



LAURIER
Sustainability Office

LAURIER
greenGUIDE

Living Sustainably on Campus and Beyond

WWW.WLU.CA/SUSTAINABILITY

The role of the university



This Guide was created by the Sustainability Office to help individuals become more environmentally aware while on and off campus. The Guide is a resource for all new and existing Laurier members on sustainability related organizations, initiatives, and operations. It provides easy tips to make small lifestyle adjustments that will save money as well as reduce the impact on the environment. Additionally, the Guide includes information on what Laurier is doing to improve our environmental standing as well as how to get involved with efforts on campus.

Values

Laurier recognizes that its activities have an impact upon the environment and acknowledges a responsibility for the protection of the environment and the health of its members and the community. Within sustainability efforts, Laurier is working to create and foster a culture of sustainability by engaging, promoting and coordinating sustainability efforts of all stakeholders to develop an environmentally proactive Laurier community.

FOOD

Know where your food is coming from. Local and organic food sources are healthy food sources and are general produced sustainably.

Laurier

ECO-CONTAINERS The Laurier Eco-Takeout container program is designed to reduce our dependence on containers, and increase the availability of reusable containers.

ECO-TAX AND DISPOSABLE TAKEOUT CONTAINERS

Individuals who would like their meal packaged to-go and who do not have a Laurier Eco-Takeout container, will be provided with biodegradable and recyclable disposable containers and cutlery.

Check out all of the sustainability initiatives at the campus food areas: [WILF'S, TERRACE, AND C-SPOT](#).

Laurier's food contractor, [Aramark](#), supplies sustainably produced food that is also locally produced. Instead of Styrofoam, they use recycled-paper and biodegradable corn-made containers and potato starch cutlery.

Composting

There are three multisort recycling stations in the Fresh Food Company and two within The Terrace. The organic station is for all food waste, biodegradable straws, napkins, paper cups and containers. Here is a complete list of [compostables](#).

Put fats, oils and milk products in a compostable container (e.g. cereal box) and put them in your green bin.

GREEN FOOD CHOICES

Seafood

For wild seafood, negative impacts on the ecosystem arise from using longline, trawling, and dredging techniques because of the effect on untargeted species and the surrounding ecosystem. Refer to Canada's Seafood Guide — [SeaChoice](#) for sustainable options.

continued



Eat organic

Organic farming is less damaging to the environment than conventional farming for three main reasons:

- Reduces harm to soil, water, and aquatic wildlife
- Organic farming is more accommodating to diverse ecosystems that include plants, insects, and animals
- Organic farms use less energy and produce less waste

Eat local and seasonal produce

Eating food that was produced locally helps to reduce the environmental impacts associated with transporting produce.

Look for the Foodland Ontario label!



Fair Trade

Purchasing items that are fair trade helps to improve trading conditions and sustainability in developing countries, where many items are produced and manufactured. Check out Fair Trade International for more info.



Eating more vegetarian meals helps to reduce the environmental effects associated with larger-scale farming, such as land degradation and air quality contamination.

WASTE

Schoolwork

- Edit your work onscreen
- Print double-sided and black and white
- Turn off computers and monitors when not in use
- Practice email filing
- Reduce margins and use narrow font

Reuse

- Use reusable dishes, cutlery, reusable mugs and water bottles, shopping bags, purchase used furniture, clothes, books, etc. The Library has partnered with the [Bookstore](#) and [Better World Books](#) (BWB) for textbook drives. Textbooks are either resold online or sent to support the [Books for Africa](#) charity.
- Remember to donate any unwanted items!
- Fix broken items or have them repaired by a professional; refill empty ink cartridges.
- Recycling – plastics # 1-7, cans, bottles, glass, cardboard (break down cardboard but greasy ones cannot be included). Click [here](#) for a complete list.

Waterloo Region

BLUEBOX RECYCLING For houses and apartments – [click](#) for a list of recyclables.

GREEN BIN For disposal of household organics.

OTHER PROGRAMS Bicycles, building materials, electronics, oils, hazardous waste/paint, textile and housewares.

E-Waste

Fred Nichols Centre has an e-waste depot across from Wilf's. The Sustainability Office and Physical Resources will be arranging e-waste drop-off days for all students, staff, and faculty.

You can take your e-waste to Staples or Future Shop customer service desks at King and Northfield. Visit dowhatyoucan.ca for alternative drop off locations.

Hazardous Waste

You can take your hazardous waste (batteries, fluorescent light bulbs) to Home Depot - there are boxes just inside the front doors. They will also take propane tanks.

