



JESUS COLLEGE

A-Z

STUDENT SUSTAINABILITY GUIDE

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A-Z Sustainability Guide

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

We know that 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.

Luckily, we both overthink every single decision that we make in terms of how it might impact the planet. On too many occasions to count, we've stood for twenty minutes in the Sainsbury's aisles holding up two near identical jars of peanut butter examining the ingredient lists so that you don't have to.

Inside you will find a compiled a list of things you can do to live life in Jesus 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 Jesus; 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 economical 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!

Love,
Zannah & Will

JCSU & MCR Green Officers 2019

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USE THE SIDE BAR TO NAVIGATE



A allotment
B bins
C caff and cafe
D divestment
E energy saving
F facebook groups
G gifts
H high street fashion
I (get) involved
J justice
K keepcup
L lube
M milk
N nature
O oil
P periods
Q quality > quantity
R repair
S shopping
T trees
U upcycle
V veegz
W water
X XR
Y years
Z zero waste

A allotment

For Postgraduate students, the MCR has its very own allotment!

Growing your own produce is an amazing way to counter unsustainable industrial farming and ensures that it's all organic, seasonal and with near-zero air miles.

We're growing a range of fruit, veg and herbs so get in touch with mcr-green@jesus.cam.ac.uk if you want to help out with seeding, planting, weeding, watering or harvesting. There's also a [Facebook group](#) to keep up with the ongoings. We're so lucky to have this resource so it's vital to keep up enthusiasm!



B bins

You have **two bins** in your room because 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. **Please be respectful** and make our cleaner's jobs as easy as possible - we're insanely lucky to have people empty our bins for us!

RECYCLING



All waste put in the 'normal' bin is put into a black bin bag, and all waste that is put in the recycled bin is put into a clear plastic bag. The council are quite strict about what they will collect so if they see a clear plastic bag with obviously non-recyclable/**contaminated materials** in it they won't collect it.

Unlike many other places, Cambridge will **recycle ALL plastics** as long as it is **clean and dry**. 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.

Cambridge runs on a co-mingled recycling system: **all recycling is collected together and then sorted later on**. The system of separate bins for different types of recyclable materials that are still in the North Court kitchens and a few of the Library Court staircase kitchens is left over from the old system. If you see your cleaner emptying all of them together, as long as it is being emptied into a clear plastic bag, don't worry it is all getting recycled.

SMALLS
FOR ALL

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USE YOUR COMPOST BIN! We are very lucky to have a system where students can compost their food waste as most colleges don't have this, but we do need to commit to emptying them ourselves (which takes less than 5 mins!) unlike general waste and recycling.

You can compost ALL food waste – even cooked food!! You can also compost take away boxes from Caff, takeaway items from the Roost and biopolymers by brands such as Vegware which the University use in most of their cafes – these will only compost in these types of conditions.



Before putting food in the compost bin, see if it can be used by someone else:

- If it is perishable but still good to eat, post it on the [Community Fridge Facebook Page](#) and let someone else have it.
- If it is not perishable, put it in the Food Bank collection box which is in the Porter's Lodge next to the door.

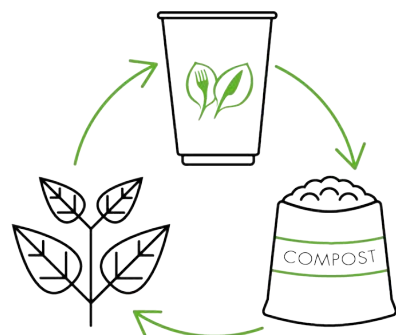
The bin will already be in one of the kitchens in your accommodation and you can get compost bin bags for free from our pigeon holes!



**British Heart
Foundation**

BRITISH HEART FOUNDATION BIN
We have a British Heart Foundation collection bin very close to the Park Street entrance (the one opposite Jesus Green) which you can deposit all goods e.g. clothes, shoes, bric and brac that are in good enough condition to be sold on again for charity.

COMPOST



vegware
CLOSE THE LOOP

- There are three bins for you to deposit your compost into - SEE PREVIOUS PAGE
- **Use a compost bin rota** so that everyone does their bit. Here is the [google sheets for the rota](#) below, edit with the number of people in your accommodation, how often the bin is getting filled etc. If your staircase/house consistently fail to empty it to the point where it is making your cleaner's job unpleasant you will get an email from housekeeping.

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C caff and café



Caff hardly produces any food waste as any leftovers are eaten by staff or used in the Roost. The main source of waste actually comes from plates. So, ideally eat everything or it goes in the bin. If you're constantly throwing away a lot of food from Caff, **bring a tupperware for leftovers**, ask for smaller portions, use the 50/50 or half portion options or give food to a friend.

Bring a tupperware for takeaway! Takeaway boxes and salad boxes (although please use bowls provided if eating in Caff!) from Caff are compostable but only if they're put in a compost bin. You will be charged 20p for small ones and 30p for large ones and they are much more wasteful and less energy efficient than using a tupperware.

Tuesdays are now entirely meat-free and there are **always vegetarian options** at Caff. One will always be vegan - the majority of the time this is the daily deal which is the cheapest! Only two portions of ruminant meat are served each week.

There are also vegan sandwich/cake options at the Roost 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).

