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Find out more about Berkeley Climate Action: <http://www.berkeleyclimateaction.org/>



If you must print this document, please print double-sided on recycled paper.

REDUCE | REUSE | RECYCLE

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Net Impact Website: <http://groups.haas.berkeley.edu/netimpact/>

SHOPPING - GENERAL

Bring your own bags! Supermarkets often give you money back for using your own bags. Cloth bags are much sturdier than the flimsy plastic ones. And it's better for the environment. Plastic bags are becoming such an ecological problem that some countries and cities are banning them altogether.

Get a few cloth bags and store them in the bottom of your backpack for those impulsive trips to Trader Joe's. Not only will they help you save \$\$ and the environment, but they might just save your laptop the next time you drop your backpack. Use them on any shopping trip (not just the supermarket) – hardware, pharmacy, etc.

Buy things with less packaging, or recyclable packaging. Less packaging (such as buying in bulk) usually means less money and less trash. Also, bulk dry goods (pasta, rice, etc.) store well and look nice in re-used pasta jars.

Get things used! Cheaper for you and better for the environment. Some options:

Freecycle - an online community that swaps things for free. <http://www.freecycle.org/>

Craigslist - listings of items for sale, items wanted, and some free items. <http://sfbay.craigslist.org/>

Buy green

Buy natural foods, non-toxic cleaning products, and paper products made from non-chlorine-bleached, recycled paper-- better for your health and the environment. Brands to look for: Seventh Generation, Ecover, Earth Friendly Products, Method. Available at Whole Foods, Berkeley Natural Grocery, El Cerrito Natural Grocery. Also, read personal care product labels and avoid these toxic ingredients--
http://organicanews.com/about/treat_10synth.cfm

Certified Green Businesses in Alameda County, by category: <http://www.greenbiz.ca.gov/ShopGreenAC.html>

SHOPPING – BY CATEGORY

Books

When buying your textbooks each semester, look for used books first. Great for your wallet and the planet.

Some resources:

Haas Book Swap Google Group: <http://groups.google.com/group/berkeley-mba-book-swap?hl=en>

Online book swap: <http://www.paperbackswap.com>

Buy and sell textbooks at Half.com: <http://www.half.ebay.com/textbooks>

Amazon New & Used Textbooks: http://www.amazon.com/s/ref=nb_ss_b?url=node%3D465600

Clothing

Check out one of the many second-hand stores in Berkeley. One good option is **Buffalo Exchange** (2585 Telegraph Ave at Parker) which has lots of name brand clothes that are “gently used.”

Another on Gilman is worth a look - apparently once called Alabama Chicken, now it's just **Alabama hick**.

Furniture

Wooden Duck – high-quality, new furniture (tables, shelving, etc) from reclaimed teak. For examples, see the tables in the MBA lounge. <http://www.thewoodenduck.com/v2/home.html>

Urban Ore – not-so-high quality, used furniture. But definitely cheaper. You can buy or donate. They seem to take everything. <http://urbanore.ypguides.net/>

Also check out <http://sfbay.craigslist.org/> and <http://www.freecycle.org/>

Groceries

Andronico's (various locations around Berkeley) – Standard supermarket with a small selection of organic and natural foods.

Berkeley Bowl (2020 Oregon St at Shattuck) – Cheap, tons of produce, lots of unusual foods. Very limited organic selection.

Berkeley Natural Grocery (1336 Gilman St) – The Berkeley Branch of the El Cerrito Natural Grocery, below.

El Cerrito Natural Grocery (10367 San Pablo Ave) – Excellent selection of natural / organic / alternative foods, including meats, all organic produce, and a huge bulk section. Probably the best place to shop if you have special dietary restrictions. Close to University Village.

Trader Joes – Rockridge, Emeryville, El Cerrito. Some organic foods, great snacks, lots of chocolate; a good place to satisfy the munchies. Re-use the snack containers for taking your lunch to school.

Whole Foods (3000 Telegraph Ave at Ashby) – One of the larger supermarkets in the Berkeley area. Near Ashby Bart (Telegraph & Ashby). Can be pricey but a good selection of natural, organic, and gourmet foods. Lots of wine, much from California, some organic. Note that the organic produce, as in most supermarkets, is randomly dispersed and not labeled consistently.

