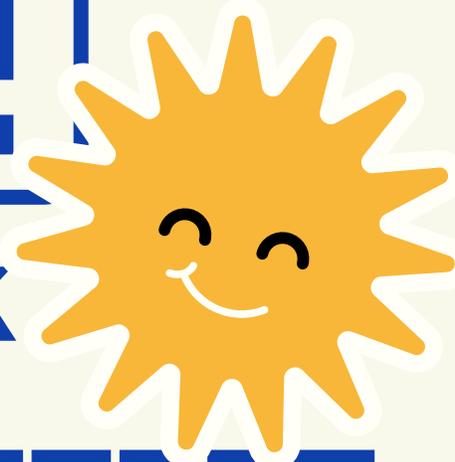


UF Office of Sustainability



Sustain- ability

fill in the blank



TOOLKIT



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

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