Sustainable Friendsgiving Tips

1. Coordinate with attendees to avoid excess food
   a. Create a spreadsheet to track what attendees are bringing
2. Make a green event a group effort
   a. Ask friends to bring things in reusable dishes rather than disposable ones
3. Make things from scratch when possible
   a. This is the perfect time to try to make your own rolls or pies
4. Take stock of the ingredients you already have before going shopping
   a. Clean out the fridge and freezer while you are at it for more leftover space
5. Choose recipes that will use up leftover ingredients
   a. Only using half the container of broth for one recipe? Try to find another recipe that would use the other half!
6. Leave dishes that are proven duds off the menu
   a. Probably nobody wants the jello carrot salad... You could skip it
7. Plan ahead for food storage options
Brazos Valley is home to different cultures from all over the world. Brazos Valley Worldfest brings together the people and provides an occasion to celebrate and discover the cultural diversity of the Brazos Valley.

Head to Downtown Bryan between 10 a.m. and 4 p.m. for performances, cultural displays, authentic regional food, and more! See the full lineup and event details at https://www.brazosvalleyworldfest.org/lineup/

This year, Keep Brazos Beautiful is excited to continue their Recycled Art Contest in Celebration of America Recycles Day. They will be offering prizes for 1st, 2nd and 3rd place winners in the following age categories:
- K-2nd Grade
- 3rd-5th Grade
- 6th-8th Grade
- 9th-12th Grade
- College/Adult

For full contest rules, judging criteria, entry instructions, and prize details, head to tinyurl.com/KBBRecycleArtDay
On behalf of the Texas Regional Alliance for Campus Sustainability (TRACS) planning board, we are excited to host our second Virtual Student Summit on November 14th that is centered around Work Equity and Social Justice. This free conference is created by students, for students.

If you cannot make the entire conference, the sessions can be attended individually.

12:00 p.m. - 1:00 p.m. - Keynote address by Mr. Lewis Maltby
Head of the National Workrights Institute, author of the book *Can They Do That? Retaking our Fundamental Rights in the Workplace*, will speak on how rights are affected when you join the American workforce.

1:00 p.m. - 2:00 p.m. - Panel of Work Equity Advocates
A presentation and discussion on topics such as gender equity, racial equity, paternal/maternal rights, alternative work models, and union rights.

2:00 p.m. - 3:00 p.m. - Student Presentations
Ten-minute student presentations on pressing social justice or workforce equity issues.

3:00 p.m. - 4:00 p.m. - Salary/Benefits Negotiation Workshop
The A&M Women’s Resource Center will lead a salary and benefits negotiation training to close out the conference.

**WHY PRESENT?**
- To share your ideas and work with other sustainability focused students, and inspire change that improves workforce equity and social justice across Texas and beyond.
- To garner public speaking experience at a statewide sustainability conference.

**APPLY:** tinyurl.com/TRACSstudentapp
**DEADLINE TO APPLY:** NOVEMBER 7 AT 11:59 P.M.
November Events

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1 – World Vegan Day
2 - Dia de los Muertos | Stark Galleries | 5 p.m. - 7 p.m.
- Aggie Eco Reps Open Mic night*
3 - Global Conference on Sustainability in Higher Education Day 3*
5 - Aggie Eco Reps Campus Clean Up - 10 a.m. - Front of SSB
6 – International Day for Preventing the Exploitation of the Environment in War and Armed Conflict
- STAND Up Trauma-Informed Care: Full Training for Students
8 - Von’s Vision*
10 - Sustainability in Athletics Panel in collaboration with Auburn University*
- Pride Late Night*
12 - Brazos Valley Worldfest*
- Keep Brazos Beautiful Recycled Arts Contest entries due*
14 - SHS Nutrition Services Grocery Store Tour*
- Texas Aggie Recycles Day - 12th Man Hall - 10 a.m. - 1 p.m.
15 - America Recycles Day
- National Recycling Day
16 – United Nations: International Day for Tolerance
- Aggie Eco Reps Sweet Eugene's Profit Share - 2 p.m. - 7 p.m.
17 – National Hiking Day
18 - Aggie Eco Reps Swap Shop - 1 p.m. 5 p.m. - White Creek Community Center
20 – LGBTQ+ Transgender Day of Remembrance
25 - Buy Nothing Day
26 - Small Business Saturday
Native American Heritage Month
Movember

*Link for event is in email
The prevalence of hunger and food insecurity, particularly at, and in the sphere of influence of, a Land Grant/Extension university like TAMU.

How little broad institutional support there is for implementing community-based sustainable interventions that allow broad access to participation in the food supply chain at all points of entry.

That many of the answers to my research questions reside in historical work, and the question now needs to revolve around why aren't obvious solutions facilitated at the community and institutional level?

Because there is no planet B, and there really isn't (or doesn't have to be) actual scarcity of these basic resources that fulfill needs.

Ensuring equitable access to clean water, air, and adequate nutrition and calories for everyone to thrive.

Dr. Sarah Gatson
Associate Professor
Department of Sociology
From within a larger framework of looking at belonging and access and a general focus on identity, community, and citizenship, my current research examines community food security, food sovereignty, and food justice, as well as historical and contemporary access to participation in agriculture and food production. I am particularly interested in sustainable/regenerative agricultural practices.

Research Interests:
Race/Ethnicity, Law and Society, Cultural Society, Race/Class/Gender, Black Feminist Theory, Qualitative Methods, Community and Citizenship, Communication and Information Technology

What is your motivation?
The prevalence of hunger and food insecurity, particularly at, and in the sphere of influence of, a Land Grant/Extension university like TAMU.

What has surprised you most?
How little broad institutional support there is for implementing community-based sustainable interventions that allow broad access to participation in the food supply chain at all points of entry.

What is your biggest takeaway?
That many of the answers to my research questions reside in historical work, and the question now needs to revolve around why aren't obvious solutions facilitated at the community and institutional level?

Why is sustainability research important?
Because there is no planet B, and there really isn't (or doesn't have to be) actual scarcity of these basic resources that fulfill needs.

Which SDG's does your work identify with most?
Ensuring equitable access to clean water, air, and adequate nutrition and calories for everyone to thrive.

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Clipper is the world's largest Fairtrade tea brand, supporting over 114,000 producers and their families to access education, medical care, and help in old age.

Clipper believes that every cup of tea counts. Every cup you drink means they can keep doing good things to support people and the planet. That's why all our products are made with pure, natural ingredients and a clear conscience.

HTTPS://WWW.CLIPPER-TEAS.US/

Did you know 33 million tons of food waste ended up in our landfills in 2010?

Luckily, composting will keep our food waste out of landfills while making our gardens healthier! Here is a list of things you can compost:

- Fruits and Vegetables
- Crushed Eggshells
- Hair and Fur
- Nutshells
- Coffee grounds & tea bags
- Shredded cardboard
- Shredded newspaper
- Yard trimmings
- Hay and straw
- Sawdust
- Fireplace ashes
- Shredded paper