

# Living Sustainably in Fort Collins & at Colorado State University

*A welcoming guide for incoming ESS students*

Created by the ESS 312 class  
Sustainability Science  
Spring 2022

# Sustainability Science



**Colorado State University**

WARNER COLLEGE OF NATURAL RESOURCES

*Department of Ecosystem Science and Sustainability*

# Living Sustainably Guide

This series of brochures was created as a welcoming guide by students in Warner College of Natural Resources' Ecosystem Science and Sustainability class, Sustainability Science, in Spring 2022. Each brochure contains topical information and links to both virtual and local resources. Our goal is to inform and support incoming students, many of whom are new to Fort Collins and/or new to living on their own.

*We hope this information is helpful for you, click the titles below to explore!*

- #1 Bus Transportation
- #2 Bike Transportation
- #3 Fast Fashion and Household Goods
- #4 Plastic and Packaging
- #5 Recycling
- #6 Energy Use & Reduction
- #7 Water Use
- #8 Food
- #9 Environmental Justice and Eco-advocacy
- #10 Sustainable Recreation



*If you have suggestions for the brochures, please submit a comment via this clickable QR code & link!*

# Getting Around Town!

## Fort Collins Public Transportation



### Sustainability

Fort Collins is dedicated to making eco friendly changes, Here is how TransFort is helping:

- Addition of electric buses to the fleet
- Solar Lights at Bus Stops
- Promote fuel efficient transportation



TransFort Mission:

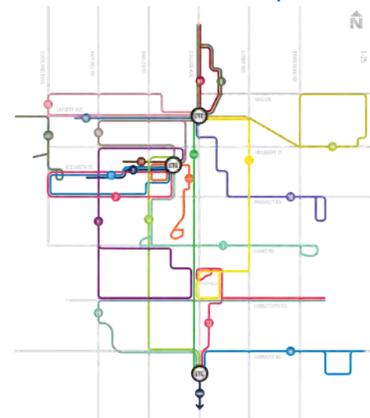
“We provide exceptional, customer-focused service that meets our community's present and future transit needs”

### Virtual Resources

- TransFort:  
<http://www.ridetransfort.com/>
- Google Transit:  
<https://clever-web.fcgov.com/bustime/home>
- Bus Times:  
<http://www.ridetransfort.com/bustimes>

### Local Resources

- Colorado State University Transit Center (CTC) & [CSU Routes](#)
- Downtown Transit Center
- Comments or concerns? Reach out to the [Fort Collins Transportation Board](#)



## Efficient, Accessible, Sustainable

Learn about public transportation in Fort Collins and how you can get around!

Learn more at: <http://www.ridetransfort.com/>



# How to Ride TransFort

## How it works

  Plan Your Trip	 2. Track your Bus	 3. Find a Bus Time	<p><b>CSU Student Tip #1:</b> Students and Staff ride the Max and Transfort Busses Free!</p> <p><b>CSU Student Tip #2:</b> Buses are equipped with bike racks on the front, so feel free to bike to and from each stop!</p>
 4. Pay your Fare <small>All fares are temporarily suspended.</small>	 5. Board the Bus	 6. Exit the Bus	

## Accessibility

The buses are “kneeling” meaning they are wheelchair accessible to enter and have wheelchair seating available. The buses also announce each stop with an audio and visual queue, so the visually or auditory impaired will know which stop to get off.

## Safety

<http://www.ridettransfort.com/abouttransfort/safety>

## Routes in fort collins

 CSU Routes	 MAX Bus Rapid Transit	 FLEX Regional Service	 Late Night Service - GOLD ROUTE
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All images are used with permission of the photographer or provided by <http://www.ridettransfort.com/>

**Created by:** Ben Nordbrock, Breana Winter, Martin Morales, Patrik Hoyberg-Nielsen, and Em Walker as part of CSU’s ESS 312 Class 2022 | Sustainability Science

# Biking Around Fort Collins!



**Biking on campus at CSU is common! Be sure to explore the possibilities and rules in order to stay safe!**



**You will see many different road signals that display different guidelines to follow. Be sure to know what each of these mean before exploring campus & town!**



**Even Cam the Ram bikes! Unless you're a hard head, wear a helmet!**

## Biking Rules, Driving Drools

**Just bike, it is easier and fun!**

# Top Biking

## Key Principles of Biking

Biking is easy and can be much faster than driving, especially around campus. There are many bike racks much closer to classes than the parking lots and bus stops. Additionally, you will avoid getting stuck in Fort Collins traffic. It is also much more affordable than buying gas and an overpriced CSU parking pass. You can bike to school to reduce your carbon footprint while staying fit and enjoying the gorgeous Fort Collins weather.

## Virtual Resources for Biking in Fort Collins

### Fort Collins Bike Map



[FCMaps](#)

### Fort Collins Bike Trails



[Bike Trails](#)

### Rules of the Road



[Ride Smart Drive Smart](#)

- CSU's Rams Cycling Club- <http://www.ramscycling.com/>
  - If you are interested in biking with friends then you should talk to the CSU cycling club and meet people with similar interests.

