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**SustainVU**  
*Growing Responsibly*

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VANDERBILT  UNIVERSITY

**The Turnip Truck Presents –  
Not All Produce Are Created  
Equally Workshop – July 8**

Can't afford to eat 100% organic?  
Come to The Turnip Truck on July 8  
from 6pm to 7pm for an in-depth talk  
about the "dirty dozen" and all the  
benefits for buying and eating organic.  
The Turnip Truck is located at 311  
12th Ave. S, Nashville, TN. Read  
more and sign up [here](#).

**Nashville Public Library – "Dig  
Into Gardening" Sustainable  
Session – July 9**

Join Turnip Creative Reuse on July 9  
at 6pm at Nashville Public Library,  
Green Hills Branch, to learn how to  
create newspaper seed starters and  
garden journals. Read more and sign  
up [here](#).

**Food, Nature and Sustainability**

Summer is officially here, so check out the tips below to conserve energy at work during the hot summer months! Recently, President Obama spoke about his plan to address climate change, so we included the information below in case you missed it. The Vanderbilt Farmer's Market is in full swing with lots of yummy fruits, veggies, breads, cheeses and more, but sadly will not be on campus Thursday, July 4, in observance of Independence Day. Read below for a list of other Farmer's Markets in Nashville you can visit that week, or anytime. Additional information about the stories and events included in this newsletter are available on the [SustainVU website](#) and [Facebook page](#). Have a wonderful July and Happy Independence Day!

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**As the weather gets hot, practice these tips to  
conserve energy**

### Film Series at Warner Park Nature Center: Food Stamped – July 9

On July 9 at 6:30pm, join Warner Park Nature Center and Good Food for Good People for a screening of *Food Stamped*, "an informative and humorous documentary film following a couple as they attempt to eat a healthy, well-balanced diet on a food stamp budget".

### Hands On Nashville Waterway Volunteer Event – July 9

Join Hands On Nashville on July 9 from 9am to 12pm and be a part of the countywide effort to restore creeks, streams, and rivers to pre-flood conditions or better. There is significant debris remaining in our waterways from the 2010 flood that can create localized flooding during heavy rains. Be prepared to get in the water and have fun! The location of the event will be emailed to you upon registration. Read more and sign up [here](#).

### Nashville Green Drinks—July 10

On Wednesday, July 10 at 6:30pm, participate in Nashville Green Drinks, an organic, casual, self-organized meet up of like-minded professionals with a focus on sustainability. Nashville Green Drinks will take place at Blackstone Brewery (1918 West End Avenue).

### VU Farmer's Market – July 11, 18, 25

VU Farmer's Market is back every Thursday on the Medical Center Plaza

VU is one of the largest energy consumers in Middle Tennessee, and as such, everyone is



encouraged to do their part to reduce energy consumption on campus and at the medical center. Check out the [ThinkOne](#) website for more detailed information on how to conserve energy in your specific area. Below are some helpful general tips to remember during the hot summer months.

- Moderate thermostat settings to 76-78 degrees F. Remember to adjust thermostats in classrooms unoccupied during the summer. Adjust thermostats more radically when you leave for the day or weekend. Dress for the hot weather so you can remain comfortable in more moderate temperatures.
- Close window shades or blinds during the hottest part of the day to keep heat out and cool air in.
- Turn off lights in your workspace when you leave, even if only for a short period of time. Turning off your lights will save energy if you are gone for more than 30 seconds.
- Turn off lights to common areas such as kitchens, bathrooms, break rooms, classrooms and conference rooms when you leave and especially before leaving for the day. Many of these spaces sit empty the majority of the day.
- Turn off office equipment. If allowed in your area, computers, printers, copiers, and scanners can be turned off when you leave for the day (or at the end of your work shift if they will not be used again for several hours). Otherwise, activate sleep modes and energy-saving settings. Instructions for modifying power settings can be found on the SustainVU Energy Saving Tips page.
- In laboratory spaces, close fume hood sashes when not in use.
- If your office or area seems unusually cold or hot, or you have trouble regulating the temperature, please call VU Plant Operations at 343-9675 or VUMC Plant Services at 322-2041 to let them know.

