

Pembroke Green Guide for Freshers 2020

The A-Z of Sustainability

Written by Eliza Griffiths, based
on the Jesus College A-Z of
Sustainability



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Hi everyone! Welcome to the A-Z of sustainability.

Living life as green as possible can sometimes be daunting. We're bombarded by often conflicting information on what the best choice is regarding our actions, values and consumption. If you overthink how your choices impact on the planet, this guide tries to help by compiling a list of things you can do to live life in Pembroke as sustainably as possible.

We're not expecting everyone to follow all of these guidelines all of the time (we certainly don't!), but even taking up some of the tips can help cultural and habitual shifts. Some letters are simple changes in what you buy; some are relevant only in College; and some are serious political statements.

DISCLAIMER: climate change and environmental destruction are a systemic issue. These are things that you can do as an individual but we are fully aware that collective, institutional and economic change is required. We have to stave off the eco-anxiety somehow!

Most importantly though, we hope you have fun and that this guide can help empower you to be more eco-friendly!

Green love,
Eliza
JPC Green Officer 2019-2020

Do you care about environmental issues within Pembroke? Get involved in Pembroke Orchard Green Society!

POGS provides a platform for students and staff to put our eco-ideas into action through campaigns and is a fun, relaxed and welcoming group. Find us at the sports and societies fair and like [our facebook page](#). Contact Eliza (ejcg2) if you want to get involved in the committee!

If you're really environmentally minded, and want to do your bit for college, do consider running for the role of JPC Green and Ethical Affairs Officer in the late-Michaelmas term elections!

A Allotment

Pembroke has a gardening society that looks after the Pembroke allotments, located at the Pembroke Sports Ground (Grantchester Meadows). Join for some fun gardening, great company and possibly even some fruits & vegetables to take home at the end of it!



B Bins

You have **two bins** in your room, one is for recyclable materials and one is for general waste. It is super important that you **sort your rubbish** and make one bin fully recyclable materials and the other normal waste, otherwise it will all go to general waste. Then empty your recycling bin into the **bigger recycling bin in your kitchen** or staircase. Please be respectful and make our cleaner's jobs as easy as possible - we're super lucky to have people empty our bins for us!

There is additional recycling in the porter's lodge for: light bulbs, waste toner/printer cartridges, and batteries. There is a pot for recycling pens, and a small box for used stamps too.

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Cambridge runs on a **co-mingled recycling system**: all recycling is collected together and then sorted later on. Unlike many other places, Cambridge will **recycle ALL plastics** (including film plastic and plastic packaging – **even the stuff that says non-recyclable**) It is essential that it is **clean and dry**, otherwise this can **contaminate** other materials which then cannot be recycled. So give your yogurt pots etc. a **rinse and dry** before you put them in the bin.

A VALENCIAN'S GUIDE TO RECYCLING



PLEASE MAKE SURE ALL CONTAINERS ARE CLEAN BEFORE YOU PUT THEM IN THE RECYCLING



* BATTERIES CAN BE DROPPED OFF AT THE PORTER'S LODGE TO BE RECYCLED

The main things you can't recycle are polystyrene, greasy/dirty cardboard (e.g. pizza boxes) and crisp packets (because they're a combination of plastic and metal). we unfortunately don't have food waste bins yet but we are working on it!

C Cafe and Servery

All takeaway items from the cafe are made of **vegware** which is **compostable when properly disposed of**, including cutlery, the packaging of cutlery and takeaway cups. **Vegware bins** dotted around college, including in the **hall, near the cafe and near the chapel**. These bins are taken locally to be properly recycled or combusted so it is super important we use them!



In normal situations it is ideal if you bring your own **reusable cup, cutlery and tupperware** to take away food. You can buy **Pembroke KeepCups** from the cafe, plodge and hall and if any reusable cup is used there is a 20p discount on your drink. Obviously this isn't all possible at the moment but hopefully soon.

Trough hardly produces any **food waste** as any leftovers are repurposed for future meals. The main source of waste actually comes from our **plates**. If you're constantly throwing away a lot of food from the servery, bring a tupperware for leftovers, ask for smaller portions,

There is always at least **two vegetarian options** at the servery and at least one will always be **vegan** - the majority of the time these are the cheaper option. There are also vegan sandwich/cake options at the **cafe** and you can order a vegetarian or vegan meal for **formal**. Even if you can't commit to full vegetarianism/veganism, this means it is very easy to try and eat veggie/vegan more often, and make your diet more sustainable (see V).

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D Divestment

Divestment is a vital global movement encouraging institutions, in our case educational, to **remove their investments in fossil fuel companies**. It is a means of refusing to give legitimacy or 'social license' to companies fuelling climate crisis and withdraw support for the fossil fuel industry as a whole.