## Local Fort Collins Area Resources for Biking

- **Bike Registration**
  - [Fort Collins Bike Registration](#)
  - [CSU Bike Registration](#) (required!)
- **Recycled Cycles** - A bike shop at CSU campus and on Mason Street <https://www.recycled-cycles.com/>
  - Buy and sell
  - Repairs
  - Range includes childrens' bikes, electric bikes, tricycles, and Peletons.
- **The Spoke** – A bike repair shop located on CSU campus <http://cr.colostate.edu/the-spoke.html>
  - Address: 920 W Plum St, Fort Collins.
  - Repair costs are very cheap (mostly funded by student fees).
  - Many repairs are free.
  - Provides free education on how to perform many common bike repairs
- **SPIN** – Electric bikes [available for rent](#) around the city
- **Secure Bicycle Parking at CSU** – Locked mesh metal shelters for storing bikes more securely than a standard rack would
  - Make sure to register your bike and get a sticker through CSUPD. <https://police.colostate.edu/register-your-bike/>
  - Website: <https://pts.colostate.edu/bicycle-general/bikeshelter/>
- **The CSU biking website** – Shows bike routes on campus, bike parking, repair stations, and much more. [Colorado State University \(myatlas.cms.com\)](https://myatlas.cms.com)
- **Fort Collins Bike Coop** – A place for finding a low-cost bike, or fixing your own. [find the Bike Coop](#)
  - Buy bikes, parts or service
  - Volunteer
  - Earn-a-bike program
  - Women's and LGBT Wrenching Nights

*Created by: Abigail Hall, Chris Brackett, Conner Denton, Sean Jester, Owen Juell, Minna Munson, Daniel Rode, Avery Schell as part of CSU's ESS 312 Class 2022 | Sustainability Science*

# Fast Fashion & Household Goods

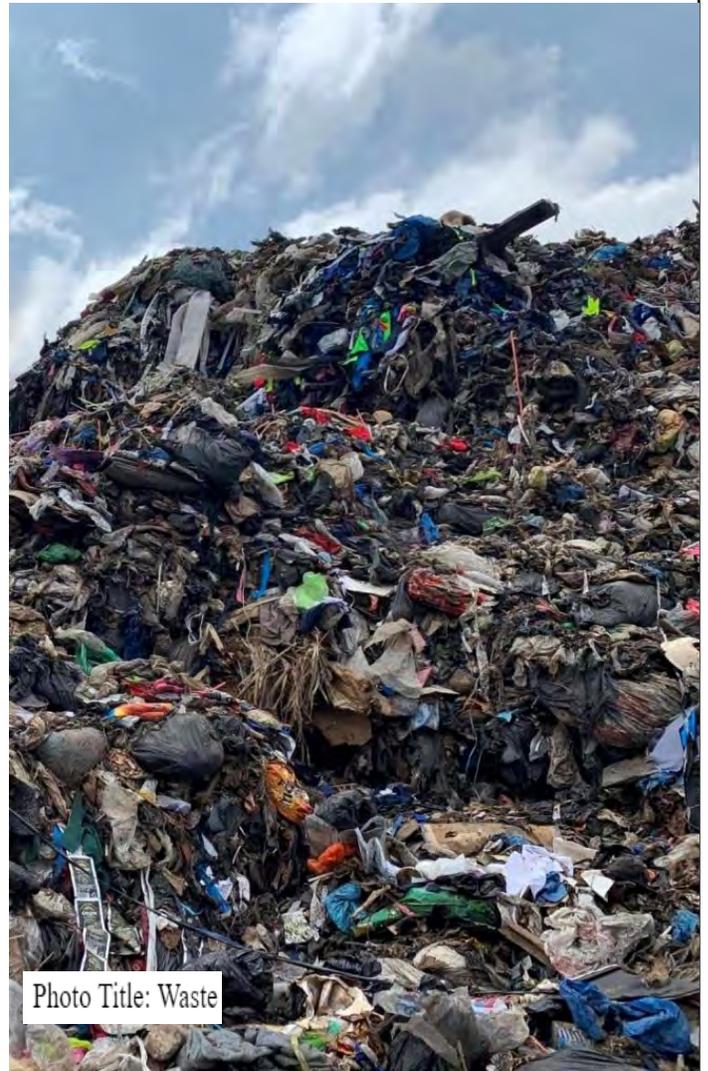
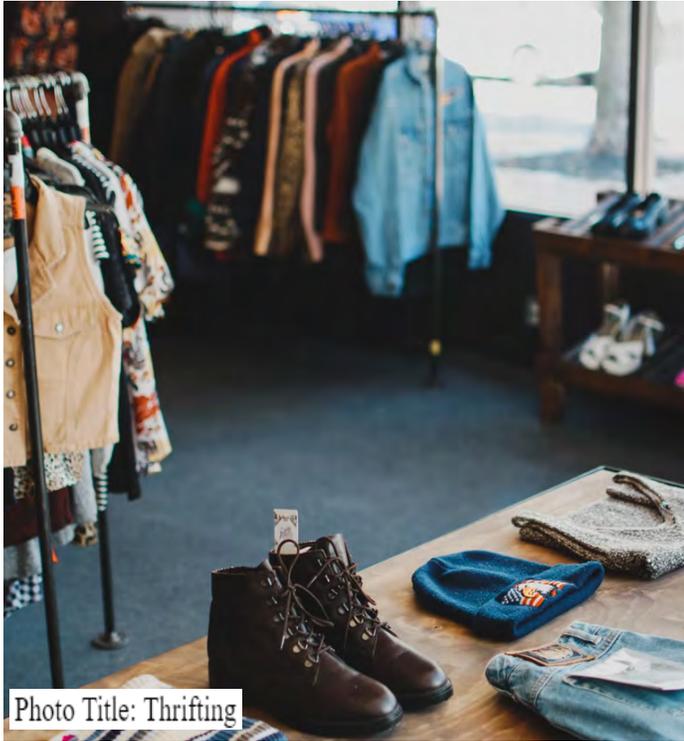