Unwanted Cell phones

Flipswap is a website that lets you select your make and model of cellphone and then gives you a receipt to be printed and sent in with your cellphone (postage paid) Depending on the model, you will be paid for your cellphone or you can opt to have the money sent to a charity (LSPIRG, Carpenter, 2010).



Unwanted Computer, Monitor, or Printers

Many manufacturers will pick up their products so that parts can be salvaged. There are several local companies that take old computer products.

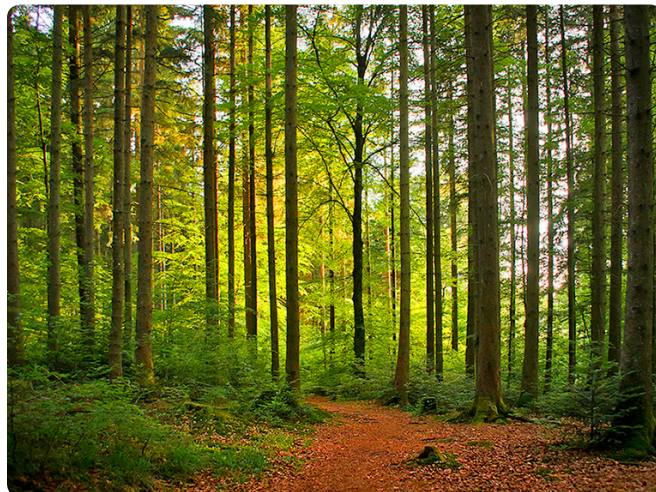
Phone books and obsolete books will be properly disposed of via a drop off day once a term – wait to hear when!

Partying Sustainably
You can buy biodegradable plastic beer cups at outlet stores like Staples

Mail

Canada Post has an eco-friendly Consumer Choice option. Simply tape a "No Junk Mail" sign on your mail box or mail slot. If your sign is ignored, call 1-866-607-6301.

LIVING SUSTAINABILITY



If you're working in the library, grab some scrap paper from the recycling bin.

School Work

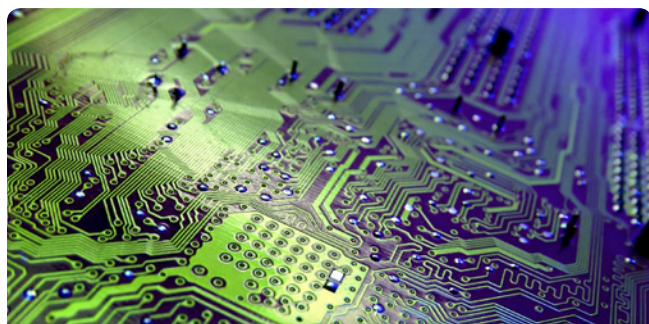
Buy products with a high degree of post-consumer recycled content, purchase durable products, support environmentally conscious companies and buy items with minimal or biodegradable packaging.

Source locally-produced items

Look for post-consumer recycled content and FSC certification to ensure items were derived from trees in a well managed forest.

LOGOS TO LOOK FOR

ELECTRONICS



Put computers to sleep or turn off.
Screen savers do not save energy.



Use a Power Bar

Vampire, or phantom power is the name given to the electricity used by devices such as TVs and cell phone chargers when they are turned off. Many AC adaptors will continue to use electricity when idle or in standby mode (which is why they may be warm)). To eliminate vampire power use a power bar and turn it off when those gadgets are not in use.

Use Laptops

Laptops use approx. 80% less energy than desktops.

EPEAT

(Electronic product environmental assessment tool) used to evaluate computers. If you're buying an item like a TV, fan, or light fixture look for an Energy Star designation on the product.

Heating/Cooling

Programming your thermostat to automatically produce less heat or cold during the time you are not there will save energy and money.

Cleaning

Use cold water as often as possible to save energy and to conserve the hot water for other uses. (This is also better for clothes made with modern synthetic fabrics). Only wash full loads and use natural detergents

There is a variety of green cleaning and hygiene products you can buy at grocery stores, the bulk barn, and health food stores. Laurier uses green hygiene products from our supplier, [Tork](#).

HOMEMADE CLEANING RECIPES

AIR FRESHENER Simmer a pot of water with cinnamon sticks, cloves and a few drops of essential oil.

CARPET CLEANER Mix white vinegar and baking soda to form a paste, work paste into carpet stain with toothbrush. Let dry, vacuum up baking soda. Repeat for tough stains.

