

GUIDE TO ECO LIVING IN BISHOP'S RESIDENCES



WELCOME TO BISHOP'S UNIVERSITY!

We are super excited for you! Living in residence is a great way to start living on your own and make new friends. It is also a great way to learn about campus initiatives, particularly those involving sustainable development. This guide is to help you adapt to a sustainable way of living while also providing you with tips and tricks to encourage you to help Bishop's goals in reducing energy consumption and in conserving our beautiful surrounding environment. Sustainable Choices are not only beneficial to the nature lover but to everyone. If you have questions or if you wish to get involved, don't hesitate to reach out to the SD Office !

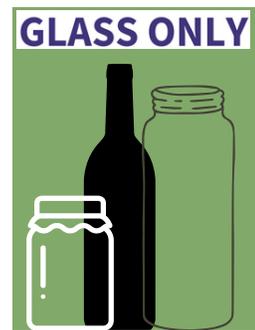
MANAGING YOUR WASTE PROPERLY:

One of the best ways to reduce the amount of trash sent to landfills is to manage your garbage properly by putting the right trash in the right waste bins. On campus, we have 3 main types of bins: compost (brown), recycling (blue) and garbage (black). We also collect equipment like masks and gloves in the labs, and glass bottles from the GAIT. If unsure about which trash item goes in which bin in the Quebec province, there is an app/website called "*ça va où?*" that allows you to check how to properly sort all your trash without any misinformation. Find the link in the QR code on the right!



HOW TO RECYCLE

To recycle efficiently, it is important to know what can go in the recycling bin and what can't. Usually there is a symbol () and the numbers 1-7 inside of the triangle that indicates it is recyclable. Mostly: all glass (of all colors), metals (also tin foil scrunched into a ball), cardboard, paper and all plastics with the number 1-5 can go into the recycling. It is ideal to **rinse** all of the recyclable materials before throwing them away and to regroup plastic bags in one bag. Number 6 (styrofoam and hard plastic) goes to garbage and number 7-PLA to compost. Also, put your **glass bottles and jars** in the appropriate bin outside Paterson; the SD Office will bring them to a special glass recycling bin in Sherbrooke City.



HOW TO COMPOST

Composting is one of the most effective ways to reduce the size of landfills since about 40% of people's waste is compostable. All you need is a compost bin to dispose the organic materials and a bag (either certified compostable bags by the Bureau de Normalisation du Quebec (BNQ); paper brown bags; or folded newspaper). The best way to manage the bin and avoid any potential problems (pest and smells) is to empty the bin every 2-3 days into the large brown bin behind Paterson Hall (shown on the right). It is also crucial to clean the bin with a mixture of water and white vinegar, and allow it to dry before reusing. **ONLY** organic matter is allowed in the compost bin such as food waste, soiled cardboard, tissues, hair and nails, and paper towels.



Also, all cups and containers for food to go on campus are compostable since September 1st, 2022 !



BUYING FROM LOCAL THRIFT STORES



Giving a new life to something that would normally go to the landfills will reduce the amount of objects being thrown away. Buying from a thrift store is a cheap method to support a great cause. It is supporting the **R's**: recycling, reusing and reducing. There is a **REDUCTION** of waste sent to the overflowing landfills; a lot of thrift stores **REUSE** old clothes for other purposes such as rags; and **RECYCLING** clothes and objects can give them a new purpose. This is a great sustainable alternative to shopping, since fast fashion is causing many social and environmental issues. Always consider donating to your local thrift store instead of throwing out your unwanted items, or even organize a clothes and goods exchange activity with your housemates!

Bishop's University annual Garage Sale

Various items to sell, fund raising for the WUSC Student Refugee Program
In the old Arena, during Move-in Weekend

Boutique Elle Dit

Offers women's clothing and accessories at an affordable price
178 Queen Street, Unit 2

Estrie Aide

Non-profit organization with huge selection of everyday items and clothing
345 Wellington S Street

Boutique Encore Thrift Store

Offers women's clothing and accessories
3355 College Street



USE ECO-FRIENDLY TRANSPORTATION



When needing to go off campus, there are many ways to get around without using fossil fuels, for example **BIKING** or **WALKING** to your destination. There are bike racks located all around campus (see the map on the left) and the city of Sherbrooke is very bike-friendly with a lot of designated lanes that connect Lennoxville to the city. You can also choose to use **PUBLIC TRANSPORT**. A bus stop is available next to the arches! Bishop's students benefit from a 15% discount on Limocar Bus Tickets that connect Sherbrooke to Montreal. A final way is to **CARPPOOL** with other students to reduce the amount of cars on the road and the use of gas. All of these options can greatly reduce your cost in gas, as well as limit your greenhouse gas emissions and air pollution. Stay tuned about the *Sustainable Transportation Week* happening in September, *EcoWeek* in February and the *Month of Cycling* in May!