Photo Title: Waste



## Textile & Clothing Industry

By the number

**2nd**  **17-20%**

Largest polluting industry

Global water polluter



**20,000**

liters of water for



**1** kg cotton

**21**  **10%**

Billion

Tons of garbage per year

Global carbon emission

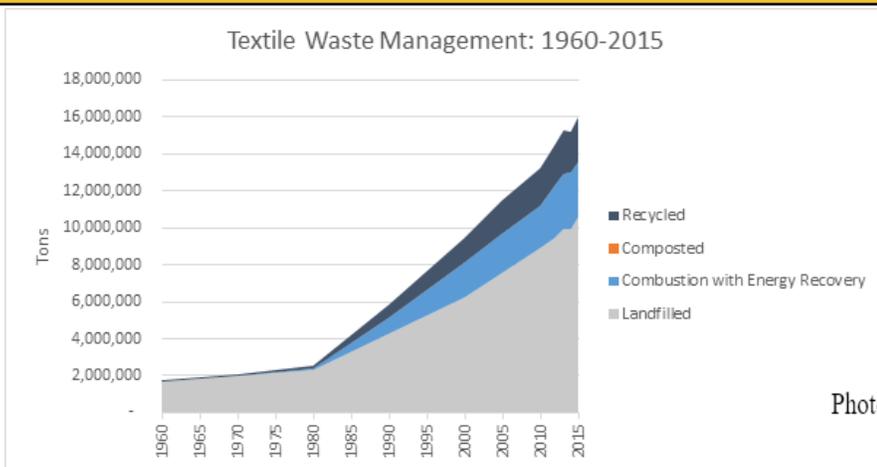
Photo Title: Textile and Clothing Industry Statistics



# Wear your grandpa's jeans

Become better educated about the daily items that are more impactful than most think! What are the resources you can access in order to mitigate fast fashion and home goods degradation?

# Fast Fashion & Household Goods



## Key Principles of Fast Fashion and Household Goods

On a daily basis, we are wearing clothes and using home goods constantly. These are things that require strong production systems and intense amounts of resources (*How to avoid...*, 2020). This leads to short-lived, linear life cycles that make for textiles and home goods to be a significant portion of our landfills. In modern times, fast fashion and home goods are a huge capitalistic contributor (new trends often influence the market), and there are trillions of tons of waste and emissions being derived from shop culture due to changing trends and lower prices for companies to compete for consumer's business (*How to avoid...*, 2020). This culture affects everyone from how laborers are treated to how clothing is disposed of, and it is important to consider as you enter the world of sustainability in college.

## Virtual Resources for Fast Fashion and Household Goods

- *Facebook Marketplace + no sale groups* - Online source to find people selling clothing and household goods locally, or to sell your own goods.
- *Poshmark* - Used clothes and home goods app
- *Mercari* - Used clothes and home goods app
- *Local thrift stores* - used clothing and home good items that are cheap and mostly of quality
- Virtually announce *clothing swaps*- online connections with community to attract people to trade

## Local Fort Collins Area Resources for Fast Fashion and Household Goods

- Second Wind Sports - Consignment store for used outdoor gear and clothing (1232 W Elizabeth St Suite C4, Fort Collins, CO 80521)
- Arc Thrift Store (2701 S College Ave, Fort Collins, CO 80525)
- Goodwill (315 Pavilion Ln, Fort Collins, CO 80525)
- Wear It Again, Sam - Vintage clothing store (140 S College Ave, Fort Collins, CO 80524)
- Eco-Thrift (314 N Howes St, Fort Collins, CO 80521)
- Brand Spanking Used Thrift Store (227 S College Ave, Fort Collins, CO 80524)
- CSU Surplus Property (201 W Lake St, Fort Collins, CO 80523)
- Kathy's Furniture Etc (2704 N Shields St, Fort Collins, CO 80524)
- Bizarre Bazaar Books (1014 S College Ave, Fort Collins, CO 80524)

**Created by:** Allie Lawler, Cher Prazak, Alexis Foster, Laramie Woods, Shannon Reilly, Hannah Halsey, Emma Jordan, Mark Daniels, and Grace Chaffin as part of CSU's ESS 312 Class 2022 | Sustainability Science

## References

[6 green benefits of Thrift Shopping](#). Topic Insights. (2022, February 21).

*Arc Thrift*. arc Thrift. (n.d.). <https://www.arcthrift.com/>

*Figure 1: Info graph showing the impact of textile and clothing industry on environment.: Textile Today* . Textile News, Apparel News, RMG News, Fashion Trends. (n.d.).

<https://www.textiletoday.com.bd/holistic-approach-towards-sustainable-fashion-industry-part-1/g2-2/>

Grove Collaborative. (n.d.). <https://www.grove.co/>

Harvard University. (Fall, 2020). *Sustainability at Home Guide* [PowerPoint slides].

<https://www.huhousing.harvard.edu/sites/default/files/documents/Sustainability%20at%20Home%20Guide%202020.pdf>

*How to avoid fast fashion: 8 rules for conscious fashion consumption*. THE WALDEN POST. (2020, November 12).

<https://www.waldenpost.com/fashion/how-to-avoid-fast-fashion-8-rules-for-conscious-fashion-consumption-2/>

The Pueblo Chieftain. (2022, April 28). *Pueblo Business News: Arc Thrift Stores is hiring, Rocky Mountain Eye Center names new CEO* . Pueblo Chieftain.

<https://www.chieftain.com/story/business/2022/04/27/job-fair-arc-ceo-rocky-mountain-eye-care-center-water-conservancy-board/7440439001/>

Yates, M. (2022, April 19). *30 Eco-Friendly Products To Help You Live A Little Greener in 2022* .

<https://www.bestproducts.com/home/decor/g1435/eco-friendly-products/>.

