



The Campus Green

Rider University's Sustainable Newsletter!

Issue 23 — March, 2021



CHILI LIME BEAN SALAD

Method:

1. IN MEDIUM BOWL, COMBINE BEANS, CORN, RED ONION, CILANTRO AND AVOCADO.
2. IN SEPARATE BOWL COMBINE LIME ZEST, JUICE, OIL, MAPLE SYRUP, AND SEASONINGS
3. WHISK TOGETHER AND POUR OVER BEANS
4. TOSS GENTLY TO COAT
5. PLACE IN FRIDGE TO CHILL FOR ONE HOUR
- 6.

Ingredients:

- 15 OZ CAN CHICKPEAS
- 15 OZ CAN BLACK BEANS
- 1 CUP FIRE ROASTED CORN
- 1/2 SMALL RED ONION, FINELY DICED
- 1/4 CUP CILANTRO, MINCED
- 1 AVOCADO, DICED
- ZEST OF ONE LIME
- JUICE OF 2 LIMES OR 1/4 CUP LIME JUICE
- 2 TBSP OLIVE OIL
- 1 TBSP MAPLE SYRUP
- 1 TSP GARLIC POWDER
- 1/2 TSP CUMIN
- 1 TSP CHILI SEASONING
- 1 TSP SMOKED PAPRIKA
- 1/4 TSP SALT

Up Coming Events

Join us Friday, Feb. 26th @ 2 P.M. for a *Teaching Kitchen LIVE* (virtual) demo with Eco-Rep Ashlyn Whiteside!

LIVE on Instagram @broncsgogreen & @rider_eats

Virtual Green Team Meeting - Join us for the first meeting of the semester; February 25th @ 7 P.M.

*RSVP to Broncsgogreen@rider.edu for the zoom link

Green Tip

Skip the straw and save marine life from any more damage! It is estimated that Americans use 500 million plastic straws every single day. Be the change among your friends and invest in an inexpensive set of metal straws to enjoy your cold drink without worrying about the repercussions of plastic. Don't like that metal straw feeling? Add a neoprene tip. It's really that simple!

Take the pledge Friday, Feb. 26th for National Skip the Straw Day!

Campus Race to Zero Waste

Did you know there's a race on campus? A race to Zero Waste!

Campus Race to Zero Waste is a friendly competition and progress measurement 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, as well as which schools have the best recycling rate as a percentage of total waste and which schools generate the least amount of combined trash and recycling.

So far we've had weeks dedicated to learning about paper and cardboard recycling, glass and plastic recycling, and metal recycling! Rider students have had the opportunity to learn about the dangers of single use plastic, and received some great sustainable alternatives. For metals week, students could learn to make jewelry using simple stones and recycled metal wire!

This week starts Food and Organics week, and the Office of Sustainability is thrilled to partner with Rider Dining Services to provide students with ingredients for pickup at Dalys and an online virtual cooking class live from the Daly's teaching kitchen! The livestream will be on Friday February 26th at 2pm, and will feature a delicious and healthy vegan recipe, Chili Lime Bean Salad! Students can chat with EcoRep Ashlyn and learn about how their dining choices affect the planet.

For more information about the event please visit broncsgogreen.com



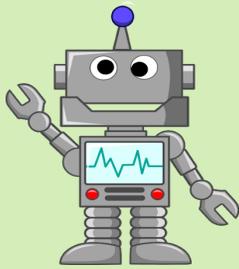
Radical Recycled Robot Pals

Get your gears turning for the Office of Sustainability's Recyclable Robot Pals competition! In this competition, teams of up to four individuals can team up and make their very own robot pal out of recycled materials that have been observed in the 2021 Campus Race to Zero Waste. There will be multiple categories to define how you can build your new recyclable friend, so the creative possibilities are endless! These categories include:

- Best looking
- Most creative
- Most diverse material usage
- Most school spirited
- Celebrity Robots

Robots must be completed and submitted to brongsgogreen@rider.edu by 9 A.M. on March 22nd.

All you need to do is record a short video of your robot, that's it! Judging will be done by the Energy and Sustainability Steering Committee, with a prize being given to the winner of each category!



Homemade Candles



Materials:

A wick (+ with wick sustainers tab), cut to length; Your old jar; Beeswax pellets; Essential oil (of your choice) approx. 150 drops
OPTIONAL: organic items to embed (such as lavender, rosemary, or pine needles)

Instructions:

1. Freeze old container (wax should pop out after frozen) + Clean
2. Thread wicks through wick sustainer (tie a knot at the bottom); place in bottom of jar; temporarily hold in place with a clothespin or wrapped around a pencil across the jar top
3. Heat beeswax in candle-making pitcher on double boiler over med. heat (electric stove recommended) until completely melted, 10 to 15 minutes
4. Use wooden skewer to stir in essential oil. Pour almost all wax into jars (leaving some behind in the pitcher) and adjust placement of the wicks if needed. As the wax begins to solidify, embed any organic items near top
5. Let harden, trim wick, and it's ready to gift or use!

Senior Spotlight



Eco Rep Emma Harris

Musical Theatre major and Gender and Sexuality Studies 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?

I am a Musical Theatre major with a minor in Gender and Sexuality Studies and I have been an Eco-Rep for 3 years now! Although it's not necessarily a part of my major, I love educating and advocating for a more sustainable future so I have greatly enjoyed being involved with Eco-Reps and Green Team through the Office of Sustainability. Outside of that, I have been involved with Alpha Psi Omega, The Bronway, and the Rider chapter of the Broadway Green Alliance.

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

Even just during my short time here at Rider, I have seen major strides towards a more sustainable future. From the new electric vehicle charging stations, to a food waste Biodigester, I have seen huge improvements on a large, university-wide scale. Even more than that though, I have seen a lot of changes in student attitudes towards the climate crisis. Over the years, students have become more conscious of the need for climate awareness and have been more open to making lifestyle changes to promote a low-waste way of living.

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

Post-graduation, I plan on moving to New York City to pursue musical theatre (if the pandemic allows!) and continue to make as much meaningful theatre I can in the meantime. I also plan to continue learning and discovering new ways to reduce my environmental impact and advocate for climate policy to redirect our path.

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



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