

# DREAM GREEN

SPRING 2019

# SUSTAINABILITY

## NEWSletter



## WHY DOES NYC HAVE THE BEST PIZZA AND BAGELS IN THE WORLD?

### KINGSBOROUGH COMMUNITY COLLEGE WATER BOTTLE REFILLING STATION LOCATIONS



### REFILL, REFRESH, REHYDRATE

It's because New York City has some of the best quality and best tasting drinking water in the world. Vast environmentally protected upstate reservoirs deliver fresh, clean water to millions of people every day. Besides good pizza, drinking NYC tap water is healthier for you, drastically reduces the number of plastic bottles used and recycled, reduces toxic and greenhouse gases from the manufacture and recycling of plastic containers helps us to avoid unhealthy sugary beverages, and saves you money. Take advantage of this great resource by filling up your reusable bottle with water at the six bottle refilling stations installed across the campus. (The purchase of eight (8) more refilling stations are currently in progress).

Here are six water refilling locations on campus:

1. Arts & Sciences Building - Outside Room S-242
2. The D Cluster, 2nd Floor - Outside Room D-205
3. The Library, 7th Floor - Outside Room L-703
4. The T2 Building - Outside Room T-271
5. The T8 Building, 2nd Floor - Outside Room T-8206
6. The U Building Vending Room

## INTRODUCTION

During the past year, Kingsborough Community College (KCC) has implemented many exciting programs to promote sustainable education and resource conservation. Contributions by the KCC Sustainability Council helped organize some of the programs. Members of the Sustainability Council included representatives from Finance & Administration, Buildings & Grounds, the Biology and Physical Science departments, Events Management, Academic Affairs, Procurement, Information Technology, Campus Planning & Design, and Environmental Health & Safety. The Dream Green Newsletter describes our current sustainability programs and what programs to look forward to in the future.

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## THE PROBLEM WITH PLASTIC

Drinking enough water every day is a healthy habit, but buying water in disposable plastic bottles is a habit that causes big problems for the environment and humankind. These problems include emissions of toxic and greenhouse gases, and pollution of our oceans.

While the recycling of plastic water bottles is thought to be the solution to the problem, in fact, it is not. Globally, in 2015, approximately 6,300 metric tons of plastic waste had been generated, around 9% of which was recycled, 12% incinerated, and 79% accumulated in landfills or the natural environment. If current production and waste management trends continue, roughly 12,000 metric tons of plastic waste will be in landfills or the natural environment by 2050. The real solution is to use less disposable plastic bottles in the first place. Here are some of the many problems caused by the manufacture and disposal of plastic water bottles:

- ▲ Plastic is made from petroleum products, which are the primary sources of greenhouse gases (GHG). More than 17 million barrels of oil are required to produce enough plastic water bottles to meet America's annual demand for bottled water. Greenhouse gas emissions are produced during every phase of the production, transport to the point of sale, transport for recycling, and the recycling process itself. Moreover, the manufacture of plastic bottles emits other harmful chemicals to the environment and can affect the health of communities living close to the factories.
- ▲ Most plastic bottles end up in landfills or in the ocean where they do not readily biodegrade. It is estimated that plastic can take more than 400 years to degrade. In the ocean, plastic is ingested by sea birds, fish, and other organisms. It is likely that the plastic will find its way into the human food chain.
- ▲ For nearly three decades, China has bought about half the world's recyclable plastic. Recently, however, it has called a halt to most scrap imports. Recyclables are now piling up across the United States, and many communities have halted their recycling programs, which means that plastic is landfilled or incinerated increasing air pollution and greenhouse gases. Without China to process plastic bottles, packaging, and food containers — the amount of waste that is not recycled will increase significantly.



- ▲ Polyethylene terephthalate (PET) plastic is the main component in plastic. Recent studies suggest that Bisphenol A (BPA) and small amounts of antimony can leach into the contents of plastic bottles. Exposure to BPA is a concern because of possible health effects on the brain, behavior and prostate gland of fetuses, infants and children, and a possible link between BPA and increased blood pressure. Antimony is a toxic chemical and is a health hazard. Keep plastic bottles away from sunlight, and high temperatures and check the expiration dates as these conditions can cause additional leaching of BPA and antimony into the water.
- ▲ Bottled water is expensive. It can cost between 400 to 2,000 times more than tap water, four times more than a gallon of milk, and three times more than a gallon of gasoline.
- ▲ Bottled water generally is no cleaner or safer, or healthier than tap water. The federal government requires far more rigorous and frequent safety testing, and monitoring of municipal drinking water.



