



**PIKES PEAK
COMMUNITY
COLLEGE**

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Sustainability In Progress (SIP) November 2020

By: Konrad Schlarbaum, Sustainability Coordinator

On: November 17, 2020 from 8:00 AM – 8:30 AM



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Pikes Peak Community College

- Largest and most diverse college in the Pikes Peak Region
- Three main campuses and four learning centers
- Contributes \$390.3 million to the local economy
- First of its kind office of sustainability and sustainability coordinator for two-year colleges in Colorado
- Won the 2016 and 2018 Greenie Award in the School Category



Office of Sustainability

- Established in 2010 by the Green Campus Fee (\$0.39 per credit hour)
- Konrad Schlarbaum serves as the full-time sustainability coordinator for past 7 years
- Mentors 6 student sustainability champions
- Most notable achievements:
 - Provides over 500 students per month unlimited access to the Mountain Metro Transit system
 - Invested over \$200,000 in waste reduction and diversion efforts
 - Engaged over 5,000 students with sustainability education programs



Green Holiday Fair

- Who
 - Students, Staff, Faculty, Instructors, and Community Supports
- What
 - Learn a variety of green practices that save money, improve health, and reduce waste.
 - 4 Categories: Gifts, Food, Decorations, and Transportation
- When
 - Monday, November 16 – Saturday, December 5
 - Practices posted daily
- Where
 - Facebook Group: PPCC Sustainability
 - Instagram: @SustainPPCC
 - Website: [PPCC.edu/Green-Holiday-Fair](https://ppcc.edu/Green-Holiday-Fair)





Green Holiday Fair Practices

Gifts

- An Experience
 - Hike
 - Coffee
 - Painting Workshop
- Wish List
 - Share it with friends a family
 - Select items with a variety of price points
 - Mention sizes for clothes
- Holiday Gift Bags
 - DIY or purchase
 - Take the gift out of the box to save space
 - Use bags that can be washed and reused





Green Holiday Fair Practices



Food

- Control portion sizes
 - Use a small plate
 - First, go for the veggies
 - Second, add the protein
 - Third, serve starches and sweets
- Use healthy alternatives
 - Reduce salt
 - Sugar Substitutes- vanilla extract, nutmeg, cinnamon, stevia, or applesauce
 - Butter Substitutes - broth or seasonings
- Take a walk after the meal
 - Improves digestion
 - Regulates blood sugar
 - Prevents diseases