All takeaway items from the Roost cafe are compostable, including cutlery and takeaway cups but these must be disposed of in the compost bins in the cafe or your staircases and again it is ideal if you bring your own keepcup, cutlery and tupperware to take away food. You can buy Jesus College Keepcups from the Cafe for only £8 and if any keepcup is used in Caff there is a 15p discount on your drink. The Cafe also sells biobottles - reusable and compostable water bottles for only £3.50.



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D divestment

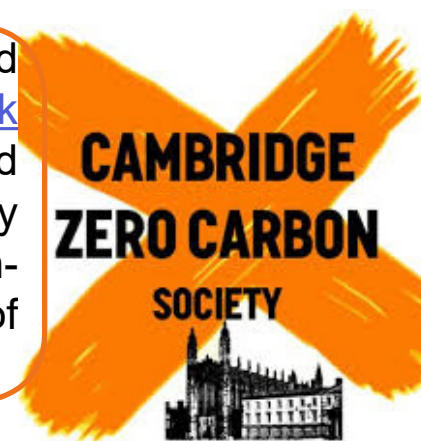
Divestment is a vital global movement encouraging institutions to remove their investments in fossil fuel companies. It is a means of refusing to give legitimacy or 'social license' to companies fuelling the climate crisis and withdrawing support for the fossil fuel industry as a whole.

Ecologically necessary - at least 80% of known fossil fuel reserves must remain unburned to avoid a 2°C increase in global temperatures, still more to keep temperatures to the 1.5°C target of the Paris Accord. As such, the divestment movement holds that it is a moral imperative for institutions like Cambridge University to remove their investments from fossil fuels in order 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! Recent additions to this list include Oxford and Harvard. 2020 will be a crucial year for divestment campaigning in Cambridge as a new report on divestment will be presented to the University Council in Michaelmas. **Getting involved** with these efforts is probably the single most influential thing you can do for environmental movement during your time at Cambridge!

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 one of us a message if you would like someone to go with!



Jesus Divestment Campaign - we also have a campaign group here in Jesus to encourage college to remove their fossil fuel investments and include environmental concerns in their investment policy. [Currently Jesus have decided to remove all of their direct investments in companies and move towards investing their endowment fully in funds](#). These investments made up a small proportion of the college's investment portfolio. Our focus now is on convincing College Council to publicly divest within their managed funds (indirect investments). The bursar is working on a new Responsible Investment Policy which we hope will recommend divestment to College Council, and has been keen for extensive student feedback in this process.

Join the Facebook page to get involved and stay updated with the next stages of the campaign contact Zak Coleman or William Fleming with any questions. We also use this group to arrange group involvement in ZC activities.

For more information check out:

- zerocarbonsoc.soc.srcf.net
- gofossilfree.org/divestment/what-is-fossil-fuel-divestment

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E energy saving

We are currently working with college to try and transition to a fully renewable electricity supplier. Until this happens, here are some tips for reducing your energy consumption.

Wash clothes at 30 degrees (almost all detergents are compatible with this) and air dry with a clothes horse 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! Jesus also has a stock of college-owned clothes horses available to borrow.

Try and only do full loads of washing - or co-ordinate with a friend that also has a half load they need washed!



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.

Only fill the kettle with the amount of water needed.

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

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

Turn appliances fully off at the switch/unplug them instead of

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

Allowing food to fully cool down before putting in the fridge/freezer.

Let your hair air dry instead of using a hairdryer.

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F facebook groups

[Jesus Env and Ethical Affairs Facebook page](#) - this is a page where we share information about green things going on in college and the university. Feel free to post anything relevant such as articles, green tips, volunteering opportunities or events!

[Full Circle](#) - Company which sells zero waste food and toiletries in Cambridge and posts green tips(see S and Z)

[Cambridge Hub](#) - Organisation coordinating lots of sustainability stuff in Cambridge and the wider community

[Community Fridge Facebook page](#) - Join our college foodsharing Facebook page to give away food that's still good to eat to someone else in college, and help combat foodwaste. If you're not on Facebook, drop one of us an email and we can post for you.

[CUSU Ethical Affairs](#) - We have two CUSU representatives who campaign for university wide green and ethical changes. Like their page to keep up to date with things happening at a university level and ways you can get involved.

[Cambridge University Environment and Energy](#) - Organisation which coordinates environmental sustainability within the University estate, and works with college green officers/ CUSU Environmental and Ethical Affairs.

[Emissions](#) - set up recently by Pippa Stevens, an ex-Jesus student, to give info and tips about reducing your carbon footprint!

Cambridge Zero - the university's new climate change initiative, which aims to bring together research from across the university to support sustainability solutions.

G gift giving

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 second hand** in charity shops or online on Ebay/Depop.

Start early - don't leave it till December or the month of their birthday! Books and clothes are nice general ideas for gift thrifting. Or print a cute photo and put it in a nice frame - **charity shops** always have loads for a couple of pounds!

Buy reusable or low waste products like keepcups or solid toiletries to encourage them to ditch single use plastic. [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.

Support small scale ethical companies and get people nicer versions of things they'll already use. For example, [Manumit](#) is a Wales based start-up which produces filter coffee while providing employment to victims of modern slavery. Check out local craft fairs (Cambridge Guildhall hosts a lot of these throughout the year) and Etsy!

