

SUSTAIN THE HERD!



AMHERST

LIVING GUIDE

PRESENTED BY THE OFFICE OF SUSTAINABILITY

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The design of this page is inspired by the United Nations' 17 sustainable development goals, a shared vision for peace and prosperity for us and our planet. It's an urgent call for action by all countries in a global partnership to overcome our current crisis. Learn more [here](#).

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WINK, WINK!

INTRODUCTION

Welcome to the Amherst Living Guide! This guide is intended to provide you with tips, tricks, and info to help you pursue a sustainable lifestyle here on campus and beyond. Nearly every decision you make about how you get around campus, what you eat, where you shop, what you consume is an opportunity to make a sustainable choice for yourself, the college, and the planet. Regardless of who we are, where we live, and what we do, we all have a moral obligation to each other, future generations, and other species to sustain the planet. Practicing sustainability ensures that we make choices that bring a safe and livable future to everyone! We hope you find this guide helpful in supporting your sustainability journey! If you have questions, reach out to the Office of Sustainability - sustainability@amherst.edu

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HELP SUSTAIN THE HERD!



LESS STUFF, LESS STRESS

YEP. AS SIMPLE AS THAT.

SHOPPING?



Shop with reusable bags



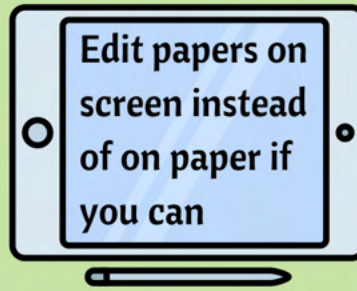
Avoid disposable items & excessive packaging

HOARDING?

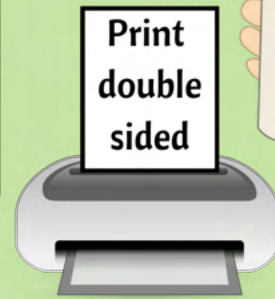


Buy only what you need. Buy second hand when possible.

AS A COLLEGE STUDENT...



Edit papers on screen instead of on paper if you can



Print double sided



TEXTBOOKS?



Check out the basement of Garman. There might be some textbooks you can pick up!



Follow @theoptionac for deets

YOU CAN'T TAKE IT WITH YA!

Typically, your campus storage over the summer is limited to 3 medium-sized boxes (see right).



Larger items such as lamps, fans that don't fit can't be stored. Every year, tons of stuff gets left behind during move-out because students can't get it home and don't have enough campus storage.



KEEP THIS IN MIND BEFORE SPLURGING ON A SHOPPING FRENZY

WARNING! • WARNING! • WARNING! • WARNING! •

SERIOUSLY. SLOW FASHION IS SEXIER

Come to clothing swaps and yard sales on campus, usually at the beginning and end of the school year.

Donate your old clothes in laundry rooms.



Join the Amherst "Free and For Sale" GroupMe to buy or sell!



SAVE BLUE, LIVE GREEN



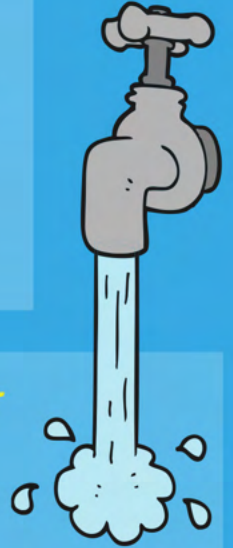
TURN OFF WATERS ALLLLLLLLLLLLLL THE WAY!

Drippy shower heads/faucets aren't cool: annoying & wasteful!



STOP LEAKS OR REPORT THEM!

Hear a dripping shower head/faucet? First, tighten it! If it's still leaking, report it to Facilities (413-542-2254). If your toilets/washing machines leak, report to Facilities ASAP! Just one call... That easy!



TURN OFF THE WATER WHEN YOU ARE NOT USING IT

Whether you're brushing your teeth, shaving, or washing dishes, when you are not rinsing, turn off the water.



TAKING SHORTER SHOWERS CHALLENGE, ANYONE?

It saves time (more sleep in the morning, yay!) and saves water. See if you can shower in less than 5 minutes!