# Plastic & Packaging



## Zero waste? More like zero haste!

How to reduce your unnecessary plastic and packaging waste

*Created by Izzi Brown, Veronica Casey, Morgan Hayes, Erinn Hayward, Riley Krudop, Haley Mendoza, Gracie Moreland, Hannah Huber, & Stella Schuchart as part of CSU's ESS 312 Class 2022 | Sustainability Science*

# Plastic and Packaging



## Key Principles of Plastic and Packaging

Plastics have unfortunately become an integral part of our society – from food storage, single use containers, bags, and etc. Being able to consciously omit plastics and packaging from your daily life will help lessen your own footprint on the environment. Plastic and packaging have accumulated on our earth, manifesting in things like the great pacific garbage patch. Plastics may take up to 1,000 years to decompose in a landfill, so when they get into our environment they cause harm to the ecosystem. The city of Fort Collins made it a goal in 1999 to divert 50% of its waste from landfills. In 2016 it was found that 51.1% diversion rate, meaning these materials were either recycled or composted instead (City of Fort Collins). Small changes in your daily habits will be beneficial for you and your community in the long run, and it may even inspire those around you to do the same!

## Virtual Resources for Plastic and Packaging

Reusable bags - can be purchased at any grocery store

Reusable coffee mugs - May be purchased at any local coffee shop (you might even get a discount for using it!)

[Alternatives to plastic packaging-](#) This website offers 6 easy and inexpensive alternatives to plastic packaging, like using beeswax wrap/ other alternative, compostable wraps instead of plastic bags, and much more!

## Local Fort Collins Area Resources for Plastic and Packaging

The city of Fort Collins has an abundance of resources for alternatives for plastic and packaging embedded into multiple company initiatives. Hygge Habit is a great place that focuses on intentional and sustainable consumption principles, they offer a zero waste refill bar for everyday household and personal care that includes hair, skin, body, and home care. Another company that encompasses zero waste is Rocky Mountain Box Company where they offer pickup and delivery of rented "sturdy, plastic eco-totes" for residential and commercial use throughout Denver, Boulder, and Northern Colorado.



# Recycling in Fort Collins

Created by Keana Shadwell, Paige Lewis, Ben Walker, Blake Hoffman, Hailey Hopkins, Ashlee Ducharme, Gabe Farrier, Drew Juergensen, & Miguel Solis Garcia as part of CSU's ESS 312 Class 2022 | Sustainability Science



[https://www.bafu.admin.ch/bafu/en/home/topics/waste/info-specialists/waste-disposal-methods.html\(admin.ch\)](https://www.bafu.admin.ch/bafu/en/home/topics/waste/info-specialists/waste-disposal-methods.html(admin.ch))



<https://theglobalgrid.org/san-franciscos-road-to-zero-waste-an-unthinkable-goal-by-2020/nkable-Goal-by-2020?|TheGlobalGrid>



<https://www.britglass.org.uk/our-work/recycling>

## Recycling: An easy way to reduce solid pollution in landfills and ecosystems

Understand proper recycling streams in Fort Collins, and learn how to do your part!



Virtual and local resources you can access to learn more about recycling and how to recycle in Fort Collins.

<p><b>Virtual Resources</b></p>	<p>The Recycling 101 Quiz - Test your recycling knowledge!</p> 	<p><a href="https://recyclingpartnership.org/communitiesforrecycling/recycling-101-quiz/">https://recyclingpartnership.org/communitiesforrecycling/recycling-101-quiz/</a></p>
	<p>Why is it important to recycle? Conserve Energy Future</p>	 <p><a href="https://www.conserve-energy-future.com/importance_of_recycling.php">https://www.conserve-energy-future.com/importance_of_recycling.php</a></p>
	<p>Recycling Resources From Waste Management</p> 	 <p><a href="https://www.wm.com/us/en/recycle-right/recycling-resources">https://www.wm.com/us/en/recycle-right/recycling-resources</a></p>
	<p>About the recycling process for different materials: Recyclingbin.com</p>	 <p><a href="https://www.recyclingbin.com/The-Recycling-Process">https://www.recyclingbin.com/The-Recycling-Process</a></p>

Local Resources for Recycling

- <https://www.fcgov.com/recycling/>
- <https://www.wm.com/us/en/location/co/fort-collins/trash-pickup-fort-collins-co>
- <https://www.epa.gov/sites/default/files/2016-04/documents/mitchell.pdf>
- <https://www.fcgov.com/recycling/atoz/>
- <https://www.fcgov.com/recycling/dropoff>
- <https://www.fcgov.com/recycling/recycling-ambassadors>
- <https://warnercnr.colostate.edu/student-organizations/zero-waste-team/>

**Recycling Ambassadors**



Recycling Ambassadors (RAs) are a passionate group of volunteers who support our community in recycling and reducing their waste.

Recycling Ambassadors help visitors at the City's Timberline Recycling Center and provide outreach at dozens of local events. Recycling Ambassadors connect with thousands of community members each year!

# Energy Use & Reduction

Created by Aspen Arbuckle, Cathy Rose, Curran Jett-Moore, Ethan Grady, Flannery Stevens, Jordan Mitchell, Lily Nelson, Madeline Gillet, Melina Takvorian, Ryan Castell as part of CSU's ESS 312 Class 2022 | Sustainability Science



When the sun is bright, turn off the light!

Help reduce Fort Collins' energy use footprint by implementing easy practices into your lifestyle.

# Reduce Your Energy Use!



## Key Principles of Energy Use

As you embark on adulthood and take on more responsibility, you may want to become more aware of energy use in your daily life. Whether it's charging our devices, using lights, or kicking back to watch T.V. after a long day of classes, we are constantly consuming energy to power our lives. We get this energy through consumption of fossil fuels, hydroelectric power, wind power, and more, all of which have some costs to the environment and human life.

By reducing unnecessary energy use, we can reduce the amount of pollution and environmental harm both in Fort Collins and globally. Did you know that if you left a 100W light bulb on for a year you would generate 750 kg of carbon dioxide (Daisy Energy, n.d.)? Turning off the lights, unplugging appliances, and ensuring you don't leave fans or computers running while you aren't home are just a few of the ways you can lead a more sustainable life here at CSU!

