

SustainVU
Growing Responsibly

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VANDERBILT  UNIVERSITY

Holiday Arts Festival – December 1-5

Join us for the Annual Sarratt Holiday Arts Festival! You'll find wonderful handmade items from Nashville area's finest craft based artists and artisan vendors. Open daily from 10 am – 6 pm, the show features jewelry, pottery, book arts, glass, ornaments, delicious gifts, special guests, artisans and more. This is the perfect place to pick up a handmade/local gift for everyone on your holiday gift list! Read more [here](#).

Welcome to the Anthropocene: Hospitality at the End of the World – December 1

Come to the Warren Center to hear Jennifer Fay from the Environmental

The Holidays season has arrived! The holidays present unique challenges and opportunities to reducing your environmental impact. You might try to reduce food waste during big meals or reduce material waste from holiday gatherings by checking out our [Holiday Greening Guide](#) and the stories below. A hearty congratulations to the Web Communications department on being named the Greenest Group on Campus during the VU football game November 14th, and thank you for all that you do to reduce printing needs across campus! Additional information about the stories and events included in this newsletter are available on the SustainVU [website](#) and [Facebook](#) page. All of us here at SustainVU wish you and yours a very merry December, and sustainable New Year!

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Humanities Group and Cinema Studies deliver her talk, "Welcome to the Anthropocene: Hospitality at the End of the World." Fay is an associate professor of Cinema & Media studies and English at Vanderbilt. Her talk begins at 4:10pm. Read more [here](#).

ReCYCLE Bike Drive for Kids – December 2

Do you have kids, nieces/nephews, grand-children, or neighborhood kids who have outgrown their bikes? Instead of trashing them, donate them for [Hands On Nashville's](#) ReCYCLE for Kids bike drive! Gently used bikes will be collected, refurbished, and provided to children in the Metro Nashville area. Children benefiting from your donation will receive a free bike, helmet, and basic safety education so they can learn to love a lifetime of cycling! More details on bike donations [here](#).

Engage Green: Sustainable Gift-giving – December 2

Looking for a creative way to reuse the empty glass bottles we all find in our homes? Haleigh Doyle of sustainable waste management company Eternal Returns teaches us how to turn old glass bottles into candles- and just in time for the holidays! These aren't just ordinary candles. Using local beeswax and applying a special trick to add a little fortune to the flame, you'll leave this workshop with a perfect holiday gift. Read more [here](#).

Green the season: Holiday waste reduction tips

The Sustainability and Environmental Management Office ([SEMO](#)) has some tips for reducing waste and making your holiday season more



sustainable. Americans throw away [25 percent more waste](#) between Thanksgiving and New Year's Day than other parts of the year, resulting in about 1 million extra tons of trash annually.

Here are some tips to reduce waste and lessen your impact this holiday season:

- Don't just toss empty cans, bottles, and other food packaging — recycle them!
- When doing your holiday shopping, avoid plastic bags. Ask for paper if available or, even better, bring along reusable shopping bags for your purchases at the grocery and the mall.
- Many cartons (stock, juice cartons, soup boxes, etc.) can be recycled in the paper recycling stream.
- Use reusable plates and utensils whenever possible. Be sure to recycle plastic plates and cups if you must use them.
- Opt for fabric napkins and dishcloths instead of paper products. They can be easily tossed into the washer after the festivities.
- Take a few extra minutes to plan your menu and the amounts to cook. Preparing the right [portions](#) of food avoids food waste and saves you money.
- At the end of the meal, send leftovers home with guests and think about composting any food scraps you might have during prep and after eating. Food waste is the highest component of our waste streams, with Americans generating [33 million tons](#) each year.

Read the full story [here](#).

Web Communications named greenest group on



Vanderbilt [Web Communications](#) won this year's football sustainability competition and was named the 'greenest group on campus' this football season. This competition is sponsored

Tennessee Local Food Summit – December 4-6

Middle Tennessee farmland once fed Nashville, and it will again.

The [Tennessee Local Food Summit](#) is [December 4-6](#) and will be held at [Tennessee State University](#).

Sponsored by [Barefoot Farmer, LLC](#) and [TSU](#), it will feature Nashville's best chefs offering delicious, locally grown organic meals during a full day of educational workshops, networking, and the celebration of another great growing season. Read more [here](#).

12 South Winter Warm Up- December 7

Join the Nashville Parks and Rec department for a 6k or 12k that directly goes to benefit Hands on Nashville's Home Energy Savings Project ([HES](#))! The HES program engages volunteers in improving the energy efficiency, comfort, and safety of homes owned and occupied by low-income Nashville Homeowners. The races will be held at Sevier Park. Read more [here](#).

Tennessee Clean Energy Conference – December 14-15

Join the 2nd Annual [TREEDC/Tennessee Environmental Council](#) International Conference on December 14 and 15. Find out the most up-to-date information about EPA's Clean Power Plan and learn what it means for the future of Tennessee's businesses, municipalities, utilities, communities,

by [Waste Management Inc.](#), [Vanderbilt Athletics](#) and the Vanderbilt [Sustainability and Environmental Management Office](#) (SEMO). The group celebrated their win with a catered tailgate and an on-field award ceremony at the Vanderbilt vs. Kentucky football game on November 14.

