

Sustainability in Residence



This guide is designed to show you how to live sustainably in residence and on campus. It includes information, actions and resources to help make sustainable choices an easy part of your everyday life.

learn, work, live... green



UNIVERSITY OF
SASKATCHEWAN

sustainability.usask.ca



Waste Reduction

It's important to remember that recycling isn't the only way to conserve resources, in fact it's the last resort in waste reduction. Buying less and reusing what you already have are the best ways to decrease demands on the environment. Reduce, reuse and then recycle.

Recycling On Campus

- Much of the waste produced on campus is actually recyclable. The U of S employs a single-stream recycling program to make it easy for you to reduce the waste generated on campus. Waste reduction starts with US!



- Single stream recycling was introduced on campus January 1, 2012 to make recycling easier and more accessible for everyone on campus.



- Any revenues from the recycling program help create student jobs and will be directed towards sustainability initiatives on campus including the expansion of our program to include other materials.



- Recycling takes the strain off of our waste disposal system and keeps our campus beautiful. On campus you can recycle using the many bins located across the university.

Tip: Don't forget about the recycling bin in your room. McEown Park, College Quarter and Graduate House residents each have individual room bins. Keep your recyclables here until you're ready to take them to the waste room.

College Quarter & Graduate House

College Quarter and Graduate House residences take their recyclables to the garbage rooms located on every floor. The recyclables are then sorted into the proper sections.

Section	Acceptable Materials	
Bottles & Cans	Glass bottles Juice boxes Aluminum cans	Plastic Bottles Milk cartons
Single Stream	All blue bin approved materials	



Voyageur Place

Voyageur Place residents can take their recyclables to one of the bins located on each floor .

Section	Acceptable Materials	
Bottles & Cans	Glass bottles Juice boxes Aluminum cans	Plastic Bottles Milk cartons
Electronics & Batteries	All sizes of batteries Cameras Ipods Mp3 players	Headphones Cell phones
Single Stream	All blue bin approved materials	





Waste Reduction

McEown Park

BLUE BIN Materials

(clean/uncontaminated)

PAPER FIBER

Brown paper bags
Cardboard [FLATTENED] • Catalogues
Coffee cups (ex. Tim Hortons + Starbucks)
[EMPTY]
Computer printouts • Copier paper
Egg cartons • Envelopes
Flyers
Gift + packing paper
Hardcover books [COVER + SPINE REMOVED]
Magazines • Newspapers
Paper • Paperback books
Paperboard (ex. empty cereal, detergent,
kleenex/tissue boxes)
Telephone books • Tissue roll cores

CONTAINERS [MUST BE RINSED]

Cleaning product containers
Glass jars
Plastic food containers (#1 - #7)
Tin cans

ITEMS THAT MUST BE BAGGED AND TIED

Food/saran wrap
Plastic bags
Plastic bottle caps
Shredded paper

OTHER

Aluminum foil

GARBAGE CHUTE Materials

(dirty/used/contaminated items)

Cardboard (ex. pizza boxes)
Confetti paper
Foam packing materials
Food/Organics
Garbage
Napkins
Paper
Paper towels
Plastic food wrap
Styrofoam
Tissues

SPECIAL HANDLING Materials

Bring these items to the garbage room
for **Friday morning** pick-ups!

Batteries
Beverage containers (ex. plastic bottles,
cans) [EMPTY]

Electronics
Hazardous waste
Lightbulbs



McEown Park residents
place recyclables in the
blue bin in their rooms.



When the bin is full they
empty it into the large
blue bin in the waste
room or outside.





Check out the Sustainability channel on PAWS

Keep up to date with sustainable initiatives, news and events going on at the U of S. Customize your PAWS to see the channel on your home page.

✚ Lug your mug

- Bring a travel mug and receive a discount at many food outlets on campus when you purchase a beverage.
- St. Thomas More cafeteria offers a discount on soup if you bring your own bowl or mug.
- Always ask for a ceramic mug if you're dining in.

✚ Save paper

- Print double sided when printing in a computer lab.
- Only print what you need to and make use of the track changes tool when typing word documents to avoid printing draft copies.
- Ask your professors if you can hand in assignments electronically or print them double sided.



Did you know?

During the regular school term 8,000 paper coffee cups are thrown away per day.