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; cloth wrapping or tote bags also look really cool!

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H high street fashion

Sustainable fashion (the opposite of current high street 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. A recent article showed that much of this comes from ordering online and returning items which are [chucked out instead of being resold!](#)



TAKE ACTION

1) UNDERSTAND THE SCALE OF THE ISSUE

- [The True Cost](#) documentary is a must-watch, and explains in detail the impact of the fashion industry, as well as actions we can take.
- [Fashion Revolution](#) is campaign to combat the ills of the fashion industry.
- Other good resources include: [7Billion for 7Seas](#); [Sustain You Style](#); and the [Conscious Chatter](#) podcast

2) 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.

3) SHOP SECOND HAND

- 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 a TONNE of charity shops - check out behind the Grafton Centre and along Mill Road for some great finds.
- Online: This includes eBay & Depop, but Cambridge also has some more local options, which avoid items having to be posted.
- 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.
- [Nu Wardrobe](#) is a community online clothes-sharing platform. They have a platform here in Cambridge so check out their Facebook and website to see clothes that have already been uploaded, how you can upload your own and get borrowing! They also host regular clothes swap events.
- [CUSU May Ball buy/sell](#): this is a relatively new group for all genders set up by CUSU Ethical Affairs specifically for buying and selling may ball clothes!

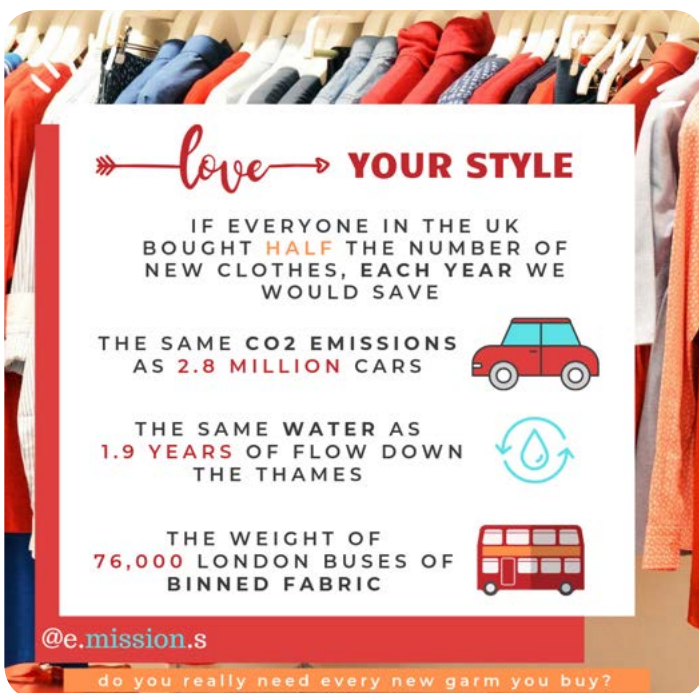
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4) ONLY BUY NEW FROM ETHICAL FASHION BRANDS

- For sportswear, underwear etc. that can't be bought second-hand, there are some great brands have ethical production and 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! This are incredibly tokenistic and comparable to fossil fuel companies investing tiny amounts in renewables i.e. a PR stunt with little impact.
- Fully research brands using resources such as the [Good on You](#) app, Fashion Revolution and sustainable fashion blogs to check their ethical

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. Be vigilant and fully research the companies you're funding!



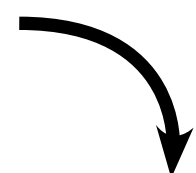
SOME ETHICAL FASHION BRANDS

- [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 produced in London.
- [Lucy + Yak](#) - unique range of dungarees.
- [The Natural Edition](#) - clothing basics.
- [MUD](#) - jeans. Lets you send them old denim to be recycled!
- [Brothers We Stand](#) - sustainable and ethical menswear.

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.

NEXT PAGE FOR GROUPS IN CAMBRIDGE



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

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.

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



Climate and Sustainability Forum

Annual conference to increase awareness on climate change and sustainability

International Development Conference

Annual conference to bring together students and professionals to discuss ways to tackle global inequality



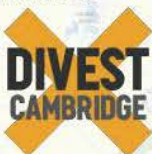
Effective Altruism Cambridge

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



Zero Carbon Society

Energetic environmental student group that campaigns for Cambridge to divest from (stop investing in) fossil fuels



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



CU Foodbank Society

Aims to reduce food waste across the university



Positive Investment Cambridge

Lobbies the University to implement a responsible investment strategy



CU Wildlife Conservation Society

Supporting grassroots conservation projects in the UK and abroad

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



Cambridge Centre for Global Equality

Aims to connect students interested in international development with NGOs



CUSU 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 Vegan Society

Community of vegans that runs events such as potlucks and pancake day



CU Environmental Consulting Society

Advises Cambridge-based organisations to find solutions to environmental issues



wintercomfort for the homeless

Wintercomfort

Provides support for vulnerable and homeless people in Cambridge including those sleeping rough or in temporary accommodation



Jimmy's Cambridge

Homeless shelter offering emergency accommodation, advice and training; volunteers might help prepare meals or help run group activities

Cambridge Streetbite

Student-run society that goes around the town offering hot drinks, food and a chat to those who live on the streets