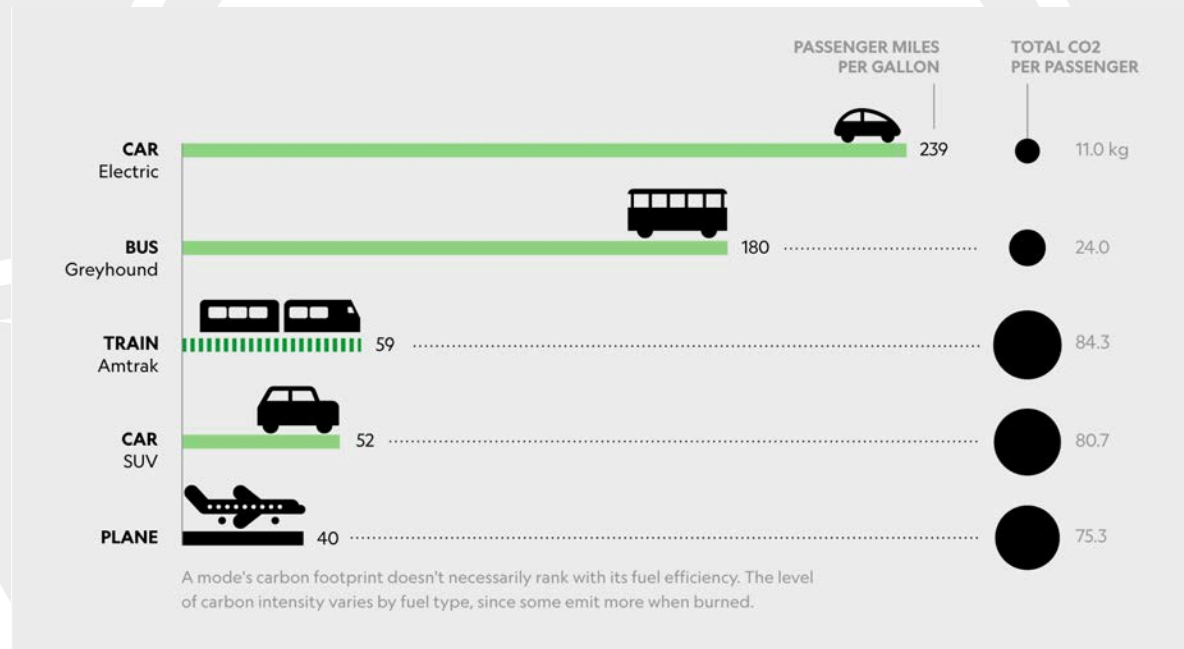
Green Holiday Fair Practices

Decorations

- Tree
 - Decorate a tree in your yard
 - Purchase fresh cut trees from local tree farm
 - Purchase a permit to cut down a tree from a local forest
- Thrifting
 - Practicing reuse
 - Wide selection
 - DIY projects
- Holiday Cards
 - Digital
 - Made from recycled paper
 - A portion of the purchase goes towards tree planting



Green Holiday Fair Practices



Source: [National Geographic](https://www.nationalgeographic.com/transportation/carbon-footprint/)

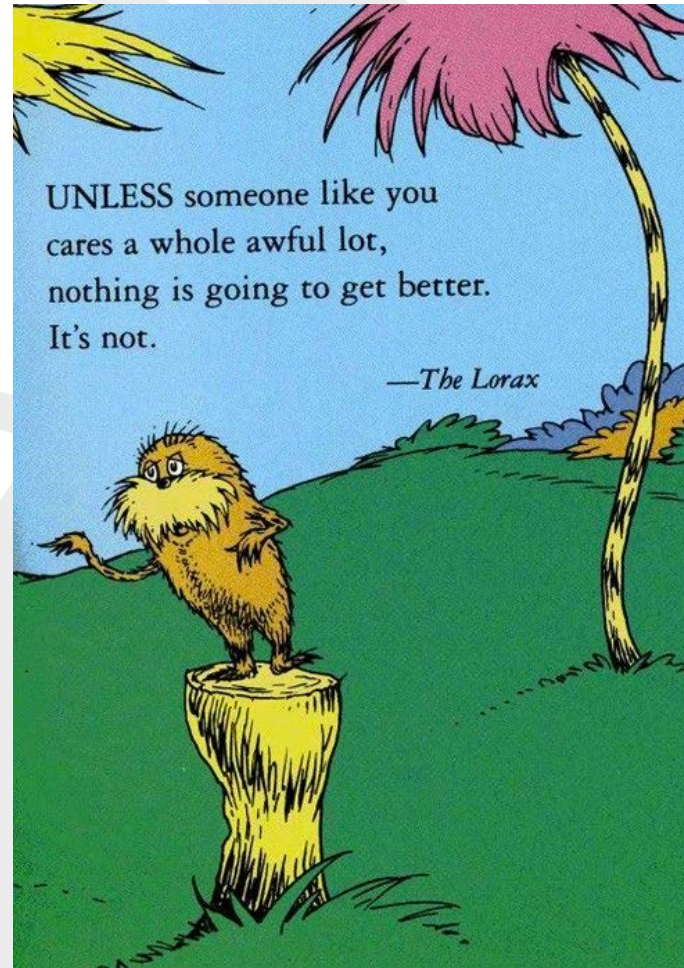
Transportation

- Keeping you and your loved ones safe during a pandemic
 - Avoid unnecessary exposure
 - Self-quarantine and get tested before leaving
 - Consider staying home this year
- Drive a car
 - Use your most fuel efficient car
 - Check your tire pressure
 - Schedule a tune-up before you leave
- Take a bus
 - Mountain Metro Transit
 - Bustang
 - Grayhound

Thank You!



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Questions



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