Greetings EcoReps! Please use this monthly programming guide to assist you in taking action in your area. Below is a table that can be useful for promoting sustainability in your area by discussing the following topics in staff meetings, creating inter-office or departmental communications, or for your own knowledge. Please share this information with your other team members and help us recruit more EcoReps! September is food sustainability month, truly a delicious topic. Help us Grow Green!

### Monthly Theme(s)

**Communication Topics**

- Reduce Food Waste – Shop your refrigerator first! Buy only what you know you will use; bulk purchasing saves money, but only if you can consume it before the item spoils.
- Local Food Sourcing – Buy local! Shipping food around the world adds up to major impacts on our environment. Local food is also more nutritious, as food loses nutrients over time. MSU Culinary Services partners with 153 local and 314 regional vendors; how many local business do you help support?
- Clean Plates at State – We need volunteers! Help educate Spartans dining on campus to reduce unnecessary food waste. When dining on campus, take what you want, but eat what you take! The average Spartan dining on campus wastes nearly 4 oz. of food at each meal. Help us reduce this by 1 oz! How can you reduce food waste?
- Student Organic Farm & Farm Stand – Enjoy organic produce and learn about organic farming practices with the MSU Student Organic Farm.

**Themed Activity Suggestions**

- Visit MSU Student Organic Farm Stand – Thursdays from 11:00 a.m. – 5:30 p.m. in front of the Auditorium.
- Provide employees with the local food sourcing guide (MSU)
- Discuss how departmental events/catering could be more sustainable
- Contact MSU Sustainability regarding the in-office composting program
- Eat less meat! Eating one less burger per week for a year is like taking your car off the road for 320 miles, or line drying your clothes 50% of the time!

**General Activity Suggestions**

- Build a Green Team in your office – Contact the other EcoReps in your building and meet to set building goals, create initiatives, or discuss areas for improvement. Each building has many departments; help make a change for the better in your building!
- Set annual or semester sustainability goals – ideas include: implementing 100% participation rate in the mini-basket program or place recycling stations near areas that generate the most waste (e.g. copy centers, kitchens, etc.)
- Access your building’s waste/recycling data – Click on your building on the GIS website at [https://prod.gis.msu.edu/appstewardship/](https://prod.gis.msu.edu/appstewardship/)

### Food Sustainability

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### Events

- Here are some upcoming events where you can find MSU Sustainability:
  - 9/5 – Bike n’ Brew at the Broad MSU 6:00 -9:00 p.m.
  - 9/26 - Homecoming parade 4:00 p.m. – want to be in the parade? We need bike riders, contact us!
  - Neighborhood Table Events – Getting the word out to new Spartans
    - 9/16 Brody Engagement Center, 6-8pm
    - 9/17 Hubbard Engagement Center, 6-8pm
    - 9/18 North/Union Engagement Center, 6-8pm
    - 9/23 Holden Engagement Center, 6-8pm
    - 9/24 McDonel Kiva, 6-8pm
- East Lansing Farmer’s Market – Sundays 10:00 a.m. – 2:00 p.m. at Valley Court Park
- #SpartanEcoChallenge – Starting 9/22 through 10/22, current MSU students will compete in this challenge to raise awareness, participate in initiatives, and make positive changes in their daily lives.

### Resources

- Link to MSU Food Sustainability Guide – [eatatstate.com/sustainability](http://eatatstate.com/sustainability)
- Link to Composting Program Info – [recycle.msu.edu/?page_id=2540](http://recycle.msu.edu/?page_id=2540)
- Contact for Clean Plates Volunteers, Carla Iansiti at – [iansiti@msu.edu](mailto:iansiti@msu.edu)
- Need more information about starting your Green Team? Please contact Sean Barton at [bartonse@msu.edu](mailto:bartonse@msu.edu) for help.
- Recruiting EcoReps? - [bespartangreen.msu.edu/ecorep/index](http://bespartangreen.msu.edu/ecorep/index) for more information. We also have rack cards available if you need physical at-a-glance copies.
- Eat less meat! Get more info at [www.ewg.org/meateatersguide/at-a-glance-brochure/](http://www.ewg.org/meateatersguide/at-a-glance-brochure/)

### Monthly Challenge

- Recruit a new EcoRep from your department or building
- Compost Challenge – Sign your area up for the Composting Club at MSU
- Volunteer for Clean Plates at State Food Audit; contact [iansiti@msu.edu](mailto:iansiti@msu.edu) to sign up for an event. Food audits begin every Wednesday September 24 – November 12 at both lunch and dinner time. Help us reduce food waste by 1 oz. through education and impactful conversations.
- Please give us feedback on how the new EcoRep program is helping you make an impact!