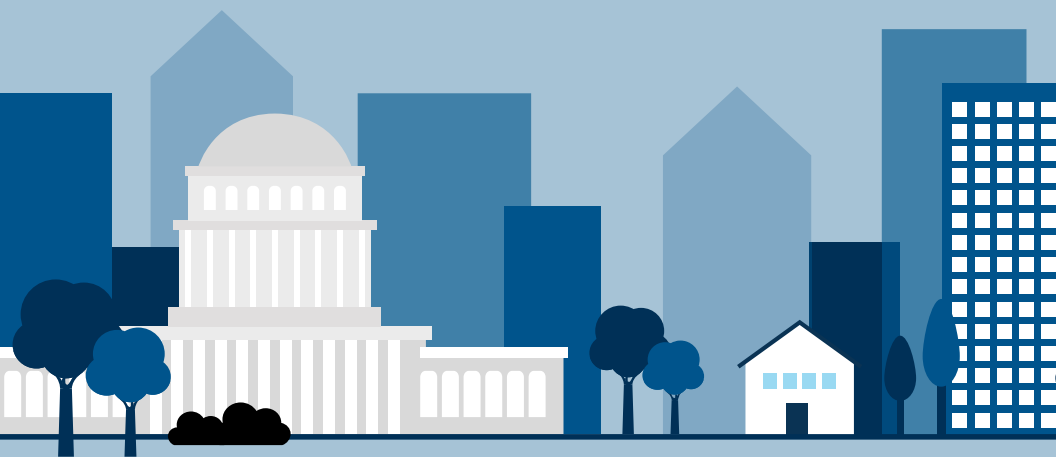


THE CATHOLIC  
UNIVERSITY  
OF AMERICA



# Sustainable Move-in Guide

YOUR GUIDE TO ECO-LIVING ON CAMPUS



2022–2023

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# Introduction

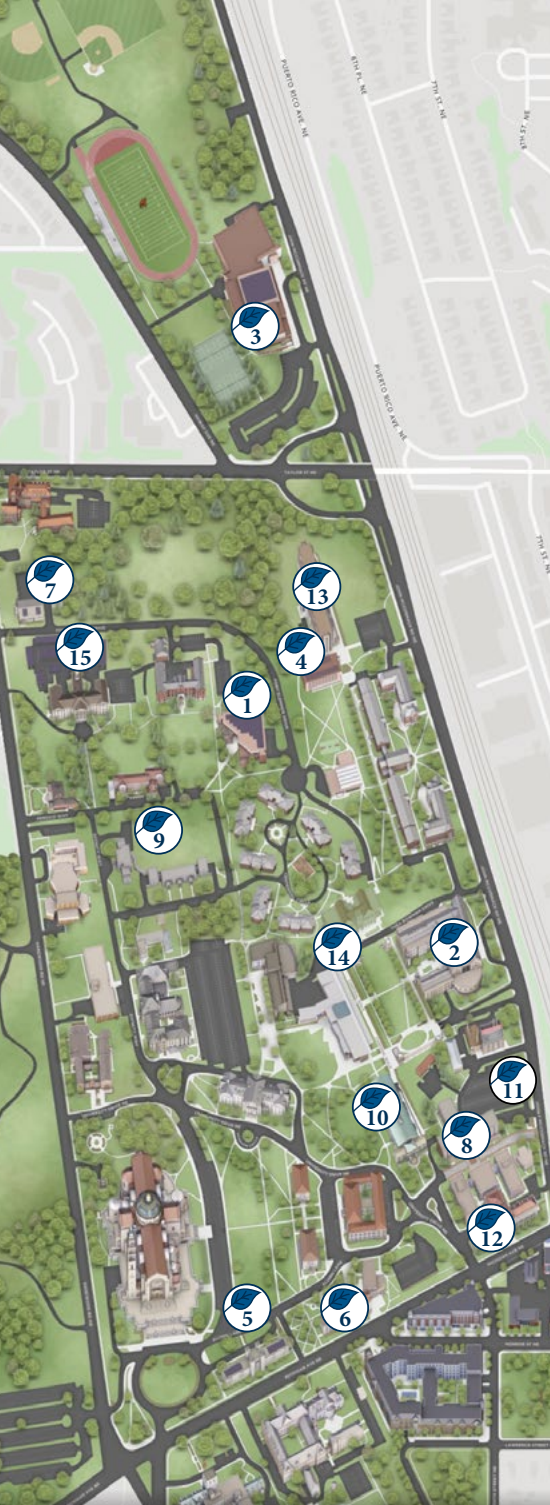
Welcome to the Catholic University of America! This is a very exciting time for you. Here at CatholicU, you shape your intellect, and learn to accept the challenges of a committed citizen who serves others. CatholicU is committed to improving the environmental well-being of our campus and the greater community. During your academic career, we hope that you will challenge yourself to be environmentally conscious and take advantage of the sustainable amenities on campus.

