



# Sustainability Office Monthly Newsletter

February 2019 Volume 1 Issue 4

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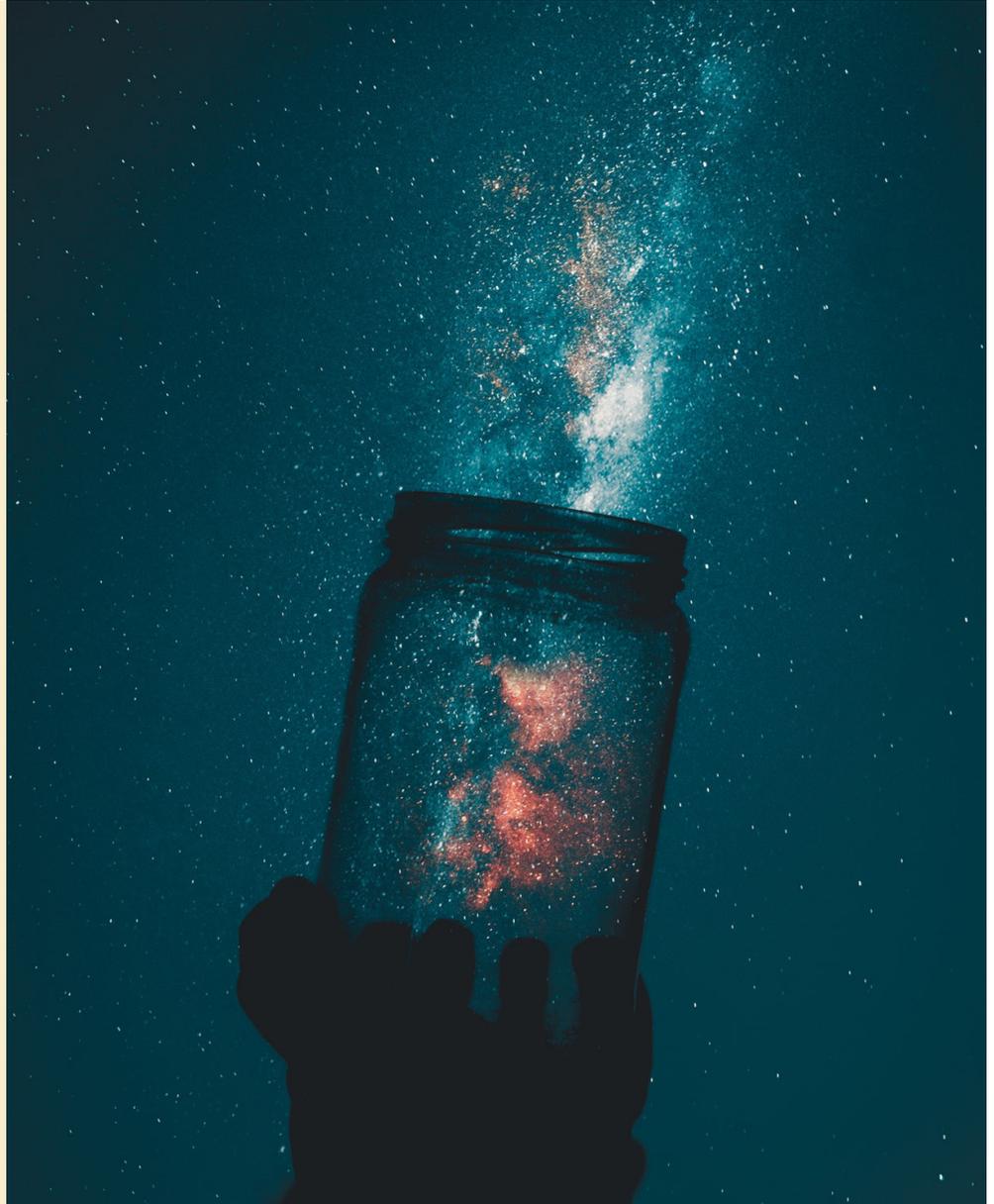
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“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

- Martin Luther King Jr.

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## ***MU Community Garden Project Preparing for Spring 2019*** by Dan Yuhasz

Over the years, MU students have had community gardens and small plots available to them within the campus setting. These designated gardens were for the most part organized and developed by students passionate about growing vegetables and herbs near their residence hall or apartment. As a way to revive and boost past efforts, there is now a formal effort to make gardening available to any member of the campus community this upcoming spring. This community garden initiative is called the George Washington Carver Community Garden Project and was spearheaded in 2017 by alumna Leslie Touzeau, with the guidance of Pete Millier, Director of Landscape Services, and Karlan Seville, Communications Manager at the Division of Operations. It is now being managed by first-year Rural Sociology PhD student, Dan Yuhasz and the Mizzou Botanic Garden team.