## Virtual Resources for Sustainable Energy Use

*Use these tools to learn more about sustainable energy use and renewable energy production!*

EPA Power Profile Interactive Energy Footprint Tool: <https://www.epa.gov/egrid/power-profiler#/>

EPA Emissions & Generation Resource Integrated Database (eGRID): <https://www.epa.gov/egrid>

Energy Sage Solar in Colorado Guide: <https://www.energysage.com/solar-panels/co/#>

United States EIA Renewable Energy Explained: <https://www.eia.gov/energyexplained/renewable-sources/>

Energy Sage 15 Ways to Save Energy: <https://www.energysage.com/energy-efficiency/101/ways-to-save-energy/>

## Fort Collins Resources for Sustainable Energy Use

### How CSU is Building a More Sustainable Campus

Learn more about what CSU is doing on campus to be more sustainable: <https://housing.colostate.edu/about/sustainability/>

### Energy Efficiency Programs in Fort Collins

Learn how to track your energy use and learn about Fort Collins' energy efficiency programs at:

<https://www.fcgov.com/utilities/residential/energy-efficiency>

### Community for Sustainable Energy Website

Learn more about CforSE's involvement and initiatives in Fort Collins and Colorado: <https://www.cforse.org/>

### City of Fort Collins Net Zero Energy District (FortZED)

Learn about the FortZED partnership and its projects: <https://www.fcgov.com/fortzed/>

### City of Fort Collins Climate Action Plan

Learn about Fort Collins' initiatives and goals to reduce energy emissions: <http://ftcollinscap.clearpointstrategy.com/energy/>

### Fort Collins Utilities Green Energy

<https://www.fcgov.com/utilities/residential/renewables/green-energy/#:~:text=Fort%20Collins%20Utilities%20is%20also,at%20the%20Rawhide%20Energy%20Station>

### Fort Collins Community for Sustainable Energy

A local organization that aims for local government accountability related to sustainable energy: <https://www.cforse.org/>

## Tips and Tricks for Energy Reduction at Home

- Unplug any devices/appliances not being used from outlets when you head out
- Turn off lights as you leave rooms
- Replace incandescent bulbs with LED bulbs
- Use an energy efficient dishwasher if you have one rather than hand washing

### *Ways to Reduce Heating and Cooling*

- Shut the blinds to prevent the room from heating up when it's warm
- Open the blinds to allow sunlight to heat the room when it's cold
- Open your windows when it's cool enough instead of turning on the A/C
- If you have drafty windows, hang heavy curtains

### *No A/C? No Problem!*

- Buy a box fan for your window to circulate the air (especially at night!) and keep the room cool
- Shut the blinds when you leave the room to prevent the room from heating up

### References:

Daisy Energy. (n.d) *How Much Does it Cost to Power a Lightbulb for a Year?*

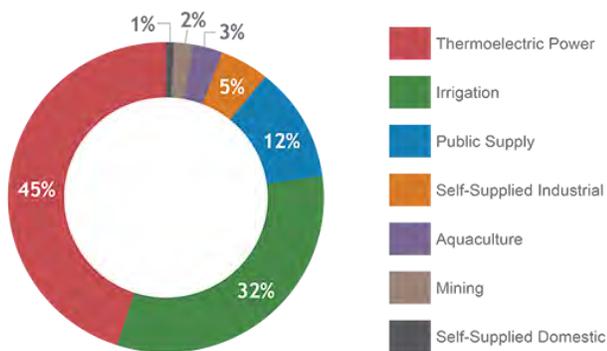
<https://daisyenergy.ca/how-much-does-it-cost-to-power-a-lightbulb-for-a-year/>

# Water Use

*Created by Emilija Miskinyte, Kat Gingrass, Paige Mueffelman, Alex Widdowson, Kyaran Matturo, Alex Rusch, Casey Rowe, Tido Ramos, Bryce Weinell as part of CSU's ESS 312 Class 2022 | Sustainability Science*



## U.S. Freshwater Withdrawals (2010)



\*Livestock is approximately less than 1% of total use and is not included.

\*Data comes from Maupin, M.A., Kenny, J.F., Hutson, S.S., Lovelace, J.K., Barber, N.L., and Linsey, K.S., 2014, Estimated use of water in the United States in 2010: U.S. Geological Survey Circular 1405, 56 p., <http://dx.doi.org/10.3133/cir1405>.



## Be Water Wise

Using water conscientiously to minimize your footprint and reduce your bill.

# Sustainable Water Use



## Key Principles of Sustainable Water Use

Water use is a vital part of human life. It is inevitable to use water for health, cleanliness, and pretty much every production in our world. The key to sustainable water use is to know what uses up water, and to actively think of ways to shorten its need. In everyday life this is seen through turning the stream off when not actively using it for brushing teeth, washing your face and dishes, and in the shower when not rinsing.

Water use is considered “sustainable” if less water is withdrawn than nature itself is capable of replenishing. As we are currently in a drought here in Colorado and millions of other people rely on the water that flows after our use (Colorado provides water to many other states), it is crucial to be more mindful about how much water you’re using in order to not deplete this limited resource on our planet.

Turn off that tap!