Why divest?

- **Ecologically necessary** - at least 80% of known fossil fuel reserves must remain un- burned to avoid a 2°C increase in global temperatures, still more to keep temperatures to the 1.5°C target of the Paris Accord. The divestment movement holds that it is a moral imperative to avoid funding the primary cause of warming.
- A means to bring the University's finances in line with its groundbreaking **research and its social vision**. A highly effective technique, and past movements have achieved legislative success in almost every instance - notable examples include in Darfur, South Africa and tobacco/alcohol campaigns.
- **Financially beneficial** and imperative to protect the university financially. A combination of mitigation policies and falling renewable energy prices is predicted to turn fossil fuels into 'stranded assets' in coming decades. NOT an unrealistic goal - in the UK, 800 institutions, including over a third of all UK universities have divested from fossil fuels!

Excitingly, Cambridge University has just announced that it is to **fully divest from fossil fuels by 2030**, which is a result of the work of years of campaigning by **Cambridge Zero Carbon Society**.

Cambridge Zero Carbon Society leads the uni-wide campaign and are always keen for new people to get involved. Like their Facebook page to stay updated with what they are doing, things being decided by the university, and how you can get involved. They hold weekly open meetings which anyone can attend, and arrange rallies and other forms of direct action to put pressure on the university. Drop POGS a message if you would like someone to go with!



Several colleges have divested and POGS is thinking of launching a Pembroke campaign, so reach out to us to get involved.

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E Energy Saving

There are lots of really simple ways to reduce your energy consumption:

Wash clothes at **30 degrees** (almost all detergents are compatible with this) and air dry with a **clothes airer** instead of using a tumble dryer. Tumble dryers are one of the least energy efficient appliances and clothes horses are very cheap from e.g. Wilko.



Put a **lid** on saucepans to conserve heat energy, and make food cook faster.

Where possible, opt for the **microwave** over an electric hob/oven as this is the most energy efficient cooking appliance.

Put an extra **jumper** on instead of turning up the heating and check the weather before deciding what to wear!

Let food fully **cool down** before putting in the fridge/freezer.

Make sure every **light** is turned off upon leaving a room.

Turn appliances fully off at the **switch/unplug** them

Let your hair **air dry** instead of using a hairdryer.

Instead of buying a small heater, if your room is cold or your heating doesn't work, contact maintenance.

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F Facebook Groups and pages

- **Pembroke Orchard Green Society (POGS)** is the college society which aims to promote environmental awareness and sustainable changes to the college. We run events and are currently starting up some environmental campaigns so if you would like to get involved, reach out to the Green Officer (currently Eliza ejcg2).
- **CUSU Ethical Affairs** is run by the students union and they campaign for university wide green and ethical changes. They share lots of what is happening at the university level and ways you can get involved.
- **Cambridge University Environment and Energy** coordinates environmental sustainability within the University estate, and works with college green officers/CUSU Ethical Affairs.
- **Cambridge Zero Carbon Society** (see page above)
- **Cambridge University Environmental Consulting Society** is a student society that uses practical advice to tackle environmental problems around Cambridge.
- **Cambridge University Vegan Society**
- **Cambridge Hub** - Organisation coordinating lots of sustainability stuff in Cambridge and the wider community.
- **Positive Investment Cambridge** helps Cambridge Uni & its Colleges invest transparently & responsibly, and promote responsible investment more widely.
- **Healthy Planet Cambridge** is a group working to raise awareness of the links between climate change and health
- **SCOOP** is a zero-waste pop-up shop set up by a pembroke student.
- **ClimaTalk** is a newly founded group aiming to demystify climate policy for students.

Also good to look out for is Green Weeks! Green Weeks are a week of environmentally-themed events such as talks, socials, workshops, formals and fundraisers. There is a university wide Green Week in lent term run by CUSU Ethical Affairs and a Pembroke based Green Week in lent term organised by POGS.

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G Gifts

- Gift giving often leads unnecessary buying and things get wasted but it can also be a way to extend sustainable living and encourage others to do the same!
 - **Make things** - bake cookies/cakes and gift them in a reusable jar. If you're creative, get crafting!
 - For specific items, **shop secondhand** in charity shops or online on Ebay/Depop.
 - **Start early** - don't leave it til December or the month of their birthday
 - Support **small scale ethical companies** and get people nicer versions of things they'll already use. Buy reusable or low waste products like keepcups or zero-waste toiletries. Wearth London sell lots of ethical low-waste gifts made in the UK, and Hot Cocoa is an Etsy store which procures locally made eco- swaps and sustainable gifts.
 - **Gift experiences** instead of objects - This could be as simple as promising to cook someone dinner or look up deals on Wowcher, Groupon, etc.