This agricultural initiative consists of three separate on-campus gardens, each of them named after a different prominent African American from Missouri who made contributions to university life in the late 19th and early 20th centuries. The first garden is named after Henry Kirklin, an accomplished horticulturalist and unofficial instructor who worked for the University of Missouri. At a time when African Americans were not allowed in the classroom, he taught many MU students how to prune and graft fruit trees in the greenhouses. Kirklin even hosted university field trips at his nearby farm.

Last year, Mizzou Botanic Garden broke ground on the Henry Kirklin Garden. The first plot of the garden initiatives is located at University Village, just west of Providence Road. Once they finish installing fence and a shed, their team is excited to announce that they will begin gardening at the site this spring.

The two other gardens are in the development process as well. One will be located at the Tara MU Student Apartments

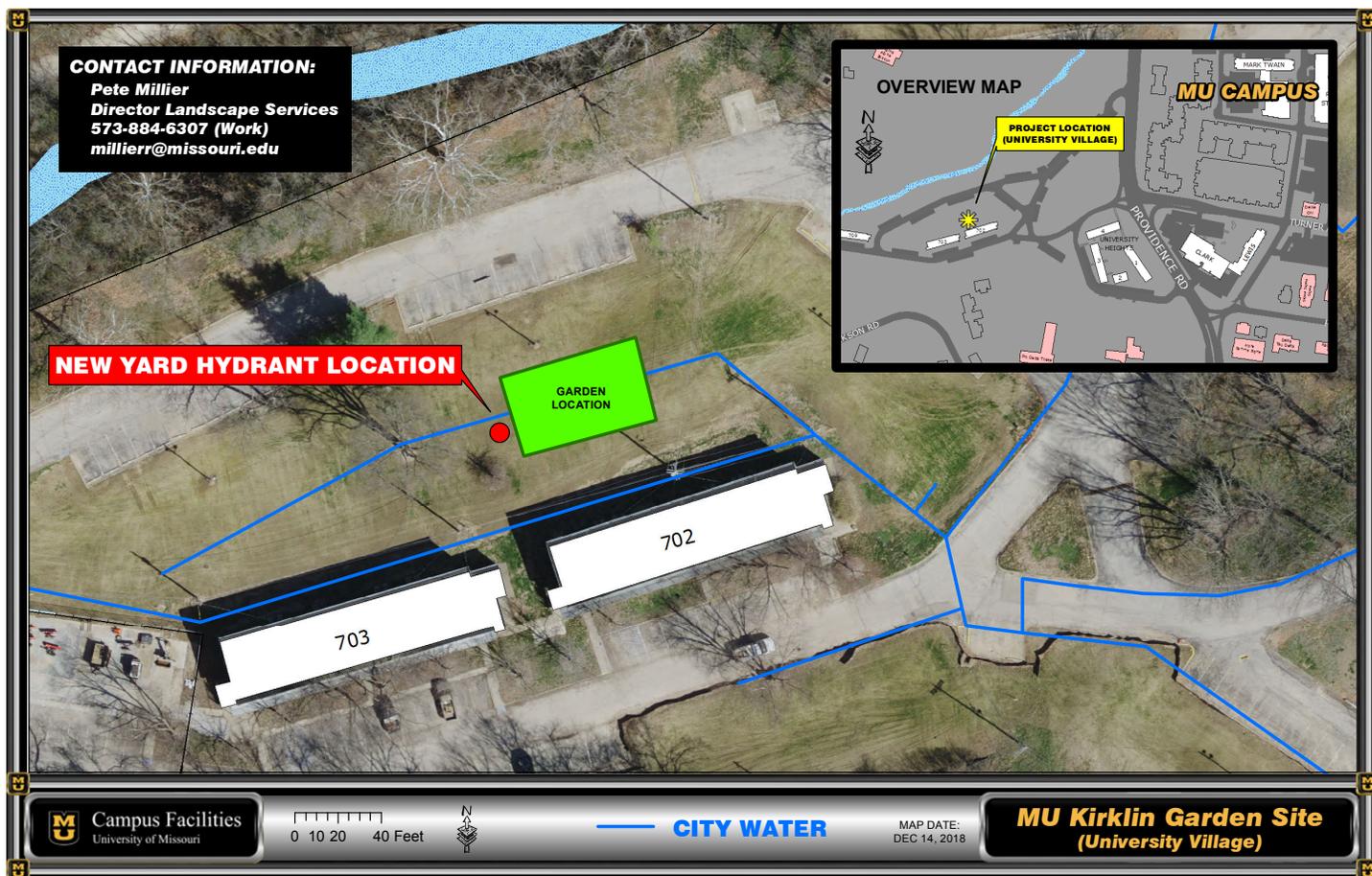
and the other one will be located somewhere on the main campus. The garden at Tara will be named after Annie Fisher, a popular chef and businesswoman who worked locally as a cook for the George Bingham Rollins family and the Sigma Alpha Epsilon fraternity. And while a specific location is still being ironed out for the last garden, the Mizzou Botanic Garden knows it will honor the rich legacy of George Washington Carver, a native of Diamond, Missouri, who earned his Master of Agriculture degree at Iowa State and who made substantial contributions to agricultural research, teaching and university extension in its early years.