Chelsea Hamilton, sustainability outreach coordinator with SEMO, and Tim Wells, area vice president for Waste Management, Inc., presented a commemorative football autographed by Coach Mason and an engraved recycled glass plate to Lacy Paschal, director of Web Communications, and Beth Fox, director of web content strategy and project management. Read the full story [here](#).

Universities should lead in developing solutions to global challenges, Chancellor says

[Chancellor Nicholas S. Zeppos](#) took part in the annual [Global Action Summit](#) November 16,



stating that universities should be leaders in developing innovative solutions to the challenges facing our global society.

"Our mission is to serve humanity, and to do that, we have to look at the constellation of issues that face us today. All issues are our issues," he said. "Vanderbilt wants to be a leader in helping create healthier, better, more livable cities. If we don't do that, it won't matter how many Nobel Prizes we win. We will have failed."

Zeppos used the comprehensive land-use planning currently underway on campus as an example of how thoughtful planning can drive innovative outcomes. Zeppos also mentioned the university's commitment to environmentally responsible design and construction, including using LEED practices in building, renovation and retrofitting projects on campus, and the recent transition of the university's power plant to natural gas. The conversion, which ended a 126-year reliance on coal, is expected to cut the power plant's carbon footprint by 40 percent. Read the full story [here](#).

Alumni Hall earns LEED Gold certification

and energy infrastructure. Conference features speakers and workshops presented by [TVA](#), [TDEC](#), and Tennessee's clean energy business and community leaders. More details and registration [here](#).

Nutrition Workshop: Gluten-Free Cooking- December 16

Join Team Green for another installment of our Nutrition Workshop Series, in partnership with the Nashville Farmers' Market! This month the workshop will tackle gluten-free cooking. Have you ever wondered what the hype about Gluten-Free is anyway... and what exactly is gluten? How do I know if I have a gluten allergy or gluten intolerance, and what's the difference? How do I limit the amount of gluten in my diet without sacrificing flavor, especially over the holidays? Learn all the answers at this workshop! More details [here](#).

Metro Nashville Christmas Tree Recycling – Beginning December 27

Metro is offering Davidson County residents a convenient way to dispose of their Christmas trees again this year. Leave your tree at one of 11 facilities and Public Works will collect them for mulching at the Bordeaux Mulch Facility. Recycling Christmas trees into mulch, rather than putting them in the trash and keeps them out of landfills. Trees can also be placed with your regularly-scheduled brush



[Alumni Hall](#) has received LEED Gold certification from the U.S. Green Building Council for its recent renovation and

addition. [LEED](#) stands for Leadership in Energy and Environmental Design and is a certification program that sets the standard for environmentally responsible construction in the United States. Alumni Hall, which was originally constructed in 1924, has been renovated to include many new green features while maintaining much of its historic character.

"The renovation of Alumni Hall was a special project for Vanderbilt," said Paul Marshall, campus planning and construction architect and Alumni Hall project manager. "We were able not only to restore a historic building to its original purpose as a student center, but we were able to preserve much of the history of that building while bringing it into the 21st century technologically." Read the full story [here](#).

Vanderbilt designated a Bicycle Friendly University

The League of American Bicyclists has named Vanderbilt University and Medical Center a [Bicycle Friendly University](#) at the bronze level. With this designation, Vanderbilt becomes one of 127 Bicycle Friendly Universities in 42 states and Washington, D.C.



"Receiving this designation recognizes Vanderbilt's commitment to being a walkable and bike-able campus even in our high-density, urban setting," said Andrea George, director of Vanderbilt's [Sustainability and Environmental Management Office](#). "Biking is an important sustainable transportation mode that reduces greenhouse gas and other harmful air emissions, reduces vehicle congestion, and improves the health and community connectedness of our commuting faculty, staff and students." Read the full story [here](#).

New electric MTA buses in operation

pickup. Check for updates on locations [here](#).

Vanderbilt Winter Break – December 20 – January 11

Have a wonderful break students and faculty – see you in January!



The Nashville Metropolitan Transportation Authority (MTA) launched nine new electric buses

earlier this month! The electric fleet will operate only on the Music City Circuit, which serves the Bicentennial Mall area and the Gulch. According to electric bus manufacturer Proterra, these new electric buses run virtually silent and are five times more fuel efficient than traditional diesel buses.

By running electric buses, roughly 56,000 pounds of carbon dioxide will be removed from the atmosphere with the elimination of fuel usage. Read more [here](#).

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For more information on any of these stories, events and more, visit the SustainVU website at www.vanderbilt.edu/sustainvu or contact the Sustainability and Environmental Management Office at sustainvu@vanderbilt.edu or (615) 322-2057.

