

Health & Wellness

Sustainable Office Program Resource Guide

This guide has been developed to complement the Health and Wellness section of the Checklist of Actions. If you have more questions after reviewing, please contact the SOP team at sustainability@lehigh.edu and we will be in contact with you shortly.

Food

- [What's In Season Guide](#): This guide shares which produce are in season each month of the year from May through December.
- [Seafood Guide for Pennsylvania](#): This guide is to be used as a reference when purchasing seafood sustainably. It indicates the best and worst choices for a sustainable seafood diet based on the fishery management and farming practices for seafood items.
- [Ethical Purchasing Guide for Coffee](#): This guide is designed to help consumers choose the best way to purchase coffee. It offers descriptions of the various labels and certifications claimed by coffee sellers- including fair trade, direct trade, shade grown, and organic certifications.
- [Bethlehem Farmers' Market](#): This website offers all you need to know about the Bethlehem Farmers' Market located at Farrington Square.
- [Reusable Dishware Program](#): The Reusable Dishware Program is free for all student organizations and a great way to reduce your organization's green footprint. Information about the program can be found at this website.
- [K-Cup Recycling Program](#): This website contains details about the K-Cup Recycling Program, which is open to all Lehigh students, faculty, and staff.

Well-Being

- RAD Training: This website is home to the RAD Self-Defense Training program. The program is hosted by LUPD and free of charge for groups of students, faculty, and staff.
- BeWell Program: This flyer provides information about Lehigh's BeWell Program, an online wellness program designed to increase overall wellbeing.
- How to Choose an Office Plant: This blog offers tips on selecting the best indoor plants for your home or office.
- Lehigh University Police Department (LUPD):
 - 321 East Packer Avenue Bethlehem, PA 18015
 - Phone: (610) 758-4200
 - Fax: (610) 758-6358
- Facilities:
 - For COVID-19 inquiries related to space or facility needs during the Reopening of Campus: please contact inreopen@lehigh.edu.
 - For Home Office Furniture solutions, please contact Tara Spagnoletti at trs217@lehigh.edu.
 - Work Order Requests For Emergencies or Urgent Requests Please Call: 610-758-3940 or 610-758-3941
- Title IX:
 - Title IX Coordinator / Equal Opportunity Compliance Coordinator: Karen A. Salvemini, Esq.
 - Alumni Memorial Building 27 Memorial Drive West Bethlehem, PA 18015
 - (610) 758-3535
 - eocc@lehigh.edu
- Environmental Health and Safety:
 - EH&S Office 610-758-4251