This guide is designed to encourage, engage, inspire, and motivate you to take steps, wherever you may be, to reduce your carbon footprint and improve campus environmental quality.

## Green Campus Highlights

Get familiar with the campus' green amenities. Several initiatives are part of the University's commitment to supporting the creation of a sustainable environment through landscaping, grounds, facilities maintenance, construction, and renovation projects. The map on the next page shows where you can find them.





## 1 AQUINAS HALL SOLAR PANELS AND GREEN ROOF

Two-thirds of the roof of Aquinas Hall are covered with 103 kW of solar panels. The other one-third is a green roof that absorbs rainwater and provides insulation for the building.

## 2 COLUMBUS SCHOOL OF LAW LAWN

This area is the green roof of an underground parking garage.

## 3 RAYMOND A. DUFOUR ATHLETIC CENTER SOLAR PANELS

A 318 kW solar array is on the roof of the Raymond A. DuFour Athletic Center. It produces enough energy to power 35 homes.

## 4 FLATHER HALL SOLAR PANELS

Flather's 35kW rooftop array could power 4 homes a year.

## 5 GIBBONS HALL SOLAR PANELS

On the roof of Gibbons Hall, one of the oldest buildings on campus, is a 32kW array of solar panels. This array could power 3 homes a year.

## 6 FATHER O'CONNELL HALL LEED BUILDING

Father O'Connell Hall is Leadership in Environmental and Energy Design (LEED)-certified. In the renovation of this building, 95% of the existing structure was reused and 75% of demolition waste was diverted from the landfill. Low-flow plumbing fixtures achieved a 30% indoor water-use reduction. On the northeast section of Father O'Connell Hall is a green roof.

Figure 1: Green Campus Map

## 7 GROUNDS AND MAINTENANCE SOLAR PANELS

This building's roof has a 9kW array.

## 8 PANGBORN HALL SOLAR PANELS

This 11kW rooftop array can power the equivalent of 1 home annually.

## 9 COMMUNITY GARDEN

As part of a student-led effort, the University opened its community garden in 2021. The garden features vegetables and flowers for pollinators. Students, faculty, and staff can volunteer to maintain the garden.

## 10 EDWARD M. CROUGH CENTER FOR ARCHITECTURAL STUDIES LEED BUILDING

The Crough Center is notable as the first student-led LEED-certified building and as the first-ever LEED-certified architecture school. The building features many best practices such as efficient lighting and controls, rain gardens and cisterns, building management policies, occupant feedback and encouragement, and water-efficient plumbing fixtures.

## 11 POPE LEO LANE RAIN GARDEN

Pope Leo Lane features traditional bioretention structures to mitigate storm-water runoff on campus. The gardens run alongside Pangborn Hall and feature native and adaptive plants and flowers.

## 12 MALONEY HALL LEED BUILDING

Maloney Hall, the renovated home to the Busch School of Business is LEED Gold certified. Its features include but are not limited to a rainwater collection system to supply the building; LED lighting to minimize electricity use; and temperature, light, and occupancy sensors to adapt to internal and external changes, thereby maintaining optimal comfort.

## 13 OPUS HALL LEED BUILDING

The building is 11% more energy-efficient than average residence halls. 75% of spaces have access to a view and/or adequate daylight. Water fixtures are 20% more efficient than standard indoor plumbing fixtures. The building achieved a 50% reduction in potable water used for landscaping.

## 14 EDWARD J. PRYZBYLA UNIVERSITY CENTER AND GARVEY HALL COMPOSTING

Composting is available at the Pryzbyla Center and Garvey Hall. The receptacles contain real-life displays that explain which items should be recycled, composted, or landfilled.

## 15 O'BOYLE HALL SOLAR PARKING LOT CANOPY

This parking lot has 714 solar panels that cover over 70 parking spaces. This parking lot installation also includes an electric car-charging station.

