



February 2024 Newsletter



Happy February from Central Sustainability!

We hope you have been able to enjoy the transition into the new semester! January may have seemed like a quiet month, but CS has been busy chipping away at making the campus more sustainable.

Keep reading to learn more!

What is Happening?

Campus Race to Zero Waste 2024

Campus Race to Zero Waste is a competition for college and university recycling programs to promote waste reduction activities in their communities. CS is participating by hosting an electronics drive and planning another sustainable event. The competition runs from January 28th to March 23rd so stay tuned for more updates!



Earth Month Event: RSO Fundraiser

Are you part of an RSO that is looking for fundraising opportunities? CS is planning to host a fundraising event in April to allow RSOs to sell their merchandise while also celebrating the planet! RSOs that are interested in participating should scan the QR to receive more information.



Discounts for Reusable Cups on Campus

To reduce waste, people can bring clean reusable cups to fill at participating campus locations for a discount! People receive a 20 cent discount from Ponder, 10 cents from Starbucks, or any size drip coffee at Einstein Bros Bagels for \$1.69.



Topic of the Month: Food Waste



What is Food Waste?

Food waste can be separated into two categories: food “loss” that occurs before food reaches consumers and food “waste” where food is fit for consumption but is consciously discarded at retail and consumption.

Why is Understanding it Important?

Food waste is one of the biggest contributors to waste production. In the U.S., up to 40% of all food produced goes uneaten, and about 95% of discarded food ends up in landfills. Decomposing food waste also produces methane, a greenhouse gas that contributes to climate change.

There are also numerous benefits to reducing food waste. Methane emissions from landfills will be reduced, which will result in a lower carbon footprint. It will also result in better management of energy and resources and lower costs when purchasing only as much food as needed, and avoiding additional costs of disposal.

How can CMU Reduce Food Waste?

At the consumer level, food that would be wasted can be reduced at the source through better marketing, labeling, and cooking methods, donated to hunger relief, animals, and industrial uses, or composted individually or as institutionally as through CMU’s residential composting in the dining halls and in Northwest Apartments.

Source: Food Waste. (n.d.). The Nutrition Source. Retrieved February 1, 2024 from <https://www.hsph.harvard.edu/nutritionsource/sustainability/food-waste/>

Want to make sustainability a part of your daily life?

Check out our Sustainable Living Guide and make the CMU Sustainability Pledge today!

Sustainability Pledge



CMU Sustainable Living Guide



Sustainability Tip: Understanding Expiration Dates

A lot of food waste comes from misunderstanding expiration dates. Here is what some common labels actually mean:

- **“Sell-by date:** The last date the seller should display the product on shelves for purchase.
- **Best-by date:** The last date recommended to use the product for best flavor and quality.
- **Use-by date:** The last date recommended to use the product for peak freshness; this date is important for highly perishable products like fresh meats, milk, poultry, and salad blends as their quality can quickly deteriorate beyond the use-by date.”

Source: Understanding Food Labels. (n.d.). The Nutrition Source. Retrieved February 1, 2024 from <https://www.hsph.harvard.edu/nutritionsource/food-label-guide/>

Any Questions? Contact Us!

Stop by our office in Dow Science Room 275 or email us at sustainability@cmich.edu.

Also check out our socials for more updates!

Instagram & Facebook @cmucentralsustainability