

SUSTAINABILITY NEWSLETTER

Center for Environmental Research and Education
Duquesne University

RECYCLING 101: HOW TO RECYCLE AT DUQUESNE

by Mary Kate Ranii

Recycling has changed greatly in the last few years. It can be confusing to understand what is recyclable! Check out our list to learn to recycle right!

Recycle the following:

- **Plastic:** Bottles, Jugs, Jars & Tubs (Tip: No clamshells, berry containers, Starbucks cups, straws, bags)
- **Metals:** Food & Beverage Cans
- **Paper:** Office Paper, Magazines, Newspapers
- **Cardboard:** Flattened Paperboard & Corrugated Cardboard

Do **NOT** Recycle the following in Duquesne Recycling Bins:

- **Food**
- **Foam**
- **Plastic Bags**
- **Cloth/Linen**
- **Glass**

Recycling offers myriad environmental and economic benefits. Manufacturing products from recycled materials can be as much as 90% more efficient than manufacturing the same products from virgin material. This efficiency is what enables recycling to exist as we know it in the United States.

Learn more about how materials are sorted at the MRF, the international recycling market, and current issues facing recycling [here](#).

Help us document all the public recycling bins on campus [here](#)!

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DU CAMPUS GARDEN: GROWING A GREENER UNIVERSITY

By Carissa Lange



Over the summer, former undergraduate student, Kristen Roth, published her undergraduate thesis titled "Regenerative Landscaping: An Urban Garden for Storm Water Management at Duquesne University." With guidance from a former professor, her thesis developed plans to install an urban vegetable garden just beside the Laval House.

In an effort to turn her proposal into reality, the Center for Environmental Research and Education's Graduate Program Coordinator, Mary Kate Ranii, took the lead on the project. With the help of Facilities Management and two Graduate Assistants, Gabriella Zuccolotto and Carissa Lange, raised beds were constructed and over wintering oats were planted. In addition, two rain barrels, which will provide the water necessary for future crops, were installed along the side of the Laval House.



Though the garden will not begin producing vegetables until the spring, cover crops were planted in October to help restore nutrients in the soil. Once this project is completed, the garden will serve as one solution for reducing storm water runoff on campus. Additionally, the garden will increase biodiversity, improve soil quality in the area, and enhance campus aesthetics. Duquesne will be partnering with Amplify Church and Uptown Partners of Pittsburgh to ensure that yields are donated to the Greater Pittsburgh Community Food Bank.

Those involved would like to thank the Wandrisco Family for providing the funds necessary for the success of this project.

If you are interested in getting involved with the campus garden, please feel free to reach out to CERE at envscience@duq.edu.



DIVESTING FROM FOSSIL FUELS: A CALL TO ACTION FROM POPE FRANCIS

by Carissa Lange

In a recent TED Countdown Talk, Pope Francis outlined three courses of action for ensuring a sustainable future. First, he proposed that education be geared towards caring for our planet. Second, he suggested that we focus on ensuring that everyone have access to safe drinking water and maintain proper nutrition.

Lastly, he discussed energy transition and urged all institutions to divest from “those companies that do not meet the parameters of integral ecology.” Rather, he suggested that we should invest in companies that “value “sustainability, social justice, and the promotion of the common good.”

Throughout the entirety of his talk, Pope Francis emphasized urgency and stressed the value of individual efforts. In conclusion, he stated that “Each one of us can play a valuable role...because the future is built today, and it is not built in isolation, but rather in community and harmony.”



Photo courtesy of TED

HOW TO SAVE A PLANET: PODCAST MAKES CLIMATE CHANGE ACCESSIBLE TO ALL

by Mary Kate Ranii

In Summer 2020, Gimlet Media and Spotify launched the original podcast, [How to Save a Planet](#). Each week, hosts Dr. Ayana Elizabeth Johnson and Michael Bloomberg break down a facet contributing to climate change. Some portions may be familiar including planting trees and transitioning to wind energy. However, other episodes, offer more nuanced topics such as “Black Lives Matter and the Climate,” “Making Republicans Environmentalists Again,” and how refrigerants play a big role in climate change (“Cold Hard Cash for Your Greenhouse Gas”).

The podcast offers opinions from experts and potential policy solutions in a way that is approachable for those new to the subject, while still offering new information and viewpoints for those who have been studying climate change for years. The hosts also offer concrete steps every week that listeners can take to make an impact.

Find How to Save a Planet wherever podcasts are available.



Photo courtesy of Gimlet Media

EATING SUSTAINABLY IN THE STEEL CITY

By Gabriella Zuccolotto

The Sustainable Pittsburgh Restaurant program was created in an effort to evaluate dining establishments based on their commitment to take economic, environmental, and social actions that benefit the region. Points are awarded based on the restaurant's achievement of 149 sustainable actions that fall into seven categories:

- 1) General
- 2) Waste reduction
- 3) Water conservation
- 4) Energy efficiency
- 5) People (consumer and employee)
- 6) Responsible sourcing
- 7) Nutrition

Restaurants receive a ranking based on the number of points they receive in each category:

- **Bronze:** 86-165 points
- **Silver:** 166-260 points
- **Gold:** 261-340 points
- **Platinum:** 341-408 points

Almost 150 restaurants have earned a Sustainable Pittsburgh Restaurant designation. By choosing to eat at a sustainable restaurant, consumers are supporting local people and the local economy, reducing environmental degradation and protecting their own health. Use the [Sustainable Pittsburgh Restaurant Finder](#) to find a sustainable restaurant near you!

TO LEARN MORE ABOUT SUSTAINABILITY AT DU

Visit Duquesne University's sustainability website at www.duq.edu/sustainability.

There you will find University Greenhouse Gas Inventories for the last decade, as well as comprehensive sustainability reports (AASHE STARS), and the University Sustainability Plan from 2015.

The Porch at Schenley

Location: 221 Schenley Dr.

Pittsburgh, PA 15213

Phone Number: 412-687-6724

Website: <http://www.theporchatschenley.com/>



"We love local, and we support the community that supports us by buying local whenever possible. From our menu items to our building and rooftop garden, local sourcing is a core part of The Porch."

- The Porch at Schenley website



Photo credit: Larry Roberts / Pittsburgh Post-Gazette

Square Café

Location: 1137 S. Braddock Ave.

Pittsburgh, PA 15218

Phone Number: 412-244-8002

Website: www.square-cafe.com



"Our menu features a variety of options for vegetarian, vegan, and gluten-free guests, and Square's friendly and knowledgeable staff is here to accommodate your taste and dietary needs."

- Sherree Goldstein
Owner, Square Café



Photo credit: Sherree Goldstein