### President Obama releases plan to tackle climate change

On June 25, President Obama spoke at Georgetown University regarding his vision to prepare the U.S. for the impacts of climate change. He also discussed how we will lead the effort globally to address climate change and explained why action must be taken immediately. Read more about the President's plan [here](#) and see the full speech [here](#).



**VU Farmer's Market closed July 4 – Check out these**

from 3pm to 6pm. Read more [here](#).

\*Note: The VU Farmer's Market will not be on campus on July 4\*

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### Team Green Adventures Home Energy Savings Project Volunteer Event – July 13

Join Team Green Adventures and Hands On Nashville on July 13 from 9am to 12pm to help improve the energy efficiency, comfort, and safety of a home owned by a low-income Nashvillian. You'll also learn some great tips for making your own home more efficient and saving on your utility bills. The location of the event will be emailed to you upon registration. Read more and sign up [here](#).

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### Tennessee Veggie Festival – July 27- July 28

Vegetarian, vegan or just love vegetables? Visit the Tennessee Veggie Festival on July 27 – July 28 from 10am to 5pm in Centennial Park! Admission, samples and parking are free. Read more [here](#).

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### Tennessee Environmental Council Night at the Nashville Sounds – August 1

Join the Tennessee Environmental Council on August 1 for a night at the Nashville Sounds game. Tickets are \$12. With 50 or more participants, the Sounds will donate \$4 per ticket to the Council when purchased [here](#). Click [here](#) for more information and to buy tickets!

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### Students! Sign up for Cardboard Crew at Move In –

### other options

- [Nashville Farmer's Market](#) – Open daily. Merchant hours vary.
- [West End Farmer's Market](#) - Open Saturdays from 9:00am to 12:30pm.
- [12 South Farmer's Market](#) – Open Tuesdays from 3:30pm to 6:30pm.
- [East Nashville Farmer's Market](#) – Open Wednesdays from 3:30pm to 6:30pm.
- [West Nashville Farmer's Market](#) – Open Saturdays from 9:00am to 12:00pm.
- [Franklin Farmer's Market](#) – Open Saturdays from 8:00am to 1:00pm.



### Enterprise CarShare offers new transportation option on campus

Using alternative transportation to get to work—such as MTA buses, the Music City Star, carpools or vanpools—helps the environment and saves you money, but it may leave you without a mode of



transportation to attend a meeting, run a quick errand or grab a bite to eat during the work day. In addition to Vanderbilt's [Zipcar](#) program, the [Office of Traffic and Parking](#) is now partnering with [Enterprise CarShare](#), formerly WeCar, to offer even more car sharing services to Vanderbilt faculty, staff and students. Read more [here](#).

### Senator Alexander lays out plan for America's energy future

Senator Lamar Alexander (R, TN) recently laid out a plan to increase government spending to address climate change caused by carbon pollution. Included in his plan are four principles: cheaper energy; cleaner energy; fewer government mandates and more research and development; and a free market approach. Read more [here](#).



### VU Power Plant to Convert to All Natural Gas – FAQs available

Have questions about the VU Power Plant conversion to all



## August 17

Sign up for the Cardboard Crew, move in early, get free food and a shirt, and enjoy the satisfaction of recycling tons of cardboard...literally! If you don't know about Cardboard Crew, it is a student-led alternative to Move Crew that recycles all of the cardboard normally discarded during move in day on campus. Last year, the Cardboard Crew diverted over 32 tons of cardboard from the landfill! Sign up [here](#).



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natural gas? Visit [SustainVU](#) to read FAQs about the conversion and stay up-to-date with the construction progress! The conversion will replace the coal-fired boilers with natural gas boilers while retaining the same power generation capacity over the next three years.



For more information on any of these stories, events and more, visit the SustainVU website at [www.vanderbilt.edu/sustainvu](http://www.vanderbilt.edu/sustainvu) or contact the Sustainability and Environmental Management Office at [sustainvu@vanderbilt.edu](mailto:sustainvu@vanderbilt.edu) or (615) 322-2057.

