

Upcoming Events

SUSTAINABLE ENTERPRISE
ACCELERATOR (SEA) PRESENTS:



Virtual Reality

"Escape & Rejuvenate" Eco-Therapy EVENT

Thursday, December 5, 2019

During Common Hour

Bailey Library



See our projects @ www.seasru.com

Issue 2

December 2nd, 2019

Sustainable Enterprise Accelerator December Newsletter

In This Issue:

- Happy Sustainable Holidays....2
- Close to my Heart.....3
- Simplified Meals by Ginger.....3
- Get In Touch.....4
- Holiday Recipe.....4



Happy Sustainable Holidays!



Tips on how to reduce your footprint during this snowy season

Mia Vereb

In the coming months, between Thanksgiving and New Year's Day, *Americans throw away 1 million extra tons of garbage each week!* This extra trash mostly consists of wrapping paper and packaging. Holiday wrapping paper and ribbons cannot be recycled due to the shiny gloss that coats the paper. These products will eventually end up in a landfill, and are mostly mass produced in Asian sweatshops. All this for the joy of unwrapping a gift in only a matter of seconds. An abundance of water, trees and oil are used when creating wrapping paper. At first admired and then to be torn off by eager receivers. We can avoid the harsh reality that these products bring by finding substitutes for their charm.

- An easy to find and inexpensive substitute is to recycle newspapers and magazines when wrapping presents. The act of reusing them itself is sustainable, and not to mention that newspaper can be recycled once again and be made into such things as cereal boxes, egg cartons, grocery bags, tissue paper and many other products, including new newspapers! This method I believe gives the packaging an appealing and quite unique look. Presents that I give to my young nieces I decorate with stamps and hemp string.
- When given and giving a gift that is placed in a holiday gift bag be sure to not just toss it away after but hold on to it for another time you give a gift! This will not only help to eliminate unnecessary waste but keep you from spending extra money on this product. My family always keeps our gift bags so that they may be used again the following year. It helps us to save money and we conveniently have gift bags on hand without having to run to the store..
- Try Wrappily -- this wrapping paper is printed with non-toxic soy-based inks on newsprint made from recycled content. This wrapping paper also utilizes old newspaper presses that would otherwise be idle due to lack of demand. Wrappily is 100% recyclable at the end of its life. Check them out at: <https://wrappily.com>.
- Another low-waste idea is to go without wrapping gifts at all. A fun family idea is to hide presents in less than obvious places and hold a scavenger hunt! Children will love the idea of discovering their own presents.

For a holiday that only comes once a year but seems to last all year long... Many Americans start decorating months before the holiday season and frequently shop year-round to increase their collection and holiday display.

- If you feel as though your holiday collection is not quite as extravagant as you had hoped, instead of heading to Target, first stop at second hand stores to browse their eccentric holiday assortment.
- Those that love to craft can find endless holiday decoration ideas for your home or classrooms on Pinterest, be sure to reuse materials that you have on hand!

Americans can be known as extremists when it comes to Christmas. Our nation values materials, the quantity and quality of goods we possess. Don't stress and feel as though you must buy and buy until your wallet is left bare. Be cautious of your spending this season. Find ways to create the perfect gift by making it yourself.

- Hand-made gifts have gone out of style but that doesn't mean you should follow the status quo. These gifts come from the heart and usually end up costing less than what it would if you had bought it. Hand-made gift ideas are great additions to larger gifts and often hold more value to the recipient than those that come off the shelves. Hand-made gift ideas are to: knit, bake, build, or create art. Not an artist? Consider ideas such as making calendars using your own photographs of family and friends or a recipe book with favorite family recipes.
- Buy locally. Skip the Black Friday lines and the online confusion by simply looking for gifts at boutiques and other small business shops in your area. You will find unique gifts that your loved one will adore. Get ahead of the buying season and shop at some of these great local stores near Slippery Rock:

Playthings Etc.
The Birdwatchers Store
Tinker's Dam Florist & Gifts
George's Unique Gifts

Meridian Station Gift Shop & Confectionery
Shannon's Kandy Kitchen
Branded in Butler

- Giving doesn't always have to be an item. Think in ways that also support your community: tickets to local theater performances, concerts, sports events and local attractions. Museum memberships, gift certificates for a local spa or a rock climbing lessons are just a few examples of great gifts that don't require being wrapped but instead are enjoyable day or evening activities.
- Consider alternatives to battery-powered toys. If you must provide batteries for a gift, be sure to purchase rechargeable ones. Batteries are made with harmful elements such as cadmium, lead, mercury, nickel, lithium and electrolytes. When batteries are thrown away in the household trash, they end up in landfills. As the battery decomposes, chemicals leach into the soil and make their way into the water supply, eventually reaching the ocean. Lithium in batteries reacts in a volatile way when becoming exposed, causing landfill fires that can burn underground for years. This causes toxic chemicals to release into the air, increasing the possibility of exposing humans.