WAYS TO REDUCE RESOURCE & SINGLE-USE MATERIAL CONSUMPTION

Sustainability is found in everyone's day to day lives by doing the little things right. This includes **REDUCING** any use of natural resources such as energy and water. This also includes trying to utilize objects that are not single use, for example using a reusable coffee mug rather than a plastic cup. The following list conveys tricks to help you and the university reach our goal of reducing fossil fuels and water consumption. This will not only help minimize the university's overall impact on the surrounding environment but will also keep students' fees and costs lower by reducing resource consumption. So, it is not only advantageous in the fight against climate change, but it will help the overall cost of living in residence! This can also help relieve any eco-anxiety that is found during these hard times with fighting climate change by doing your best in your personal life, and by keeping in mind that nobody is perfect !

- Unplug electronics when not in use
- Buy unpackaged fruits/vegetables
- Use single desk lighting instead of overhead lighting
- Bring reusable containers for bulk food items (stores such as Bulk Barn, L'Ecolo Boutique, Silo)
- Take short showers
- Air dry laundry
- Use reusable cups and save 0,15\$ on every coffee you buy on campus
- Use reusable bags when shopping
- Buy products made locally
- Shut off water while brushing teeth/shaving
- Use reusable menstrual cups and pads (Diva cup, Moon Cup, etc.)
- Buy food from a local farmer

FOOD SUSTAINABILITY

Eating sustainably is a daily habit that would allow you to live an increasingly eco-friendly life. First, reducing food waste is especially important since it takes so many resources and factors used to create food items, such as water, energy and human labour. This could look like reducing your food portions by taking less and going back for more at Dewhurst dinner hall instead of overloading your plate all at once. Eating more plant-based products is also more ecological since it requires less resources to cultivate compared to what is used in animal agriculture. Buying food in bulk avoids plastic packaging waste. As about 40% of our garbage is actually organic material, using the **compost** to get rid of any food waste is also a great way to reduce your waste! Bringing your reusable mug when buying coffee on campus also gives you a 0.15\$ discount and reduces your waste. As we vote with our dollar, choosing local, seasonal and organic products when you can is also encouraged.



Also, keep an eye out for the the **Fairtrade logo** (as seen above on the right) when shopping since Fairtrade is an alternative to traditionally produced products that are more socio-economically and environmentally friendly. Producers from undeveloped countries, such as in the southern hemisphere (where certain products that can't be made in, for example, Canada, are produced, such as coffee) are exploited by international companies. Hence, products under the Fairtrade movement have a set of regulations that give workers fair working conditions with reasonable pay. Actually, Bishop's is currently on its way in becoming a **Fairtrade Campus**, meaning that all the coffee served on campus (except at Tim's) is certified Fairtrade.



COMMUNITY FRIDGE ON CAMPUS

Another way to reduce food waste is to use the **Bishop's Community Fridge**. It is filled weekly by the SDSI with donated foods from local grocery stores and leftovers from catering events that would have otherwise gone into the garbage. Students are also able to donate food items that are about to go bad. Any student is permitted to grab any food they wish to use. There is also a donation bin next to the fridge with non-perishable items that people don't need that might be essential for someone else. This fridge/bin is located at one of the entrances of the SUB (Student Union Building).

SMALL ECO-CENTERS AVAILABLE

Unfortunately, there are a lot of trash items that do not go into the garbage bin and should be disposed of properly (especially if they contain toxic chemicals) such as batteries, paint, old/broken electronics, lightbulbs, etc. Some items like styrofoam can't be recycled here in Quebec. Hence, bringing them to an **ecocentre** (also known as *drop-off centre*) allows the city to create maximum value from these materials and get rid of these items properly by repurposing or recycling them. This helps protect the environment since less of this hazardous household waste will be put into the landfills. Instead of having to go into Sherbrooke to drop them off, **there are several service points located in certain residence buildings and the SUB here at Bishop's**. If unsure, check the "ça va où?" website/app to know if they go into these drop-off points, and look out for colorful file cabinets!

Locations for small Eco-Centers:

Abbot, Kuehner & Munster:

- Basement, near the laundry room

Paterson: Game room PAT129 or by windows on floor 2nd floor

Mackinnon: laundry room or at the main lobby

Pollack- laundry room

Norton: In the basement common space

To learn more about the Bishop's Sustainable Development plan, scan the QR code or visit the Sustainable Development site: www.ubishops.ca/sdb



Contact the Sustainable Development team for comments/questions or get involved
Laurence Williams, Development Advisor
 LWILLIAM@UBISHOPS.CA
Sustainable Development Student Intern (SDSI)
 SDSI@UBISHOPS.CA