



The Sustainable Resolution Edition

“We’re dreaming of **greener** holidays.”

It’s that time of year again...

A new year offers the chance to revise and improve one’s own habits. Many choose to lead more environmentally-friendly lives.

But why wait for January 1?

Consumption is at an all-time high during the holiday season, providing the perfect opportunity to use sustainable consciousness. Cooking, shopping, decorating, entertaining and gift-giving are all activities in which consumers can take a greener approach.

In accordance with our dedication to sustainability, TranSComm has compiled this newsletter with hopes of making your Hanukkah, Kwanzaa, Christmas or New Year’s celebrations a bit greener.

Happy holidays to you and yours from the friendly folks at TranSComm!

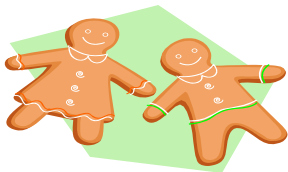


About *TranSComm*

Transportation Solutions for Commuters, Inc (TranSComm) is a transportation management association (TMA) that coordinates the transportation needs at BUMC and in the Albany Street neighborhood of Boston’s lower South End. TranSComm develops employee programs that promote alternatives to driving alone

and enhances accessibility in our neighborhood.

TranSComm is a pro-active organization committed to working collaboratively with local, state and federal agencies to propose and implement transportation options for the Medical Center, its affiliates, and the South End community.



TranSComm's



Green Guide to the Holidays

featuring tips from SeventhGeneration.com

Feasting

No matter what type of food you'll be serving over the holidays, you can be sure that almost any meal can be prepared with organic or locally sourced ingredients. Choose sustainably raised livestock, turkey, duck, pork, lamb or goose. You can be certain that these meats will taste better than John Madden's infamous Turdurken. Seasonal fare is more sustainable as it requires less transportation between the farm and marketplace. Fortunately, many of the most classic staple vegetables are grown in New England during the winter: potatoes, onions, carrots, cabbage, beets, and winter squash. Using homegrown fare is amongst the easiest methods of promoting sustainability while dually supporting local farmers. Plan your menu carefully and pay close attention to portion control in order to avoid wasting food. (Keep in mind studies that show people eat between 30-50% more when they eat in groups!)

Here are some guidelines:

Hors d'oeuvres: six bites per person before a meal.

Meats and fish: between six and eight ounces per guest.

Rice and grains served as a side dish: 1.5 ounces per person.

Pasta servings: about two ounces per person for side dishes, three ounces for a first course, and four ounces for entrees.

Potatoes: about five ounces per guest.

Vegetable sides: four ounces per person.

Salad size: about an ounce (undressed) per person.

Soup: a cup of soup for each guest.

Pies, cakes, and tarts: one slice per guest.

Desserts like mouse or pudding: four ounces.

Ice creams or sorbets: five ounces.

Cookies: three per person.



Traveling



Try to make one major trip to the mall for gifts and supplies, and invite anyone who may need to go as well. Carpool with family and friends to gatherings. The MBTA still provides public transit service throughout the holidays, although service operates less frequently on Christmas Day (refer to the MBTA Sunday schedule for service). On New Year's Eve, many Bostonians find that public transit is the most convenient transportation to First Night. Parking is often limited throughout the city during this time of year, never mind the hassle of parking bans and shoveling should it snow.

Entertaining



Entertaining is often the source of most holiday stress. Don't invite disposable dinnerware. Yes, clean up will take a little longer, but the Earth will have a much better time at your soiree if you use real plates and cups, metal utensils, and cloth napkins. If you have to use disposable serving supplies look for compostable plates, cups, flatware and napkins made from post-consumer recycled paper and things like biodegradable corn and potato polymers. Always avoid Styrofoam and other non-renewable, non-biodegradable materials. Make it easy for your guests to reduce waste as they party on. Put your trash, composting and recycling containers where they're easy to find, and clearly label each with a list of what goes where. Clean-up will be super simple, and you'll make sure recyclables get sorted. Send your invitations electronically. Free websites like Evite make it easy to do. Or send a digital greeting card with the invitation at the end. Encourage carpooling. If your house is served by mass transit, provide routes and directions with your invitation.



Gift Giving

Every Christmas Eve, my family sits down in our living room after Mass to exchange gifts. My uncle typically brings two large black trash bags into the room for the occasion. Why? My family fills both bags with discarded wrapping paper on average. Wrapping paper alone counts for millions of pounds of trash annually. Over the years, my family has realized how much waste we have accrued. Gift bags are an economical alternative that produce less waste so long as they are recycled for more than one use. For those who cannot give up wrapping paper, many companies offer wraps made from recycled materials. Many stores now sell reusable felt sacks that resemble Santa's very own bag of goodies.



Decorating

Using energy efficient holiday lights can not only conserve electricity, but it can also help reduce the cost of your electric bill. LED lights are designed to last for many seasons with some companies offering ten year warranties. Buying well-made lights the first time will prevent the future expense of needing a new set. Wise consumers can also replace the regular bulbs of electric menorahs, kinaras, advent wreaths and other candles with LED bulbs.



TRANSCOMM

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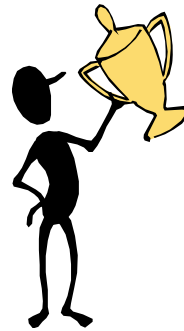
Jen Covino

Editor

WHAT SERVICES DO WE PROVIDE?

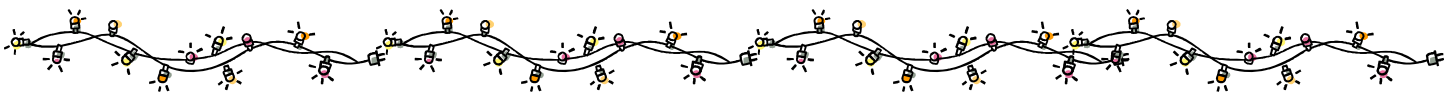
- Public Transit Advocacy
- MBTA Pass Programs
- Carpooling & Vanpooling
- Bicycling
- Walking
- Personalized Commuter Assistance
- Employee & Student Orientations

www.bumc.bu.edu/transcomm



HALLOWEEN RAFFLE WINNER

Shenia Patterson (left), a student of the BU School of Medicine MD/PhD program, with friend **Gabriella Song** (right), won a glass pumpkin filled with Hershey's Kisses by correctly guessing the number of kisses inside!



Interested in vanpooling?

TranSComm, in conjunction with MassRides, is starting an employee vanpool sometime in the upcoming months. Any employees who reside outside the city of Boston are welcome to inquire. We will coordinate a vanpool commute for eight passengers, who will meet in a suburban location. The routes have yet to be determined, as we are assessing the most effective routes in communities with the most dense population of Boston University and Boston Medical Center employees. Send inquiries to maureenl@bu.edu.