USE ONE PAPER TOWEL AT ONE TIME

You really don't need more to dry two hands only.



USE A WATER BOTTLE!

Refill your water bottle with filtered water. They're in **every** residence hall, Val, the gym, Keefe basement, near the restrooms of Science Center and Frost... Very easy to spot.

LET'S SAVE SOME ENERGY



USE LIGHTS LESS. EMBRACE THE SUN!

Use sunlight: it saves energy and gives you serotonin boosts to combat seasonal blues (thanks, New England!).

TURN IT OFF, TURN IT OFF, TURN IT OFF!

Don't be lazy: turn off your lights when you leave. Just taking that one small step makes a huge difference!



TURN IT OFF BEFORE GOING ON BREAK!

Before every break, make sure all your appliances in your room are turned off or unplugged.



UNPLUG, UNPLUG, UNPLUG!

Plugged appliances still use energy even when they are powered off. Unplug devices that you don't use to avoid "phantom power use": scary, scary!



USE YOUR COMMUNITY FRIDGE & MICROWAVE!

If you don't use the appliances in your room often, unplug them and use the community appliances in the commons instead! Bye, constant buzzing! Embrace the serene tranquility...

LAUNDRY DAY, BABY!

Cold water is just as effective as warm water at cleaning, but requires **90% less** energy! It helps prevent shrinking and fading your clothes. By simply choosing the cold water option, save your clothes, save the environment!

USE COLD WATER FOR YOUR LAUNDRY



HAVE A FULL LOAD OF LAUNDRY
Combine with a friend if you don't!



Get free laundry detergent sheets, and other hygiene products, on the second floor of Keeffe (at the Class and Access Resource Center- CARC). **It's on us!**

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COOLING DOWN & GETTING WARM

Check out Amherst's heating and cooling system below... The Greenways are different. Go to the next page for more.



Most dorms at Amherst aren't air conditioned. Very sadly, it does get to the 90s during hot weeks. **#GlobalWarming,** how do you do?

HOW TO KEEP YOUR CHILL

Shut your blinds when ur room is on the sunny side.



But keep your windows open at night, to let the cool air in...

When you're in your room, use a fan, but don't forget to **unplug** it when you leave!



Pick one up at the free yard sale during orientation!

All of the dorms are heated (yay)! Thermostats vary from one building to another. Look up the website to learn how to use them.

IF YOU DON'T SEE A THERMOSTAT ON THE WALL, LOOK NEAR THE BASEBOARDS.

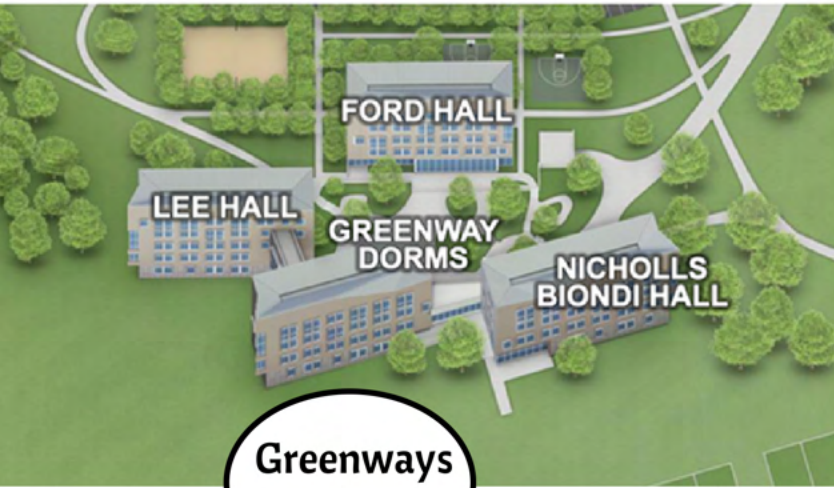


When heating your room, make sure:

- YOUR WINDOWS ARE CLOSED
- NONE OF YOUR STUFF (BED, BLANKET, CLOTHES...) BLOCKS THE HEATING VENT

So you can maximize the amount of heat you get out of the heating source thus conserve energy. Or your room might be freezing.