# Commitments and Accolades

In recent years, Catholic University pledged to pursue a range of sustainability measures related to building energy use, green education, transportation, waste reduction, and grounds maintenance. For these efforts, the University has received many accolades for transformational initiatives.



## Green Power Champion

U.S. ENVIRONMENTAL PROTECTION AGENCY



## Green College

PRINCETON REVIEW



## Bike Friendly University

LEAGUE OF AMERICAN BICYCLISTS



## 21st Best Green College

COLLEGE CONSENSUS



## 4 LEED Certified Buildings

U.S. GREEN BUILDINGS COUNCIL



## 10th Most Sustainable Campus in the U.S.

UI WORLD GREEN METRIC



## Tree Campus Higher Education Certified

ARBOR DAY FOUNDATION



## 415th Most Sustainable Campus in the World

UI WORLD GREEN METRIC

Figure 2: Recent Accolades



U.S. DEPARTMENT OF ENERGY  
**Better Buildings Challenge**



DISTRICT OF COLUMBIA  
MAYOR'S COLLEGE AND  
UNIVERSITY  
**Sustainability Pledge**



UNIVERSITY  
**5-Year Sustainability Plan**



**Laudato Si Action Platform, and Association for the Advancement of Sustainability in Higher Education**

Figure 3: Recent Commitments

# Zero Waste

The Catholic University of America seeks to educate everyone about its zero-waste efforts. Zero waste challenges users to move beyond recycling and to incorporate other pathways to reduce all waste streams from entering and exiting Catholic University. The result is a campus that is more environmentally responsible and more resource-efficient.

## KNOW BEFORE YOU THROW

See the graphic below to learn how to dispose of waste on campus properly.



### Recycle

DISCARDED WASTE THAT CAN BE RECYCLED.

- Plastic: jugs, bottles, and tubs
- Paper and cardboard
- Metal and aluminum
- Glass: bottles, containers, and jars



### Compost\*

DISCARDED WASTE THAT IS BIODEGRADABLE.

- Food
- Compostable paper
- Cardboard



### Landfill

DISCARDED WASTE THAT CANNOT BE RECYCLED OR COMPOSTED.

- Plastic bags and wrap
- Styrofoam
- Chip bags and foil wrapper
- Hazardous waste
- Wax-backed materials

\*Available at the Pryzbyla Center and Garvey Hall only  
Figure 4: Waste Options on Campus at a Glance

At Catholic University, paper, cans, glass and plastic bottles, metal, and cardboard all go into the same recycling bins. How you recycle in residence halls is how you recycle in classrooms, offices, Przybyla Center, Garvey Hall, and everywhere else on campus. These receptacles may take different forms. For a more detailed breakdown, see the graphics below.



## Recycling

### PLASTIC

Plastic jugs, plastic bottles, and plastic tubs.

### PAPER AND CARDBOARD

Non-wax-backed flattened cardboard, shredded paper, paper cartons, mail, newspaper, magazines, catalogs, boxboard, cereal boxes, and frozen food boxes.

### METAL AND ALUMINUM

Clean metal food cans, aluminum cans, clean aluminum foil, and aluminum pans.

### GLASS

Glass bottles, glass containers, and glass jars.

### DO NOT RECYCLE

Wax-backed paper/cardboard materials, plastic bags, styrofoam, green waste, paint, chemicals, or trash.



## Composting

### FOOD

Fruits and vegetables, loose tea, bread, pasta, grains, meat (including bones), eggs, eggshells, dairy products (no containers), coffee grounds, filters, seafood, leftovers, and spoiled food.

### COMPOSTABLE PAPER AND CARDBOARD

Non-waxed-back corrugated fruit and vegetable boxes, paper towels or napkins, paper plates (only uncoated or compostable), uncoated paper bags, food-soiled newspapers, and compostable utensils.

### DO NOT COMPOST

Plastic bags, plastic jugs, toilet tissue, glass or ceramics, styrofoam, trash, grease, fats, aluminum, or other metals.