## Virtual Resources for Water Use

Use this link to learn more about your own personal water use:

- <https://www.watercalculator.org>

Use this link to see ways to reduce your water footprint:

<https://learn.eartheasy.com/guides/45-ways-to-conserve-water-in-the-home-and-yard/>

Use this link to calculate your home (if living in a house on Fort Collins) water usage to discover what takes up the most water, how your water usage compares to those around you and nationally, and find new tips and tricks to reserve water:

- <https://fcgov.watersmart.com/index.php/welcome>

Use this link to learn more about what sustainable water use means and how to make your water use more sustainable:

<https://www.aquatechtrade.com/news/water-treatment/sustainable-water-essential-guide/>

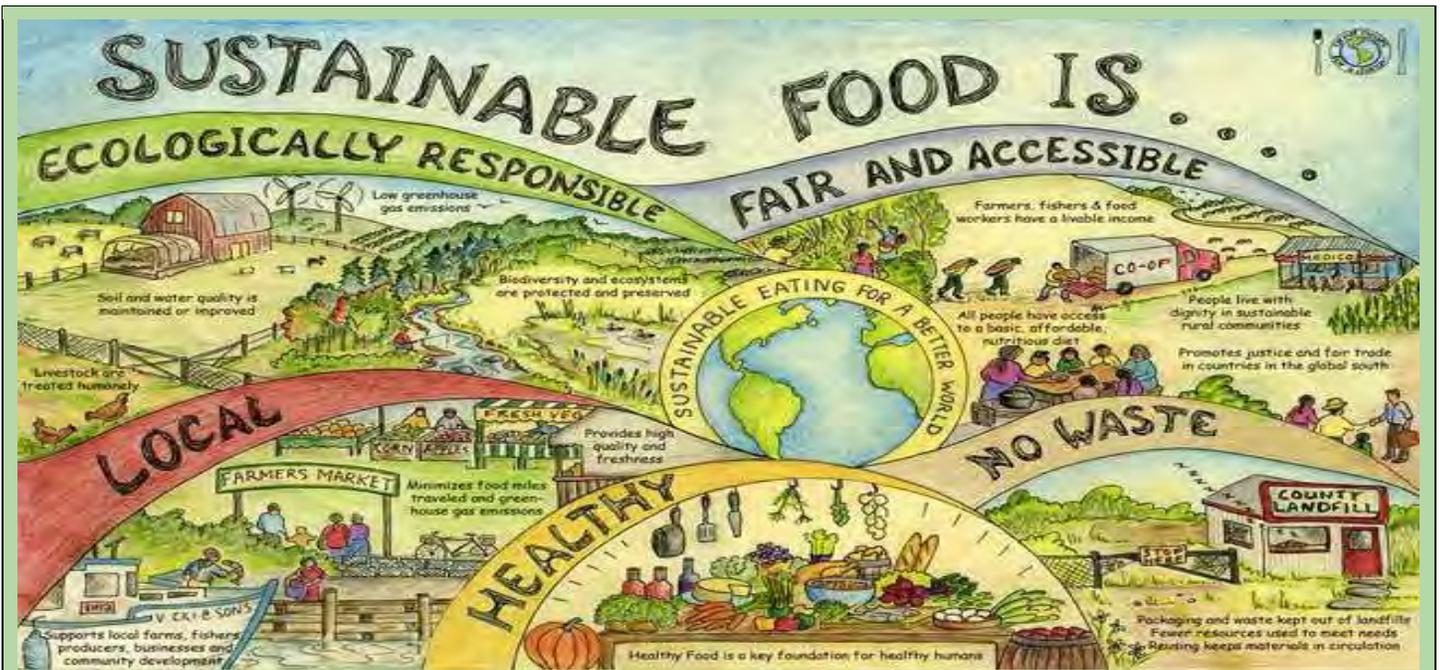
## Local Fort Collins Area Resources for Sustainable Water Use

- Use this link to learn about all of the sustainable water use programs in Fort Collins!  
<https://www.fcgov.com/utilities/residential/conserves/water-efficiency#:~:text=Water%20Efficiency%20Plan%20%2D%20Learn%20about,is%20down%2022%25%20since%202001.>
- This link provides information on the Colorado-Big Thompson River shed, where most of Fort Collins and Northern Colorado gets their water from.
  - <https://www.northernwater.org/what-we-do/deliver-water/colorado-big-thompson-project>



# *Sustainable Food Habits*

[www.preparedfoods.com](http://www.preparedfoods.com)



<https://boulder.earth/sustainable-food/>

## How to: Responsibly Shop for and Dispose of Food in Fort Collins

# Sustainable Food Habits



<https://collegeavemag.com/245836/features/vindeket-foods-to-the-rescue-how-one-fort-collins-market-is-tackling-food-waste/>

## Key Principles of Sustainable Food Habits

Food waste, single use plastic usage, pollution, and depletion of natural resources are just some of the issues that arise from food production. However, sustainable eating and shopping habits are as easy as you make them. In fact, there are several small and simple tasks that you can take when it comes to buying groceries, meal prepping, or cooking at home. Some of the biggest takeaways we got from sustainable science regarding food include: sticking to locally grown foods, shopping for produce that's in season, going for grass fed, and using your food scraps to cook. Also, cooking at home is one of the key recommendations in food policy today. In addition, it is important to stay intentional about where your food comes from.

## Virtual Resources for Sustainable Food Habits

5 tips for sustainable eating : <https://www.hsph.harvard.edu/nutritionsource/2015/06/17/5-tips-for-sustainable-eating/>

Sustainable Meal Plan Templates: <https://www.greenamerica.org/green-living/planet-friendly-meal-plan>

At-home composting: <https://www.ecocycle.org/backyard-composting><https://www.treehugger.com/dos-and-donts-backyard-composting-4858630>

Low Waste Food Consumption Tips: <https://www.epa.gov/sustainable-management-food/sustainable-management-food-basics>

Magic Fridge- gives recipes that can be created with what you already have in your fridge/pantry: <https://www.frigomagic.com/en/>

Calculate your footprint:

