

# THE **Eco Mosquito**

SUSTAINABILITY NEWS AND EVENTS AT HLC AND BEYOND

ISSUE 45, OCTOBER 2016

A special note from our friends in HR (who are great supporters of EcoOpportunity), be sure to check out their latest offerings in career development and training by visiting <https://hsph.me/1p5>

## Green is the new Orange

Well, it could be... Halloween is a great occasion for kids and adults alike. However, it can also be quite a wasteful time of year.

Here are some tips to go green for Halloween this year:



1. Reuse or swap costumes, get creative using fabric scraps or recycled cardboard or shop for accessories at resale or vintage stores such as the Garment District in Kendall Square, Boomerangs or Goodwill.
2. Instead of handing out conventional candy, try offering a choice with non-candy items in the mix such as pencils, erasers, stickers or even seed packets.
3. A perennial favorite tip from the Eco Mosquito is to use a reusable bag for kids to collect their candy or other items in.

## Halloween Shake



Instead of tossing your jack-o-lantern into the woods after Halloween, why don't you reuse it? Did you know that pumpkins make for great treats? Try out this delicious recipe for a pumpkin spice shake. It is sure to put a smile on everyone's faces.

- 1 generous packed cup of vanilla or pound cake
- 5 tbsp. pumpkin puree
- ½ tsp. cinnamon
- 1/8 tsp. ginger
- 1/8 tsp. allspice
- 2 tbsp. maple syrup
- 1 pint vanilla ice cream

Blend together and serve!

## DID YOU KNOW?



EcoOp is hosting another Freecycle. This time there will be a Halloween theme to the events. In addition to lab and office supplies that are in good condition, bring your Halloween costumes (especially those for kids). There will be opportunities at both HMS and SPH to drop and shop for free stuff. Some examples of items that have been donated (and taken!) at previous freecycles are lab coats, colored paper, binders, pipette tips and computer speakers. See the "Don't Miss This!" section for dates and times. Come and check it out and you'll never know what you might find.

## DON'T MISS THIS!

**Oct. 20 @ 2:00 - 3:00pm** – EcoOpportunity Meeting, Countway Library, 5th floor, Minot Room

**Oct. 22** Arnold Arboretum trip for Students (rain date Oct 23)

**Oct. 25 @ 11am — 2pm** — HMS Freecycle — Courtyard Cafe

**Oct. 26 @ 11:30am — 1:30pm** — Harvard Chan Freecycle – Rosenau (Kresge) Atrium

Check out the Center for Health and the Global Environment Sustainability Health Leadership Series. You can find out more and register for events here:

<http://chgeharvard.org/events>