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



RAG

Fundraising events throughout the year to raise money for 10 chosen charities; for example 'Jailbreak', 'Lost' and 'Blind date'



Just Love Cambridge

Inspires Christian students in Cambridge to get involved with social justice work, such as volunteering and raising awareness events

International



Cambridge Development Initiative (CDI)

Aims to improve the way that student volunteering is done abroad; runs community-driven projects in Tanzania



CU Amnesty International

Part of a movement about standing up for human rights across the world; runs regular meetings, letter-writing sessions and talks



Cambridge PEN

Campaigns for the rights of writers, journalists and bloggers who are persecuted and whose words are suppressed



FoodCycle

Community project that supports hungry and lonely people by serving regular meals

Societies! If you're not on this list and think you should be, please email network@cambridgehub.org

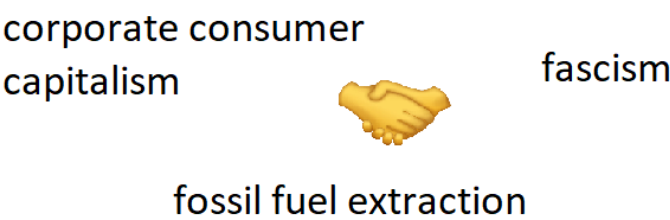
social and environmental justice

The modern world runs on a global system that exploits and oppresses the world’s most vulnerable people. The chips in our smartphones rely on rare earth minerals mined by enslaved children in the Congo; palm oil plantations devastate Indonesian rainforests; the West’s recycling burns on beaches in the Philippines; the fashion industry outsources labour to India, Bangladesh and Vietnam; and sea level rises threaten to engulf Pacific Island nations. 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 KeepCup

Single-use plastics are one 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 of sustainably!



- Get yourself a reusable cup! You can buy a Jesus College Cup from The Roost for only £8 and you'll get a 15p discount on your drink here. Almost all takeaway coffee places will do a similar deal – it pays to be sustainable!

- There are cheaper and more creative options all over the place too so go and find one that fits your vibe and keep it in your bag e.g. Stojo (which you can get in Cambridge from John Lewis) does collapsable keepcups that are easier to fit in your bag or Ecocoffee cups (sold in Oxfam) which are made from bamboo!



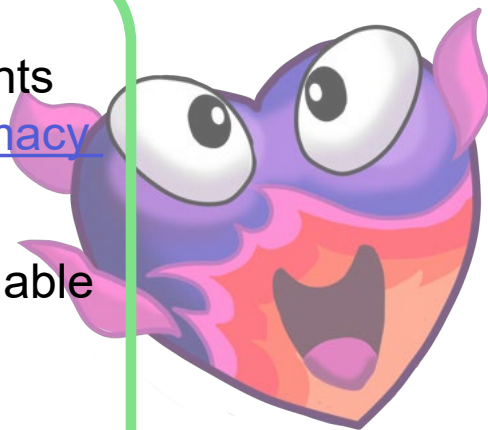
P.S. KeepCup is actually the name of an Australian brand of reusable cups but it is now what is called a generic trademark – like Hoover, Jacuzzi and Aspirin!

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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](#)



... because saving the planet doesn't have to be boring - go wild!

M milk

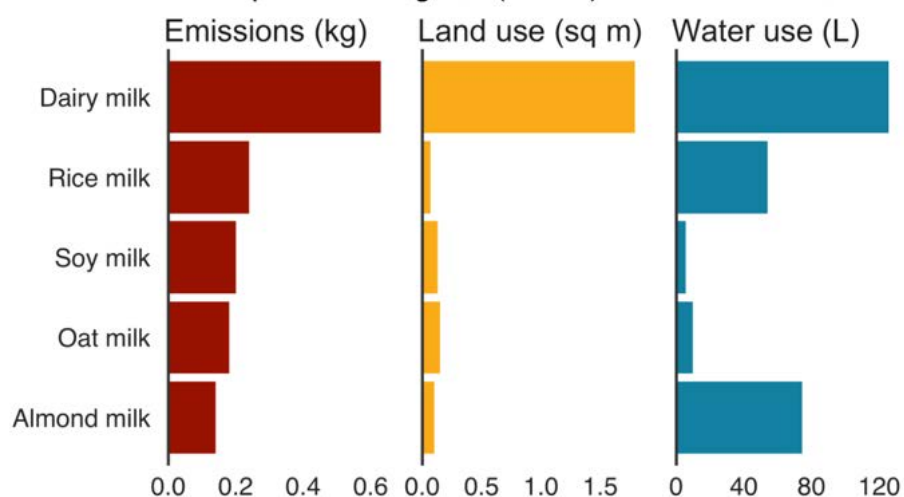
There are now **many delicious plant-based milk alternatives** which are available in almost all major supermarkets in the UK. The most common are **Soy, Almond and Oat** but you may also see **Rice, Cashew, Coconut or Hazelnut**.

