



# The Campus Green

Rider University's Sustainable Newsletter!

Issue 24 — April, 2021



## CHOCOLATE CHIA PUDDING

*This creamy vegan chocolate chia pudding is a healthier treat that can be enjoyed for breakfast, snack, or dessert!*

### INGREDIENTS

- 1 cup unsweetened vanilla almond milk (or favorite milk)
- 3 tablespoons chia seeds
- 1 1/2 tablespoons unsweetened cacao or cocoa powder
- liquid stevia or maple syrup to taste

### THAT'S IT!

### PREP TIME

- Prep | 2 m
- Rest | 8 hr
- Ready in | 8 hr 2 m
- Serves | 1-2 people

### PROCEDURE

- 01 Place almond milk, chia seeds, and cacao into a canning jar and cover with the lid. Shake until well combined. Add a teaspoon of maple syrup or sweetener to taste with stevia or desired sweetener. Place in the refrigerator overnight or for 8 hours.
- 02 Serve as-is or topped with berries, coconut chips, nuts or cacao nibs on top.
- 03 Enjoy!



**RIDER UNIVERSITY**

Dining Services



Join us Friday, **Apr 14th @ 1:30 P.M.** for a *Teaching Kitchen LIVE* (virtual) demo with Eco-Rep Muriel Baki

Learn how to make Chocolate Chia Pudding and how to get creative with the options

LIVE on Instagram @brongsgogreen & @rider\_eats

## EARTH DAY LIVE SEEKING RIDER STUDENT TALENT

Interested in sharing your talents and supporting sustainability efforts? If the answer to that question is yes, then you would be perfect for the Earth Day 2021 Concert Celebration!

There are 6 timeslots (10 minutes each) available on a first come first served basis.

Email [brongsgogreen@rider.edu](mailto:brongsgogreen@rider.edu) by Monday, April 5th at 5 PM to reserve your Timeslot

**APRIL 22 2021**



**CELEBRATE EARTH DAY**  
**APRIL 22, 2021**  
**4:00-6:30 P.M.**

ON THE CAMPUS GREEN BEHIND BLC

JOIN US FOR LIVE PERFORMANCES, CRAFTS, GAMES, AND SUSTAINABLE PRIZES!

\*MASKS REQUIRED

Many Rider students are feeling cooped up indoors and they are welcoming the spring weather with open arms! If you're looking a chance to get outside, do some good for the environment, and do some safe socializing, consider joining the Green Team for either the Beach Sweep or Woods Cleanup!

If you're in the mood to get off campus, we will be taking a bus to the Jersey Shore to participate in a **Beach Sweep** sponsored by Clean Ocean Action! It will be a great day on the beach and lots of fun!

**Join us April 17th from 7:30am-1:30pm! RSVP to [brongsgogreen@rider.edu](mailto:brongsgogreen@rider.edu), subject: "Beach Sweep" by 4/5!**

**BEACH SWEEP**  
OCEAN GROVE, NJ

Saturday, April 17th  
7:30AM-1:30PM

MUST RSVP to [brongsgogreen@rider.edu](mailto:brongsgogreen@rider.edu) BY Monday, April 5th

limited transportation available  
1st signed up, first served

RIDER UNIVERSITY  
Office of Service & Civic Engagement

Take a break from the blue light and join the Eco Reps for

**Woods Walk & Clean Up**

On campus  
Rider Woods  
**April 23rd**  
12:30-2:30 p.m.

