

UF Office of Sustainability



# Sustain- ability

fill in the blank



# TOOLKIT



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Student Name

This toolkit pairs with  
*Sustainable UF*  
*Student Conversations: Let's Talk Sustainability*  
[Watch Here](#)

# How can I integrate sustainability into my academic career?

## Clubs

<https://sustainable.ufl.edu/student-organizations/>

## Classes

<https://sustainable.ufl.edu/sustainability-focused-courses-undergraduate/>

## Other

## Podcasts

## Accounts

# GO COMPOSTING 101

Compost is organic material that can be added to soil to help plants grow. Food scraps and yard waste together currently make up more than 28 percent of what we throw away, and should be composted instead.\*

**What will I use my compost for?**

**What do I need to compost?**

Making compost keeps these materials out of landfills where they take up space and release methane, a potent greenhouse gas. Composting gives life, fertilizes your garden, and breaks the cycle of waste.

**Circle what you can compost and draw a line through what you can't**

Leaves	Egg Carton	Animal Products
Coffee Grounds	Dryer Lint	Milk new or old
Brush Trimmings	Fish Skin	Coffee Filters
Makeup Wipe	Pet Droppings	Grass Clippings
Banana Peelings		Old Herbs and Spices
		Glossy Paper

To be sustainable, a practice must: preserve – rather than destroy – its ecological base; ensure – rather than undermine – long-term economic benefits, and advance – rather than impede – matters of fairness, equity, and diversity.



**I will engage with sustainability ecologically and socially by**

Fill in the leaves with your answers, thoughts, and inspirations.

# CONVERSATING 101

## SHAME

*Don't* shame your friends/family for not being as sustainable as you, it doesn't work. Instead have meaningful, on going conversations (an idea known as deep canvasing). Meet them where they are.

Why do you care so much? It makes your life so difficult being vegan, it's not like it'll make a difference anyways.

You know, it was tricky to change some parts of my diet at first, but now I've found so many tasty vegan recipes that I love. And swapping out some meals for plant-based options, even without going vegan, can add up to a bigger impact. Maybe we should cook together sometime!

Climate change just isn't a priority for me. It doesn't affect me so I don't see why it's my responsibility.

You know you're right. Climate change is much bigger than individual responsibility, it's one that we share with our politicians, corporations and leaders. The way I see it, the only way we are going to address such a large issue, is if we all work together and make it a priority, even if we aren't all feeling the impacts in the same way right now.

# RESOURCES

## Instagram Accounts

- @plantkween
- @theearthissue
- @ayanaeliza
- @greengirlleah
- @going.zero.waste
- @thefairlylocalfamily

## Podcasts

- Broken Ground
- How to Save a Planet
- Speak Up for Blue
- Heated

## Where to Compost for Free

- Students Compost Cooperative
- 4th Avenue Food Park  
towards community garden

### CAN'T COMPOST

animal products  
any milk  
fish skin  
makeup wipes  
pet droppings  
glossy paper

## Best Gainesville Bike Trails

- Hawthorne Bike Trail

# RESOURCES

**UF Office of Sustainability  
323 Tigert Hall  
Gainesville, FL 32611  
[info@sustainability.ufl.edu](mailto:info@sustainability.ufl.edu)**