Pharmacies

Elephant Pharmacy, 1607 Shattuck Ave, Berkeley – all the regular stuff plus lots of alternative treatments, teas, organic and sustainable foods. <http://www.elephantpharmacy.com/>

Pharmaca Integrative Pharmacy, 1744 Solano Ave, Berkeley http://www.pharmaca.com/events_solano.html

DINING

There is a no shortage of restaurants in Berkeley. Many eateries and restaurants have begun to focus on local and organic ingredients. In addition, many take-out places provide biodegradable cutlery & cups. If they do, ask if they compost their waste. See Certified Green Businesses in Alameda County, by category: <http://www.greenbiz.ca.gov/ShopGreenAC.html>

Some Recommendations:

Ajanta, (Indian), 1888 Solano Avenue, Berkeley <http://www.ajantarestaurant.com/>

Café de la Paz (Latino/Tapas), 1600 Shattuck Ave, Berkeley <http://www.cafedelapaz.net/>

Chez Panisse (New American), 1517 Shattuck Avenue, Berkeley - Famous & expensive restaurant owned by Alice Waters. Try the café. <http://www.chezpanisse.com/>

Greens Restaurant (Vegetarian), Fort Mason, San Francisco - great ambience and view of the Golden Gate Bridge. <http://www.greensrestaurant.com/>

Café Gratitude (Organic), 1730 Shattuck Ave., Berkeley; supports local farmers, sustainable agriculture and environmentally friendly products <http://www.cafegratitude.com/>

On Campus:

Cal Dining (the main dining service on campus – 2610 Channing Way at Bowditch <http://caldining.berkeley.edu/>) has transitioned to provide many healthy and organic foods, and biodegradable paper goods. Cal Dining does not operate Haas, but some good nearby options are Cafe Zeb (<http://www.yelp.com/biz/cafe-zeb-berkeley>) at the Boalt Law School, the café in the Architecture school, and Café Muse at the Art Museum at Durant & Bowditch (walk through the museum grounds from Bancroft).

ENERGY & CONSERVATION

At Haas:

Haas is fairly energy efficient. Most of the lights are compact fluorescents, there is a lot of natural lighting, and the bathrooms have motion sensors. However, are some things you can do--

- 1) Set energy settings on your laptop to dim the screen, shut off the display, and hibernate.
- 2) When possible, use your laptop plugged in – it's more energy efficient that way.
- 3) Turn off lights when you leave a room unoccupied – study rooms, classrooms, book locker rooms, etc.
- 4) Take stairs instead of elevators. The stairs are nicer anyway, and you'll make up for the fact that you don't have time to go to the gym. Every little bit counts.
- 5) Carry a re-usable coffee mug and/or water bottle. A major component of trash at Haas is coffee cups.
- 6) If you must print, print double-sided. If you have “one-side-clean” paper, use it for scratch paper, then recycle it.

At Home:

Save on your energy bill and do your part for the environment--

- 1) Get yourself a surge protector or two and plug your electronics (TV, stereo, laptop, printer, etc) into it. Switch it off when not in use. Many electronics draw power continuously, even in "off" mode.
- 2) Replace incandescent bulbs with Compact Fluorescents or LEDs, especially for that desk lamp that will be burning the midnight oil with you.
- 3) Turn the heat down when you're not at home and at night -- use more blankets and sweaters instead.
- 4) Take shorter, cooler showers.

For more info, see this Low Carbon Guide: <http://www.edf.org/page.cfm?tagID=20927>

TRANSIT

General Information

Online: Everything you need to know about traveling the Bay Area by car, bike, bus, train, skateboard can be found here: <http://www.511.org/>, including traffic information, bike maps, bus maps and schedules, ride-share, PDA tools, a point-to-point trip planner (<http://tripplanner.transit.511.org/>), etc. If you can - live where you can walk/bike/bus to school-- cheaper and healthier.

Download Maps & Schedules to your PDA or Phone!

AC Transit bus schedules: http://www2.actransit.org/maps/portable_schedule_files.php

BART system map and point-to-point schedules: <http://www.bart.gov/schedules/mobile/index.aspx>

Information by Phone: If you don't have access to the web, you can dial 511 for traffic and transit updates.

Bikes: See the 511.org website for lots of info on getting around by bike. Many buses have bike racks on the front for those days when you just can't manage the Berkeley hills. When riding at night, use a white light in front and a red (preferably blinking) light in back. Always lock your bike with a sturdy U-lock through a tire, the frame, and a fixed object. Consider registering your bike, which may aid in recovering it if stolen:

<http://www.nationalbikeregistry.com/> or on campus: <http://police.berkeley.edu/prevention/bike.html>.

Berkeley has a network of "Bicycle Boulevards," which are designated bike-friendly routes that travel the entire length of the city and pass by many popular destinations, including schools, BART and shopping (<http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=6694>).

Don't have a bike? Buy one from the Alameda Point Collaborative Bike Shop, a local non-profit that provides transitional housing and job opportunities for the Bay Area homeless (<http://www.apcollaborative.org/cycles.htm>).

Bus: Students can get a "Class Pass" sticker to put on their Student ID, which is good for a semester (Spring semester includes summer). Faculty and staff can obtain a similar pass for a small fee. This is your ticket to ride any AC Transit bus for FREE. AC Transit is just about any in East Bay, INCLUDING the TransBay buses that take you into San Francisco.

