

# Panthers™

## 2020 Sustainable Changes



## Implementation Guide

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## Things for the department:

### Stop:

- Stop Purchasing Regular Paper and Switch 100% to Tree Zero Paper
- Stop Purchasing Plastic Water Bottles
- Stop Purchasing Paper Cups for Coffee and Water

### Start:

- Start Purchasing Compostable Forks, Knives, and Spoons
- Start Composting K-Cups
- Start Holding Paperless Meetings

### These initiatives have been approved by :

Athletics Sustainability Committee

Leadership Team

Athletic Director: Heather Lyke

Any questions, comments, or concerns can be directed to the Athletics Sustainability Coordinator, Eve Kopicki, at [emk101@pitt.edu](mailto:emk101@pitt.edu).

## A note from the Athletics Sustainability Committee:

Hello Everyone,

The Committee is very excited about these new initiatives. We compiled these ideas together and think that the department is capable of achieving all of them. We understand that it is going to take some time to implement. We want the initiatives to better everyone's experience in the department. We in no way want the initiatives to become a hinderance for anyone's day to day lives. If your office is having problems with implementation, please reach out to the Sustainability Coordinator, Eve Kopicki at [emk101@pitt.edu](mailto:emk101@pitt.edu) or fill out this [Goals/Concerns Survey](#).

We want to hear about your successes. As the Athletic Department, we like to win! Send your sustainability wins to [emk101@pitt.edu](mailto:emk101@pitt.edu) so that they can be featured in our sustainability updates and so we can brag about them at the University wide Sustainability meetings!

We appreciate everyone who has been involved in this process and would like to thank everyone in advance for their cooperation with these new initiatives.

-The Athletics Sustainability Committee



# Why should we care?

## Being Good Stewards for the Environment:

The University of Pittsburgh's student-athletics are hailed in achieving The Gold Standard, but it is something that the entire department should strive to achieve. The Gold Standard factors of leadership, selflessness, respect, and accountability should not simply apply to a sports setting. They are characteristics we should pursue in all aspects of our life. This includes leadership in sustainable initiatives, selflessness in our actions while working towards a cleaner environment, respect of the environments around us, and accountability for our actions and their consequences.

## The University of Pittsburgh Sustainability Plan:

As the Department of Athletics it is imperative that we commit to helping the University of Pittsburgh achieve the goals outlined by the Sustainability Plan. The way that these initiatives factor into the Sustainability Plan is as follows:

- “Establish procedures, policies, practices, and educational tools to reduce the quantity and environmental impact of materials entering and exiting the University.”
- “Reduce landfill waste by 25% by 2030 from 2017 levels.”
- “Expand the food and waste composting program to compost 50% of food waste by 2025.”



## Setting an Example for our Community:

Pitt Athletics is the most pervasive face of the University. It is our duty to try our best to perpetuate the ideals of the Pitt Sustainability Plan to our community. We should set the example for our Pittsburgh family on sustainable initiatives. We strive to put our best foot forward in all aspects of the department, and we should do the same when it comes to sustainability. There are people out there who have never had exposure to sustainability before, but they LOVE Pitt Sports. We have an opportunity to be the stepping stone for people's education on sustainable initiatives and show the community why it is important to care.

# Tree Zero Paper

## Environmental Benefits:

Paper accounts for 1% of the University's greenhouse gas emissions. This is a lot for a single commodity. Tree Zero Paper is to be used in all Athletics printers and copy machines. Important documents can be printed on better quality paper, but everyday printing should be on Tree Zero paper only.

Tree Zero paper is:

- 100% tree free multipurpose paper
- Made from recycled sugarcane waste fiber that would historically be burned or put into a landfill
- 100% carbon neutral through the purchase of verified emission reductions, or carbon offsets. This offsets the carbon emissions from processing, manufacturing, and distributing the paper
- To learn more about Tree Zero click [here](#).

Pitt Information Technology, who is in charge of all computing labs and printers on campus, started the transition to Tree Zero Paper in March of 2019.

## How to purchase:

Tree Zero paper can be purchased from the PantherExpress/SUPRA punchout. If you have any questions about the purchase of paper please contact Melissa Craig at [mcraig@athletics.pitt.edu](mailto:mcraig@athletics.pitt.edu).



# Kitchen Supplies

## Utensils:

All utensils should be purchased from The University Catering website. All products purchased should be labeled as compostable. Once used, they should then be properly disposed of in a compost container. Please do NOT throw them into the trash. Compostable items can also be purchased from the PantherExpress/SUPRA punchout. If you are in charge of purchasing for your department and notice that you do not have a compost bin, please contact Eve Kopicki at [emk101@pitt.edu](mailto:emk101@pitt.edu). If you have any questions about purchasing compostable utensils, please contact Melissa Craig at [mcraig@athletics.pitt.edu](mailto:mcraig@athletics.pitt.edu).