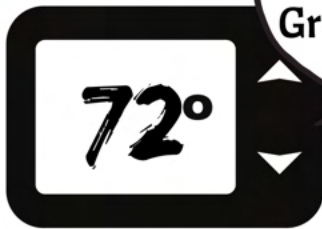
...DIFFERENT STORY IN THE GREENWAYS

The Greenways are some of the most sustainable buildings on campus. Learn about how to maximize the use of their sustainable features.

Greenways have AC



you can't change °F in Greenways



Greenways use radiant heating and cooling, which optimizes the temperature every season. It's important that you follow guidelines about opening the windows and keep windows latched-shut in the winter.



Keep your floor and ceiling as clear as possible

Call facilities if your temp is set at an abnormal range (413-542-2254)



Did you know? Greenways' temperature is regulated through the ceilings and floors. About 30% of the heat comes from the floor surface, and 70% comes from the ceiling surface.





ZERO WASTE, PERIOD!

Tampons and pads can take up to 500 years to decompose. In 10 years, about 2,640 pads/tampons could be replaced by one menstrual cup. That many tampons could cost \$1848, but a menstrual cup only costs around \$25.



MENSTRUAL CUPS

- Made of silicone or latex rubber, can stay in for up to 12 hours
- Rests against walls of vagina
- Empty blood into toilet, wash with soap and water, and re-insert
- Sterilize by boiling in water



Get a free menstrual cup from the SHEs (Student Health Educators)! Scan the code on the left or complete the form here. You can also get other items (tampons, pads, safer sex supplies, lube etc.) for free in Keefe Campus Center, near Grab-n-Go.



Consult the health center for help!



MENSTRUAL DISCS

- Rest at cervical entrance instead of in the vaginal canal
- Can stay in for up to 12 hours (less when flow is heavy)
- You can have penetrative sex while using a menstrual disc
- Empty into toilet, wash with soap and water, and re-insert
- Sterilize by boiling in water



REUSABLE PADS & PERIOD UNDERWEAR

- Made of cotton or synthetic fibers
- Change when it feels full, usually 4-8 hours
- To clean, just put in the laundry



Feel like regular underwear (not bulky) but are made with super absorbent material
Wash them in the laundry



HOW WE SORT WASTE HERE



cartons & bottles

empty
clean
dry



clean plastic containers



cans, aluminum



glass



paper products
cardboard

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scrape your
own plate!!!



food scraps



fruit peel



Val cups & napkins

peel off
stickers



fruit sticker



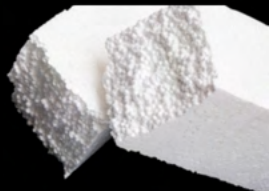
solo cups



all black plastics!



snack bags



styrofoam

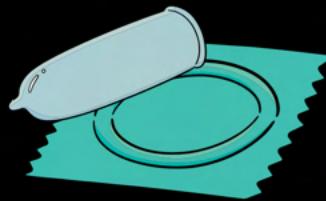


plastic bags & wrappers



QUIZ

you'll have to figure out the answers on your own, pal!



RECYCLING



ALUMINUM



CLEAN BOTTLES & CONTAINERS



GLASS



PAPER & CARDBOARD



EMPTY, CLEAN, DRY
Or you will contaminate
all the other recyclables!

"Nothing can make me fold"
Except when I
RECYCLE CARDBOARD

I MEAN,
WHY NOT
AVOID OR
REUSE
THEM?



NOT CLEAN

EMPTY, CLEAN, DRY

Donate

DON'T DUMP



CLOTHING & TEXTILES



NO PLASTIC BAGS & WRAPS

GO
LANDFILL

OR THEY WILL
BE TRASH



NO "BAGGING"



GIVE IT TO
CUSTODIANS



E-WASTE

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YES!

Bioplastic is denoted by PLA (find it where you'd see the plastic number). It's made from plants & compostable. **DON'T RECYCLE, COMPOST!**

dining stuff



COMPOSTING

In the US, food and yard waste is about **20-30%** of the total waste stream.

