

USER GUIDE

A STiCH COMPANION GUIDE



Sustainability Tools
in Cultural Heritage

STiCH has been made possible in part by the
National Endowment for the Humanities.

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MAKE A LIST

Before opening the calculator, make a list of the items/materials and quantities that you would like to research

You will use this list to enter information into the STiCH calculator

Item List

Item	Quantity (g/kg/m ³ /l)
blue board	68 g
hot glue	25 g
ethafoam	240 g
birch plywood	48 kg

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(A) BROWSE OR (B) SEARCH

Enter items on your list into the STiCH calculator

You can either browse or search for an item

BROWSE

- Select a **Category** and choose an **Item** using pull-down menus. Notice the unit of measurement appears automatically in the **Unit** column
- Enter the **Quantity** of the item you want to measure using the indicated **Unit**
- Click **Add item**
- Repeat for each additional item

OR

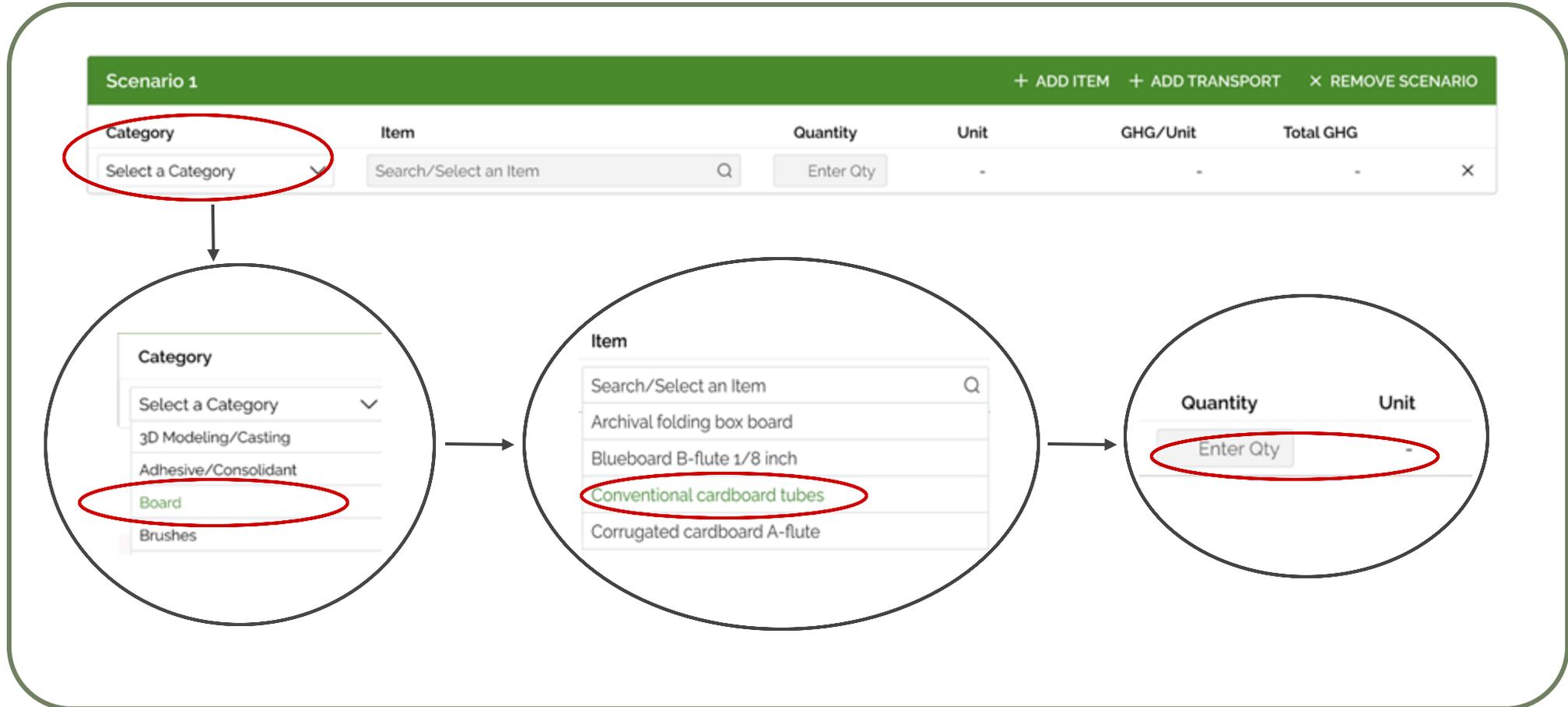
SEARCH

- If you know what specific item you are looking for, you can search for it by typing the name in the **Search/Select an item** box
- Add the **Quantity** using the indicated **Unit**
- Click **Add item**
- Repeat for each additional item

2(A)

BROWSE

Browse a **Category** and choose an **Item** using pull-down menus and then add the **Quantity**



2(B)

SEARCH

To search for a specific item type the name in the **Item** box and then add the **Quantity**

The screenshot illustrates the search process in a software interface. At the top, a green header bar contains the text "Scenario 1" and three buttons: "+ ADD ITEM", "+ ADD TRANSPORT", and "X REMOVE SCENARIO". Below this is a table with columns: "Category", "Item", "Quantity", "Unit", "GHG/Unit", and "Total GHG". The "Item" column contains a search box with the placeholder text "Search/Select an Item" and a magnifying glass icon. A red oval highlights this search box. An arrow points down from the search box to a dropdown menu. The dropdown menu is titled "Item" and contains a search box with the placeholder text "Search/Select an Item" and a magnifying glass icon. Below the search box is a list of items: "Archival corrugated board BC", "Archival corrugated board EEB", "Archival corrugated board FW", "Archival folding box board", "Blueboard B-flute 1/8 inch", "Blueboard E-flute 1/48 inch", "Conventional cardboard tubes", and "Corrugated cardboard A-flute". The item "Conventional cardboard tubes" is highlighted with a red oval. An arrow points from the dropdown menu to the right, where a table row is shown. The "Quantity" and "Unit" columns of this row are highlighted with a red oval. The "Quantity" column contains a button labeled "Enter Qty" and the "Unit" column contains a hyphen "-".