RSVP to [brongsgogreen@rider.edu](mailto:brongsgogreen@rider.edu)  
For Details & gathering location  
BY April 19th

If you would like to enact change a little bit closer to home, consider joining us for our **Woods Walk and Clean-up** right on Campus in the Rider Woods! We will be strolling the paths of the Big Woods, as well as taking care of our precious woodlands by cleaning up any garbage we find along the way. It will be a great opportunity to explore more of Rider's beautiful campus and get to know other people who care about making it a better place to be. **Join us April 23rd from 12:30-2:30!** RSVP to [brongsgogreen@rider.edu](mailto:brongsgogreen@rider.edu), Subject "Woods Walk" for details and gathering location. \*Masks must be worn and CDC Guidelines will be strictly adhered to at all events! Email [brongsgogreen@rider.edu](mailto:brongsgogreen@rider.edu) for more info or visit our website [brongsgogreen.com](http://brongsgogreen.com)

2020-2021  
**Green Film Series**  
**Presentation**



**Earth Month Feature**  
**Tuesday and Wednesday**  
**April 13th & 14th**  
**7 P.M. | VIA ZOOM**

The Biggest Little Farm tells the 8-year story of John and Molly Chester as they trade city living for 200 acres of barren farmland. By embracing nature's conflicts, the Chester's uncover a bio-diverse design for living that exits far beyond their farm.

Brief discussion following the film.  
 Register at [www.rider.edu/greenfilms](http://www.rider.edu/greenfilms) to receive the Zoom Link



**Arbor Day 2021**

“Trees provide the very necessities of life itself. They clean our air, protect our drinking water, create healthy communities, and feed the human soul. But these life necessities are threatened around the globe.” (Arbor Day Foundation). In order to combat this threat, Arbor Day was created to celebrate the benefits of trees and to plant more. This tree-planting holiday originated in Nebraska City in April of 1872 and is still celebrated around the country. This year's Arbor Day is April 30th!

Stay tuned for details on celebrating the beauty

**Green Tip**

Hey Broncs! A great way to be more sustainable as a college student is to Walk. We hear it all the time, but for real, as often as possible, consider walking rather than driving. If you live in a safe neighborhood, walking can help cut down on emissions while also providing a free and easy way of getting exercise. Students save money on fuel, car maintenance, gym memberships, and parking passes while also

**Senior Spotlight**



**Eco Rep Dean Riddle**

Environmental Science Major  
 General Business Minor

**Tell us a little about yourself. What do you do here at Rider University? How long have you been working as an Eco Rep?**

Hi everyone! I'm an environmental science major with a minor in general business, and I've been an Eco-Rep for 3 and a half years now! Through this experience, I've had the privilege of learning so much more about sustainability, and sharing that same knowledge with the Rider community. Outside of being an Eco-Rep, I am a brother and former secretary on the executive board for Theta Chi.

**From your perspective, how has sustainability at Rider changed over the years?**

Throughout my 4 years here at Rider, I have seen lots of positive changes for the environment. One of these sustainable advancements includes the introduction of a biodigester in Daly dining hall, which takes food scraps and turns them into drainable grey water. Rider and the Office of Sustainability have also worked very hard to get additional electric vehicle charging stations on campus, which offers a great incentive for people to get their own electric vehicle! All of these changes have garnered the attention of a lot of Rider students, making them increasingly aware about the environmental issues that we face, and the consequences if we don't correct our actions.

**What are your plans post-graduation and how do you plan to continue being sustainable in your daily life?**

After graduation, I plan to continue working for the U.S. Geological Survey. With this work, I'll be looking at water availability and water quality throughout all of New Jersey. This work links itself to environmentalism and sustainability through links with climate change and pollution. I hope to use this platform as a way to tell people throughout all of New Jersey the issues that we face and that changes must be made to improve not only the availability and quality of water, but the rest of the surrounding climate as well. Additionally, I'll continue my sustainable practices of recycling, minimizing energy and water use, and reducing waste and litter, with the hopes of spreading that awareness through a town or county sustainability council.

SUSTAINABILITY IS ALL ABOUT PRESERVING THINGS AND LEAVING THEM BETTER OFF FOR FUTURE GENERATIONS. IT FOCUSES ON PEOPLE, PLACE, AND PROFIT



**Contact info:**

Melissa Greenberg, Director of Sustainability  
[megreenberg@rider.edu](mailto:megreenberg@rider.edu)  
[bronscsgogreen.com](http://bronscsgogreen.com)

Follow us:

