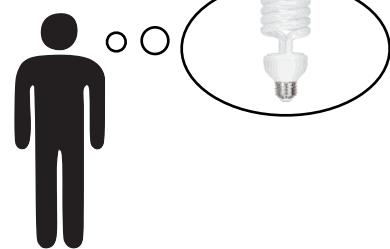
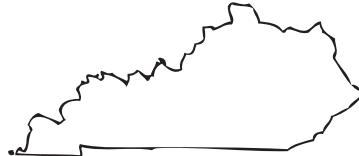
Eat Less Meat:

Pledge to go Meatless on Mondays!

You can pledge to go Meatless on Mondays starting April 18th with new and improved veggie options in Fresh Food Company. Eating less meat can help improve your health and the health of the planet.

The next step? Go Vegetarian!

Meat production requires staggering amounts of land, water, and energy, compared to plant foods. It may not be everyone's thing, but if you've wanted to try it, why not start now? It's one of the most effective ways to go green and reduce your impact.



Buy Local/Fair Trade:

Farmer's Markets

An easy way to reduce the carbon footprint of your food is to buy locally produced products. An easy place to find these are at local farmers markets, which take place every Tuesday & Saturday. You can also connect with local farmers there who might deliver their food right to your door.

Fair Trade

If you want an item like chocolate, coffee, tea, or bananas that can't be produced domestically, look for the Fair Trade label to ensure both high environmental standards & a fair wage for producers.

Eat Smart Ideas:

Local Lunch at Fresh

Come to the Locally Sourced lunch at Fresh Food Company on oneplanetday

Feel Good

End world hunger one grilled cheese at a time and Feel Good about it! Feel Good also has PB&J sandwiches available too outside of DUC in the Centennial Mall.

Only Take What You Can Eat

Only put on your plate what you know you can eat at places like Fresh Food Company.



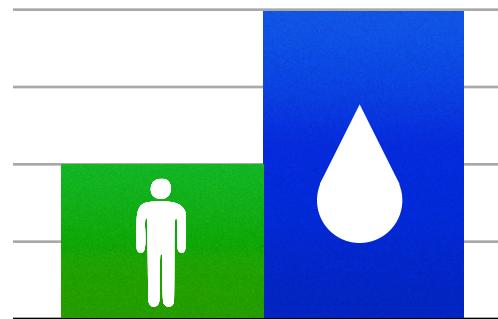
sustainable water



Did You Know?



of oil are used to manufacture a year's supply of bottled water in the US.



Water use has been growing at more than twice the rate of population increase in the last century.



Whereas a 5 minute shower can take only 10 gallons

What Can I Do?



Reusable Water Bottles:

Why spend all of that money on buying big 24 packs of plastic water bottles, when you can get one that you can fill up for free?

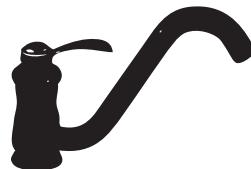
They are all the rage and you can customize them with stickers, markers, etc. into your own, one-of-a-kind work of art. Not like the taste of local water? Buy a water filtration pitcher to refill with and save your money while protecting the environment.



Shorter Showers:

Think about the time you spend in the shower and be conscious of how much water you are using. Skip the bath as well as it's a huge water hog. But if you prolong your shower you can waste just as much water.

Make it into a game, see how quickly you can get everything washed and hop out.



Turn off the Tap:

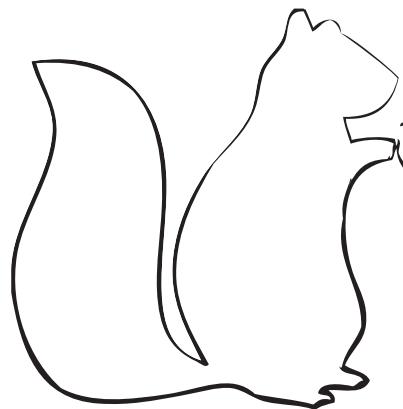
Do you really need to keep it running while you are brushing your teeth or shaving? Think smart about your water use habits, and take steps to reduce your consumption.

Remember, every drop counts, and if we want to be smart stewards of our water, it starts at the personal level. Make a commitment today!



land & wildlife

Did You Know?



White squirrels don't normally survive in the wild, but on campus they can blend in with the sidewalks and buildings to avoid predators

WKU just earned Tree Campus USA recognition for its dedication to campus forestry management and environmental stewardship

What Can I Do?



Tree Campus USA:

On [One Planet Day](#) at 12 pm in the DUC courtyard, **WKU** President Gary Ransdell will be on hand for the official recognition of the University being named a Tree Campus USA by the Arbor Day Foundation.

This recognition is an important note of distinction for the University, and we should celebrate it! It is a pledge to our commitment to sustainability and proper forestry conservation.



Campus Tree Ed:

Over 3,000 trees on campus, can you believe that? We have a beautiful space here at **WKU**, and we are lucky that it has been preserved with rich natural beauty.

But how many times do we stop to think about what surrounds us? Learn more on [One Planet Day](#) by checking out the special tags on the trees with more info about the different types we have on campus.



Garden Sale:

During the [One Planet Day](#) festival, the student sustainable gardening class will be selling some of the plants they have grown. Come buy some to support local agriculture and a cool hands-on learning experience.

On Saturday you can volunteer out in the student garden. Learn more by visiting the garden plant sale on [OPD](#).



culture & heritage



Did You Know?

Nearby Mammoth Cave National Park



is the longest known cave system in the world, a UNESCO world heritage site and international biosphere reserve



are represented at **WKU**



Kentucky has a rich history of music, with the birthplace of Bill Monroe nearby, along with local acts like Nappy Roots and Cage the Elephant becoming famous in recent years

What Can I Do?



International Night:

Come and take part in a celebration of cultures from around the world on the night of **OPD** in DUC from 7-11pm. Share in the rich traditions and heritage with your fellow students from the US and abroad.

The US may be a “melting pot,” but the idea behind the night is to remember that we each can bring our own traditions and ideas to the table. It makes us a better community and world for embracing our differences as well as our similarities



Local Art

Slam Poetry, Thursday 4.21, night before **OPD** in the DUC courtyard. Come to an awesome poetry slam themed for Earth Week.

Check out the local music all day on **OPD** during the festival going on at centennial mall and the DUC courtyard.

Sustainability photo contest will be judged on **OPD**. You can enter! Details on oneplanetday.org



DIY Skills Fair:

Do-it-yourself! That can do attitude is one that ties into our heritage. At the **OPD** festival on 4.22 come out to learn some sweet skills, brought to you by the new campus group “We the People.”

Learn cool things that you can do from how to write your member of congress to cool things that you can make yourself.



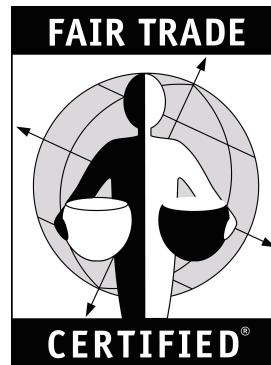
fair trade & local economy

Did You Know?



40%

of the world's chocolate comes from the Ivory Coast where **100,000 Child Slaves** work in the fields



BUY LOCAL.

Locally sourced products not only help out the local economy, but are also very environmentally friendly as the need for transportation emissions is greatly reduced

What Can I Do?



Buy Fair Trade

Purchase items that are Fair Trade here at **WKU** and out in the community. When you have the option, the Fair Trade label takes your purchase to the next level, by ensuring it is socially responsible.

Request Fair Trade Coffee and Tea at any catered events you have on campus. It's easy to do, and you can make a real impact by showing the demand for the products on campus.



ICSR Services:

Check out Fair Trade Sports Balls from the Institute for Citizenship and Social Responsibility in Garrett 109. Soccer balls, Footballs, Basketballs, even a Rugby ball can be checked out for a fun game of socially responsible sports.

Wanna save money? Trying to find a place to take your old books, clothes, etc? Check out the all new "Free Store" at the ICSR in Garrett Rm 109. For one day you can bring all your old stuff and swap it out for someone else's stuff.



Buy Local & FeelGood:

Buy from the local Farmers' Market on campus for **OPD** and check it out every week in the BG community.

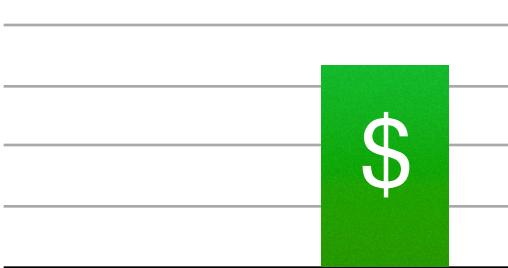
"FeelGood" when you pick up a PB&J or Grilled Cheese sandwich outside DUC to help support global hunger relief. FeelGood uses locally sourced products to make a global difference.



health & happiness



Did You Know?



Happiness

Wealth

Americans' personal income has increased more than two and a half times over the last fifty years, but their happiness level has remained the same.



Having 100-200 belly laughs a day is the equivalent of a high impact workout, burning off up to 500 calories.



Negative Environmental Impacts are also a problem for health, the effects of Climate Change aren't just on temperature, but will effect our air, water, food, etc., especially in vulnerable communities around the world

What Can I Do?

THE HAPPY PLANET INDEX 2.0

Happy Planet Index: Calculate your Happy Planet Index online or at the table during the **OPD** festival. It gives you an opportunity to examine your personal happiness, and your carbon footprint and relates them both in your index of happiness and sustainability.

Once you have your scores, pledge to change your habits if they don't fall in line with your and/or the planet's happiness.



Relax, Just do it:

On **OPD**, take part in the group yoga sessions to relax and connect with the world around you. Yoga takes many cues from the natural world, and connects your happiness with your environment. So get in touch with nature and yourself all at the same time.

Also, come to the **OPD** festival for free massages from Health Services to take your relaxation break from the stress of class and work.



Health Education:

WKU Health Services offers health education in their building behind Tate Page on campus. Learn about the best practices to protect yourself from getting sick, and overall health.

WKU also has a registered dietitian that can help you create a healthy nutrition and diet plan, check out this great service.



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Make your pledge today!