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



You could have
3.5 BOWLS
of oat milk per day, and take
650 MORE SHOWERS

and you'd still be contributing to fewer greenhouse gas emissions and less water consumption per year than if you had dairy milk with your breakfast cereal

@e.mission.s

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N nature

Jesus College has lots of amazing wildlife and nature to explore if this is your thing! Check out [the college website](#) for more information, including links to the [Wildlife Blog](#) and a map of the Jesus nature trail, which is a lovely break from the library or something to show visitors. You can also like the [Jesus College Wildlife FB page](#) for regular photos of nature sightings in college and get in contact with wildlife@jesus.cam.ac.uk if you would like to be more involved. Contact Rhona the college librarian a private tour of the college's wildlife!

FROM THE WILDLIFE BLOG!



There are also so many great resources 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.



Looking to make your room greener? Why not get some plants? Lots of colleges hold plant sales as part of their green weeks but you can also buy great plants all year round in Cambridge from the marketplace, Homebase, Cambridge Flower Shop and other locations. You can also buy pot plant herbs such as basil from supermarkets to save you buying dried/loose versions in plastic packaging. Check out Patch for plant specific care info - just click on the type of plant they sell on their website and it has a list of instructions!

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O oil

Asserting what the most sustainable choice for edible oils is challenging!

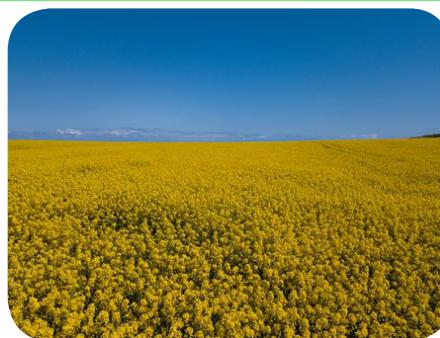
There has been much uproar in recent years surrounding **palm oil** and its impact on deforestation, use of human slavery and the associated air miles when transporting it to Europe. However, [it is more nuanced than this](#). Palm oil has far higher crop yield than many alternatives, which means if companies e.g. [Iceland](#) 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 demand**. Though Greenpeace and other large scale climate NGOs don't advocate boycotting palm oil altogether, we should definitely 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**. Ethical consumer has a list of specific [palm oil free/sustainable palm oil products](#). Sustainable palm oil has been controversial in the past, but consensus is largely of the view that it's [both necessary and more beneficial than eliminating palm oil altogether](#). Look for the The RoundTable on Sustainable Palm Oil (RSPO) label on the back of food products.

3) **Engage** with campaigns against the worst offenders in the palm oil industry. Follow what Greenpeace and SumofUs are doing - targeting specific traders e.g. Wilmot who are using the least sustainable practices.



Aside from the palm oil debate, when cooking opt for rapeseed oil as its grown across the UK/Europe and so transportation costs are minimal. It's also cheaper to buy. Also remember to not pour fat and oil from your cooking pan down the drain! [This is how fatbergs form!](#) You can dispose of excess oil in food waste bins, or put it into a container and reuse it.

P periods

For people with periods, educating yourself a little about the impacts of your regular disposable products (pads, tampons and pantyliners) and switching to alternatives is a great way to reduce your impact on the planet! Here is a brief introduction and for more info check out [Women's Environmental Network Campaign](#) or email [Zannah](#).

Standard disposables have a high environmental impact as well as potentially harming our health. Tampons, pads and panty liners 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 CO! 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!



THREE WAYS TO MAKE YOUR CYCLE HEALTHIER FOR YOUR BODY AND THE PLANET:

1. Stop flushing! 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. If in doubt just remember the 3 P's are the only thing that can be flushed - Pee, Poo and Paper! Everything else needs to go in the bin.

2. Switch to more sustainable disposables. There are now a range of disposable products which use organic, biodegradable cotton and don't contain plastic. 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%! Unlike standard products, they are also free from the chemicals studies have linked to harming our bodies. They are a little more expensive than regular products so I would recommend them as a first step or used alongside reusable products.



Sustainable disposable options:

- **Natracare** – organic cotton and no plastic pads and tampons. For FREE Natracare sample pack email Natracare info@natracare.com quoting “**PERIODSWITHOUTPLASTIC**” with your name and address. In Cambridge you can buy these from Arjuna (Mill Road) and Revital (Bridge Street) health food stores
- **OHNE** - zero plastic, organic cotton tampons available on subscription, free delivery and customisable box size. Get your first box FREE when you subscribe using the code “**PERIODSWITHOUT-PLASTIC**”. You can unsubscribe once you receive your free box.
- **Freda** - inexpensive organic cotton tampons/pads on a subscription service.
- **DAME** - reusable tampon applicator. If you're not able to buy organic tampons, switching to non ap-

3. Switch to reusable

- **Menstrual Cups.** These are waste free 'cups' typically made from silicone which 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! Insertion and removal is achieved by folding the cup, and is relatively easy once you get the hang of it. They typically cost between £20-30 which though seems like a big initial investment, they last for ages and based on the average price of disposables, will have saved you money after your first period! **The JCSU are also running a scheme at Jesus to provide a select number of free menstrual cups for undergrads termly.**

Some options are:

[Mooncup](#) - original brand, **£21**

[RubyCup](#) - Donates a cup to a girl in a developing country every time you buy one. Discount code from Women's Environmental Network Menstrual Cup - 15% off

"TryRubyCup15" £25.95

[Tulipcup](#) has options which allow you to empty without removing. **£30**

[Organicup](#) - the brand which the JCSU is using for the menstrual cup scheme. **£15**

[And here's a guide for helping you choose!](#)

- **Reusable pads.** These are cloth pads which can be worn, washed and reused multiple times depending on the brand. Not only are they waste free, they're a lot comfier and better for vaginal health than disposables. Many of the brands which produce these are made by small scale independent businesses and have charitable links working to end period poverty around the world so an ethical purchase all round!