Composting these materials enriches soil, reduces the need for chemical fertilizers, and minimizes waste sent to landfills, thereby reducing methane emissions.

FOOD WASTE IS STILL FOOD WASTE!

Compost is a remedy, not the solution. Let's stop wasting food all together!

NEARLY EVERYTHING AT VAL IS COMPOSTABLE.

But watch out for the sneakier ones below!



LANDFILL

BLACK PLASTIC GOES LANDFILL!

NO!

Landfills are a major source of pollution. They take decades to break down therefore remain a headache for future generations. Landfills release toxins, leachate and greenhouse gases. Decaying rubbish produces weak acidic chemicals which combine with liquids in the waste to form leachate and landfill gas.

you might find these at val or grab n go. Such plastic packaging usually goes Landfill.

peel off stickers



EATING... HOW TO "VAL" SUSTAINABLY

DON'T WASTE FOOD!

Ask for a smaller portion at first then go back for more, if needed. Your eyes are often bigger than your stomach!



@Val
~250 pounds of food is wasted per meal.
That is about 0.16 pounds per person!



EAT MORE PLANTS! (WHY?)

Eating a plant-based diet is probably most effective way at reducing your environmental footprint. Also, it can reduce:

- Water usage
- Land usage
- Risk of health problems
- Methane emission
- Toxic runoff
- Antibiotic exposure



PLANT-BASED VAL HACKS

sandwiches



Combine salad, plant-based protein, and plant-based cheese to make the perfect sandwich

salad bar!



Find a variety of fresh veggies at the salad bar, and great plant-based proteins, like tofu, beans, cheese...

veggie burgers!



Available at the burger bar everyday at lunch.

hot lighter side!



salad inspo!



breakfast!



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VAL LOVES LOCAL!



Local food at Amherst comes from within 250 miles or from New England. Look for signs in Val and posts on @amherstcollegedining to learn about local vendors.



West Brookfield



Deerfield



Boston



Hadley



Book & Plow



EAT SEASONALLY

Buying seasonal food helps with eating locally, because seasonal and local produce go hand-in-hand. So it has many net-positive effects on the environment, including significantly reduced greenhouse gas emissions since your food treks through fewer treacherous miles to get to your plate.

COMPOSTING YOUR SINGLE USE

Get quick & light lunch at Keefe to go. Remember, all containers are compostable. An estimated 21k containers are used each school year, so they really add up!



your Val[®] containers



grab n go stuff



Don't compost black plastics!



EATING LOCALLY

Eating local reduces the amount of greenhouse gas emissions from getting food on your plate and supports local businesses with a smaller carbon footprint than large corporations.



BOOK & PLOW, OUR CAMPUS/FAMILY FARM

- You can now get a garden plot and grow your own vegetables and herbs at the farm; reach out to Kaylee Brow, Farm Manager, for details.
- There are vegetables, herbs, and flowers on the farm that students can pick! Stop by to see what's growing and grab a fresh snack.



AMHERST FARMERS MARKET

Meet your local growers at the Amherst Farmers Market, which is every Saturday morning from 7:30am to 1:30pm on the town common (the grassy area between Garman/Porter and the triangle). The Market runs from April to November each year, look up their website for specific dates.



AMHERST MOBILE MARKET

Visit or support this community-driven initiative to bring affordable, organic, and fresh produce to food desert neighborhoods. Look up their website.



LOCAL EGGS AND DAIRY (PLUS FRESH ICE CREAM!)

- Maple Valley Creamery
- Flayvor's of Cook Farm





BOOK & PLOW

UP BEYOND THE TENNIS COURTS



Book & Plow, the campus farm, was established in 2013 by a dedicated team of students, professors, alumni, and staff who wanted to support Amherst's own vegetable needs and foster education for the College. Today, B&P has five acres of organic-practice land in active production, producing over 40 different crops, including vegetables, herbs, and flowers, supplying Val with carrots, onions, squash, tomatoes, bok choy and others! Through the Community Supported Agriculture program, B&P also shares its harvest with local individuals.

B&P believes strongly in long-term sustainability of land and farm, and develops itself accordingly. The farm has been cover cropping, applying compost, and developing ways to increase soil health and the surrounding ecology. It also follows integrated pest management and uses organic growing practices. Go check it out yourself!