**WHEN IN DOUBT, THROW IT OUT!**

Questions? Contact [sustainability@cua.edu](mailto:sustainability@cua.edu)

Figure 5: Composting Infographic: Waste Options on Campus at a Glance





USE RECYCLING AND WASTE RECEPTACLES IN YOUR RESIDENCE HALL



USE RECYCLING AND WASTE RECEPTACLES IN THE CLASSROOM



USE COMPOSTING, RECYCLING, AND WASTE RECEPTACLES AT THE PRYZBYLA CENTER AND GARVEY HALL



USE RECYCLING AND WASTE RECEPTACLES ON CAMPUS GROUNDS

Figure 6: Common Receptacles on Campus

## ADDITIONAL WASTE DISPOSAL OPTIONS OFF-CAMPUS



### Electronics

Make sure you dispose of your electronic items properly. Take broken or discarded items to:

- **Benning Road Transfer Station** — 3200 Benning Rd., N.E. Washington, D.C.
- **eCycle DC** — [doee.dc.gov/ecycle](http://doee.dc.gov/ecycle)



### Compost

Composting is also available at the **Brookland Farmer's Market** — 716 Monroe St., N.E. Washington D.C.

The District of Columbia manages a pop-up compost drop-off station every Saturday morning.



### Common Hazardous Waste Items

Everyday items such as batteries, aerosols, bleach, and paint can be disposed of at the **Benning Road Transfer Station** — 3200 Benning Rd., N.E. Washington, D.C.



Figure 7: Local Disposal Options

## REDUCE WASTE FROM THE START

When thinking comprehensively about zero waste, the focus should be on eliminating waste before it starts. Throwing waste into proper receptacles is just one piece of the puzzle. Consider donating, swapping, or repairing your gently used items. Here are some tips below:

### Books

- Consider buying used textbooks at the Catholic University Barnes & Noble. Visit the [bookstore website](#) to learn more.
- Utilize social media to swap textbooks with other students.
- Donate books at a drop-off location:
  - **Woodridge Neighborhood Library** — 1801 Hamlin St., N.E., Washington, D.C.
  - **Local Little Free Libraries** — various locations
  - **Goodwill of Greater Washington Retail Store** — 2200 South Dakota Ave., N.E., Washington, D.C.
  - **Salvation Army** — 335 Sherman Ave., N.W., Washington, D.C.
  - **Salvation Army** — 2100 New York Ave., N.E., Washington, D.C.

### Clothes

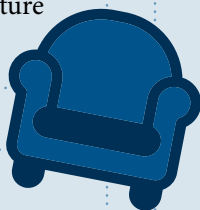


- **Cardinal Closet** — CatholicU's resource exchange in Gibbons B17
- Here are a few brick-and-mortar thrift shops:
  - **Prime Thrift Georgia Avenue** — 6101 Georgia Ave., N.W., Washington, D.C.
  - **Rosario's Thrift Store** — 3616 14th St., N.W., Washington, D.C.
  - **Goodwill of Greater Washington Retail Store** — 2200 South Dakota Ave., N.E., Washington, D.C.
  - **Lenda's Vintage Thrift** — 5800 Blair Rd., N.W., Washington, D.C.
  - **Current Boutique** — 1318 14th St., N.W., Washington, D.C.
- Consider donating clothes. Many charities such as **Planet Aid** also maintain clothing drop-off bins. These are available anytime.



## Furniture

- There are many ways to acquire secondhand furniture. Common websites include:
  - **Craigslist**
  - **OfferUp**
  - **Letgo**
  - **Facebook Marketplace**
  - **Facebook Buy Nothing Groups**
  - **Free-cycle**
- **Goodwill** and **Salvation Army** are great places to donate furniture. Additionally, **Habitat for Humanity ReStore** has many locations nearby accepting furniture donations.



## Food

- Donate food on campus:
  - **Cardinal Cupboard** — CatholicU's food pantry — Pryzbyla Center 107
- Donate food nearby:
  - **Capital Area Food Bank** — 4900 Puerto Rico Ave., N.E., Washington, D.C.
  - **Crowder Owens Food Bank** — 600 W St., N.E., Washington, D.C.
  - **Fr. McKenna Center at Gonzaga College High School** — 19 I St., N.W., Washington, D.C.
  - **Food Distribution Center at Catholic Charities** — 924 G St., N.W., Washington, D.C.

## Electronics

- Purchase secondhand electronics.
- Get your electronics repaired at a shop nearby:
  - **uBreakiFix** — 2300 Washington Pl., N.W., #107S, Washington, DC 409 8th St., S.E., #200, Washington, D.C.
  - **Geek Squad** — 3100 14th St., N.W., Washington, D.C.



*Figure 8: Zero Waste Options for Common Items*

# Eco-Living in DC

Washington, D.C., Catholic University's home, has several parks, organizations, services, transportation, and programs to help you live more sustainably. Here are a few highlights. In 2017, Washington, D.C., became the first LEED Platinum city in the world.