Make **charity donations** in someone's name to causes you know they care about. Lendwithcare is a good scheme where you can gift someone a voucher that they can lend as microfinance to social enterprises across the world.
 - **Ditch the wrapping paper** - use brown paper or reuse newspaper

H High Street Fashion

Sustainable fashion is a movement growing in momentum and something we can all get involved in helping. The 'fast' fashion industry is damaging both for **human rights** across the Global South and the **environment**. The cheap price of clothes in shops like Topshop, Zara, Primark, Nike etc. is enabled by outsourcing labour to garment factories in countries where a lack of labour rights enables the exploitation of thousands of workers. Atrocities such as the Rana Plaza collapse in Bangladesh epitomise the fashion industry's malevolent quality, and buying from cheap brands which use these practices is giving them a social licence to exploit.

The industry produces **8%** of total global greenhouse gas emissions and is responsible for **20%** of industrial water pollution! It also encourages a toxic 'throw-away' culture which means we buy more than we could ever use: 10 million tonnes of clothes end up in landfill every year.

Things we can do:

Buy less

- This is the easiest way to opt out of funding this toxic industry, and the consumerist mindset it promotes.
- Before you buy items, really consider how much you 'need' it, how much wear you'll get from it, and whether it is different from items you already own. Keep in mind costs that are not just monetary - how the item was produced, who made it and in what conditions, how many miles it had to travel.
- Opt for quality over quantity, clothes that will last much longer, care for and repair existing clothes (see R) instead of throwing them away.

Shop secondhand

- Where possible, buy pre-loved items. This will save you a lot of money and avoid funding the practices of the fast fashion industry.
- Charity shops are a great way to buy clothes and also donate to worthy causes. Cambridge has loads of charity shops - check out behind the Grafton Centre and along Mill Road for some great finds.
- eBay & Depop, CUSU Womcam have a fab buy/sell group - group specifically for women and non-binary people which lets you buy and sell clothes with other students at Cambridge.

If you can, when buying new buy from ethical brands

- For sportswear, underwear etc. that can't be bought second-hand, there are some great brands have sustainable practices. They do cost more but have a supply chain free from exploitation and degradation.
- Be aware that lots of fast fashion brands have recently introduced greenwashing practices, such as recycling schemes and selective use of organic cotton (@ H&M) - don't be fooled by these tokenistic measures
- Fully research brands using resources such as the Good on You app, Fashion Revolution and sustainable fashion blogs to check their ethical rating

What is Greenwashing?

Greenwashing is conveying a false impression that a company or its products are more environmentally sound than they really are. A lot of companies are attempting to capitalize on increasing environmental consciousness, by directing attention to very minimal 'green' practices that in reality have little impact compared to the environmental degradation their practices cause.

Ethical brands

- BuyMeOnce - range of products with an emphasis on fashion. Stocks sustainable tights!
- The People Tree - fairtrade, simple pieces made from organic cotton, in partnership with small-scale cooperatives. They also sell jewellery and underwear.
- Asquith London - sustainable and ethical sports/activewear
- BAM - clothing and sportswear basics made out of bamboo.
- Look at Wado or Veja for cute trainers!
- Lara intimates - sustainable underwear
- The Natural Edition - clothing basics.
- MUD - jeans. Lets you send them old denim to be recycled!
- Brothers We Stand - sustainable and ethical menswear.

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I (get) Involved

Cambridge has lots of societies to join if you're passionate about making a difference! This includes societies promoting **environmental change, volunteering opportunities with local charities and university branches of global organisations.** Check out this graphic from the Cambridge Hub for a full list, and look at the **Disorientation Guide** produced last year. Most will have a Facebook page and mailing list you can subscribe to & keep updated with regular meetings and events.

cambridge hub

Who are we? We aim to help students to shape a better world through our ethical network, practical volunteering, skilled placements and events. We're a student-run organisation that links together social action groups across the university and town.

Try something new this year and get involved with volunteering / campaigning on environmental and social issues!!