Waste Reduction



Did you know? Bottled water costs 300 times more than tap water. Bring your own bottle and fill up on campus.

Buy used

- Buying used textbooks helps you save money and saves paper. Check the PAWS classifieds for students selling their books.
- Check the PAWS classifieds for other things being sold or use a site like Kijiji.ca to buy or sell used items.

Donate

- Need to get rid of unwanted items? Drop them off in the free box located in the Arts tunnel. Whatever you don't need someone else does.

BYOBottle

- Bring a reusable steel or non-BPA plastic water bottle and fill it up at one of the many water fountains or waterfill stations located across campus.

Tip: there are water bottle filling stations located in Biology, Geology and on the second floor of Edwards School of Business



Energy Conservation

Whether you live in College Quarter, Graduate House, Voyager Place or McEown Park, there are many ways to reduce your energy consumption while living in residence. A few simple actions can make a big difference!

Power down

- Turn off the lights if you are the last person to leave a room. This includes the washroom, shared lounges and laundry rooms.
- Shut down your computer when you're not using it or use power saving modes like sleep or hibernate.
- Turn off all electronics when you're not using them.
- Unplug electronics like chargers, gaming consoles and TVs when you're not using them, they continue to draw energy even when they're not actively being used.
- Plug all electronic equipment - ipod chargers, cell phone chargers, TVs, computers, etc. into a power bar. Turning them all off with the flip of a switch, easier than turning off each one individually.

Did you know? Standby or Phantom power accounts for approximately 5 to 10 per cent of all home electricity use. Unplug and cut down on wasted energy and the electricity bill.



Tip: screen savers don't save energy — they use about as much as when you're using your computer. Turn off your monitor or computer to save energy.





Energy Conservation



Tip: purchase an energy efficient computer (laptops use less energy than desktops) and enable the power-saving features, saving energy and reducing your environmental impact.



❖ Laundry

- Hang your clothes instead of using a dryer to save energy and money. Drying racks can be purchased at many local houseware retailers.
- Do laundry only when you have enough clothes to fill a whole load. If it takes too long to gather enough clothes, do a load with your roommate.
- Wash your clothes in cold water. Up to 90% of the energy used when doing laundry comes from heating the water. Cold water gets clothes as clean as hot water and helps them last longer.

❖ Use energy efficient products

- Install Compact Fluorescent Lightbulbs (CFLs) or a Light-Emitting Diode (LED) in any additional lighting you bring—they use about 75 per cent less energy and can last up to 12 times longer than traditional incandescent bulbs.

Did you know? Energy efficient lighting has been installed all across campus. The project is aiming to save 17,893 GJ/yr or \$277,365 per year in electricity costs. Thanks to the switch we have reduced our greenhouse gas emissions by ~4,240,000kg CO₂/year, roughly equivalent to taking 656 cars and light trucks off the road in Saskatchewan.



Take advantage of the University Learning Centre

If you live in College Quarter keep an eye out for the Health and Sustainability Living Learning Community. Offered in the past, the ULC hopes to implement more initiatives in residence.

Visit usask.ca/ulc/lc to learn more about learning communities and the ULC.

✦ In your room

- Keep windows and doors closed when you are heating or air conditioning your room.
- On hot days keep your blinds closed to keep out direct sunlight and reduce your cooling needs.
- On colder days keep your blinds open to let in sunlight and warm your room. If there's no sunlight keep blinds closed to minimize heat loss and keep cold drafts out of your room.
- Turn your radiator or thermostat down when the room is too hot, you're sleeping or you're away from home. Students living in graduate house can program their thermostats to save energy.
- Turn down the heat one or two degrees in the winter and throw on a sweater or turn down the air conditioning in the summer and utilize fans for air flow.



Tip: you may not be paying your own utility bill now, but learning how to save energy will go a long way toward helping you save money in the future.



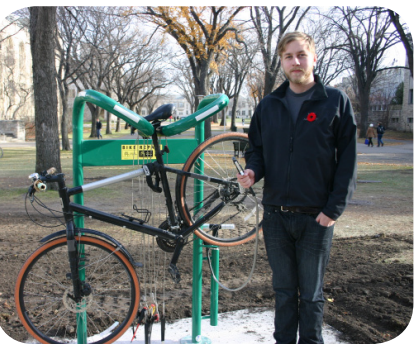


Energy Conservation

▣ Pedal Power

Did you know?

