

Sustainability Bingo

Engage in Sustainability Activities on Campus to Earn Rewards

 <p>1. Review a past CESRC Lunch and Learn</p> <p>Which topic did you watch?</p> <p>_____</p>	 <p>2. Go Paperless</p> <p>What is one way you can reduce what you print?</p> <p>_____</p> <p>Put it into practice!</p>	 <p>3. Look On the Bright Side</p> <p>Check out the solar array on the roof of UNL's Animal Science Complex.</p>	 <p>4. Help Beet Food Waste</p> <p>Watch Power Knot LLC's video to learn about how UNL's Dining Services is reducing food waste on campus.</p>	  <p>5. Build Your Sustainability Smarts</p> <p>Take the Sustainability 101 Bridge Course.</p>
 <p>6. Take Waste All in the Hall</p> <p>What is the location of an All in the Hall waste station near you?</p> <p>_____</p>	 <p>7. Have a Zero Waste Lunch</p> <p>Pack or purchase a lunch that does not produce any waste.</p>	 <p>8. Cultivate Inclusive Excellence</p> <p>Engage with the Office of Diversity and Inclusion.</p> <p>Which event did you attend?</p> <p>_____</p>	 <p>9. Change up Your Commute</p> <p>Make your campus commute more sustainable! Use a bike, bus, or carpool to travel to and from campus!</p>	 <p>10. Take a Sustainability-Tree Walk</p> <p>Go for a walk or self-guided tour around campus.</p> <p>What walking route did you use?</p> <p>_____</p>
 <p>11. Take a Ride on the Sustainable Side</p> <p>Opt to walk, bike, or ride a campus bus instead of driving to your next meeting or event.</p>	 <p>12. Dress for Success</p> <p>Reduce energy use on campus by wearing clothing appropriate to the season and weather.</p>	 <p>FREE SPACE</p>	 <p>14. Don't Landfill, Refill!</p> <p>Identify a single-use item that you use on campus:</p> <p>_____</p> <p>Replace it with a reusable alternative.</p>	 <p>15. Engage with the Office of Sustainability</p> <p>Visit with UNL's Office of Sustainability staff at an event on campus!</p> <p>What did you learn?</p> <p>_____</p>
 <p>16. Become a Healthier-You</p> <p>Individually take the Well-Being Assessment or help your department become a Certified HealthierU Department.</p>	 <p>17. Explore Sustainability at UNL</p> <p>What event did you attend?</p> <p>_____</p>		  <p>18. Don't be a Litter Bug</p> <p>Pick up litter on campus by yourself, with friends, or at a litter cleanup event.</p>	 <p>19. Be the Pollution Solution</p> <p>Identify and visit a stormwater control feature on campus.</p> <p>Where did you visit?</p> <p>_____</p>
 <p>21. Make Everyday Earth Day</p> <p>Follow the Office of Sustainability on social media, or subscribe to the newsletter.</p>	  <p>22. May the Forest be With You</p> <p>Take an upcoming meeting or event outside to appreciate UNL's outdoor spaces.</p>	 <p>23. BYOC (Bring Your Own Container)</p> <p>What is one way you can reduce waste at your next meeting, event, or get-together?</p> <p>_____</p> <p>Put it into practice!</p>	 <p>24. Slay Energy Vampires</p> <p>Reduce your energy use on campus by unplugging gadgets you aren't using.</p>	 <p>25. Know What You Throw</p> <p>What should you do to items before recycling?</p> <p>_____</p>



More Instructions on how to complete each task on pg. 2

Questions? Email the Office of Sustainability: sustainability@unl.edu

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SUSTAINABILITY

1. Review a past CESRC Lunch and Learn

The Chancellor's Environment, Sustainability, and Resilience Commission (CESRC) hosts a monthly Lunch and Learn series on Zoom throughout the academic year to engage the UNL campus community in relevant sustainability topics. Past topics have included "Campus and Local Food Systems" and "Sustainability in Fashion" on the [Office of Sustainability's YouTube page](#).

2. Go Paperless

Use electronic alternatives, such as taking notes online, sharing digital versus printed documents, or using electronic signatures. If printing is unavoidable, use recycled paper and change your default settings to print double-sided and in black and white.

3. Look on the Bright Side

Visit the south entrance of UNL's Animal Science Complex to view the rooftop solar array. Built in 2012, the solar array includes 162 panels, which produce about 62,000 kWh per year. Learn more about the array [here!](#)

4. Help Beat Food Waste

UNL's Dining Services team utilizes biodigesters in campus dining centers. Biodigesters use a series of processes in which microorganisms break down biodegradable material into environmentally safe grey water in the presence of oxygen. This helps UNL significantly decrease the amount of waste sent to the landfill.

5. Build Your Sustainability Smarts

Log in to Bridge to take the "[Sustainability 101: Introduction to Sustainability at UNL](#)" course which provides an opportunity for UNL community members to learn about sustainability at their own pace. This brief course covers what sustainability is, why it is the smart choice for UNL, and how UNL is committed to sustainability. The course also shares opportunities for faculty, staff, and students to make a difference and positively contribute to sustainability progress on campus.

