



Wesustain Spring Internship at Pretty Lake

Get Involved

Our office offers many opportunities for students and community members to get involved with our programs, projects, and initiatives.

Each month, we offer a variety of programs and volunteer opportunities. To learn more, be sure to subscribe to our newsletter and follow us on social media.

Sign Up for Our Newsletter:



 @wesustainwmu

 @WMU.sustainability

Overview

The Office for Sustainability (OfS) is driven to increase efforts, both on campus and in the community, that ensure a sustainable future and improve the quality of life for all.

Please note that WMU and the OfS do not endorse any of the mentioned companies.

Behavior Change

While we know that behavior change is only one piece in the puzzle, it is important to be aware of personal habits. This brochure focuses on ways to reduce one's own environmental impact in accessible and affordable ways. We will cover several topics such as transportation, shopping, food, and activism.

As always, this list is not exhaustive, and we highly recommend seeking out other opportunities that best fit your needs and lifestyle. Sustainability is a personal and collective journey!



Blooming sunflowers spotted at the Gibbs House

Office for Sustainability
1903 W. Michigan Ave
Kalamazoo, MI 49008-5286
p. (269) 387-0943
wmu-sustainability@wmich.edu
www.wmich.edu/sustainability



Local Sustainability

WESTERN MICHIGAN UNIVERSITY
Office for Sustainability



Transportation

Transportation accounts for nearly 30% of greenhouse gas (GHG) emissions in the United States. One easy way to reduce your impact on the planet is to drive less.

Ways to drive less:

- **Bike more.** Visit the Office for Sustainability Open Bike Shop by appointment for free repairs and biking information.
- **Take the bus.** Your Bronco I.D. allows you free bus rides through Kalamazoo Metro Transit.
- **Carpool.** Offer or share rides with friends and family.
- **Alternative transportation.** If able, WMU and Kalamazoo are commuter friendly. Walk, scoot, skate, or find your own way of getting around!

Shopping

Fast fashion and big box stores can contribute to increased waste and GHG emissions. However, there are ways to reduce these problems.

Ways to reduce consumer waste:

- **Buy used.** Shop second hand or through online platforms such as Facebook Marketplace.
- **Borrow and trade.** Plan a clothing, furniture, or item swap with friends or community members!
- **Buy in bulk.** Reduce single use plastic by buying in bulk. The People's Food Co-op, Sawall Health Foods, and Bee Joyful Shop offer bulk and plastic free options.
- **Get creative.** Make DIY cleaning or personal care items. Or challenge your friends to go without single-use plastics for a week. Find ways to make sustainability fun!



Vegetables harvested from the Gibbs House

Food

Agriculture and food waste are big contributors to GHG emissions and waste. Even little changes add up to bettering the planet! As always, balance is key to sustaining good habits, so be sure to eat what your body needs!

Ways to make your diet “greener”:

- **Buy local.** Buying from small, local farmers not only invests in your community, it also reduces GHG emissions by reducing transportation from farm to table.
- **Go plant-based.** Eating fewer animal products is a great way to reduce your impact on the environment. Try cooking a plant-based meal with friends!
- **Reduce food waste.** Always start with small portions in order to reduce the likelihood of waste. Then compost your food scraps at the OfS's Gibbs Site or with the Bike Farm.
- **Stay in season.** Buying seasonal produce is more sustainable! The app Seasonal Food Guide is a great way to check what crops are in season in your community!

Activism

Calling for climate change justice and “green” policies are great ways to utilize your personal resources. Whether you are an artist, storyteller, or policy expert there is work for everyone.

Ways to get involved in local activism:

- **Join a group.** Sunrise Kalamazoo and the Kalamazoo Climate Crisis Coalition are some local organizations that fight for policy change locally and nationally.
- **Volunteer.** You can volunteer at the Gibbs Site and help compost student food waste or grow crops. FOCUS Kalamazoo also works with local organizations and parks to bring volunteer opportunities to students.
- **Sustainable RSOs.** Many students groups, such as Students for a Sustainable Earth, focus on some aspect of sustainability. They are a great way to meet like-minded students pushing for change!
- **Start a project.** If you have an idea that is not already being implemented locally you can always start a group. Or apply for a Student Sustainability Grant to fund your green idea.

