

Espresso Yourself Campaign

By Emily Garberding

Next time you go to grab that morning cup of coffee, remember 16 billion paper cups are used for coffee every year in America. This translates to: 6.5 million trees cut down, 4 billion gallons of water wasted, or enough energy used to power 54,000 homes annually.

At UCCS, roughly 450 paper cups are purchased and thrown away across campus every single day. Espresso Yourself is working to reduce this waste by encouraging students to bring their own reusable mugs. Alex Greanias, Sustainability Supervisor at the UCCS Office of Sustainability, says, "The goal of this campaign is to build a campus community that values reducing and reusing materials before consuming more. This will also substantially reduce the amount of waste on campus and save money for both students and UCCS."



Did you know... bringing your own reusable cup or mug to any of the coffee shops on campus can save you 30 cents on every drink purchased? Save that change for a few extra cups of coffee. ☺



This campaign encourages students to keep it simple by reducing and reusing before recycling. No more time spent trying to decide which bin that single use cup goes in!

Espresso Yourself has two more events planned for the Spring 2018 semester. On April 10th and April 17th from 12-2pm, they will be giving out free coffee, hot chocolate, and yerba mate outside of Café 65. Stop by early for a chance to snag a free reusable mug! There will also be stickers from a variety of local, community organizations to

help you 'espresso yourself' by decorating your mugs.