

AGGIE SUSTAINABILITY ALLIANCE MONTHLY NEWSLETTER



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Ways to Celebrate International Women's Day



1. Support Female Entrepreneurs
2. Explore the History of Women's Rights
3. Be Aware of Issues Women Still Face Today
4. Read Books by Female Authors
5. Get to Know Women in Politics
6. Amplify Female Musicians
7. Write a Thank-You Note to a Woman Who Inspires You
8. Donate Your Time, Talent, or Treasure to an Organization that Supports Women
9. Write Your Representative About Topics Affecting Women
10. Listen to Podcasts by Women
11. Schedule Your Yearly Well-Woman Exam (if you haven't already)
12. Mentor a Young Woman
13. Support Movies Directed by Women
14. Make Sure You are Registered to Vote
15. Celebrate International Women's Day (3/8)

2023 TRACS SUMMIT

TEXAS A&M UNIVERSITY

TOGETHER, WE CAN SAVE OURSELVES

Texas A&M University's Office of Sustainability is excited to announce that it will be hosting the Texas Regional Alliance for Campus Sustainability's (TRACS) 9th Annual Summit!

The TRACS Annual Summit is a one-of-a-kind opportunity to share best practices, discover innovative ideas, develop new connections, and experience diverse perspectives, all in the interest of supporting sustainability.



This year's keynote will be Juan and Ana Parras, Co-Directors of the Texas Environmental Justice Advocacy Services (t.e.j.a.s.)

T.e.j.a.s. is dedicated to providing community members with the tools necessary to create sustainable, environmentally healthy communities by educating individuals on health concerns and implications arising from environmental pollution, empowering individuals with an understanding of applicable environmental laws and regulations

and promoting their enforcement, and offering community building skills and resources for effective community action and greater public participation.

Registration closes March 24, 2023.

Visit tx.ag/TRACS2023 to get more information about the registration process, the current schedule of events, pricing, and more!

March Events

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 2 - Breathe In, Stretch Out Yoga presented by Rec Sports*
Pride Late Night*
- 3 - World Wildlife Day
- 8 - International Women's Day
Aggie Allies Workshop*
- 13 - Step In Stand Up Mini Session: Green Dot Bystander Intervention*
Step In Stand Up Mini Session: STAND Up Trauma-Informed Care*
- 14 - International Day of Action for Rivers
- 15 - World Consumer Rights Day
- 18 - Global Recycling Day
- 19 - Aggie Allies Workshop*
- 20 - International Day of Happiness
Meatout Day
- 21 - International Day of Forests
United Nations: International Day of Elimination of Racial Discrimination
- 22 - World Water Day
- 23 - World Meteorological Day
- 25 - Earth Hour
- 26 - STAND Up Trauma-Informed Care: Full Training for Students*
- 28 - Aggie Allies Workshop*
- 31 - The Coming Out Monologues*
Women's History Month

*Link for event is in email



In January, Aggie Dining announced that the Commons Dining Hall became the second 3-Star Certified Green Restaurant on campus!

The Commons is the second dining hall at Texas A&M main campus to get certified after Sbisa's 3-Star certification last summer!

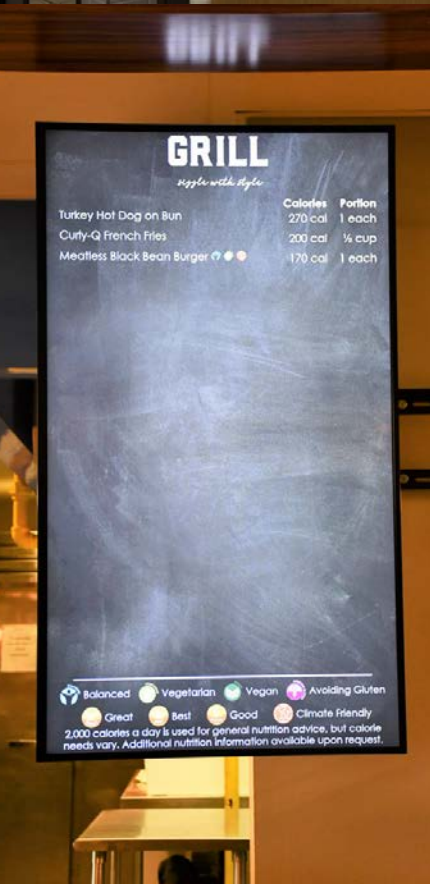
In partnership with the Green Restaurant Association (GRA), Aggie Dining can analyze virtually every aspect of a dining facility and have gone through great strides to improve vital sustainability initiatives on seven different categories:



ENERGY **WATER** **WASTE** **DISPOSABLES** **CHEMICALS** **BUILDING** **FOOD**

For more on what is addressed for each of these categories, please visit: Green Restaurant Association | Education Site (dinegreen.com) for more details!

AGGIE DINING





Dr. Allegra Midgette
Associate Professor
Psychological & Brain Sciences

Dr. Midgette's research investigates the origins and social processes that support individuals in developing an understanding of justice and learning how to care for others in an inequitable and unjust world. Her work addresses two key questions: How do we come to care about each other and about justice within the family? How do we become just in the face of inequality?

To investigate these questions, Dr. Midgette employs a mixed methodology that places the experiential reality of children and their families at the forefront. The long-term goal of her work is to characterize how cultural, societal, and family practice influence individual moral development, with the ultimate aim of supporting the creation of interventions that contribute to individuals' development into more caring and just individuals.

What is your motivation?

"Life. Being constantly exposed to what I saw as everyday inequities that I know have consequences on the wellbeing of many people... Ultimately what motivates me is the desire to contribute to a more equitable society where people are better, healthier, happier, have better relationships, sustainability, and better systems."

What has surprised you most?

"The level of okayness that people have with inequity. How hard it is for people to say this is not fair. Especially in intimate relationships... We tend to talk about changing systems but actually the family is one of the primary systems that maintains the larger systems. The families are the shockwave that takes in all of the inequities of the systems and the outside and maintains it."

Why is sustainability research important?

"Research needs a direction. So having the direction of sustaining a better society, addressing poverty, addressing inequalities, addressing health, addressing just creating a better living is a great way to direct research. It's a great way to encourage us to think about how we can use the tools that science has given us to contribute to the betterment of society. "

What's your takeaway?

"The importance of encouraging all genders to care. You don't go to a family to have tit for tat egalitarian division. You want to be cared for. My lesson is how do we change our understanding to think about how we can mutually care for each other within our family systems and in society. How do we create a society that values care?"

FAIR TRADE

PRODUCT FEATURE



EQUAL EXCHANGE

offers a wide range of Fairtrade & organic coffee, chocolate, tea, cocoa, and snacks direct from small-scale farmers and direct to your door.

Equal Exchange's mission is to build long-term trade partnerships that are economically and environmentally sound to foster mutually beneficial relationships between farmers and consumers.

[SHORTURL.AT/MSUW4](https://shorturl.at/MSUW4)

sustainability tip

Celebrate Spring Break Sustainably!

Spring Break is just around the corner! Are you making plans to make this your most sustainable one yet? Unfortunately, tourism is one of the worst contributors to climate change. It can lead to the depletion of local natural resources, pollution and waste issues, and increasing water use.

- Support the local economy
- Skip the plastics and opt for reusable bottles, straws, silverware, etc.
- Be cautious of delicate ecosystems
- Consider sustainable transportation swaps - nonstop flights, carpooling, etc.
- Clean up - leave where you vacation better than you found it
- Choose eco-friendly and outdoor activities
- Plan a staycation - explore your city and what it has to offer!