## GETTING AROUND TOWN



### By Bike

- **Bring Your Bike:** The University has more than 400 bike racks and runs adjacent to the **Metropolitan Branch Trail** on John McCormack Road. When complete, the trail will connect Silver Spring, Md., to Union Station in Washington, D.C.
- **Rent a Bike:** **Capital Bikeshare** has over 350 stations across D.C., Virginia, and Maryland. The University has a Capital Bikeshare station at Millennium North. There is a publicly accessible Bikeshare on the University side of the Brookland-CUA Metro Station.



### By Subway

**MetroRail** is the D.C. metro area's subway system. It takes passengers to several points of interest in Downtown D.C., Virginia, and Maryland.

- **MetroRail Close to Campus:** The Brookland-CUA MetroRail Station is the closest stop to campus on the Red Line. The Red Line can take you to Union Station, Downtown, and into Maryland.



### By Bus

**MetroBus** is the area's bus system.

- **Catch the Bus Near Campus:** There are several bus stops on Michigan Avenue, Taylor Street, and at the Brookland-CUA Station Bus Bay.

Figure 9: Alternative Transportation Options Near Campus

## HIDDEN TREASURES IN BROOKLAND

Catholic University is in the Brookland neighborhood of Northeast Washington, D.C. The Basilica of the National Shrine of the Immaculate Conception and the Saint John Paul II National Shrine are major highlights in the neighborhood. Add these lesser-known sites to your schedule.



### Farmers Markets

- **Monroe Street Farmers Market:** On Saturdays from 9 a.m.–1 p.m., check out the farmers market at the Arts Walk for local, organic produce, specialty food producers, and for special events like yoga and live music.
- **Brookland Farmers Market:** Check out this market selling sustainably-sourced produce on Tuesdays from 4–7 p.m. at the Brookland-CUA Metro Station at 10th and Otis Streets.



### Community Gardens

Community gardens allow residents to grow their own food, build community, and reduce the impact of food deserts. There are many gardens nearby.

- **Franciscan Monastery Community Garden:** Located a few blocks from campus on 1400 Quincy St., N.E., Washington, D.C., this garden

gives back to the community with volunteers who grow, harvest, and donate as much as 8,000 pounds of fresh produce for food pantries across the city. Catholic University has a volunteer program with the garden that meets on Saturdays from 9 a.m.–12 p.m. Contact Campus Ministry for more information.



Figure 10: Nearby Farmers Markets and Community Gardens

## EXPERIENCE NATURE

The Washington, D.C., area is home to many trails and parks where you can experience nature and wildlife. These quick trips are perfect for hiking, biking, birding, or just a picnic.

### Rock Creek Park

WASHINGTON, D.C.

Rock Creek Park covers nearly 2,000 acres and is filled with trails and opportunities to hike, bike, boat, play golf, play tennis, ride horses, attend concerts, and more.

### Kingman and Heritage Islands

WASHINGTON, D.C.

This protected habitat includes tidal freshwater wetlands, wildflower meadows, and tidal swamp forest. You can see more than 100 different species of birds, mammals, and other wildlife.

### U.S. National Arboretum

WASHINGTON, D.C.

The Arboretum covers 446 acres and has rare and indigenous trees, shrubs, flowers, and herbs.

### Tidal Basin

WASHINGTON, D.C.

Be sure to see the cherry blossoms at the Tidal Basin on the National Mall in the spring.

### Theodore Roosevelt Island

WASHINGTON, D.C.

On a small island between Georgetown and Arlington, you can take in a secluded forest with trails, and wildflowers. Try renting a kayak in Georgetown for cardio work.

### Great Falls

VIRGINIA  
See the area's largest waterfall just outside of the city. Picnic or hike some of the trails on either the Maryland or Virginia sides.



Figure 11: Nature Sights Around Washington, D.C.

# Green Move-In

The University is ready for the Class of 2026. Make move-in day an eco-friendly one. Here are some tips and strategies as you plan your arrival this summer.



## PACK ONLY WHAT YOU NEED

Taking more than what you truly need can increase the amount of waste sent to the landfill. Many college-supply lists include items that you may not need once you arrive on campus. Furthermore, make sure there are no item duplications in your room or suite. Coordinate with your roommates to designate who is bringing the mini-fridge or the television.