Here, we've provided a list of societies involved with social and environmental action. There's bound to be some that catch your attention ☺

- Visit their website
- Subscribe to their mailing list
- Go to meetings / events
- Like their Facebook page

More info at: www.cambridgehub.org

Hub projects

- Schools Plus**: Become a tutor for students from disadvantaged backgrounds in Cambridge to help young people achieve their academic potential
- Edible Garden**: Weekly gardening sessions that bring together community and students
- International Development Conference**: Annual conference to bring together students and professionals to discuss ways to tackle global inequality
- Climate and Sustainability Forum**: Annual conference to increase awareness on climate change and sustainability
- Effective Altruism Cambridge**: Group of students who want to answer the question "how can I do the most amount of good?" through career choice and giving to charity, talks and events open throughout the year
- Cambridge Carbon Footprint**: Promotes working together to tackle environmental issues, and runs events and talks
- Living Lab**: Chance for students to be involved with projects, internships and research into environmental sustainability
- CU Nature Society**: From talks and documentary screenings to organised trips, there's something you'll enjoy if you're passionate about nature
- Student Switch Off**: Win prizes for participating in energy-saving competitions throughout the year

Environmental

- Zero Carbon Society**: Energetic environmental student group that campaigns for Cambridge to divest from (stop investing in) fossil fuels
- CU Foodbank Society**: Aims to reduce food waste across the university
- CU Wildlife Conservation Society**: Supporting grassroots conservation projects in the UK and abroad
- FOOD Cycle**: Community project that supports hungry and lonely people by serving regular meals

International

- CU Oxfam Society (OxCam)**: Organises exciting campaigns as part of global Oxfam network to end poverty
- Cambridge Student Action for Refugees (STAR)**: Campaigns to improve the lives of refugees and asylum seekers in the UK
- Cambridge Engineers Without Borders**: Runs events throughout the year including talks, school workshops and overseas branch projects
- Cambridge PEN**: Campaigns for the rights of writers, journalists and bloggers who are persecuted and whose words are suppressed
- CU Amnesty International**: Part of a movement about standing up for human rights across the world; runs regular meetings, letter-writing sessions and talks

Volunteering and local action

- Wintercomfort for the homeless**: Provides support for vulnerable and homeless people in Cambridge including those sleeping rough or in temporary accommodation
- Student Community Action (SCA)**: Volunteering projects with local community such as working with children, the elderly or teaching English as a second language
- Cambridge Homelessness Outreach Program**: Helps to link Cambridge students with fundraising and volunteer opportunities to serve the homeless
- JUST LOVE**: Inspires Christian students in Cambridge to get involved with social justice work, such as volunteering and raising awareness events
- RAG RAISING & GIVING CAMBRIDGE**: Fundraising events throughout the year to raise money for 10 chosen charities; for example 'Jailbreak', 'Lost' and 'Blind date'

Other societies:

- Cambridge Streetbite**: Student-run society that goes around the town offering hot drinks, food and a chat to those who live on the streets
- Social Innovation Programme**: Chance to develop your consultancy skills and help provide innovative solutions to challenges faced by charities in Cambridge; 6-week projects
- Hiraeth**: Runs literary workshops for people who are experiencing homelessness and feel their voice is not being heard
- Good Lad**: Aims to address lad culture, sexual violence & misogyny by running workshops and creating dialogue
- LinkAges Housing**: Intergenerational housing project that offers PhDs the chance to live and volunteer with local older people
- CU Ethical Affairs**: Represents students on university bodies with regards to ethical and environmental issues; also supports work of green officers
- CU Calais Refugee Action Group (CUCRAG)**: Organises trips to Calais, fundraising events and collection of goods to distribute to refugees
- CU Environmental Consulting Society**: Advises Cambridge-based organisations to find solutions to environmental issues
- CU Environmental Society (ECS)**: Advises Cambridge-based organisations to find solutions to environmental issues
- ENGINEERS WITHOUT BORDERS**: Campaigns for the rights of persecuted and whose words are suppressed

J Justice

Across the world, the **poorest and most vulnerable communities** suffer the greatest burden of environmental pollution and displacement, whilst receiving the fewest of the benefits of development.

Environmental justice seeks to address this imbalance, which occurs at all levels from the global to the local. It asserts the right of people to a clean, stable and healthy environment, regardless of their circumstances or identity. In its most basic expression, environmental justice argues that communities should have a fair say over the use of their environment and protection from damage to and displacement from this land. The movement is broad and intersectional, and often inseparable from other social justice issues. For instance, numerous studies have demonstrated that black and latinx Americans are exposed to significantly higher levels of particulate matter and other airborne pollutants than their white counterparts: they disproportionately bear the burden of pollution and industry.

At their root, these struggles stem from **deep class, race and gender inequalities. There can be no social justice without environmental justice.**

K KeepCups

Single-use plastics are on of the most ecologically destructive elements of our economy and disposable coffee cups are a major culprit. In the UK it was estimated that **2.5 billion coffee cups** are used and thrown away every year and only about 0.25% of these are recycled. Although many cups are now labelled as biodegradable e.g. **Vegware**, there is still extensive infrastructure needed to manage this waste. Similarly, many disposable cups now are made from recycled plastic but that does not mean they can be recycled again or disposed off sustainably.