[https://my.impactree.com/t/FrnBOWnLjXCFVVEsEya8?gc=sustainability&gclid=CjwKCAjw682TBhATEiwA9crl3yIB3f9T68o5sfN8CLuoST3wzuybdM4nNcSSpX9d4Q6NdnbH9h3ANBoCaegQAvD\\_BwE](https://my.impactree.com/t/FrnBOWnLjXCFVVEsEya8?gc=sustainability&gclid=CjwKCAjw682TBhATEiwA9crl3yIB3f9T68o5sfN8CLuoST3wzuybdM4nNcSSpX9d4Q6NdnbH9h3ANBoCaegQAvD_BwE)

## Local Fort Collins Area Resources for Sustainable Food Habits

Farmers Markets for Locally Sourced Food

Fort Collins Farmers Market: <https://www.fortcollinsfarmersmarket.org/>

Larimer County Farmers Market: <https://lcfm.extension.colostate.edu/>

Fort Collins Winter Farmers Market: <https://focomarket.org/>

Lucky's Market (Locally owned grocer): <https://www.luckysmarket.com/>

Mountain Avenue Market (Food Co-op): <https://www.fcfood.coop/>

Rams Against Hunger: <https://lsc.colostate.edu/slice/community-engagement/rams-against-hunger/>

Vindeket Market: <https://www.vindeketfoods.org/> Nonprofit that rescues food to reduce food waste in Fort Collins



<https://www.thebalancesmb.com/what-does-locally-grown-really-mean-2538258>

Brianna Bruyere, Tara Flood, Mollie Hendry, Morgan Hayes, Isabel McPherson,  
Isabel Sevilla, Caroline Spirt, Sophie Strausser, Grace Taber

# Environmental Justice and Advocacy



images from: [https://www.facebook.com/EJCSU/photos/?ref=page\\_internal](https://www.facebook.com/EJCSU/photos/?ref=page_internal) csu environmental justice initiatives

## Fort Collins functions to serve community

For those interested in educating themselves and pursuing environmental justice, the Fort Collins community has amazing resources that can be utilized.

*Created by: Tierra Stansbury, Hilary Johnson, Aidan Cruz, Daria Ahrens, Bryn Hall, and Ana Cole as part of CSU's ESS 312 Class 2022 | Sustainability Science*

# opi Environmental Justice and Advocacy



## Key Principles of Environmental Justice

As the planet becomes more degraded, there is inequity in who's affected by the problem. Oftentimes, the ones most affected by environmental problems like pollution from landfills or factories are those in poverty and very frequently people of color. Data shows that pollutants which can affect human health such as these aforementioned factories and landfills are often situated in areas with high percentages of people of color and people in poverty. In order to ensure that these groups of people are not unfairly impacted by unsustainable practices, Environmental Justice becomes extremely important.

Environmental Justice (EJ) serves as both a sustainability goal and a process for ensuring an equitable future for everyone. The environmental aspect reminds us to be good stewards of earth. "Justice", ensures that we include cultural identifiers, like race, gender, economic status, health, etc. in our understanding of the ways people participate in sustainability. Systemic inequalities remain influential in sustainability oriented fields. Addressing environmental injustice is key to sustainable development and should be a priority for institutions and individuals alike. Diversity topics in environmental coursework will create a socially aware generation of researchers. Through this learning our research and projects will have a more positive impact on the communities we work in/with. Community engagement and an increase in diversity are necessary to addressing issues of inequity. This holds true for inequality in sustainability topics.

## Virtual Resources for Environmental Justice and National Advocacy Groups

<p>Climate Justice Alliance</p> 	<p>350</p> 	<p>Green Action</p> 
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## Local Fort Collins Area Resources for Environmental Justice and Eco Advocacy

<p>CSU Zero Waste Team</p> 	<p>Compost Queen</p> 	<p>Larimer County Conservation Corps</p> 
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<p>Diversity and Inclusion at Warner College of Natural Resources</p> 	<p>CSU Center for Environmental Justice</p> 	<p>FoCo Cafe</p> 
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<p>Student Sustainability Center</p> 	<p>Fort Collins Climate Action Plan</p> 	<p>Fort Collins - Choice City for Whom? <i>2016 film by Betty Aragon</i></p> 
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**Created by:** Tierra Stansbury, Hilary Johnson, Aidan Cruz, Daria Ahrens, Bryn Hall, and Ana Cole *as part of CSU's ESS 312 Class 2022 | Sustainability Science*

# Sustainable Recreation

*Created By: Aubry Sapp, Nichole Grau, John Ramstead, Rylee Sharkey, Dasha Petrova, Owen Joyce, Hunter Geist-Sanchez, Madeleine Boyles, Parker Neal, Claire Silbernagel, Will Plomer as part of CSU's ESS 312 Class 2022 | Sustainability Science*



But I'd rather have a bowl of sustainable recreation

Recreational Practices and Natural Areas near CSU and Fort Collins!

# Sustainable Recreation

## Background

One of the best ways to make the most out of your time at CSU is to experience the abundance of natural beauty that Fort Collins has to offer. Whether you like to hike, bike, swim, slackline, or just enjoy the sunshine, there is space for everyone to do so. CSU has competitive & recreational clubs/organizations that span the scope of many outdoor activities; from the Alpine Club, & an American Fisheries Society chapter, to the Whitewater Club, Mt. Bike Team, Plant ID Club, and many, many others. There is something for everyone! Clubs encourage members new to the activity, and participation is a great way to get out into Colorado's nature and make new friends. Enjoy, Rams!