6. Take Waste All in the Hall

Learn about UNL's All in the Hall recycling program and your role in recycling on campus by visiting the [All in the Hall recycling webpage](#), which offers great information about the importance of recycling right at UNL. Don't forget to check out the videos on the webpage for a brief overview of the program!

7. Have a Zero Waste Lunch

Stop waste before it starts! Pack your lunch with reusable containers or purchase a lunch that doesn't include disposable packaging. Visiting a campus dining center? Choose to dine in or use an [OZZI to-go container](#) and reusable cutlery.

8. Cultivate Inclusive Excellence

Learn more about the important intersections between sustainability and diversity, equity, inclusion, and inclusive excellence. Participating in Dish It Up conversations, an #NCLUDE learning group, or attending another diversity event is a great way to cultivate inclusive excellence on campus. A full list of learning opportunities and events can be found on UNL's [Office of Diversity and Inclusion website](#).

9. Change up Your Commute

Using a bike, taking a bus, or carpooling are great options for traveling to and from campus. Sustainable commuting helps protect the environment, promote healthy living, and save money. Staff and faculty can utilize the UNL [carpool program](#) to share the cost of a parking permit. Fulfill this activity by trying out a more sustainable transportation method for your commute.

10. Take a Sustainability-Tree Walk

Taking a break and going for a quick stroll can benefit your mental and physical health. Get moving with a variety of indoor and outdoor [walking routes](#) created by HealthierU.

11. Take a Ride on the Sustainable Side

UNL is recognized as a Bicycle Friendly University and has partnered with BikeLNK, Lincoln's bike share program, to make bicycling accessible and affordable for campus community members. UNL faculty, staff, and students can purchase their [annual BikeLNK membership](#) at a discounted price of \$25. Interested in the [campus bus service](#)? UNL partners with StarTran to provide bus routes for the UNL community.

12. Dress for Success

Choosing lightweight clothing in summer, warmer clothes in winter, and dressing in layers allows you to adapt to varying conditions in your workspace and still be comfortable without having to adjust the thermostat.

13. Free Space!

14. Don't Landfill, Refill!

Swap disposables for more sustainable alternatives like reusable bottles, containers, bags, or cutlery. Water bottle filling stations located throughout campus buildings make it convenient to refill bottles, and most coffee shops on campus offer discounts for using a reusable cup or mug!

15. Engage with the Office of Sustainability

The Office of Sustainability participates in a variety of events on campus to engage UNL community members in sustainability education! Find the team at popular events including the Big Red Welcome Street Festival, Employee Wellness and Community Resource Fair, EarthStock, and more!

16. Become a Healthier-You

The HealthierU employee wellness program promotes healthy living at work and at home for all UNL employees through 10 dimensions of wellness, including environmental. Campus departments can become a Certified HealthierU Department by [submitting a short application](#). Big Red Resilience and Well-being also provides events, education, and services to help students understand emotions, manage stress, build strength, connect with others, develop grit, and navigate transitions.

17. Explore Sustainability at UNL

Many events on campus focus on the different dimensions of sustainability. Consider attending the annual NU System Sustainability Summit, participating in a SustainUNL clothing swap, or engaging in the annual Earthstock celebration! Subscribe to the [Sustainability Events Calendar](#) to stay up to date on upcoming events!

18. Don't be a Litter Bug

It's all of our responsibility to help protect UNL's beautiful campus and maintain a safe environment. Be mindful to not litter your waste items on campus and pick up any litter you might find. Doing so is a great way to support UNL's Landscape Services team, as it allows them to focus on keeping campus beautiful, safe, and sustainable!

19. Be the Pollution Solution

Review UNL's [Post Construction Stormwater Control Story Map](#) to learn about how UNL uses sustainable stormwater management practices through rain gardens, permeable pavers, green roofs, and more! You can be an active participant in stormwater pollution control by reporting pollution issues at UNL using the Stormwater Pollution Reporting Form.

20. Be Sun-Sational

If the sun is shining through your window when it is cold outside, open your shades! This will help naturally warm your space. If it is warm outside, close the shades to help keep your space cool.

21. Make Everyday Earth Day

Connect with the Office of Sustainability for events, updates, and to learn more about how you can participate in sustainability efforts at UNL.

22. May the Forest be With You

UNL is recognized as a Tree Campus Higher Education institution, which is a framework for colleges and universities to grow their community forests, achieve national recognition, and create a campus their students and staff are proud of. Check out these [locations around UNL](#) for ideas on outdoor spaces that can be used for meeting up with friends or colleagues, taking a lunch break, studying, or hosting events.

23. BYOC (Bring Your Own Container)

Attending or planning an event? Encourage attendees to bring their own water bottle or cup for coffee, serve food or drink in reusable containers, or opt for a buffet instead of boxed lunches. Connect with the Office of Sustainability for more ideas!

24. Slay Energy Vampires

Energy vampires are devices that continue to use energy even when turned off. Control energy vampires by using power strips and unplugging devices when not in use. Don't forget to also use energy saving features such as sleep mode.

25. Know What You Throw

Being aware of what you can and cannot recycle on campus is an important first step to recycling right at UNL. Check out UNL's [recycling guide](#) and remember to make sure that all items are empty, clean, and dry before recycling to avoid contamination.

Once you complete your bingo, don't forget to [submit your card!](#)