Get yourself a reusable cup! You can buy Pembroke Keepcups from **Plodge, the servery and the cafe** for only £8 and you'll get a 20p discount on your drink here. Almost all takeaway coffee places will do a similar deal – it pays to be sustainable! There other brands that are cheaper and more creative all over the place too.

L Lube

Sustainability is already sexy so lets make sexy sustainable-

- There are a number of organic, water based **lubricants** on the market. For example, YES: The Organic Intimacy Company
- There are also biodegradable, vegan **condoms** available too. Check out HANX and other brands
- There are even biodegradable **vibrators** out there

M Milk

There are now many delicious **plant-based milk alternatives** which are available in almost all major supermarkets in the UK. The most common are **Soy, Almond and Oat** but you may also see Rice, Cashew, Coconut or Hazelnut.

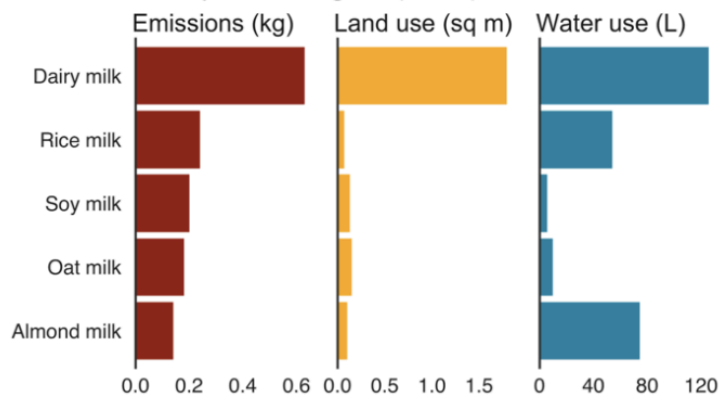
While there are concerns about the land and water usage of milk alternatives this is **still significantly lower than for dairy milk**. Some brands are more eco-conscious than others so if you're really into your milk, try and do a bit more research about where ingredients are coming from. Also, **think local**: we can't grow almonds in the UK but oats are grown all over Europe. You can also try making your own if you're really keen to reduce your waste!

Try find your favourite for your morning porridge or coffee.



Which milk should I choose?

Environmental impact of one glass (200ml) of different milks



Source: Poore & Nemecek (2018), Science. Additional calculations, J. Poore **BBC**

N Nature

There are so many great places around Cambridge:

- You can see the full list of Council-run Local **Nature Reserves**
- The Wildlife Trust has a few reserves within cycling distance, including Trumpington Meadows and Cherry Hinton Chalk Pits
- We also get FREE ENTRY to the **Botanic Gardens** - just show your Camcard!
- If you want to get out of the bubble, there are some fantastic RSPB reserves just a train or bus ride away. Think about Fen Drayton Lakes or Lakenheath Fen
- For an organised extended trip, **CU Nature Society** organises trips approximately twice a term.

O Oil

There has been much uproar in recent years surrounding **palm oil** and its impact on deforestation, use of human slavery and the associated air miles when transporting it to Europe. However, it is more nuanced than this. Palm oil has far higher crop yield than many alternatives, which means if companies simply replace palm oil with another form of oil, the chances are this will have even more detrimental impact on the environment. Moreover, many indigenous communities especially in Indonesia and Malaysia depend on the production of palm oil to sustain their livelihoods - See J!

This means its complex but there's still things we can do:

- 1) **Reduce our consumption.** This is tricky as palm oil is everywhere, but moving towards wholefoods over industrially processed foods reduces demand for all processed oils. Alongside reducing the amount of toiletries we use and switching to lower waste alternatives (e.g. Z) this contributes to both a lower waste lifestyle and a lessened demand for palm oil or alternatives.
- 2) You can also opt for specifically **sustainable forms** of palm oil. Look for the The RoundTable on Sustainable Palm Oil (RSPO) label on the back of food products.

Aside from the palm oil debate, when cooking opt for **rapeseed oil** as its grown across the UK/Europe. It's also cheaper to buy. Also remember to not pour fat and oil from your cooking pan down the drain!

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P Periods

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Tampons, pads and pantyliners along with their packaging generate more than **200,000 tonnes of waste per year**, and they all contain plastic e.g. pads are usually 90% plastic. A year's worth of a typical menstrual product leaves a carbon footprint equivalent of 5.3 kg CO₂. Many of the chemicals contained in tampons and pads due to bleaching them white and adding artificial fragrance are classed by WHO as health risks e.g. dioxins and carcinogens and have been linked to disrupted embryonic development, fertility and even cancer. They are also incredibly expensive – a 2015 survey found that the average person with periods will spend £18,000 on period products in a lifetime.