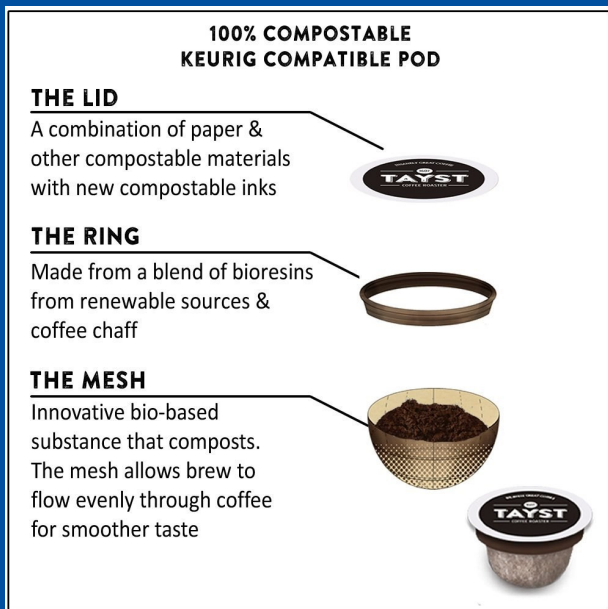
## Cups:

The Athletics Sustainability Committee urges offices to stop purchasing cups for water and coffee if they can. It is understood that some cups will need to be purchased for when visitors and partners come to the department for meetings. If your department does not see frequent visitors or generally has meetings in a different office, please refrain from buying cups for water and coffee. If a department does see frequent visitors and has meetings often, compostable cups can be purchased from the University Catering website. Once used, they should be properly disposed of in a compost bin. Training facilities for student athletes and Athletic Camps are exempt from this initiative.

# Coffee 101

## Traditional Coffee Machines:

Your coffee grounds and filters are compostable. Dispose of them into the nearest compost bin.



## Keurigs:

If your department uses a traditional Keurig, then it can use compostable K-Cups. The University of Pittsburgh is a member of the Association for the Advancement of Sustainability in Higher Education and so the company TaYST has provided all Pitt buyers with a lifetime 10% discount with the code AASHE10.

## \$1 SUPRA Keurig:

If your department uses a \$1 Keurig from SUPRA it is unable to use compostable K-Cups. Throw used K-Cups away into the Grounds to Grow On box and send it to Keurig using the prepaid label provided on the box. You can contact Greg Babbs or Imani Boyed to order a Grounds to Grow On box.





# Composting Guidelines

## The Petersen Events Center:

The Department of Athletics is rolling out a new composting program this year. For the 2019-2020 year there will be composting in the premium areas of the Petersen Events Center and in some Athletics offices. This is currently limited to offices in the Petersen Events Center.

## AgRecycle:

AgRecycle is the company that the University uses for its composting. According to AgRecycle guidelines, we can compost:

- All food scraps
- Compostable dinnerware, cups, and utensils (must be labeled BPI-certified or compostable)
- Napkins, tissues, paper towels, pizza boxes, and soiled paper
- Tea bags, coffee grounds and filters, compostable K-Cups



## The Future:

We are looking to grow this program to span to all food vendors in the Petersen Events Center and to all Athletics offices and facilities. In order to expand, there has to be interest in the initiative. If you are interested, please indicate that you would like a compost bin in your office or that you are willing to support composting in your building!

Questions can be directed to Eve Kopicki, Sustainability Coordinator— [emk101@pitt.edu](mailto:emk101@pitt.edu)

# How to Hold a Paperless Meeting

## There are a few ways that this could be implemented:

- Everyone could send all of their documents to one person within the meeting. This person could then put everything into a pdf and project it during the meeting. There has been success with this method in Leadership Meetings.
- Everyone could email all necessary materials to the meeting list. Everyone in attendance would need a device that gave them access to their emails and the documents submitted.

These methods are of personal preference and should be decided amongst those attending the meeting.



## Benefits:

- No more last minute printing! You can spend the time that you needed to send your documents to the printer, sending the documents to the meeting email list instead.
- There will never be an issue of not having enough copies.
- People showing up to the meeting at the last minute or late will not have to disrupt everyone to gather paper handouts.
- Electronic copies of documents can be easily downloaded and organized.
- Meeting notes can be written in a notebook or a word document. These notes then can be stored all in one place and are easily accessible and organized.