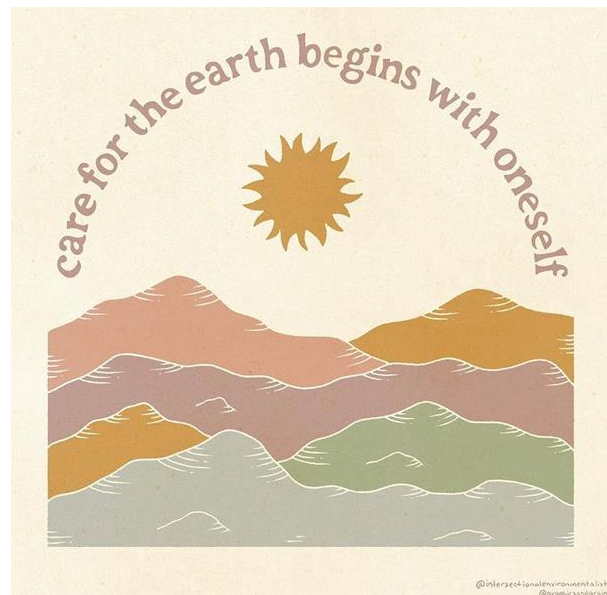




Happy Holidays from the Office of Sustainability!

Rest is Radical

Rest is essential to restoring our emotional, physical, and mental well-being. We hope you will take the time to rest, rejuvenate, and care for yourself in your own way this break and remind loved ones to do the same. After all, rest contributes to our personal and collective sustainability!



Festive Sustainability Tips

Here are 3 tips to reduce your environmental impact this December:

1. Try low waste gift wrap

Wrap gifts using items you can find around your home, such as paper bags, newspaper, or mason jars. For inspiration, check out our [Sustainable Gift Wrapping Ideas Tutorial](#) on Instagram!

2. Shop sustainably

Buy gifts at secondhand stores or shop locally. If you're feeling creative, consider making gifts from scratch.

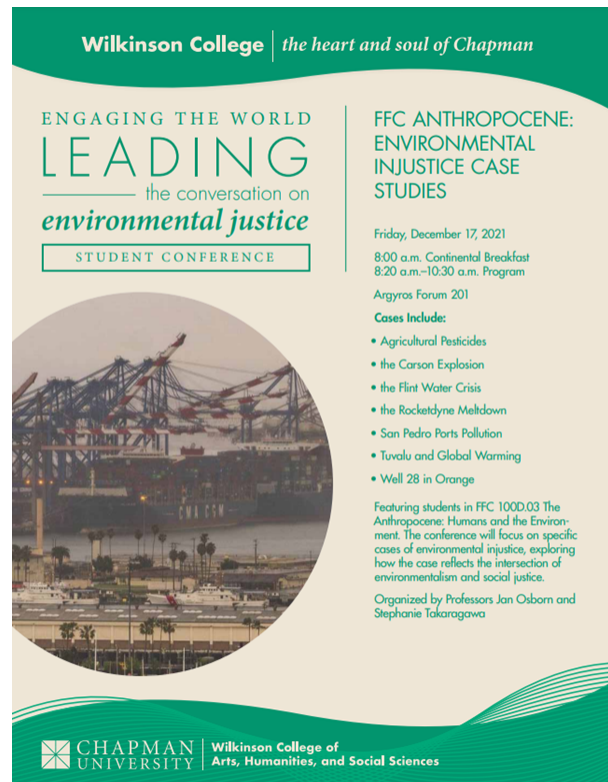
3. Limit food waste

Freeze leftovers or give them to family and friends, donate shelf-stable items to a food pantry, and compost food scraps.



Environmental Justice Event!

Wilkinson College will host an Environmental Injustice Case Studies Conference on Friday, December 17. Check out their [website](#) and [flyer](#) for details!



Conserve Energy Over Break!

Before you leave for winter break, make sure to:

- Turn off all water faucets and fix or report any leaks
- Turn off lights and fans to conserve energy
- Unplug or turn off any air conditioning units, appliances, or power strips that will not be used
- Empty your fridge of any food items that might go bad over break

Taking these easy actions in your dorm, living space, or office will reduce Chapman's environmental footprint!

Green Panther's Article Picks:

- [How to buy nothing new this holiday gifting season](#) (New York Times)

- A 'no snow' California could come sooner than you think (L.A. Times)
- Sustainability is on the wish list this holiday season (CNBC)

Know a fellow Chapman student/faculty/staff interested in sustainability and the environment?
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[@sustainchapman!](#)

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