The U of S hosts a commuter station for the annual Bike to Work Day



- Join the Campus Cycling Club to connect with other bike riders. For more information or to join contact cyclingclub@usask.ca or visit their Facebook page.
- Need a secure place to leave your bike? Bike lockers equipped with a padlock and locking mechanism are available for individual users and can be placed in many locations throughout campus. For more information go to: usask.ca/parking/sustainability
- Every year during welcome week a bike sale is held on campus. The bikes were abandoned on campus by students and have been reconditioned by members of the Bridge City Bicycle Co-op. Conveniently priced bikes can have you roll off in style and support a good cause.
- If you have a bike you no longer need don't just leave it chained up.
Contact sustainability@usask.ca

Tip: need to fix your bike? There's a bike repair stand located between the Arts and Thorvaldson buildings. The stand is the first of its kind to be installed at a Canadian university.

for more information contact vpstudentaffairs@ussu.ca

➤ Drive less

- All undergraduate and graduate students have a U-Pass included in their student fees. At 75 per cent less than the cost of a regular adult bus pass. Students can ride the transit throughout Saskatoon.
- UCommute — accessible through PAWS — allows users to easily find carpool partners as well as biking, walking and transit buddies. With one-time ride matching you could find someone to share your drive home for the holidays.
- Enterprise car sharing is available on campus. There are two vehicles — one at the Physical Activity Complex and the other at Seager Wheeler — that are available for use by students. Visit usask.ca/parking/sustainability to find out more.



➤ Save water

- Try taking shorter showers — aiming for five minutes is ideal. Shaving time off our morning shower saves water, energy and cuts down the time it takes to get ready.
- Turn off the tap when you're brushing your teeth, shaving or washing your face.



Tip: clean green. Many household cleaning products contain harsh chemicals. You can make your own green cleaning products or buy environmentally friendly products at the store.





Green on Campus

There are many new and exciting green initiatives taking place all across campus. Get involved with GreenPack and help make the U of S more sustainable. Sustainability...your university, your world!

➤ Good food

- The Aboriginal Student Centre hosts a Good Food Market where you can pick up fresh fruits and vegetables. The ASC is located across from the Bookstore in Marquis Hall.
- Local food requires less transportation and supports the local economy. Both Marquis and St. Thomas More cafeteria use local food in their dishes.
- Fair trade coffee is available at all non-branded retail locations like Louis' Loft.

➤ Veg out

- Vegetarian options are offered at many food outlets on campus including Louis, St. Thomas More cafeteria and Marquis Hall.

➤ Get involved

Green Pack — Volunteer with the Office of Sustainability on campus and help promote recycling, energy conservation and a number of other sustainability initiatives at various campus events and sports games.

Tip: want to know what's on the menu for the day? Marquis' and STM's menus are available on PAWS under the "Where to Eat" tab.



Tip: want to eat greenoff campus? The Saskatoon Farmers' Market is open Saturdays from 8-2 and Wednesdays & Sundays from 10-3 at River Landing.



➤ Get involved

Horticulture Club — Campus club that promotes experiential learning in horticulture. Among other hands-on projects, the club provides produce grown in University greenhouses and community gardens to Food Services every year.

Biology Student Association — The Biology Club is for all students in Biology and related disciplines. For more information contact biology.club@usask.ca

Engineers without Borders — A student group dedicated to international development, and to reducing poverty by building the opportunities of those living in poverty in developing countries. For more information visit saskatchewan.ewb.ca

ESSA (Environmental Studies Students' Association) — ESSA's goal is to promote concern for the environment through various academic and recreational activities. Open to all students. For more information visit facebook.com/ESSA.UofS

SWITCH — SWITCH is a student-run interdisciplinary clinic serving Saskatoon's inner-city neighborhoods. For more information visit switchclinic.ca

Eco-Health Interest Group — EHIG provides Health Sciences students with opportunities to learn more about how our environment and surroundings can affect human health. For more information visit ecohealthinterestgroup.blogspot.com

Green Enactus Student Group — A student run nonprofit organization that focuses on using entrepreneurship, financial literacy, and environmentalism to help people in need increase their quality of life and standard of living. For more information visit enactus.ca

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With your help we can make our
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