## PACK IN REUSABLE CONTAINERS

To combat plastics and other mismanaged waste, incorporate reusable containers in your move-in. Opt for sturdier suitcases, book bags, and duffel bags rather than a big trash bag.



## FLATTEN CARDBOARD AFTER USE

If you plan to use cardboard to store some of your items, flatten the cardboard boxes after use and place them in the proper recycling areas. This will help the facilities team manage the volume of recyclables and trash generated during move-in.



## EMBRACE MULTI-USE ITEMS

Did you know many items can work double duty while reducing waste? Are you bringing fragile items? Avoid bubble wrap and packing popcorn and protect these items with towels, clothing, or bedding.



## DISPOSE OF PERSONAL PROTECTIVE EQUIPMENT PROPERLY

Disposable gloves, masks, and wipes are all plastic. When that's not properly discarded, it can find its way into sewer systems and other water bodies. This can have a big impact on local wildlife and their habitats. Take the extra step and dispose of these items in the trash can.

Figure 12: Environmentally-Friendly Packing Tips

# Eco-Living in Your Dorm

Here are some tips on how to maintain a sustainable room throughout the academic year. Many of the tips below are focused on reducing waste, energy, and water. Challenge yourself to pick one or two actions to turn into habits.

## ENERGY AND WATER



### TURN OFF THE LIGHTS

Turn off the lights when you leave the room. Lighting makes up 12% of campus energy use.



### MIND YOUR THERMOSTAT

When no one is at home, consider raising your thermostat to 78 degrees in the summer or 58 degrees in the winter. This can help reduce campus energy usage by about 10%.



### USE FANS TO HELP WITH AIR CIRCULATION

Help balance the air-conditioning with additional circulation.



### UNPLUG ITEMS WHEN THEY'RE NOT IN USE

Items that are plugged in but not powered are still generating a charge and waste electricity. Unplug items from outlets that you do not need daily. A smart power strip, which automatically powers down items in use, can be a set-it-and-forget-it solution.



### USE WINDOW TREATMENTS

When it is warm, keep blinds and curtains closed as the sun's rays can make your air conditioner work harder. When it is cold, open window treatments to let the sun's rays in.



### TAKE SHORTER SHOWERS

If you shorten your shower by 2 minutes, you can cut your water use by 10 gallons.



### CONSERVE WATER WHILE YOU BRUSH

Turn off the tap between wetting your toothbrush and rinsing your mouth.



### WASH CLOTHES IN COLD WATER

Did you know that most clothes can be washed in cold water? Hot water uses more energy. About 90% of the energy consumed in washing clothes is used for heating.

Figure 13: Energy-and-Water-Saving Tips



## ZERO WASTE AND CLEAN LIVING



### RECYCLE PROPERLY

Take the extra step to put recyclables in the blue containers on campus and to compost when feasible. As a reminder, plastic bags and styrofoam are not recyclable.



### USE REUSABLE BAGS

According to the Center for Biological Diversity, the average American family takes home almost 1,500 plastic shopping bags a year. Consider bringing a reusable tote bag the next time you go shopping.



### DITCH PLASTIC WATER BOTTLES

1,500 plastic water bottles are consumed every second. Consider switching to a reusable water bottle and invest in a water filter to refine your tap water.



### BUY BAR SOAP INSTEAD OF LIQUID SOAP

Bar soap has a lower environmental impact due to its light packaging. According to *Conservation Magazine*, liquid soap uses up to five times more energy to produce than a solid-soap bar.



### CLEAN UP THE AIR WITH INDOOR PLANTS

Studies have found caring for plants can help ease your mood, increase productivity, and reduce stress. If you are new to plants, consider purchasing spider plants, rubber trees, or snake plants which can thrive in low-light conditions and infrequent watering.



### USE COMPOSTABLE TOILETRY ITEMS

Frequently disposable items in your bathroom can be swapped out for more eco-friendly ones. Consider replacing your traditional razor or toothbrush with compostable or reusable alternatives.



### USE REUSABLE GLASSWARE, EATING UTENSILS, AND DISHWARE

According to *Forbes Magazine*, 40 billion plastic utensils are thrown away in the U.S. annually. Invest in the more durable metal and glass cutlery and dishware and cut down on waste.



### BUY ONLY THE CLOTHES YOU NEED

To combat fast fashion pollution, evaluate your purchasing practices by shopping at thrift/consignment stores, mending or sewing your own clothes, and purchasing timeless classic staples that can be worn for multiple seasons.