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ADD TRANSPORTATION (Optional)

Include carbon emissions from transportation of materials to your office/studio using **Add Transport**
Quantity is distance in **km**

The screenshot shows a software interface for managing a scenario. At the top, there are buttons for '+ ADD ITEM', '+ ADD TRANSPORT', and 'X REMOVE SCENARIO'. Below this is a table with columns for Category, Item, Quantity, Unit, GHG/Unit, and Total GHG. The table contains one row for 'Blush card E-flute 1/16 inch' with a quantity of 3 and a unit of kg³. Below the table, there are dropdown menus for 'Select Transport Type' and 'Search/Select a Vehicle Type', and an 'Enter Qty' field with the unit 'km'. A flow diagram below the screenshot illustrates the process: starting from the '+ ADD TRANSPORT' button, it leads to a dropdown menu for 'Select Transport Type' (with options Air, Water, Road), then to a dropdown menu for 'Search/Select a Vehicle Type' (with options Car, Truck, Large truck, Van), and finally to an 'Enter quantity' field with the value '4'.

Category	Item	Quantity	Unit	GHG/Unit	Total GHG
Select a Category	Search/Select an Item	Enter Qty	-	-	-
Board	Blush card E-flute 1/16 inch	3	kg ³	0.942	2.826
Select Transport Type	Search/Select a Vehicle Type	Enter Qty	km	-	-

+ ADD TRANSPORT

Select Transport Type

- Air
- Water
- Road

Search/Select a Vehicle Type

- Car
- Truck
- Large truck
- Van

Enter quantity

4

4

VIEW RESULTS

STiCH automatically calculates the **Carbon Footprint (CO₂ eq)** as a numerical value
Graphs visualize the results

The screenshot displays the STiCH interface for Scenario 1. At the top, there are buttons for '+ ADD ITEM', '+ ADD TRANSPORT', and 'X REMOVE SCENARIO'. Below this is a table with columns for Category, Item, Quantity, Unit, GHG/Unit, and Total GHG. The table lists three items: Blueboard E-flute 1/16 inch (3 kg³, 0.942 GHG/Unit, 2.826 Total GHG), Archival corrugated board EEB (1 kg³, 1.634 GHG/Unit, 1.634 Total GHG), and Conventional cardboard tubes (2 kg³, 0.723 GHG/Unit, 1.446 Total GHG). A red oval highlights the 'Total Scenario Carbon footprint (CO₂ eq)' row, which shows a value of 5.406. A blue arrow points from a text box to this value. Below the table, there are tabs for 'Bar Graph', 'Pie Chart', and 'Stacked Bar Graph', with 'Bar Graph' selected and circled in red. A text box points to these tabs with the instruction 'Choose graph type to visualize your results'. To the right of the tabs is a bar graph titled 'Scenario 1' showing the carbon footprint for each item: Archival corrugated board EEB (1.634), Blueboard E-flute 1/16 inch (2.826), and Conventional cardboard tubes (1.446).

Category	Item	Quantity	Unit	GHG/Unit	Total GHG	
Select a Category	Search/Select an Item	Enter Qty	-	-	-	X
Board	Blueboard E-flute 1/16 inch	3	kg ³	0.942	2.826	X
Board	Archival corrugated board EEB	1	kg ³	1.634	1.634	X
Board	Conventional cardboard tubes	2	kg ³	0.723	1.446	X
Select Transport Type	Search/Select a Vehicle Type	Enter Qty	km	-	-	X
Total Scenario Carbon footprint (CO₂ eq)					5.406	X

This is the carbon footprint

Choose graph type to visualize your results

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ADD SCENARIO (Optional)

Compare up to six scenarios using STiCH

Environment Footprint Results

Scenario 1							+ ADD ITEM	+ ADD TRANSPORT	× REMOVE SCENARIO
Category	Item	Quantity	Unit	GHG/Unit	Total GHG				
Select a Category	Search/Select an Item	Enter Qty	-	-	-	×			
Board	Blueboard E-flute 1/16 inch	3	kg³	0.942	2.826	×			
Board	Archival corrugated board EEB	1	kg³	1.634	1.634	×			
Board	Conventional cardboard tubes	2	kg³	0.723	1.446	×			
Select Transport Type	Search/Select a Vehicle Type	Enter Qty	km	-	-	×			
Total Scenario Carbon footprint (CO2 eq)					5.406	×			

Want to compare multiple scenarios? [Add Scenario](#)

Bar Graph | Pie Chart | Stacked Bar Graph

Scenario 1

- Blueboard E-flute 1/16 inch
- Archival corrugated board EEB
- Conventional cardboard tubes

Logos: Pratt, NATIONAL ENVIRONMENTAL AND TOXIC SUBSTANCES ADMINISTRATION

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Click **Add Scenario** to compare options