## THE PROBLEM WITH PLASTIC (continued)



To be part of the solution, invest in a refillable water bottle and use tap water. If you are worried about the quality of tap water, know that the U.S. has one of the safest water supplies in the world. In fact, New York City has some of the best tap water in the country.

The best eco-friendly alternatives for disposable plastic water bottles include glass (keeps drinks tasting great, and stays colder longer than plastic), ceramic and stainless steel, but any other type of reusable bottle will help. If you must use a plastic drinking water bottle, recycle it.

Do not litter or throw it in the regular trash where it could end up in the ocean or on beaches.

## KCC URBAN FARM

How we produce our food and the foods we choose to eat has a significant impact on our health, environment, and sustainability. Food should be good for our bodies and good for the planet. The KCC Urban Farm is where food production, education, and sustainability converge. Our mission is to catalyze thought, dialogue, and action around food system issues through engaging educational programming and produce distribution. The farm is an outdoor lab for experiential learning, exploring the intersections between nutrition, sustainability, ecology, farm-worker rights, and other fields of study related to our food system. Here are some highlights from our abundant 2018 season:

- ▲ We grew 2,716 pounds of organic vegetables and herbs
- ▲ We grew a total of \$23,044 worth of organic vegetables, flowers and herbs an almost 20% increase from the previous year
- ▲ 1,147 students received free and fresh produce from us at our weekly Vegetable Distribution
- ▲ We collected 14 cubic yards of food scraps from the Culinary Arts kitchens
- ▲ 383 students participated in our farm-based classes
- ▲ We offered 33 tours to 546 KCC students & outside visitors
- ▲ 1,382 students participated in Bring It Home's food education programming
- ▲ We participated in 11 campus-wide events, outreached to over 1,900 students

Students involved in our programming gain hands-on experiences in urban gardening, scientific exploration, and food systems studies. Each year we hire full-time students to work on the farm as Student Aides. Through our farm training program, Student Aides learn all aspects of organic urban agriculture from seed propagation to harvest. Students also participate in peer-to-peer education and outreach by leading farm tours, leading class presentations and speaking at campus-wide events. In this process, students can define and share their solutions to create a more sustainable food system. Student Aides also help to run our weekly free Vegetable Distribution every Thursday starting in mid-June until November, and open to all Kingsborough students.

## KCC URBAN FARM (continued)



Students also connect to the farm through the Culinary Arts program, whether they visit the farm to work on their farm beds or receive specialty produce from the farm for CA 74 “Menu & Dining Management” or CA 72 “Restaurant & Food Service Operations” courses.

Faculty can apply for class beds to incorporate hands-on gardening into their curriculum. Chef David Goldberg’s CA 11 class planted Red Fife winter wheat which integrated the history and the importance of preserving landrace varieties of wheat that will then be turned into flour.

Chef Naxielly Dominguez created a Green Lab component into her CA 100 course where students learned how to grow microgreens, shoots, salad greens and taste various culinary herbs growing on the farm. The Culinary Arts program also provides the farm with food scraps from their courses for our onsite compost building. In total, we diverted the equivalent of 14 pick-up trucks of food waste from landfills and transformed it into good compost for our farm beds.

Our Bring It Home (BIH) program, offers food education in the form of cooking demonstrations, classes and more. At our weekly Vegetable Distribution students can sample recipes developed by Chef Maya Stansberry, using the farm’s fresh produce, last year 1,147 students attended these demonstrations. At BIH’s Community Cooking Workshops (CCW) students attend a 5-week series of cooking classes to develop their knowledge of nutrition and practice cooking skills. This year, BIH is collaborating with the Student Union and Intercultural Center to bring KCC students Breezeway Bites! This is a monthly series of breakfast cooking demos hosted in U-113. It’s FREE.