# Get Involved

If you are passionate about the environment there are many ways to get involved beyond the classroom. Consider joining the community groups below.

## STUDENT ORGANIZATIONS

- **American Conservation Coalition – CatholicU Chapter**

The American Conservation Coalition (ACC) is a nonprofit organization dedicated to mobilizing young people around environmental action through common-sense, market-based, and limited-government ideals.

- **CUAdventures**

Consider joining this group if you want to explore the outdoors.

- **CUA Environmental Club**

The Catholic University of America's environmental student organization is dedicated to demonstrating the efficiency, effectiveness, and importance of sustainability through interdisciplinary educational programs, services, and engagement.

- **Student Government Association – Environmental Initiative**

The Environmental Executive Initiative brainstorms and executes ideas on how to make Catholic University more environmentally aware and sustainable. The Initiative works closely with the Office of Campus Sustainability.

## COMMUNITY GROUPS

- **Tree Committee**

The tree committee is comprised of students, faculty, and staff. It plans tree education events, weighs

in on decisions for new trees, and develops tree planting events. Contact [sustainability@cua.edu](mailto:sustainability@cua.edu) to get involved.

## VOLUNTEER

- **Campus Community Garden**

Help the campus community garden thrive! Volunteer to help water, harvest, or weed the plots. Contact the University's Environmental Club or the Student Government Association – Environmental Initiative to learn more.

- **Campus Ministry**

Campus Ministry volunteers with many eco-conscious organizations throughout the year. Keep in touch with them to learn how to get involved.

## MARK YOUR CALENDARS

During the academic year, sustainability initiatives focus on these challenges and environmental awareness days.

- **October**

Campus Sustainability Month is an international celebration of sustainability in higher education.

- **February/March**

- **Campus Race to Zero Waste** –

A nationwide competition to see which University can divert the most waste from the landfill.

- **April**

Earth Month – Catholic U celebrates Earth Day – April 22 – all month long with events and opportunities to get involved with sustainability on campus.

# Helpful Links





## [SUSTAINABILITY WEBSITE](#)

Learn how The Catholic University of America is committed to supporting a sustainable environment in the classroom and on campus.



## [SOCIAL MEDIA](#)

 [@cuasustainability](#) |  [@green\\_cua](#)



## [GREEN CARDINAL NEWSLETTER](#)

The monthly newsletter includes blogs, event updates, and progress on environmental initiatives.



## [CAMPUS SUSTAINABILITY PLAN](#)

In Fall 2020, the University released a 5-year sustainability plan. The initiatives and actions listed in the plan are intended to generate positive environmental change, promote education and research, preserve resources, raise awareness, reduce expenditures, generate exciting dialogue and create new community engagement touch points.

Read the latest progress report [here](#).



## [SUSTAINABLE TRANSPORTATION OPTIONS](#)

Learn more about the commuting options on and nearby campus.



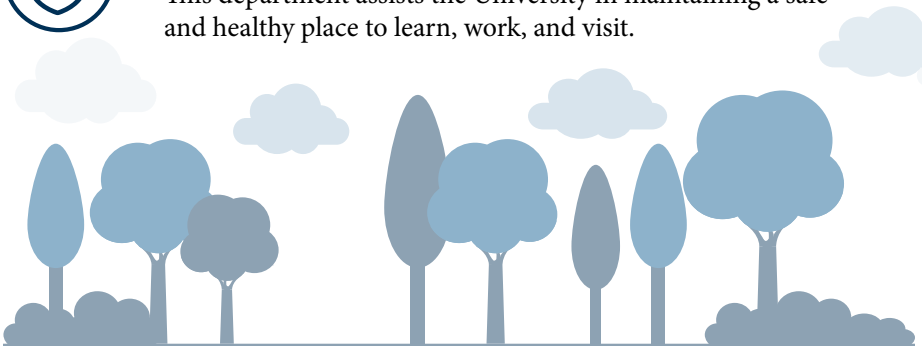
## [ECO-FRIENDLY DINING ON CAMPUS](#)

Catholic Dining Services is committed to fostering and promoting sustainable business principles to students, faculty, and staff.



## [ENVIRONMENTAL HEALTH AND SAFETY](#)

This department assists the University in maintaining a safe and healthy place to learn, work, and visit.



THE CATHOLIC  
UNIVERSITY  
OF AMERICA



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