## Key Principles of Recreation

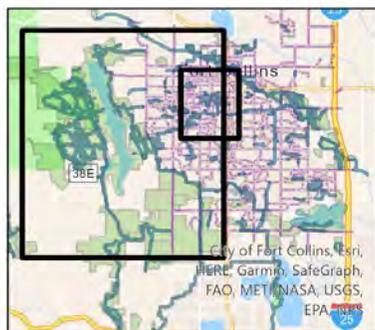
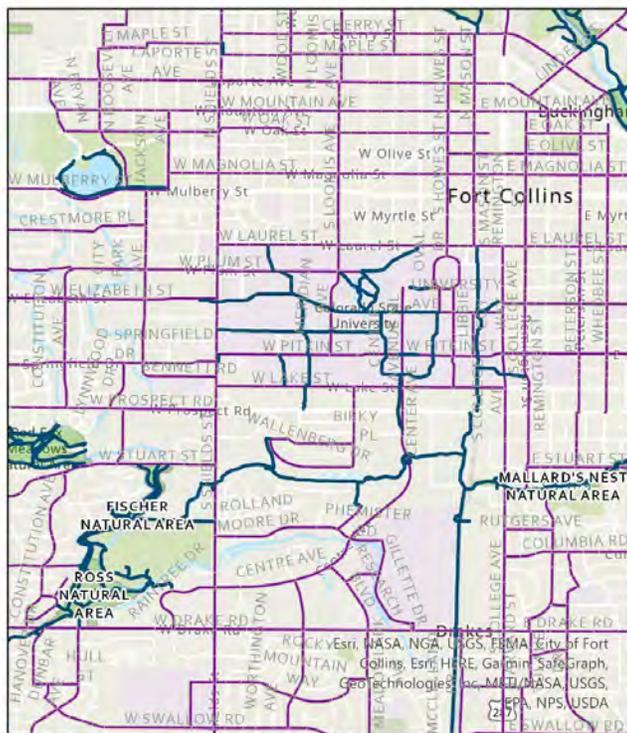
- Leave No Trace ( LNT)
- Stay on Trail
- Keep Gear Clean
- Respect Plants and Wildlife
- Be Mindful of Other Visitors

## Benefits of Spending Time in Nature:

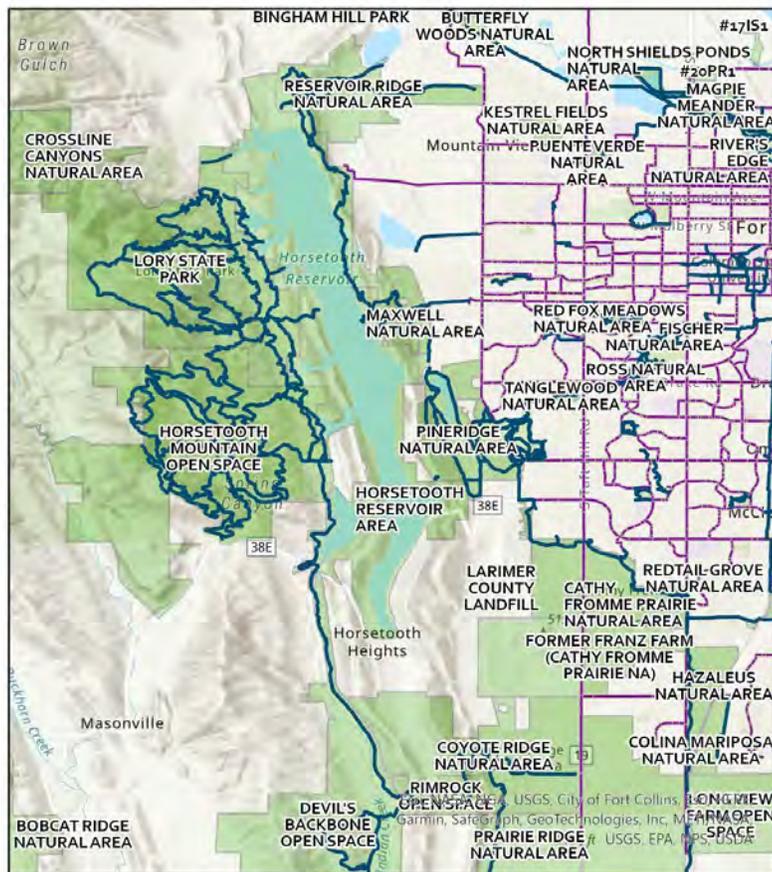
- Reduces stress
- Builds Friendships
- Increased endorphins and positive mood
- Promotes creativity & self awareness
- Helps with concentration

## Virtual Resources for Recreation

<p>FOCO Natural Areas</p> 	<p>CSU Outdoor Program</p> 	<p><b>Horsetooth Reservoir:</b> <a href="#">Horsetooth Reservoir   Fort Collins, CO Hiking &amp; Camping</a></p> <p><b>Programs and Classes:</b> <a href="#">Outdoor Education &amp; Recreation - City of Fort Collins</a>  <a href="#">REI Fort Collins   Classes &amp; Clinics</a></p> <p><b>Local Used Gear Shops:</b> <a href="#">Gearage Outdoor Sports</a> <a href="#">Second Wind Sports</a>  <a href="#">The Extra Mile Outdoor Gear &amp; Bike</a> <a href="#">Fort Collins Bike Co-op</a></p> <p><b>CSU Student Organizations Ramlink:</b>  <a href="#">Explore - RamLink</a></p> <p><b>Responsible &amp; Safe Recreation on the Poudre:</b>  <a href="#">Play It Safe on the Poudre   Cache la Poudre River.</a></p> <p><b>Responsible Campfire Principles</b>  <a href="#">Campfire Safety   Smokey Bear</a>  <a href="#">Don't Move Firewood</a></p>
<p>Leave No Trace</p> 	<p>Recreating Responsibly</p> 	



- Legend**
- Trails
  - Bike Paths
  - Natural Areas



Bike routes, trails, and natural areas in the City of Fort Collins provide easy access to hiking, mountain and city biking, and more!

Created by: Madeleine Boyles  
Source: City of Fort Collins GIS Database