Overall, the George Washington Carver Project aims to shed light on the roles of underrepresented individuals in our food system as well as bring the diverse MU community together around the shared need for good, healthy food. Along with the Tiger pantry, our MU garden initiative looks to grow awareness of food insecurity among people in our own community and throughout the state of Missouri. The project also hopes to create an avenue for open dialogue and discourse to encourage the growth of diversity and inclusivity throughout our campus.

In addition, another aspect of the project includes a 3-credit undergraduate course on the topic of food justice offered by the MU Division of Applied Social Sciences. For more information visit <https://dass.missouri.edu/>

Those interested in participating should not feel as though they will be gardening alone. The garden initiative expects to have collaborations with the Children's Garden, the Tiger Pantry, Missouri Student Association, the MU Sustainability Office, Sustain Mizzou and other clubs, as well as a variety of courses across campus. There will be room for occasional participation in educational programming, hands-on volunteering, social events and other activities such as workshops on gardening, composting and beekeeping over the coming years.

Individuals who are interested in participating in a community garden this spring are invited to attend one of three Organizational Meetings on February 9 at noon and February 13 at 4pm in the Women's Center, and February 11 at noon in 113 Gentry Hall. All members of the MU community who are interested are welcome to attend. Students do not need to live on campus in order to participate. No gardening experience is necessary either. For the latest updates follow the [George Washington Carver Project Facebook page](#). For all other inquiries, feel free to reach Dan, graduate assistant for the project, in his office at 573-882-8993 or by email at [dfy7dk@mail.missouri.edu](mailto:dfy7dk@mail.missouri.edu).





**What:** Recyclemania  
Kick-Off Tabling Event

**When:** Monday, Feb. 4  
from 11 a.m. to 1 p.m.

**Where:** MU Student  
Center Room 2206 ABC

**Why:** There will be  
prizes, games, recycling  
info and so much more  
throughout the two hours!

**Additional Way to Get Involved**

If your office, department, organization, club or division is interested in reserving a table for this event, please fill out the form on our website or call our office at 573-882-8207. You can reserve a table up until Feb. 2 at 5 p.m.

# Volunteer Opportunities

# February Calendar

Sign up for the following events by using our [OrgSync Volunteer Form](#).

Monday

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## Recyclemania Kick-Off Event

Help setup and table the Recyclemania kick-off event with fellow MU Sustainability team members.

Setup: 10 a.m. to 11 a.m.

Event: 11 a.m. to 1 p.m.

Cleanup: 1 p.m. to 2 p.m.

## Create Recycled Notebooks with Preschoolers

The Center for Early Learning has partnered with MU Sustainability to help teach 4 and 5 year olds how to make recycled notebooks. This partnership will take place on different days and times each week. If you'd like to request more info visit the orgsync volunteer form and let us know!

Tuesday

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## Help Educate Students Campus-Wide

The Sustainability Office Student Ambassadors provide peer-education and outreach activities for MU students to understand how they can be more sustainable in their community. Ambassadors also offer presentations for sororities, fraternities, classes, organizations and clubs to learn more about the Sustainability Office's programs and efforts which students campus-wide can take part in throughout their daily lives.

