



Middlebury Institute *of*
International Studies at Monterey

MIIS Sustainability Resource Guide

November 2023

This guide is meant to provide resources for students and help them live sustainably during their time in Monterey.

Energy

Energy Bill Payment Support

As students, one of the major concerns we have is maintaining our finances. Energy bills, in particular, can be quite expensive depending on the time of year. Here are a couple of resources we have found that can help alleviate this financial burden (which we often qualify for as students with low income).

Low Income Home Energy Assistance Program (LIHEAP)

PG&E offers financial assistance to California residents through LIHEAP. If eligible, this program provides:

- A one-time payment of your residential utility bill
- Emergency assistance during a residential energy-related crisis
- Support for home weatherization

For more information on eligibility and the next steps to signing up, click here: [Paying My Energy Bills](#)

California Alternate Rates for Energy (CARE)

While LIHEAP offers large but one-time support, CARE is a program that provides a 30-35% discount on electric bills and a 20% discount on natural gas bills. For more information on eligibility and the next steps for signing up, click here: [CARE/FERA Program](#)

Water

Low-Income Household Water Assistance Program

Check out these resources to save on your monthly water bill if you qualify for low-income benefits in California:

[Low-Income Household Water Assistance Program](#)
[Customer Assistance Programs](#)

Here is a great article by UNICEF on how you can conserve water at home: [9 ways to save water at home | UNICEF](#)

You can even get free devices to help conserve water in your home from the Monterey Peninsula Water Management District. For more information, click here: [Indoor | Monterey Water Conservation](#)

Food and Waste

Food Stamps

Another great option students have for living healthier and saving money is to sign up for Food Stamps through CalFresh, which all students on federal work-study are eligible for. Food stamps can be used both at grocery stores as well as select [Farmers Markets](#)! To learn more about how to sign-up for CalFresh Food stamps, click here: [CalFresh](#)

Composting

MIIS provides composting bins in the Samson Dining Center, Holland, and the Munras Housing Building. We also encourage students to ask their landlords for a composting bin or to pick up their own composting containers from Monterey City. You can pick up your compost bin at the Monterey Planning Office at Colton Hall, 570 Pacific Street, Monterey.

Recycling

Throughout MIIS, you will see helpful signs that explain what can and can't be recycled. We encourage students who want to learn more to explore Monterey County's great resources, including an app, to help you figure out what goes in the recycling, compost, and trash: <https://whatgoeswhere.info>

Below is a helpful graphic to guide you on what should be put in the compost, recycling, or landfill. [You can also download a PDF of the graphic here.](#)

Transportation & Safety

Bike Routes

Check out these suggested bike routes to campus:

[Bike Path Connectivity from Coastal Recreational Trail](#)

[Bike Path Connectivity from Inland Roads](#)

You can check out the ArcGIS Pro shapefile [available for download here.](#)

Local Transportation

Local transportation information, including bus and bike routes, can be found at these helpful links:

[Transportation Agency for Monterey County](#)

[Monterey-Salinas Transit](#)

Fire Safety

Please review the [Cal Fire Ready Set Go Brochure](#). if you would like more information on fire safety.

You can also download the [Ready for Wildfire App](#). to stay up to date on incidents and to create your preparedness steps.

Earthquake Safety

Please follow the links below if you would like more information on earthquake safety:

[Stay Safe During an Earthquake | Natural Disasters and Severe Weather | CDC](#)

[Earthquakes | Ready.gov](#)

If you would like to get updated on earthquakes in California, download the [My Shake App](#).

Environmental Justice

The BIPOC Voices at MIIS (Voices) initiative is a collaboration between the Middlebury Institute's Student Council, Student Services, Sustainability Council, Vice President's Office, and the library. The Student Council Diversity Equity and Inclusion (DEI) Committee was awarded \$25,000 in the spring of 2022 from the Provost's Academic Council (PAC) for a new initiative called: BIPOC Voices at MIIS. This series brings 3 speakers to campus per semester to engage the community in various topics and interests.

To learn more about previous and upcoming events, click here: [BIPOC Voices at MIIS Series | Middlebury Institute of International Studies at Monterey](#)

Park Classes "Let's Go Outdoors Monterey"

One great way to spend more time appreciating nature is to get outside! Monterey Parks Department offers free outdoor events like hiking, meditation, park tours, gardening, and many more.

To see what's offered this semester, click here: [Let's Go Outdoors! - Monterey Peninsula Regional Park District](#)

Beach Clean Up

If you want to show your appreciation for nature through an act of service, there are plenty of opportunities to participate in beach cleanups! It's a great way to enjoy our wonderful Monterey beaches and help leave it cleaner than you found it.

Organizations we recommend joining for cleanup is [Save Our Shores](#) and [Monterey Blue Zones Project](#).

Student Clubs

We often have several student clubs promoting the environment and the community. Some previous examples are:

Aquatic Activities Club

Beachcombers

MIIS Naturalists

Blue Army Club

Thrift and Thrive

For more information on student clubs at MIIS: [Student Clubs and Organizations | Middlebury Institute of International Studies at Monterey](#)