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Library Sustainability Resources

Sustainability Hub

12-2023

Sustainability Hub - December 2023 Newsletter

Jacqueline Jergensen

Binghamton University--SUNY, jjergen1@binghamton.edu

Neyda Gilman

Binghamton University--SUNY, ngilman@binghamton.edu

Jennifer Embree

Binghamton University--SUNY, jembree@binghamton.edu

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Recommended Citation

Jergensen, Jacqueline; Gilman, Neyda; and Embree, Jennifer, "Sustainability Hub - December 2023 Newsletter" (2023). *Library Sustainability Resources*. 21.

<https://orb.binghamton.edu/library-sustainability-resources/21>

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BINGHAMTON UNIVERSITY'S

Sustainability Hub **NEWSLETTER**

DECEMBER | 2023

In this newsletter, check out a sustainable swap you can make this month, books to read over the holiday break, resources to stay safe this season, how to give gifts sustainably, a seed recipe, and an environmental art feature! Don't forget to check out upcoming events and our other announcements!



Sustainability Hub
Science Library

Swaps and Books



TERRACYCLING ALTERNATIVE:

Soap Bars



Instead of recycling liquid soap bottles, make the switch to plastic free! There are now many different types of shampoo, conditioner, or body wash bars you can find in stores or online! There are also face washes and moisturizing bars. The bars last much longer than traditional bottled soap, up to 3 times longer! Many reviews reveal that these bars are just as effective at cleaning hair and skin, if not better! So take a look and see where you can reduce your plastic!



WASTE

Catherine Coleman Flowers

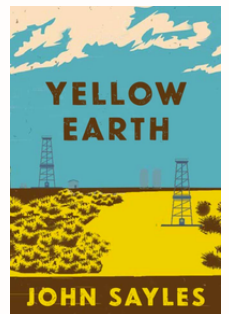
This nonfiction book follows a local activist working to secure proper sanitation for her community. Check it out of the Science Library before break or click on the link to see where else you can find it!



YELLOW EARTH

John Sayles

This fictional story is set on a reservation where oil is discovered, and everyone wants to make a profit. The book is told from multiple perspectives. You can also find it in the Sustainability Collection or click the link for more!



THE WATER KNIFE

Paolo Bacigalupi

This dystopian novel takes place in the future, where the Earth has suffered from climate change. Angel must investigate a new water source. Read this over break to attend the climate fiction January meeting!



Sustainable Resources

HOW CAN I STAY WARM?



The Science Library is home to the first CREW Hub in New

York! CREW provides many resources on responding to local extreme weather events!

- **PREPARE BEFORE:** Build an emergency kit, learn the warnings, buy non-perishable food.
- **STAY SAFE DURING:** Stay off roads, dress in layers, and check on neighbors.

For more tips, visit the Sustainability Hub to take information sheets, or visit [https://www.climatecrew.org/!](https://www.climatecrew.org/)

WHERE CAN I GET MEALS?

There are many places you can get food from this season!



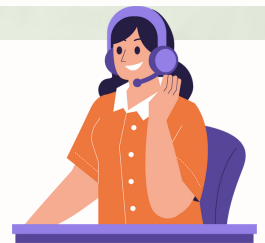
- **BU Food Pantry:** Students who need food assistance can request pick ups! Visit www.binghamton.edu/services/pantry/ now!
- **CHOW:** A network of food pantries in Broome County. For more information, visit [https://broomecouncil.net/our-services/chow/!](https://broomecouncil.net/our-services/chow/)

Both services have online forms and contact information, as well as volunteer and donation information!

MENTAL HEALTH RESOURCES

The holidays can be a difficult time for many people, so please reach out if you could use support!

- For mental health crises, call the suicide hotline at 988.
- If you need to talk or a place to stay, call the Mental Health Association of the Southern Tier's warm-line (607) 240-7291.
- To find a mental health provider, call the Greater Binghamton Health Center at (607) 797-0680.





SUSTAINABLE GIFT GIVING

During the holidays, more waste is created than any other season! Check out the tips below to reduce your impacts while still celebrating!

- **SHOPPING:** Carpool or take public transportation to buy your gifts! Shop nearby and support local vendors when you can!
- **GIFTS:** Create your own gifts for a more thoughtful or meaningful holiday! Use materials you already have.
- **EXPERIENCE:** Opt to gift someone a certificate to their favorite restaurant, a homemade treat (like zucchini bread!), or tickets to a show instead of another material item.
- **WRAPPING:** Save gift bags to reuse, or wrap gifts with old newspaper or magazines! What you put the gift in can also be a part of it!

For more gift and decorating tips, visit: <https://greencitizen.com/blog/sustainable-holiday-tips/>

SEED RECIPE:

Zucchini Bread

This season, use harvested zucchini to bake a spiced holiday treat!