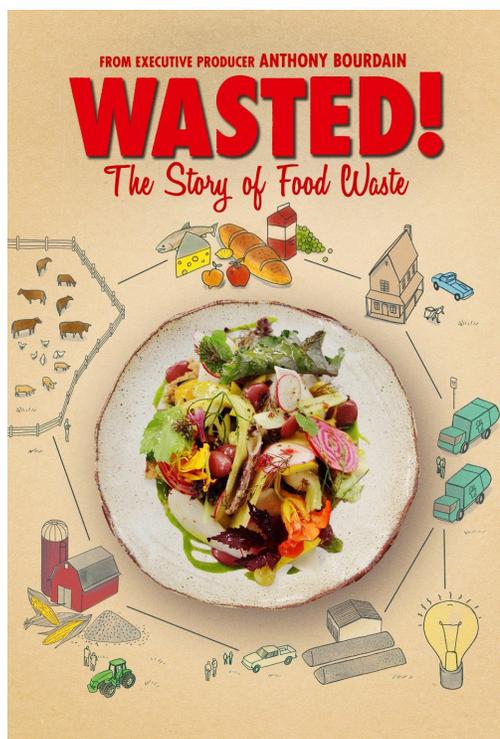
If your class, organization, greek life or club is interested in learning more about the following MU Sustainability efforts, [request a Sustainability Office Ambassador presentation](#).

- How is sustainability relevant to my major/club/department?
- An overview of social, economic and environmental sustainability
- Tiger Tailgate Recycling and Recycling on Campus
- Bike Resource Center – Bike Repairs
- Mizzou Bike Share and Bike Safety
- Tiger Treasures and Why Donations Matter
- Farmers' Market Events and Food Sustainability
- Water Bottle Recycling and Water Conservation

# Campus & Community Events

Feb. 6 (Link)	Sustain Mizzou Meeting	TBD	7 p.m. to 8 p.m.
Feb. 6 (Link)	Queer Spring Fling	MU LGBTQ Resource Center	6 p.m. to 9 p.m.
Feb. 6 (Link)	Free Film: The Hate U Give	Wrench Auditorium	8 p.m. to 11 p.m.
Feb. 9 (Link)	Community Garden Meeting	Women's Center	12 p.m. to 1 p.m.
Feb. 11 (Link)	Community Garden Meeting	113 Gentry Hall	12 p.m. to 1 p.m.
Feb. 12 (Link)	Privilege in racially divided America	Leadership Auditorium	5 p.m. to 6:30 p.m.
Feb. 13 (Link)	Community Garden Meeting	Women's Center	4 p.m. to 5 p.m.
Feb. 16 (Link)	Vagina Monologues	Missouri Theatre	7 p.m. to 9:30 p.m.
Feb. 20 (Link)	Free Film: Green Book	Wrench Auditorium	8 p.m. to 11 p.m.
Feb. 23 (Link)	Columbia Farmers Market	Parkade Center	9 a.m. to 12 p.m.

## Featured Film of the Month



### *Wasted! The story of food waste*

**Rating:** TV-MA

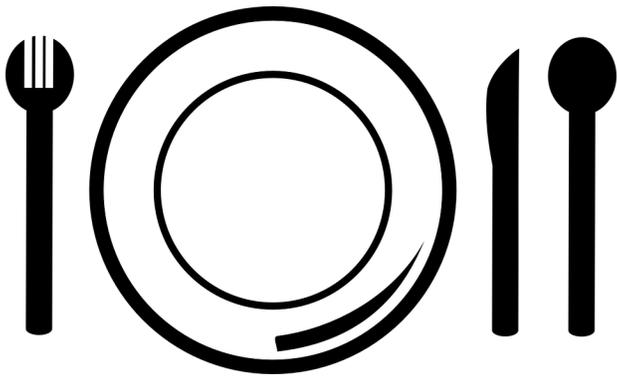
**Running Time:** 1h 30m

**Genres:** Documentary

**Where to Watch:** YouTube, Amazon Prime and Google Play

**What is it About:** "WASTED! THE STORY OF FOOD WASTE aims to change the way people buy, cook, recycle, and eat food. Through the the eyes of chef-heroes like Bourdain, Dan Barber, Mario Batali, Massimo Bottura, and Danny Bowien, audiences will see how the world's most influential chefs make the most of every kind of food, transforming what most people consider scraps into incredible dishes that create a more secure food system. WASTED! exposes the criminality of food waste and how it's directly contributing to climate change and shows ushow each of us can make small changes – all of them delicious – to solve one of the greatest problems of the 21st Century."