ENGAGE WITH B&P!



Farm Fest every fall—our tradition to celebrate the fall abundance!

Work at the farm! B&P employs dozens of students per year. Extra help is always needed during harvest seasons



Come for dye workshops, burgers, tea, and more!



Pick your own flowers, herbs, and tomatoes in the summer and fall



Get your own plot at the farm! Contact manager Maida Ives!



WE ARE "GOING TO PLACES"

You don't need a car to get around here. Alternative transportation methods are more sustainable emitting less greenhouse gasses and are a fun way to interact with the town!

AMHERST BIKE SHARE allows you to rent a free bike on campus. You can check out a bike from Alumni Gym for a few hours. Bike Share usually operates from March–November, and is an excellent way to explore the area, especially on the rail trail!



BIKE

THE TREAD SHED is a new bike co-op at Amherst. Located across rt. 9 from Moore, between Clark House and Cooper House you will find a cute bike shed that has multiple open hours a week. The goal of the Tread Shed is to teach YOU how to work on your bike. If you don't have a bike stop by the Tread Shed to learn how you can participate in a work-to-own program to get a bike!



BUS

PVTA is free with your student ID. It's an excellent way to travel throughout the region, including to the other five colleges, Hampshire mall, and Holyoke mall



TRAIN

Peter Pan Bus Lines offers service to Springfield, Boston, New York and other surrounding cities

AMTRAK stations nearby are in Northampton, Holyoke, and Springfield, and of course they travel all over the country.



SAFE RIDE is a student-operated van service that runs on Amherst campus. From 7pm–2am, call 413-542-7433 to get a ride anywhere on campus.



CAR SHARING

COLLEGE VANS allow students to rent out vans from the College when needed. The program is overseen by the AAS. Learn more [here](#).

ZIPCARS are located on campus that you can sign up for yourself. Amherst offers a discounted membership to students. Learn more [here](#).

OR... Search for ride share groups on GroupMe and the other social media outlets for a lift or carshare.



AIRPORT SHUTTLE

Amherst Association of Students (AAS) runs free shuttles for students during November break and Spring break that go to Bradley airport (CT), Boston, and New York City.

Valley Transporter provides shared/private shuttle service to Bradley airport, Boston-Logan, and the Springfield Amtrak station.

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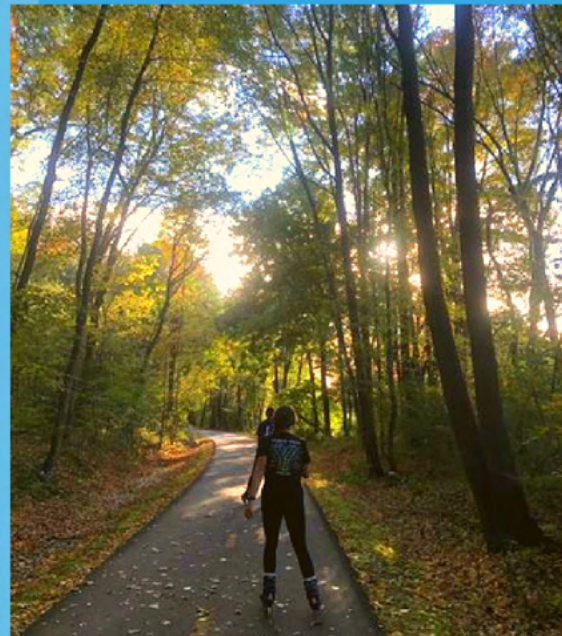
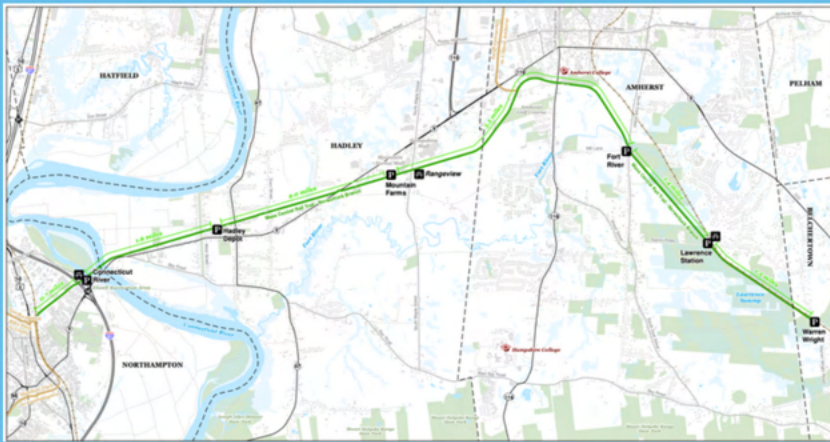
LET'S GO OUT (WINK, WINK!)