Bus Map Download this map of all buses in East Bay and find some way of printing the Berkeley area segment: http://www.actransit.org/pdf/fullsystem_08.pdf. AC Transit also provides this map in hard copy for free.

Trains: San Francisco has three main train systems that offer fairly good coverage of the Bay Area.

- BART (Bay Area Regional Transit): the most extensive network (<http://www.bart.gov>)
- Cal Train: between San Francisco and San Jose (<http://www.caltrain.com>)
- Muni: local subway system in San Francisco (<http://www.sfmta.com/cms/home/sfmta.php>)

Driving: Keep your tires properly inflated and you'll save gas, money, wear and tear on your tires-- all good for the environment. Check 511.org for traffic conditions to save yourself sitting in traffic. Good for you and the environment.

Free ride to San Francisco: Casual Carpool: <http://rideshare.511.org/carpooling/casual.asp>
Car Share Options: ZipCar: <http://www.zipcar.com/sf/find-cars> | CityCarShare: <http://www.citycarshare.org/>

WASTE & RECYCLING

At Haas, recycling may seem like a challenge. But actually, all you needed to know about recycling, you learned in kindergarten. Remember those plastic boxes with holes shaped like squares, triangles, and stars, and you had to fit the right shape into the right hole to get it into the box? Well...

Cans & Bottles: The (usually blue) bins with two circular holes in the top are ONLY for cans and glass/plastic bottles. NO CUPS-- Coffee, paper, plastic, or otherwise—NO lids, straws, etc, -- no matter how perfectly they fit through those nice round holes!

Paper: Bins with a flat slot on the top are for clean (but used) paper. Please don't try folding up a pizza box to get it to fit through the slot. Also, there is paper recycling in the Computer Lab, but you might want to ask first as their bins are not always well-marked.

Compost: Large green bins and/or bins with green trash bags in them are for green waste / compost, which covers anything plant-, food-, or paper-based. This includes all food, paper plates, and biodegradable cups and cutlery. NO plastic, glass, metal, or foam.



Trash: Bins with black trash bags are for everything else, which hopefully isn't much!

At Home: If you live in Berkeley, you should be able to recycle all of the above at your curbside, in separate bins. If your building doesn't have a green compost bin, ask your landlord, or consider getting worm compost! <http://www.stopwaste.org/home/index.asp?page=443>

Batteries, electronics (e-waste), fluorescent light bulbs, and medications are considered hazardous and should not be disposed of in the trash.

Light bulbs & batteries

IKEA accepts used light bulbs and batteries (and occasionally has e-waste collection days).

<http://www.ikea.com/webapp/wcs/stores/servlet/IkeaNearYouView?storeId=12&StoreNumber=165>

Home Depot, COSTCO, Lowes, WalMart

Many locations are collecting all bulbs & batteries.

Other places accepting used light bulbs (Call ahead to find out pick-up restrictions):

http://earth911.org/search-recycle?what=light+bulbs&where=94708&max_distance=25

Other places accepting used batteries (Call ahead to find out pick-up restrictions):

http://earth911.org/search-recycle?what=batteries&where=94708&max_distance=25

Electronics/E-Waste

This nonprofit takes everything but light bulbs! They take old CDs/DVDs, batteries, electronics (working or not), cables, phones:

Alameda County Computer Resource Center (ACCRC) <http://www.accrc.org/>
1501 Eastshore Hwy, Berkeley, California, 94710, Phone: (510) 528-4052

Other locations accepting e-waste:

<http://www.savesfbay.org/site/pp.asp?c=dgKLLSOwEnH&b=2630241#ewaste>

Medications

Don't flush your unused medications— water treatment plants can't remove pharmaceutical chemicals! Instead, bring them to one of many pharmacies that will accept them for recycling:

http://earth911.org/search-recycle?what=medications&where=94708&max_distance=25

<http://www.savesfbay.org/site/pp.asp?c=dgKLLSOwEnH&b=2736325>

Used Furniture & Household Items

Urban Ore (<http://urbanore.ypguides.net/>) takes most furniture and other usable household items.

There are also many places in Berkeley (e.g., Goodwill) that accept used clothing and other donations.

For more information on where to recycle just about anything: <http://earth911.org/>

Call ahead to find out pick-up restrictions

For more information on waste & recycling in Alameda County: <http://stopwaste.org/>

CLUBS & EVENTS

Make your next event a green one. If you're planning an event, big or small, download the Green Event Toolkit from the Net Impact Website: <http://groups.haas.berkeley.edu/netimpact/>

Join Net Impact! <http://groups.haas.berkeley.edu/netimpact/>

...a global network of leaders who are changing the world through business.