Changes you can make:

1. **Don't flush tampons** - the Marine Conservation Society found that around half of UK women flush tampons away meaning 1.5-2 billion menstrual items are flushed down Britain's toilets each year, causing massive sewage and waterway issues and ocean pollution.
2. Switch to **more sustainable disposables** - Organic cotton is less water intensive and does not use any harmful pesticides which pollute nearby waterways. So even if you switched to certified organic cotton products for just two of your periods you could save enough water for 1 person for 900 days; conserve 72% of the energy needed to produce conventional cotton; and reduce the water used by 91%. Some good sustainable options are Freda, OHNE and DAME (reusable tampon applicator)
3. Switch to reusables
 - **Menstrual cups** are typically made from silicone and are worn inside the vagina, collect menstrual blood which is then emptied, rinsed and the cup is reinserted. Depending on the brand and heaviness of the flow they can be worn for up to 8-12 hours and last for up to 10 years
 - **Reusable pads** are made of cloth and can be worn, washed and reused multiple times depending on the brand.
 - **Period pants** are made with very absorbent fabric built in that collect menstrual blood, can be washed in a machine or by hand and are reused.

If you've decided to make the switch and still have disposables left over, you can donate them to Cambridge based homeless charities Jimmy's or Wintercomfort.

Q Quality > Quantity

As many parts of this guide have suggested, reducing our consumption and use of disposable goods is a key idea. Linking to this idea is Quality Over Quantity. Whether it's trainers, clothes, razors, kitchenware, cosmetics or electricals, buy quality products that are going to last and ultimately work out cheaper and greener. Check out uk.buymeonce.com for great advice!

R Repair

Mending items you already own is a cornerstone of living a lower waste, less energy intensive lifestyle.

- Get your **phone/laptop repaired** e.g. with a new screen or battery in- stead of buying a new one.
- There are loads of **bike repair shops** in Cambridge, for example try Flat Planet Cycles or Barton Bicycles on King Street. Alternatively, learn to take care of your bike yourself.
- **Learn to sew!** If you know a relative/friend who can sew, why not ask them to teach you? You can also follow online guides and watch Youtube videos. Learning to sew by hand is relatively simple, cheap and will work for small repairs. For larger jobs you'll need a sewing machine so its of- ten better to take clothes to alter shops, which can mend or alter your garments. For example in Cambridge, Clothing Alteration Company on Bridge Street or Tailoring All Alts on Burleigh Street.
- **Shoes** can be repaired by Timpsons. Or for trainers buy some shoe re- pair glue like Freesole. Much cheaper than a new pair!
- Some brands like Patagonia and Dr. Martens do **lifetime guarantee** so will repair your clothes. If they can't repair them, they'll at least reimburse you and then they will dispose of the damaged goods appropriately.

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S Shopping

While we all need to consume less than we currently do, there are also lots of ways to consumer more ethically.

- Buy **secondhand** as much as possible (also see H and Z)! Lots of people get rid of items that are still in perfectly good condition. As mentioned, there are loads of charity shops in Cambridge particularly on Burleigh Street and Mill Road. Also check out Ebay and Facebook marketplace.
- Try and **avoid shopping online** as much as possible. The infrastructure needed to ensure you get what you want privately delivered to you is environmentally draining because of transportation costs and requires huge labour power (workforces which are often seriously exploited: see the plight of Hermes delivery drivers and Amazon warehouse workers). Also, always opt for products that haven't had to be shipped halfway across the world and factor in where something came from before buying it
- Think about the brands you buy from such as their **ethical policy**, **distance** items will have to travel and **environmental credentials**. Buycott is a great app which shows you which brands subscribe to ethical practices

Where possible, buy food that's grown **locally and in season**. Cambridge Market has loads of fruit and veg stalls that are usually much cheaper than Sainsbury's and are often grown locally. When shopping in supermarkets, check the labels and opt for items grown closest to home.