### Interested in Joining us this Season?

We will be hosting Volunteer Days on May 8, May 22, and June 5 from 1-4pm (The farm is located between the T2 and T8 buildings). Volunteers help with general farm work like weeding, preparing beds, organizing, transplanting, and harvesting. Service Learning Certificates are available for students who sign up to volunteer with a Service Learning Advisor in C-102. For more information about upcoming events and programming, please follow us on social media @KCCUrbanFarm or email: [kccurbanfarm@kbcc.cuny.edu](mailto:kccurbanfarm@kbcc.cuny.edu)

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### KCC Urban Farm

Glenda Ullauri, Farm Educator

Cris Izaguirre, Farm Manager

Maya Stansberry, Food Education Coordinator

### WORKFORCE DEVELOPMENT AT KINGSBOROUGH COMMUNITY COLLEGE

Kingsborough Community College | 2001 Oriental Blvd | Brooklyn, NY 11235

Office: (718) 368-6578



## DAYLIGHT HOUR

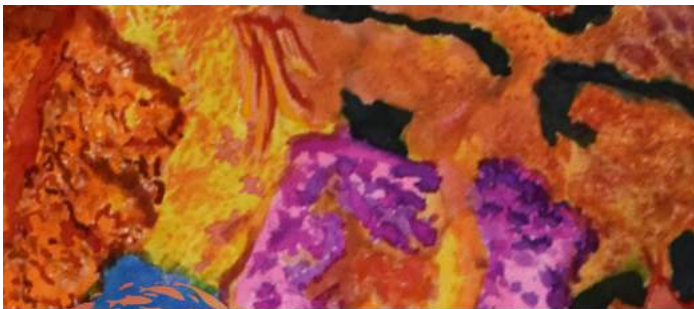
Flip the switch turn off lights from 12:00 PM to 1:00 PM local time and soak up that daylight!

Kingsborough will once again participate in the annual “Daylight Hour” on June 21, from 12:00 PM until 1:00 PM, and will continue to promote the event for the rest of the summer every Thursday from 12:00 PM until 1:00 PM. Daylight Hour is a global social media campaign to raise awareness of the benefits of daylight in commercial offices.

Using daylight instead of electric lighting demonstrates the opportunity to conserve energy, save money, and promote the well-being and mood of many people who spend their days indoors. Moreover, natural light is a much more flattering light for your face! Look for emails promoting “Daylight Hour” starting in June.



## ECO-FESTIVAL 2019



**Discovering Beauty  
Beneath the Surface**  
eco festival 2019

Thursday, May 9 | Friday, May 10



### Put It on Your Calendar!

Put it on your calendar! The annual Kingsborough Eco-Festival will be held on Thursday, May 9 and Friday, May 10. The Eco-Festival helps to build a spirit of sustainability and civic engagement, and includes keynote speakers, films, lectures, workshops, faculty panels, a day of the arts, and outdoor activities. The festival is free and open to the public. Some of the 2019 events include:

- ▲ Promoting research of Jamaica Bay using the RV-CUNY-1 boat. The boat uses hybrid electric propulsion technology to ensure clean and quiet operation with minimal emissions
- ▲ Beach Cleanup
- ▲ Water quality testing
- ▲ Speakers from NOAA to share their discoveries of biodiversity deep under the sea  
A nature oasis to show the importance of nature to spiritual, emotional, psychological, physical and mental wellness
- ▲ Sustainable Careers

## ECO-FESTIVAL 2019 (continued)

Eco-Festival is under the umbrella of Kingsborough Coordinated Undergraduate Education (CUE) and the committee is chaired by:

Chair: Dr. Christina Colon, Associate Professor of Biology

Co-Chair: Dr. Jacob Mey, Associate Professor at CUNY

Co-Chair: Janine Palludan, Associate Director of Academic Affairs

Co-Chair: Captain Anthony DiLernia, Director of Maritime Technology

## TIPS FOR LIVING A MORE HEALTHY AND SUSTAINABLE LIFESTYLE



Use alternative modes of transportation. The use of cars as a means of transportation is a significant cause of global warming. Cars can emit around 24 pounds of carbon dioxide and other global-warming gases for every gallon of gas used.