[Full Circle](#) sell pads at their stall in Cambridge marketplace - they come in really nice designs and save on the transport/packaging that comes with ordering online!

[Rag Hag Shop](#) - handmade and based in Norwich.

[Earthwise Girls](#); [Honour Your Flow](#); or [Bloom & Nora](#)

- **Period pants.** These are knickers made with very absorbent fabric built in that collect menstrual blood, can be washed in a machine or by hand and are reused. Depending on flow and brand they can be worn for between 4-8 hours and hold 3-4 tampons worth of blood. There are many different brands, absorbances and styles to choose from and may be easier to use than a cup or pad but they are pricier.

Try [WUKA](#) with discount code **"WEN10"**; [She Thinx](#); or [Modibodi](#)

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. Again, [email Zannah for more information!](#)

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.

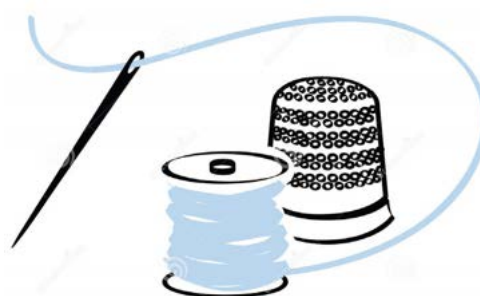
Check out uk.buymeonce.com for great advice!

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 instead 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 often 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 repair 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.
[Here's a list of some more.](#)

TIMPSON
Great Service by Great People



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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. These are some general tips but also see **H, V & Z**

GENERAL

- **Buy second hand** 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 - here are some Cambridge specific ones [Life is a Gift](#), [Jesus College Freecycle](#) and [Cambridge Items for Free/Sale](#), or just look on Facebook marketplace. For tech, go to Game and CEX (both near the Grafton centre!) before buying something new or for mobile phones check out Envirofone or Music Magpie.
- **Try and avoid shopping online** as much as possible though! 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](#)). We're lucky enough to live nearby to so many shops in Cambridge so take a break and walk the five minutes to support the local economy. 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 - e.g. a compostable phone case might sound like a great idea but if you can only get it shipped from the US it probably does more harm than good!
- **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, and which brands to buy/avoid to help further specific campaigns such as supporting black-owned businesses, avoiding palm oil, or boycotting companies which use child labour. Buy from small scale, local businesses where possible which usually have much greater transparency.



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- Where possible, **buy food that's grown locally and in season**. Cambridge Marketplace is a godsend and has loads of fruit and veg stalls that are usually much cheaper than Sainsbury's and are often grown locally. Have a chat with any of the stall owners to find out more specific info about their produce - they're super friendly! When shopping in supermarkets, check the labels and opt for items grown closest to home. Foods like avocados, mangoes and will always be grown a fair distance away so cut down on these.
- **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. There is also a stall selling packaging free bread opposite St Mary's Church.
- When buying packaged items, **avoid plastic** in favour of tin, glass and cardboard which can be recycled far more eas ly/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 tokenis- tic now, it has been a relative sucess story for ethical production systems and signals a consumer desire for a fair global economy!

Reasons to refuse single-use plastic

-  1 Plastics found in the ocean are killing our marine animals
-  2 Plastics production line is driving climate change, generating 5% of global greenhouse gas emissions
-  3 99% of plastics are derived from fossil fuels
-  4 It takes HUNDREDS of years to decompose
-  5 Only 9% of the world's plastic is recycled. The rest is filling up in landfill or polluting oceans
-  6 It leaches harsh chemicals and toxins into food and drink



T targets

- Currently Jesus college does not have any emission reduction targets. Establishing these is an ongoing campaign which require your support!
- Many of you will have seen headlines about the world having a decade to avert runaway climate breakdown. We are working to convince college management that a 2030 net zero target is absolutely crucial for meeting our commitment to sustainability in a way which honours the principle of climate justice - and is in line with with the the UN warnings about the danger of exceeding 1.5 degrees of global heating.
- Other ambitious colleges have already set a 2030 target [such as Hughes Hall!](#)
- The university has sorely lacked ambition in this area setting a conservative 2050 target which does not even consider Scope 3 of emission reductions.

... and transport

- Cycle everywhere!
- Avoid getting private taxis
- Limit your flights or [consider carbon offsetting them when you do](#)
- Again, don't buy things online because the transport required for private delivery is damaging!



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 - more info [here](#) - 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.
- You can [find more ideas here](#) and on Pinterest, just search for 'upcycling'

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Veganism & vegetarianism

The most effective thing you can do to reduce your impact on the planet is moving to a plant-based diet.



Contributed by Georgia Slade.

follow her instagram blog [@noughtyvegan](#)

A recent UN report opined that a meaningful reduction of the agricultural impact on the environment is only possible with '[a substantial worldwide diet change, away from animal products](#).' 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. A diet rich in meat and dairy is unsustainable in the strictest sense of the word.