There are lots of ways to get outside here...
From taking a ride on the rail trail to hiking in the nearby Holyoke Range.



NORWOTTUCK RAIL TRAIL

Just next to campus is the Rail Trail, which is a space to walk, run, bike ride, and cross country ski. You can take the trail all the way to Northampton! Enter the rail trail at the tennis court parking lot or at the intersection of route 116 and Snell Street, by the gym.



WILDLIFE SANCTUARY AND BIRD SANCTUARY



On campus, you can access the beautiful wildlife sanctuary and bird sanctuary. There's a network of walking trails through the sanctuaries, which connects to the campus farm and the rail trail. The trails are accessed near the campus tennis court.

For even more opportunities to explore the outdoors, join the Outing Club.
Follow them @ac.outing.club or join on the Hub!



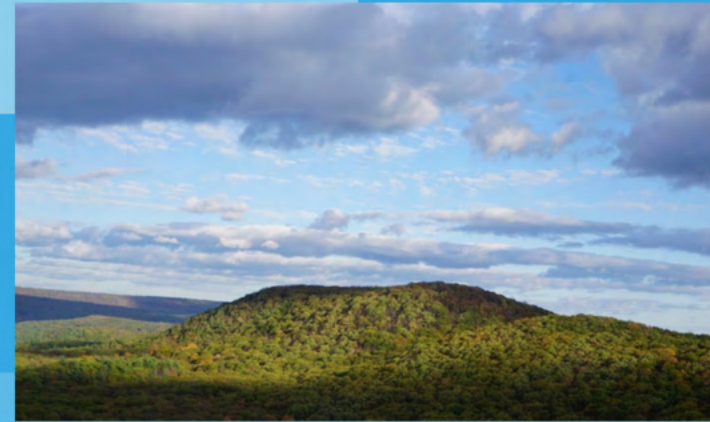
THE NOTCH

A classic Amherst hike at Mount Holyoke Range State Park, visible from Memorial Hill on campus. The top of the Notch is the highest point in the Holyoke Range, and provides a view of the Amherst campus! There are also a number of other hikes through the Seven Sisters - a mountain range - that you can access from the state park. The Outing Club offers frequent trips to the Notch, sometimes at sunrise.



MT. TOM

Located in the nearby town of Easthampton, Mt. Tom offers a number of different hiking opportunities. Mt. Tom offers excellent views of the Pioneer Valley.



PUFFERS POND

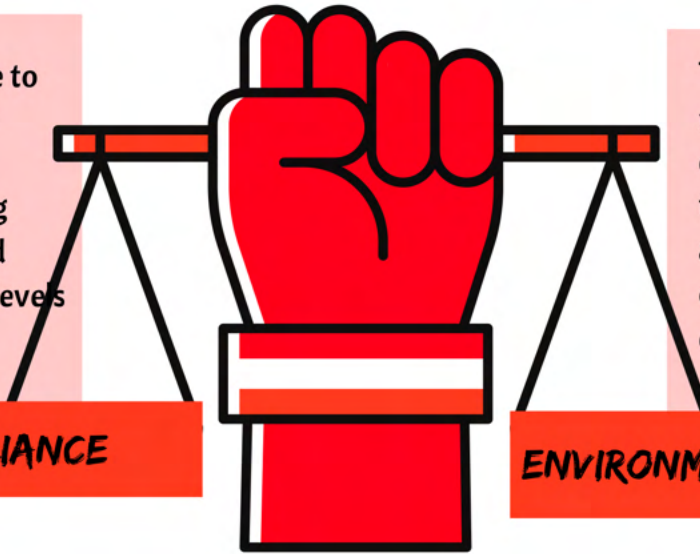
Located a few miles north of campus is Puffers Pond, a place to walk year round and swim in the summer. You can take the bus directly from downtown Amherst to Puffers Pond (route 33).