Their emissions also cause adverse health effects, including premature mortality, cardiac symptoms, worsening of asthma symptoms, diminished lung function, and the sedentary nature of these modes of transit can harm your health. Moreover, the less you drive, the more money you can save on gas, maintenance, parking and insurance.

For a more sustainable and healthy lifestyle, try adopting active or public forms of transportation that include:

- ▲ Walking
- ▲ Bicycling, skateboards, roller blades (always wear a helmet and reflective clothing)
- ▲ Scooters
- ▲ Public transportation
- ▲ Buying a fuel efficient or electric car
- ▲ Carpooling

Visit: <https://bit.ly/2GwQi4U> and <https://bit.ly/2sAq5KH> to learn more.

## NO MORE PAPER COPIES!

To conserve paper, the Biology and College Now Science departments are using Open Educational Resources (OER) to replace textbooks, exams and syllabi. There were multiple reasons for discontinuing printing of syllabi, with wishing to conserve paper (i.e. ecological awareness) being the front-runner. Besides, students will have online access to view the syllabus and save money by not needing to purchase a textbook. We hope to expand this initiative to other departments this year. If you would like more information about this program, please contact Celeste Creegan at (718) 368-5899 or [celeste.creegan@kbcc.cuny.edu](mailto:celeste.creegan@kbcc.cuny.edu)



## 511NY RIDESHARE AND CLEAN AIR NY

Do you know that Kingsborough Community College participates in the 511NY Rideshare and Clean Air NY program?

These New York City programs offers our students and employees, options that include carpooling, transit itineraries and peace of mind through 511NY Rideshare's guaranteed ride program.

Carpooling saves energy, reduces Green House Gases, and helps to improve the air quality of the New York City, and participants are eligible for CUNY's pre-tax transit benefits.

If you interested in joining this program please contact: Detrice McPhatter at (718) 368-6525.



## ENERGY CONSERVATION



In recognition of our commitment to sustainability, the New York State Energy Research and Development Authority, known as NYSERDA, awarded Kingsborough Community College the REV Campus Challenge at the Achiever level. This award recognizes campuses who are formally committed to reducing greenhouse gas emissions and educate the community to promote clean energy.

Technology programs introduced to reduce greenhouse gas emissions include Real-time Energy Monitoring, participation in the Demand Response Programs for New York City, an energy efficient data center and replacement of incandescent light bulbs with LED bulbs.

Educational initiatives include an annual Eco-Festival, an urban farm, participation in Daylight Hour, CUNY's Student Competitions and KCC's Dream Green Newsletter. By joining the REV Campus Challenge, KCC will have additional support and resources needed to help meet our goals for environmental, academic, and community goals through clean energy solutions.

**PRESS RELEASE:** <https://on.ny.gov/2vh9mxf>

# KINGSBOROUGH COMMUNITY COLLEGE

## SUSTAINABILITY COUNCIL



### **KINGSBOROUGH COMMUNITY COLLEGE SUSTAINABILITY COUNCIL:**

Chair Eduardo Rios, Vice President Finance & Administration

Co-Chair Celeste Creegan, MPH, Director Environmental Health & Safety

Co-Chair Anthony Corazza, Assistant Vice President for Campus Facilities

### **COUNCIL MEMBERS:**

Dr. Dmitry Brogun, Professor of Biology

Dr. Christina Colon, Ph.D., Associate Professor of Biology

Maureen Daly, Director, Events Management

Peter Hermida, University Architect

Asif Hussain, Assistant Vice President and Chief Information Officer

Dr. Jacob Mey, Associate Professor at City University of New York

Dr. Mary Ortiz, Professor of Biology

Janine Palludan, Associate Director of Academic Affairs

Kiesha Stewart, Finance Procurement Director

### **FEATURE CREDITS:**

**Why does NYC Have the Best Pizza and Bagels in the World?**

Celeste Creegan, MPH, Director, Environmental Health & Safety

**The problem with plastic:**

Celeste Creegan, MPH, Director, Environmental Health & Safety

**Eco-Festival 2019:**

Dr. Christina Colon, Associate Professor of Biology

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