How does one actually become vegan? Some people do go cold turkey (pun intended if only because [PETA probably wouldn't approve](#)). But this usually isn't the best method, and is akin to a diet – it might actually make you miserable instead. Slowly swapping out animal products for the plant-based version makes it more manageable and, ideally, more enjoyable.

People who go plant-based solely for health reasons are miserable, faddish Goop-subscribers who probably get their nutritional information from Instagram and/or What the Health. **Veganism is so much more enjoyable when you realise that you can eat a burger that is greasy, delicious, and kinder on the planet.** [Plant-based food is the UK's fastest growing takeaway](#), which means there is very good stuff to be had.

On the other hand, get acquainted with your kitchen and take inspiration from food writers who Know Their Veg. Meera Sodha, Yotam Ottolenghi, Nigel Slater, and Anna Jones aren't vegan, but they know how to **make the vegetable centre stage**.

Switching to a plant-focused diet demands a certain creativity. What is the essence of the animal product you're giving up, and how do you recreate it with a vegetable? There is usually a way. The succulent texture and smokiness of meat can be replicated in the very best pulled jackfruit recipes. The nutty, cheesy flavour of parmesan can be found in nutritional yeast ([suspend the disbelief... it is delicious](#)). [Aquafaba](#), the insufferably grandiose name given to the liquid from a can of chickpeas, behaves like egg whites and makes vegan meringues and mayonnaise possible. It's a given that eating this way requires more thought and attention. But this helps **re-form that connection between what we're eating and where it comes from** – a crucial element of sustainable living.



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Offering to bring a plant-based dish to dinners can make a host more at ease, and ensure that you don't go hungry. Sharing a vegan dish with other guests is also likely to spark a conversation about the benefits of cutting down on animal products, usually followed by an astounded, **'this is vegan?!'**

Ultimately, **veganism is a goal, an ideal, an ethical way of living that we strive for.** It is fundamentally imperfect. What is vegan for you might not be vegan for someone else. Which is why it often detrimental to get bogged down in whether X is or isn't vegan, instead of focusing on the positive actions we can have on the environment. There are many valid reasons why veganism may not be an option for you.

If it feels too much, here's some 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](#). **SEE M**
- **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.



***P.S** Join the [Cambridge University Vegan Society Facebook/mailling list](#) - they host lots of events open to everyone including pot lucks where people bring and share vegan dishes! A great way to find out more about easy vegan cooking. They have also just launched a [website](#) which includes a really helpful section on [eating out in Cambridge](#).*

Veganism can also be extended to things other than diet. Switching to cruelty-free and vegan toiletries, makeup, cleaning products and clothing is easier than ever, and makes a strong statement of support for the beings we share the planet with. For toiletries, look at brands such as Lush, The Body Shop (although now owned by L'Oreal...) and all of Superdrug's own brand products. [Click here](#) for a full list of cruelty-free makeup brands. Also, Astonish, Method, Faith in Nature, and Aldi's own brand all offer cruelty free cleaning products. Look out for the 'Leaping Bunny' logo on the back of products which certifies that the company did not use animal testing.



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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.

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

If it's Yellow, Let it Mellow;
If it's Brown, Flush it Down

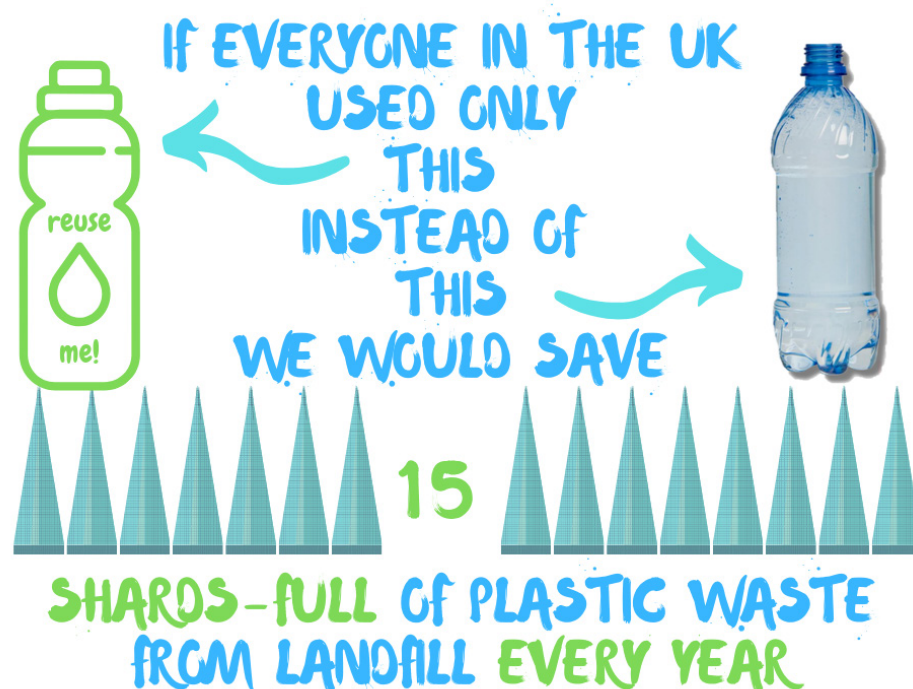
Pee in the shower - it all goes down the same

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 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 plastic...