INGREDIENTS

- 1 3/4 cups flour
- 1 TSP baking powder
- 1/2 TSP baking soda
- 1/2 TSP salt
- 1 1/2 TSP ground cinnamon
- 1/4 TSP ground nutmeg
- 1/2 cup vegetable oil
- 1/2 cup packed brown sugar
- 1/2 cup granulated sugar
- 2 large eggs
- 1/4 cup applesauce
- 2 TSP vanilla extract
- 1 1/2 cups shredded zucchini

YIELD

1
loaf

PREP TIME

90
minutes

DIRECTIONS

1. Preheat oven to 350°F. Grease a 9x5in loaf pan.
2. In a large bowl, whisk flour, baking powder, baking soda, salt, cinnamon, and nutmeg.
3. In a medium bowl, whisk oil, brown sugar, granulated sugar, eggs, applesauce, and vanilla together. Then whisk in the zucchini.
4. Pour wet ingredients into dry and gently stir.
5. If desired, fold in chocolate chips or nuts!
6. Pour batter into pan and bake for 55-70 minutes.

**CLICK HERE FOR MORE
SEED RECIPES!**

Art Feature

Student Grace Babcock created a woodcut piece called *Silent Spring*, based on the book by Rachel Carson! See it on display in the Science Library soon!



Environmental Art

SUBMIT YOUR ART!

The Sustainability Hub wants to share your environmental art on our next newsletter! It can be a drawing, painting, photo, song, video, poem, or other media focused on an environmental topic!



[CLICK HERE FOR THE SUBMISSION FORM!](#)

Upcoming Events



SUSTAINABILITY HUB INTEREST GROUP MEETING

December 1, 2023 | 1:30 – 2:30 PM | Science Library Atrium

Every other Friday, join the conversation on making our campus more sustainable! On December 1st, share group updates, discuss sustainable changes we can make on campus, and suggest guest speakers and goals for next semester!

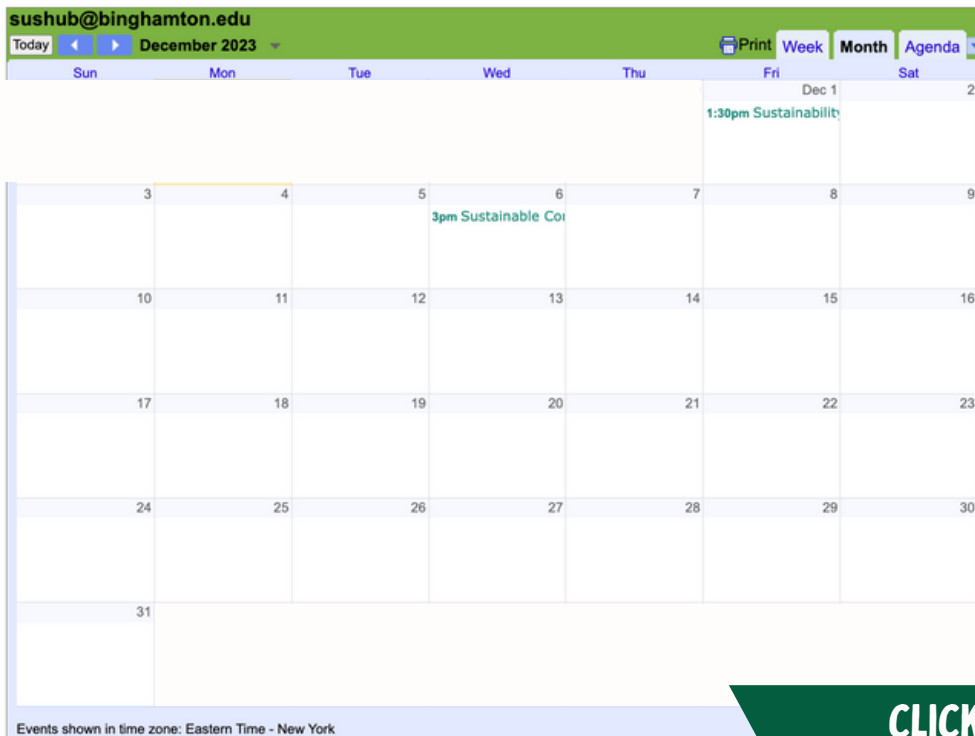
DESTRESS CRAFT

December 6, 2023 | 2:00 PM | Science Library

On Wednesday before finals, be sure to stop by the Science Library after 2:00 PM to learn how to make jewelry and upcycle clothes!

SUSTAINABILITY HUB CALENDAR

For more events, be sure to check out our frequently updated Sustainability Hub Calendar on the Libguide!



[CLICK HERE TO CHECK IT OUT NOW!](#)



Announcements

JOIN OUR EMAIL LIST!

To get updates on upcoming events and our latest newsletters, scan the QR code to sign up for our email list or click [here](#) for the form!



VIEW PAST NEWSLETTERS!

To view all of the Sustainability Hub's published newsletters, scan the QR code or click [here](#) to visit the Open Repository at Binghamton (ORB)!

HOST AN EVENT IN THE HUB!

Email sushub@binghamton.edu about hosting a poster session or any other events in our space in the Science Library!

SHARE YOUR ORGANIZATION OR WORK!

Reach out to sushub@binghamton.edu to display any sustainability focused research posters, flyers for groups or events, or brochures!





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