- Opt for **low/no packaging**. Sainsbury's offers a lot of fruits and veg without packaging (e.g. bananas, broccoli, mushrooms, potatoes, carrots, onions) so always chose these but the market and local shops along Mill Road are much better and cheaper - just bring your own bag/containers. For other foods, we now have a zero waste option in Cambridge! The Full Circle stall in the marketplace sells items in bulk for you to fill up your containers. Avoid plastic in favour of tin, glass and cardboard which can be recycled far more easily/more times. Also, buy the largest version of items you can
- Buy the **Fairtrade** options of things like coffee, bananas and chocolate when you can. Although Fairtrade may feel a bit dated and almost tokenistic now, it has been a relative success story for ethical production systems and signals a consumer desire for a fair global economy

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T (save) Trees

Go **paperless** or reduce the amount you print! This can make a big difference especially for uni students. Instead of printing articles/e-books, download them onto a PDF viewer to highlight or take notes from. Try and take notes on a laptop instead of paper. Always print double-sided when you have to print. You can also opt for online/e-versions of bank statements and other documents, and always click the 'no receipt' option if there is one.

Use **Ecosia**. This is an alternative search engine which makes money through advertising and uses this to plant trees

Reduce the amount of **toilet paper/tissues** you use. You can also buy Who Gives a Crap loo roll which provides recycled paper, plastic free, bulk buy toilet paper.



U Upcycle

Upcycling entails refashioning or reusing items you already own for another purpose. It is easy and fun to do and helps get you into the mindset of really making the most of what you own! Especially when trying to reduce waste, its key to use what you have before investing in new things.

Some easy upcycles:

- **Mend, adjust and re-dye clothes.** You can dye clothes by hand or in a washing machine and it's a great way to give a new lease of life to garments!
- **Magazines** and **birthday cards** can be remade into cute collage cards for a personal alternative to cards which come in packaged in plastic. Or as gift tags!
- **Food jars** can be repurposed as storage, and old bottles make cute vases.

V Vegan and Vegetarian

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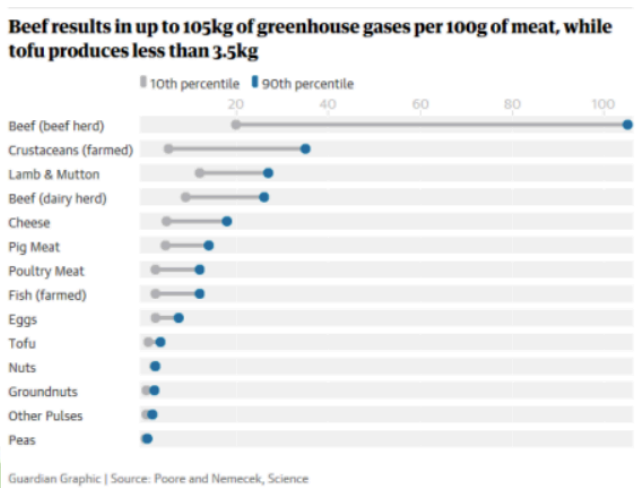
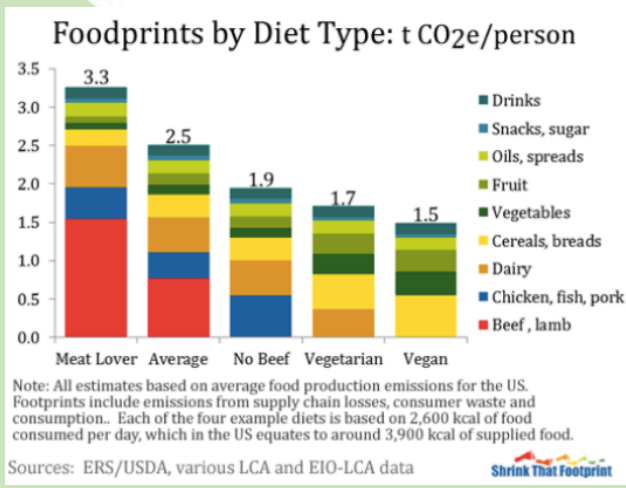
The most effective thing you can do to reduce your impact on the planet is moving to a plant-based diet. Livestock are responsible for about **14.5 percent of global greenhouse emissions**. Some estimate that this is more than the emissions produced by all modes of transport (yes – that includes planes). Meat and other animal products are responsible for the majority of food-related greenhouse gas emissions, despite only providing 1/5 of the calories we consumer.

Slowly swapping out animal products for the plant-based version makes it more manageable than going cold turkey and often more enjoyable for you.

Things to try:

- **Cut out beef and/or dairy.** Cattle (raised for both beef and milk, as well as for inedible outputs like manure and draft power) are the animal species responsible for the most emissions, representing about 65% of the livestock sector's emissions.
- Experiment with **vegan recipes**. Have fun and see what alternatives you like!
- Start by **reducing**. Try have one plant-based meal or day per week.
- Only have meat/fish when eating out or at a friend's
- Order plant-based milk when you go for coffee.
- Try the **vegan restaurants** in Cambridge - including Doppleganger burgers and stem + glory.

