



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FROST VALLEY AND THE EARTH: SUSTAINABILITY AT FROST VALLEY



Our Sustainability Statement:

At Frost Valley YMCA, we implement sustainability practices to reduce our carbon emissions, protect the ecosystem, and responsibly source our food and energy. Our ongoing projects are designed to minimize our impact on the planet and to incorporate quality educational opportunities.

SUSTAINABILITY AT FROST VALLEY



Chickens at Educational Farm



Frost Valley Educational Farm



Maple Sap House



Recycled-Content Products



Water-Conserving Sinks

Below are some actions we take to foster our commitment to sustainability, which has earned us the Ulster County Green Business Award as well as a Silver Tier Green Concierge Certification. Ask at the Front Desk if you would like more detail about any of our programs!

LOCALLY PRODUCED AND RESPONSIBLY SOURCED FOOD

- Over 200 free-range chickens produce eggs at the Frost Valley Educational Farm for our Dining Halls year round. These eggs are used in our East Valley locations during the summer and on Main Camp the rest of the year.
- Our milk is sourced locally from Ronnybrook Farm Dairy (75 miles away). The milk is delivered with our ice cream to reduce carbon emissions from shipping.
- Recently installed milk dispensers eliminate milk cartons from our waste stream.
- In 2017, the Frost Valley Educational Farm and our Main Camp Greenhouse together grew over 6,000 lbs of produce using organic practices that reduce the environmental impacts of farming.
- Our onsite maple sap house produces 100-500 gallons of pure maple syrup annually (available in the store). In 2015, we installed a reverse osmosis system to reduce the water content of the sap prior to boiling and to save 50% of the wood formerly burned per gallon of syrup produced.

ENVIRONMENTALLY FRIENDLY PRODUCTS

- We purchase 30% recycled-content office paper.
- We use bathroom paper products made from recycled content.
- Except for biohazards, we use only hydrogen peroxide to clean. This product meets the Green Seal Certified requirements for being non-toxic, free of harmful off-gassing, and packaged in Earth-friendly containers.

WATER CONSERVATION

- We are upgrading our sinks, shower heads, and toilets to water-conserving models.

ENERGY CONSERVATION AND EFFICIENCY

- We have reduced our electricity use by 23% since 2008.
- Nearly 100% of our lights are efficient LEDs or energy saving fluorescent models.
- Motion sensor lights turn off automatically to save energy in low-traffic areas.
- In 2016, we sealed air spaces around windows and doors in many of our lodges with updated weather stripping to conserve heat.
- Special fans in our Dining Hall circulate air to increase heating efficiency.
- Added 4 hybrid vehicles to our fleet of vehicles.

SUSTAINABILITY AT FROST VALLEY

RENEWABLE ENERGY

- Frost Valley's solar array consists of 672 bifacial solar panels that can generate up to 280,000 kWh of power, which equates to the consumption used in 50 residential homes. On May 18, 2019 this array received a proclamation from Senator Jen Metzger.
- Five solar thermal hot water systems reduce the propane needed to heat hot water for certain showers and sinks. The Leadership Lodge solar thermal system reduced the building's propane consumption by 35% during its first summer of operation, saving emissions equivalent to 1,700 miles of driving.

LANDFILL DIVERSION THROUGH RECYCLING AND COMPOSTING

- Since 1990, we have composted all of our food waste on site. Composting reduces carbon emissions by preventing food from decomposing unnaturally into methane in oxygen-poor landfills.
- We use our compost as environmentally friendly fertilizer at the Frost Valley Educational Farm.
- We separate glass, plastic, aluminum, tin, paper, and cardboard for recycling and recently upgraded our recycling system with 400 new bins and 100 educational signs to make recycling easier for our guests.

STEWARDSHIP OF OUR LOCAL ENVIRONMENT: HABITAT, FORESTRY AND ENVIRONMENTAL SCIENCE

- "Food plots" deep in the forest promote the establishment of valuable food plants for deer and other wildlife.
- Long grass meadows with native grasses and flowers improve habitats for insects and other wildlife by adding shelter and diverse food plants to the ecosystem. They also require no mowing, which helps avoid carbon and air pollutant emissions. We allow long grass to grow on the hillside by the Castle and have added a section of native plants.
- We partner with the National Atmospheric Deposition Program (NADP) and the US Environmental Protection Agency (EPA) to collect samples for four national data collection networks that monitor acid rain and air pollution.
- Over 100 cords of wood are harvested each year on our property. This wood is used for campfires, maple syrup production, and to fuel outdoor woodboilers to renewably heat three of our staff houses and our maintenance shop.
- In preparation for harvest, one of our foresters on staff inventories the area to be cut and determines the best harvest plan to encourage long-term health and re-growth of the forest.
- Careful land management prevents erosion and water quality impairment due to logging.
- Our Model Forest demonstrates strategies for landowners and forest managers to use for cutting timber and firewood on their forest land while also developing a healthy forest that will continue to grow into an even more profitable asset.



Solar Thermal System



Harvesting Farm Crops



Studying Acid Rain



Volunteers Gather Firewood



Model Forest

SUSTAINABILITY AT FROST VALLEY



Litter Clean-Up



Gardening in our Greenhouse



Cooking Class



Making Apple Cider



Energy Awareness Class

FROST VALLEY STAFF IN ACTION

- Our staff participate in an annual trash clean-up of camp and 14 miles of Frost Valley Road each spring.
- A staff "Community Compost" program allows employees to bring in food waste from home and receive finished compost in return.

WHILE YOU'RE HERE, DON'T MISS:

- Electric vehicle charging stations for the use of staff and guests (inquire at the Front Desk on main camp for more information)
- Model Forest Self-Guided Hike (check in at the Front Desk)
- Mercury Deposition and Acid Rain Monitoring Station (ask a staff member to include a stop here during the Cable Bridge Hike)
- Main Camp Greenhouse* - Stop by the orchard to learn about organic gardening techniques and aquaponics (growing food and fish together)
- Healthy Home Teaching Kitchen* - Learn to cook healthy recipes with fresh ingredients
- Apple Cider Making* (fall)
- Maple Syrup House Tour* (spring)
- Compost Production Tour*
- Renewable Energy Tour*
- Energy Awareness Class*

*Offered on select weekends and available to school groups. Please check with your Program Coordinator for more details.

JOIN US! WHAT YOU CAN DO:

- Turn off lights in your lodge when not in use.
- Sort clean paper (no napkins or cups!) into green bins and place bottles and cans (empty, no caps!) into blue bins. Cleaner recycled materials will create higher quality recycled products!
- If your lodge is too hot, turn the thermostat down to 65 degrees before opening the windows. Be sure to close windows as soon as the building cools and when you leave the building.
- If your lodge is too cold, turn the thermostat up only as high as the desired temperature and make sure all windows and doors are closed and latched.