HEY, AMHERST: WHAT'S POPPING

Our mission is to contribute to the struggle for a more just American food system by acknowledging and fighting against the exploitation and inequality that exists at all levels of the food system.

FOOD JUSTICE ALLIANCE



The EJA aims to provide all members of the Amherst College community with the opportunity to engage in environmental activism, with a particular focus on grassroots organizing and divestment movements.

ENVIRONMENTAL JUSTICE ALLIANCE

SUSTAINABLE OCEAN ALLIANCE



SOA is a global organization that looks to empower students to lead in helping preserve the health and sustainability of our oceans. By combining student involvement, businesses, and technology development, we strive to educate and influence our communities to care for the indispensable resource that is our ocean.

OUTING CLUB



The Club organizes day and overnight outdoor trips throughout the year that students can participate in or lead. Former outings include camping, hiking, skiing, snow shoeing, whitewater rafting, kayaking, animal tracking, rock climbing, and falconry.



DECARBONIZED BY

2030

OUR CLIMATE ACTION PLAN

Amherst College vows to decarbonize the campus energy system by 2030 through transforming from fossil fuels to renewables, going beyond just buying offsets.

**2314 DAYS* LEFT,
CLOCK'S TICKING!**



THIS IS WHAT
COMMUNITY
RESILIENCY
LOOKS LIKE



*as of 9/1/23



Town manager: Paul Bockelman,
townmanager@amherstma.gov

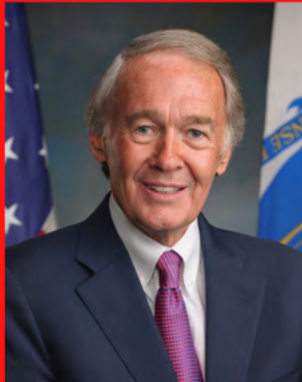
Town council (13 members):
towncouncil@amherstma.gov

**HOLD
THEM
ACCOUNTABLE**



Representative (left): Mindy Domb,
mindy.domb@mahouse.gov

Senator (right): Jo Comerford,
Jo.Comerford@masenate.gov



Massachusetts
politicians: [from left to
right]

Governor: Maura Healey;

Representative: Jim
McGovern;

Senators: Elizabeth
Warren, Ed Markey

No matter your political affiliation you should be voting in EVERY election. Local elections are the most effective way at creating legislative change. Pay attention to if your vote will create more sway in your hometown or right here in Amherst. Regardless, when you are eligible, REGISTER TO VOTE. Register at VOTE.GOV. During election seasons research the ballot initiatives and candidates to determine what/who you feel most aligned with.

ADVOCATING FOR SUSTAINABILITY



Don't forget you can contact your elected officials by writing a letter or email with your reasons for supporting or opposing a piece of legislation. *Title your email with your position on the issue! And don't forget to look out for nationwide calls to action, when large groups of people come together with a specific action item it is likely to affect change!

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**PIONEER VALLEY
WORKERS CENTER**



Amherst SURVIVAL CENTER

**L
O
C
A
L

O
R
G
S**

Craig's Doors



www.craigdoors.org



**Amherst
Community
Connections**



**A Better
Chance
AMHERST**

**FOOD POLICY
COUNCIL**



“We build power with low wage and immigrant workers across Western Massachusetts. Together we strengthen our communities, organize our workplaces, and take political action to win economic and social change for working people.”

“Since 1976, the Amherst Survival Center has promoted the health and well being of residents of Franklin and Hampshire counties with a wide variety of programs designed to help people meet their basic needs. The Amherst Survival Center provides a welcoming community where families and individuals can come for food and access to other resources. People are here to share their material resources, their expertise, and frustrations. No one is turned away.”