Join the **Cambridge University Vegan Society** Facebook/ mailing list - they host lots of events open to everyone including pot lucks where people bring and share vegan dishes!



W Water

Declining clean, fresh water reserves and lowering water tables are a global problem. It's seemingly raining all the time but Cambridge is one of the driest places in the country and water is starting to become a serious problem here. A manifesto was recently launched in order to save the River Cam! So, here are some things you can do relating to water consumption:

Turn the **tap off** when you're not directly taking water from it. So when you're brushing your teeth or shaving, don't just keep it running the whole time.

Only put a clothes wash on when you know you'll **fill the barrel** - no half loads

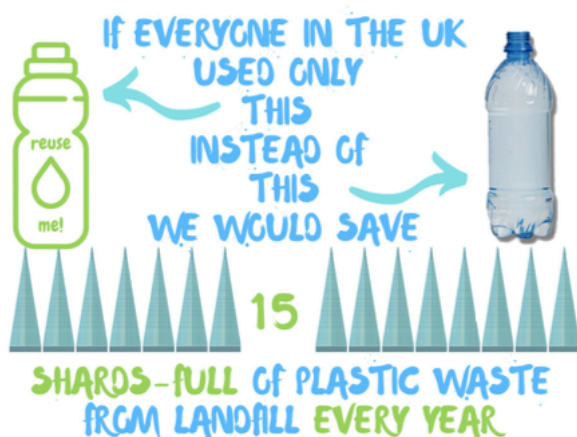
Use a **reusable water bottle**. The water coming from our taps is far more efficient than any bottled water. And it's cheaper. And it doesn't use

When boiling water cooking, **steaming** vegetables requires less water than filling up a pot.

Only **boil** the amount of water you actually need. If you're just having one cup of tea you don't need to boil a litre of water in the kettle.

Take **(shorter) showers** and not baths. Although most of us live in college accommodation and don't have access to baths anyway, showers use significantly less quantities of water per wash

Use a **washing-up basin**. Don't just run the tap in the kitchen and scrub each individual item underneath. Instead fill a basin of hot water and scrub it in there. Or, if you have access to a dishwasher then that is an even more efficient way to wash dishes.



X Extinction Rebellion

Since 2018, XR has grown into the **biggest eco-movement** in the world. With a strong **anti-establishment** and **anti-capitalist** sentiment and an emphasis on civil disruption, they've grabbed headlines and millions of members. It's time for resistance - no one can change the system alone!

You can become a member online (<https://rebellion.earth/>) and join the local facebook group (<https://www.facebook.com/groups/xrcambridge/>) to find out about what's going on and to link up with others for protests and events.



Y (12) Years

There has been emphasis in the media that **just over a decade** is all that remains to stop **irreversible damage** from climate change - the Intergovernmental Panel on Climate Change (IPCC) reported that to keep the rise in global temperatures below 1.5C this century, emissions of carbon dioxide would have to be cut by 45% by 2030.

Others have reported that the next **18 months** will decide our ability to keep climate change to survivable levels and to restore nature to the equilibrium we need for our survival.

Either way, we need to **act now!**

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Z Zero Waste

Zero Waste is a movement that aims to challenge the way in which we consume, by maximising the amount of waste which is recycled and diverted from landfill but also preventing waste from being produced in the first place. It also means trying to prevent as much unnecessary production and energy use as possible.

Refuse things that will cause unnecessary waste.

- Ditch single-use plastic bags when shopping in favour of canvas bags.
- Ask for no straw when ordering drinks, or bring your own reusable one. Same goes for disposable cutlery and food containers – it's always unnecessary so bring your own tupperware and cutlery.
- Bring a cup/mug to pres and make friends do the same!
- Stop buying bottled water and don't get disposable coffee cups: they can't be re-cycled as despite their outward cardboard-like appearance, they have a plastic coating on the inside - get a keepcup instead!
- If you have to order online, check to see if they have a low packaging option or email their customer service and ask.

Reduce the amount of waste you produce.

- Switch from disposable to reusable products e.g.
- Bottled water → reusable water bottles, opt for steel or glass as these last longer than plastic
- Takeaway coffee → KeepCups.
- Plastic straws → Metal, glass or bamboo straws.
- Makeup wipes → cloth cotton pads! You can buy these at Full Circle or from brands on Etsy. Use with coconut oil for a cheap/natural cleanser that even removes waterproof mascara.
- Pads/tampons → menstrual cups, reusable pads and period pants (see P)
- Clingfilm → reusable wax wrap & foil → reusable silicone mat to prevent sticking when cooking.
- Switch to plastic free/lower packaging toiletries - e.g. soaps, toothpaste, toothbrush, deodorant, razors

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