For more information visit <http://www.wastedfilm.com/>



*Malnutrition is a staggering global burden - we must give new meaning to the food we eat*

Excerpt from [The Telegraph's Oct. 2018 article](#)

... The burden of malnutrition carried by the planet is staggering. Together, high body weight, poor diets and child and maternal malnutrition account for half of all the world's combined mortality and morbidity. Poor diets account for one in five deaths worldwide. And as obesity rates escalate and hunger numbers creep up, the bad news data are only going to get worse if we don't do something different – and fast.

What needs to happen? We need to give new meaning to the food we eat. It is not about fuelling the body but about nourishing it. We also need to repurpose our food systems: from commerce that is indifferent to the health of people and the planet, to commerce that seeks to enhance financial returns through caring for those very same goals.

How can this be done? Every corner of a society has an opportunity to transform its food systems. Civil society in communities, schools, workplaces, societies, unions, parliaments and the media need to demand from their leaders in government and business much better access to affordable nutritious foods.

... Everyone has a role. Governments have many policy and legislative tools available to them including subsidies, taxes, bans and codes – courage is what they need to implement them. Businesses need to see the backlash that is coming against them if they try to ramp up the dumping of unhealthy food on unsuspecting populations. Instead, they should be at the vanguard of the new health pioneers instead of being tarnished as the anti-health villains.

## Sustainability Tip of the Month

By Brock Andreasen

### Get to Know Your Food

Have you ever thought about how far that apple you ate for breakfast traveled to get to you? Or how long it has been from the time that apple was picked to the time it was first in your hand? The food you see in the grocery aisle or on your plate at a restaurant represents only a fraction of that food's life-span. Knowing where your food comes from is an important step to better understanding food security. Urban agriculture is a growing movement to produce more of a city's food within the borders of that said city. The Columbia Center for Urban Agriculture (CCUA) is a great example of this here in our very own CoMo! To learn more about where your food comes from, [check out CCUA](#) and keep an eye out for MU's very own community garden coming soon!

# “Paws before you toss and recycle when you can!”



- Truman the tiger

## Containers Bin

- All hard, rigid plastics except Styrofoam. Acceptable plastics include:
  - Water, juice and soda bottles; if you have a bottle cap make sure it is on the bottle.
  - Plastic tubs and take-out containers
  - Plastic lids, straws and utensils ONLY when bundled together in a plastic or glass container.
  - Plastic jugs and jars
  - Yogurt containers (take foil lid off)
- Glass (clear and colored)
  - Glass jars and bottles
- Metal Containers
  - Aluminum, steel and tin cans

## Trash/Waste Bin

- Styrofoam
- Plastic bags of any kind (i.e. cereal bags, Ziploc bags, chip bags, trash bags, etc.)
- Aluminum foil
- Foil container tops (i.e. foil piece covering yogurt containers)
- Paper coffee/tea cups
- Paper milk and juice cartons
- Paper plates or napkins
- Food
- Wet/oily paper
- Bubble wrap
- Candy and granola bar wrappers
- Air cushions
- Shower curtains
- Pie tins
- Small plastics (i.e. straws and utensils) when NOT bundled together.
- Light bulbs
- Window glass

## Paper Bin

- Mixed Office Paper
  - Office and copy paper
  - Envelopes (including window envelopes)
  - Cardstock
  - Newsprint
  - Magazines
  - Post-It Notes
- Other Paper
  - Paperboard (i.e. cereal boxes)
  - Soft-bound books
  - Paper bags
  - File folders (not Pendaflex)
  - Paper sleeves from coffee cups

Note: You can leave stamps, staples and tape on the paper items. Plastic windows on tissue boxes and envelopes can be left on as well.

## Cardboard Bin

Break down cardboard boxes and place them in designated cardboard recycling receptacles.

Note: The top of a pizza box can be recycled. Due to contamination the bottom portion of the pizza box will need to be placed in the trash.



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“RecycleMania is a friendly competition and benchmarking tool for college and university recycling programs to promote waste reduction activities to their campus communities. Over an 8-week period each spring, colleges across the United States and Canada report the amount of recycling and trash collected each week and are in turn ranked in various categories based on who recycles the most on a per capita basis.” – Recyclemania.org

MU Sustainability is excited to announce that Mizzou will be participating in this year’s competition and we’re hoping to be the best recyclers in the SEC as we go up against the University of Kentucky and University of Tennessee! **The competition will begin Feb. 1 and end March 30.**

Visit our website at <https://sustainability.missouri.edu/programs/recyclemania/> to learn more and discover how you can do your part this spring semester!



[sustainability.missouri.edu](https://sustainability.missouri.edu)