Craig’s Doors provides emergency services and shelter and other resources to the Pioneer Valley’s unhoused community.

“Founded in 2009, Amherst Community Connections (ACC) is a 501(c) non-profit organization in Amherst, MA dedicated to helping people find affordable housing and available employment in the area.”

“A Better Chance is a national non-profit organization that seeks to change the life trajectory for academically talented youth of color via access to rigorous and prestigious educational opportunities. Scholars come from around the U.S. to stay at the ABC House in Amherst and attend Amherst Regional High School. Our tutors meet with the scholars staying at the ABC House to help them with their schoolwork and mentor them as they develop into responsible and diligent students and leaders.”

“We cultivate shared governance and a county-wide network that builds the power of community voice to make food policies more equitable, honor diverse cultures, and help local food economies to flourish.”

Climate Action Now Western MA is a grassroots, all-volunteer group, dedicated to building a powerful climate justice movement through organizing, action and public education.”





GET EDUCATED, GET INVOLVED

TO GET INVOLVED WITH ORGS & GROUPS:

Want to participate in more organized, ongoing environmental advocacy at the state and national level? Here are some MA orgs...

- Climate Action Now
- Massachusetts Youth Climate Coalition
- Massachusetts Renews Alliance
- 350 Massachusetts

STAY INFORMED

There are a number of publications that offer excellent reporting on environmental and sustainability challenges. Amherst students have free access to the New York Times. There are also free email newsletters that curate the news for you. We recommend...



The Daily Climate



Down to Earth

The Intercept

The Intercept

The Climate 202

The Washington Post

Climate 202

Energy and Environment

The Washington Post

Energy and Environment

WRITE LETTERS

If there is a particular issue you'd like to bring attention to in the wider community, consider writing a letter to the editor. A letter to the editor is a short response (usually a few hundred words) to a recent article, which can be used to show broad support for/opposition to an issue. Keep an eye on sustainability reporting in our local publications, like the Daily Hampshire Gazette.

SEA LEVELS ARE RISING SO ARE WE



LET'S BE FRIENDS



Wes Dripps ('92), Director

Amherst College's Office of Sustainability was launched in 2014 to support sustainable campus operations, from dining services to transportation, and facilitate student engagement in sustainability on and off campus. In 2019, the Office of Sustainability helped oversee the adoption of the College's landmark Climate Action Plan (CAP), which commits the campus to decarbonize its energy system by 2030. The Office of Sustainability now supports the implementation of the CAP and ensures community engagement throughout the process. Today, the re-launched Office of Sustainability works with student fellows, faculty affiliates, and other campus partners to integrate sustainability into every aspect of living and learning at Amherst College.



Anna Hogarth ('23), Green Dean

OUR OPPORTUNITIES FOR YOU

STUDENT FELLOWS

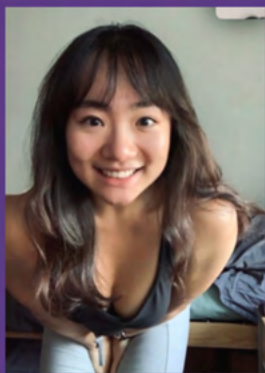
are supported by the Office of Sustainability and they contribute to a particular area of campus sustainability, tackling challenges like the food system and our waste stream. Look for the application to be a Student Sustainability Fellow each academic year and apply via Workday.

ECOREPS

program at Amherst encourages sustainable dorm living. EcoReps engage their peers in efforts to reduce their dorm footprints through educational programming, fun activities, and campus-wide competitions. We hire new EcoReps each year. Look out for the application on Workday!

SUSTAINABLE SOLUTIONS LAB

brings students together to identify campus sustainability issues, ideate on possible solutions to address the issue, and then work to implement solutions. The group is fun, interactive, and low-commitment; it's a great chance to get involved with the Office and share your ideas on campus sustainability!



Luxi Sun ('25), Editor

KEEP UR  OUT FOR THESE



Exciting speakers



Earth Day celebrations



Share the Share Fest
(Food Justice Alliance, April)



Free clothing swaps



Green Games
(October)



Dorm Tree Times



Farm Fest
(September)



Film screenings