DISINFECTANT Mix 3 tbsp. pure soap, 2 cups water, 15 drops of tea tree oil and 15 drops lavender oil.

DRAIN UNCLOGGER Pour baking soda down the drain, add vinegar, insert plug and let it fizz. Add more vinegar and insert plug. Chase down with a kettle of boiling water. Repeat for stubborn clogs.

FLOOR CLEANER Fill a bucket with water then add 1/4 cup vinegar and a dash of pure soap.

GENERAL PURPOSE CLEANER Mix 1 tsp. baking soda, 1 tsp. soap and a squeeze of lemon in 1 cup of water.

TOILET BOWL CLEANER Mix 1/4 cup baking soda and 1 cup vinegar. Pour mix into the bowl, let it sit a few minutes then scrub and flush.

SINK CLEANER Baking soda and water.

SHOWER SPRAY Fill a spray bottle with 5-10 drops of tea tree oil and water. Shake and spray after showering.

WOOD CLEANER Mix two parts olive oil and one part lemon juice. Rub mixture into furniture with a soft cloth, wipe away excess.

WINDOWS AND MIRRORS Mix one cup of cold strong black tea with 3 tbsp. vinegar.

<http://greenguide.dal.ca/images/GreenGuideForWeb.pdf>



Water

- Run the dishwasher only when it's full and scrape dishes, don't pre-rinse.
- Turn off the heat dry option to save energy.
- Fix leaks and drips.
- Don't leave water running when washing hands, face, or brushing teeth.
- Don't defrost food with hot water, instead, thaw overnight in the refrigerator.
- Wash veggies and fruit in a bowl; use the rinse water for houseplants.
- Avoid buying bottled water, use a water fountain or refill a bottle with tap water.



Winter Driveway and Sidewalk Care

Melting salts, because they contain harmful chemicals that enter into the water supply, take an environmental toll. It is always better to shovel snow and ice, but if you are going to use salt, use a product like Organic Melt that uses completely natural ingredients and won't stain clothing.

Urban Gardening

- Buy potted flowers and herbs instead of fresh cut flowers.
- Fill unused windowsill or balcony space with potted herbs.
- Start a worm composting bin and create homemade, nutritious compost.
- Join a community garden, like KW Urban Harvesters! (Laurier hosts a plot on the Northdale Campus)

TRANSPORTATION

Biking around town

'Recycled Cycles' is part of the Working Centre in Kitchener and fixes donated bicycles to sell them for low prices to the community.

Using the Bus

Using Waterloo's bus system, Grand River Transit, is a great way to get around Waterloo Region and is free with your Onecard (part of a discounted tuition fee). Laurier is located at King and University Streets, which are major streets with frequent buses. For out of town travel, there is a Go Bus that stops at University and Hazel or a Greyhound that stops at the Kitchener Terminal, easily reached on a Route 7 bus.

Grand River Carshare

If you need to use a car, consider Grand River Carshare, a co-operative with 24-hour, self-serve access to a 12-car-fleet in Kitchener-Waterloo and Cambridge. A variety of memberships are available, including a trial membership. Call 519-578-1895 or visit www.grandrivercarshare.ca for more info.

Did you know?

If you're a car driving at 80km/h or higher it is more fuel efficient to run the A/C than to have the windows down because of the drag it creates. Maintaining high tire pressure can also save fuel.

ACADEMICS

Courses

Each faculty has sustainability related courses: check them out [here](#).

Centre for Business and Sustainability:

<http://www.wlu.ca/sbe/cmacro>

Programs

Laurier has a variety of programs in sustainability:

[Environment and Society Option](#), concentration in [Business and Sustainability](#).

(GREEN) contact information

Laurier

[Sustainability Office](#)
[Physical Resources](#)
[Parking and Transportation](#)
[Food Services](#)
[Library](#)
[Student Groups](#)
[WLUSU](#)

Community

[Sustainable Waterloo](#)
[Seven Shores](#)
[Waterloo Farmer's Market](#)
[Kitchener Farmer's Market](#)
[Eating Well Organically](#)
[Healthy Foods & More](#)
[Foodlink Waterloo Region](#)

Resources

Make sure to read the monthly EcoReads that are sent out via email and found at wlu.ca/sustainability

[Laurier's Energy Dashboard](#) is a visual and interactive tool that provides resources on energy use, green tips, and green campus features.

[Living Green at Laurier – LSPiRG](#)

[Sustainability Policy](#)

[Energy Management Plan](#)

Check out the Sustainability Office [website](#) for more resources or to learn how to get involved!

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