Our nation uses more electricity on our holiday lights and displays than some counties accumulate in an entire year! Be mindful of your holiday lights. Use energy efficient lights & a timer. Installing a timer will turn your lights off automatically, which not only reduces unnecessary energy use but saves you money.

Recognize, the most effective way to partake in a sustainable holiday is to simplify! When you simplify you will reduce your waste, costs and stress!

This article is written as a reminder that while this may be the season of giving, it shouldn't always come from our wallets but include gestures and actions of thankfulness and love. Often people become stressed over the holidays. They decide to hate the holiday's, when really this time should be spent reflecting and relaxing within the company of those we love. Step back from the chaos and find new meaning in the season of giving by being cautious of your holiday footprint.

Happy Holidays from myself and the SEA!



close to my heart



The Clinton Global Initiative University (CGI U) is an annual event where college students from all over the globe may apply to participate in the program. Students must be actively volunteering their time to a cause they are passionate about helping to create a more perfect world. This ranges from social justice issues, world poverty, environmental concerns and anything that is deemed to help others and create change.

Freshmen Hiruni Herat from American University and senior Mia Vereb from Slippery Rock University were accepted and will be travelling to Edinburgh, Scotland with SEA Director John Golden, the second week of April to present their initiative of continuing to provide education to communities in Sri Lanka, South Asia.

Close to my Heart Foundation is working to provide equal opportunity to underprivileged populations with education, healthcare, and social equality.

To learn more about past and future projects or to donate to this cause, check out their website:

<https://www.closeomyheartfoundation.org/>

Education is a right, not a privilege!



Wednesday	7AM-7:30PM
Thursday	7AM-7:30PM
Friday	7AM-5PM
Saturday	7AM-1PM
Sunday	Closed
Monday	7AM-7:30PM
Tuesday	7AM-7:30PM

Address: 187 Harmony Rd, Slippery Rock, PA 16057

Phone: (724) 372-2892

Tyler Quach- Dao

Simplified Meals by Ginger is a hit amongst students and community members here at Slippery Rock. Whether you would like to stop in and grab a cooler meal or take a hot meal to go, you cannot go wrong. Ginger also offers a variety of great desserts, drinks, and side dishes. My personal favorite drink is their signature Austin's tea, a mixture of peach and raspberry tea.

I have spoken with a couple different students who stop by Meals by Ginger regularly and asked why they enjoy what there is of offer here. Everyone agreed that the food is delicious, but they also mentioned how convenient it is for them. One student commented how, "the cooler meals make my life a lot easier, since I am so busy and don't have time to cook for myself. I can run in and grab a ready to go meal from the cooler and be on my way. Also, the meals are labeled with the macros which is a bonus." Another student said, "I think it's great that they offer 10-meal cards, it saves me money and time."

At Gingers, you could either buy single meals for \$6.25 each or you could get a 10-meal card for \$56.25 and use them as you go. When you buy a 10-meal card, the workers record your name on it and put them in a binder and check off a meal each time you use one. As Ginger is continuing to expand her business, the volume of cards is beginning to grow and take over space. The Sustainable Enterprise Accelerator is working with Meals by Ginger to create an app that looks to solve this problem. The goal is to add sustainability to Ginger's business and allow them to continue and expand seamlessly without trouble.

Get In Touch

Facebook: Sustainable Enterprise Accelerator



Twitter: @SEAatSRU



Instagram: @sea_sru



Dr. John Golden, Director:
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Holiday Recipe – Eggnog Waffles

Ingredients:

- 1 ½ cups whole wheat pastry flour
- 1 tbsp. baking powder
- 2 tbsp. vital wheat gluten
- ½ tsp ground nutmeg
- 1 tsp ground cinnamon
- ½ tsp salt
- 1 ¾ cup eggnog
- 1 egg room temperature
- 1 tsp pure vanilla
- 1/3 cup butter melted (or coconut oil)



Instructions:

1. Combine dry ingredients in a large bowl and whisk until mixed. Mix wet ingredients in a separate bowl and whisk until well combined.
2. Make a well in the dry ingredients, and add the wet ingredients, and stir just a few times. There may still be some lumps. That's ok. Set aside for at least 10 minutes and preheat your waffle iron.
3. Lightly spray the hot waffle iron with olive oil spray and pour batter into the waffle maker (See your manual because each model will recommend a different amount) until cooked through.

Enjoy!

<https://www.sustainablecooks.com/eggnog-waffles/>

Nutrition Facts

Eggnog Waffles (Make Ahead Christmas Breakfast)

Amount Per Serving (1 waffle)	
Calories 283	Calories from Fat 126
% Daily Value*	
Fat 14g	22%
Saturated Fat 8g	50%
Cholesterol 98mg	33%
Sodium 275mg	12%
Potassium 443mg	13%
Carbohydrates 29g	10%
Fiber 3g	13%
Sugar 6g	7%
Protein 10g	20%
Vitamin A 505IU	10%
Vitamin C 1.1mg	1%
Calcium 205mg	21%
Iron 1.7mg	9%

* Percent Daily Values are based on a 2000 calorie diet.