

# THE ECO MOSQUITO

SUSTAINABILITY NEWS AND EVENTS AT HLC AND BEYOND

ISSUE 36, NOVEMBER 2015

Over the next few months many of us will spend most—if not all—the sunlit hours at work or school. Try scheduling a walking meeting or take a phone call and hot tea outside. You won't get enough Vitamin D from that alone though! To fill the gap, consider fish, mushrooms, fortified foods, or supplements. We'd suggest a tropical vacation, but your carbon footprint would skyrocket!

## Winter Biking Tips

### Stay Visible

Winter means less daylight and possibly commuting in the dark. At the very least, have a white light in front and a red flashing light in back. Now that it's cold enough to wear a few layers, fluorescent yellow or reflective outerwear is a great option, including vest, leg bands, and arm bands.

### Stay Warm

Layering is key in the cold. The best layering combination is a base layer that wicks away sweat, a middle layer that insulates by trapping your body heat, and a windproof, waterproof outer shell.

### Stay Safe

Remember to check the weather before you head out and if the road conditions will be bad, use alternate transportation. As always, make sure your brakes are working and your chain is lubricated. Take your time and leave a bit earlier so you're not rushing. Brake earlier too – the roads may look clean but black ice is tough to see, especially in the dark! Leaves are also slippery and they can hide potholes and ice.

Stay tuned for the Winter Biking Tips event on Dec. 9th  
Check [www.hsph.harvard.edu/bikes](http://www.hsph.harvard.edu/bikes) for details



## New Program at Sebastian's

If you haven't noticed already, Sebastian's Cafeteria (HCSPH) just launched a program providing reusable containers for your food!

Every day, they offer the new green reusable salad bar containers (clamshells) for you to fill up from the salad bar or the other sections of the cafeteria. And on days they are offering the Bento Box, you can request the reusable Bento Box.

Once you're finished eating, just put the used container in one of the receptacles near the entrance/exit to the cafeteria! REUSE!



## Lighting Fairs (dates & locations below)

Take advantage of Eversource's reduced prices and replace existing incandescent or CFL bulbs with LEDs.



LEDs provide the same or superior lighting experience while consuming a fraction of the energy and eliminating the mercury contained in CFLs from your home or office.

## Make it a sustainable and compassionate Thanksgiving

Here's a tip from Mollie Katzen (best-selling cookbook author) for a more plant-based Thanksgiving:

**"My favorite thing to do is stuff a vegetable** with whatever. You made this beautiful cornbread stuffing or beautiful wild rice and pomegranate stuffing and you have a baked half of an acorn squash...



"Roast that acorn squash and fill it brimming with one of these stuffings. You can stuff cabbage or grilled portobello with anything. Anyone served a grilled portobello is going to have a happy moment."

## DON'T MISS THIS!

**Lighting Fairs:** - Purchasing website to come soon

**Tuesday November 17 @ 11:30am-1:30pm** Harvard Chan School FXB Atrium

**Thursday November 19 @ 11:30am-1:30pm** HMS Courtyard Café

**EcoOp Meeting:** - **Thursday November 19 @ 11am-12pm** – HMS Gordon Hall, Alumni Room 3rd Floor

**Community Food Drive:** - **November 9-20** Donation boxes located throughout all three Longwood Campus schools.

