

- 10:30 Welcome back & introductions – Jack and Bill
- 10:40 Share CEST structure and appointments process – Jack
- 10:45 Meet a NC State Steward
- 10:50 Share year 4 tactics – Bill & working group chairs  
- Share 2 most challenging tactics
- 11:20 SOP next steps – Jack
- 11:35 Call for future agenda items – Tracy
- 11:45 July Energy Summit update - Jack
- 11:50 Round table updates – All
- 12:00 Adjourn

### Information Items

- The Annual Sustainability Report is aiming to publish by early October and includes a letter from Chancellor Woodson.
- Oct. 15 is Campus Sustainability Day and will feature the Alternative Fuel Vehicle Showcase from 10-1, in partnership with Staff Senate

### Next meeting: Oct. 3

Standing meetings are Fridays at 10:30 every 4-6 weeks

## September is Food Month

**Change Your State**  
for a better you, NC State and world

FOOD ENERGY ZERO WASTE COMMUNITY TRAVEL WELLNESS WATER 2014 EARTH MONTH WHY?

### Food

You are what you eat, so choose foods that have the least environmental impact and biggest health benefits. Chew on these tips for more eco-friendly and healthy eating.

#### Eat Local

There's no place like home, and nothing like homegrown. Eating local food supports local farmers while also reducing the travel time and environmental impacts from the farm to your fork. Look for local food options in campus dining halls or stock up on produce and other items at the Campus Farmer's Market, which is held Wednesdays from 10 a.m. – 3 p.m. on the Brickyard. To get even more local, connect with the student-led SOUL Garden on campus and learn to grow your own food.

#### Watch Your Waste

It's estimated that up to 40 percent of the U.S. food supply is wasted every year. That 133 billion pounds of uneaten food (which often ends up in landfills where it rots and produces methane, a harmful greenhouse gas) is like every American throwing away \$390. How would you explain that to one of the millions in the world who face hunger every day? So, don't bite off more than you can chew. Waste less food by only putting on your plate what you can eat.

#### Mind the Meat

The average American eats 185 pounds of meat per year, which is about twice the global average. For every pound of meat produced, there are significant water costs, energy costs and greenhouse gases emissions involved in raising the animal, processing the meat and shipping it to a store, restaurant or dining hall near you. Worldwide, natural habitats are being increasingly converted to livestock farming land as the demand for meat soars. Help reverse the trend by going meatless occasionally and filling your plate with other plant-based protein sources such as beans, nuts, seeds and peas. Not only will you be helping save water, energy and greenhouse gas emissions, but you'll be packing your body with important vitamins and antioxidants.

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WHAT'S NEW

- Top 10 Sustainability Tips for New Students  
18 Aug
- Savory (and Easy) Stuffed Sweet Potato Recipe  
21 Jul
- Secrets of a Sustainable Summer Cookout  
9 Jun

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RESOURCES

- Find Sustainability-Related Events
- Download poster with Food tips
- University Sustainability Office
- University Dining
- NCSU Campus Farmers Market
- Raleigh Farmers Market
- 10% Campaign
- SOUL Garden

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