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

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.



All licensed premises in England and Wales have to provide free water to customers upon request.
@e.mission.s

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.

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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

We now only have 10 years to make the enormous systemic and behavioural changes necessary to avert the worst excesses of climate breakdown.

Now is the time to take action!

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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.

Though producing literally zero non-recyclable waste might not sound the most feasible, there are a number of steps that can be worked into your routine that can really reduce it. Take it one step at a time and incorporate these small things progressively to make it much more manageable.

Don't get sucked into the hype of very aesthetic looking instagram-y 'zero waste' paths. This can involve more unnecessary buying than it solves. I.e. if you don't use plastic straws or paper - don't bother investing in metal ones and use old food jars for storage instead of buying new ones.



Only about 30% of plastic ever produced is still in use — the rest has been disposed of in one of three ways:



THE STEPS TO 'ZERO WASTE' CAN BE SUMMARIZED BY THE 6 Rs: Refuse. Reduce. Reuse. Repair. Recycle. Rot.

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 recycled 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.
- **Resist the urge** to take flyers/leaflets that will only end up in a pile in your room, and freebies from careers fairs unless you'll actually use them...

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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**

Shampoo and conditioner - you can buy both in solid forms! Lush sells a huge range of these, as well as solid skincare and showergel. You can also get cheaper versions from lots of other small eco startups. The Full Circle stand sells a few different brands and you can find lots more on Etsy and other online platforms. Use an old container to store these if possible instead buying a new container.

Soap - you can literally buy bars of soap anywhere but opt for packaging free options.

Bamboo toothbrush - switch from a plastic toothbrush to a bamboo, compostable one.

You can find these in Cambridge either at Full Circle or Arjuna health food store on Mill Rd

Toothpaste - toothpaste is relatively easy to make and store yourself, and [there are lots of recipes online](#) or you can buy toothpaste tabs. They sell these at Lush, which recycles all packaging brought back to the shop internally, or loose at Full Circle so you need to take your own container.

Deodorant - you can [make your own deodorant from a few ingredients](#), or opt for natural alternatives. [Zero Waste Pathway](#) are a Cambridge based company that sells natural deodorant and will reuse the container if you bring it back! Their products are sold by Full Circle and at vegan fairs in the Guildhall. Alternatively if this is a bit of a large step, choosing roll on deodorant instead of spray already cuts down a lot of packaging.

Razors - [safety razors](#) are a plastic free way to shave and last far longer than plastic counterparts. Prices vary from £9.99 up to about £50 so you can choose the best option for you. The main drawback is that it takes a bit of practice! [Friction Free Shaving](#) is a more usable alternative - they'll recycle your razor blades for you and the handle is made from recycled metal. Coconut oil or your usual (bar) soap are also a great alternative to shaving foam.

- **ALSO:**

- **Reduce food waste.** 1/3 of food produced is wasted, and in the UK 1/2 of this is at household level!! Make a meal plan before doing your shopping, so you're not overbuying. Buy reduced food items from supermarkets: they're close to being thrown out for no reason. Freeze food if you've made too much. Use the app [Too Good to Go](#) to buy restaurants leftover food at the end of the day for very cheap prices. Use the Jesus community fridge facebook page or when at home, the app [Olio](#) to give away/get unwanted food.
- **Opt for refillable products** such as washing up liquid and laundry detergent - again [Full Circle](#) sell refillable soap, washing up liquid, detergent and fabric conditioner.
- **Buy loose leaf tea** and a tea strainer - lots of tea bags are actually coated with plastic so are very difficult to compost.
- **Buy items packaged in recyclable materials** instead of plastic, unpackaged fruit and veg, bulk items and loose food products - see S.
- If you have time, **make your own food items** such as plant milk, hummus, granola and cereal bars.

Reuse what you already have before you buy something new and upcycle ([see U](#))



Recycle.

This is beyond maximising what you put in the bin! (although this is important - [see B](#))

- [Terracycle](#) try to recycle as many materials as possible. Check out their website for different schemes they run and where drop off points for items such as pens, contact lens, confectionery are - many in Cambridge! This is also the scheme we are using to recycle crisp packets in the box at the Porters Lodge.
- Make an eco-brick out of non recyclable plastics! These are used in many projects across the UK/globally - check out www.ecobricks.org for more info and links to projects you can donate to

Try and ensure things you no longer use will be used by someone else either by giving to charity shops, posting on Freecycle pages (e.g. [Jesus College Freecycle](#)) reselling or giving to specific schemes such as [Smalls for All](#) a charity which will accept bras ([see B](#) for how you can give via college!) and [VisionAid](#) which gives old glasses to people around the world.

Repair - [see R](#)!

Rot - USE YOUR CMPOST BIN!

Some other resources:

- trashisfortosser.com
- zerowastehome.com
- eco-boost.co
- zerowastechef.com

Instagram account: [@ecowithem](#)

Sustainable Vegan Youtube Channel

Food waste facts

Imagine a land mass greater than China...



Now imagine that land is only used to produce food.



Then suppose all the crops and produce from those **2.5 billion acres** are not eaten. Imagine all that - and you have grasped the amount of food the world wastes every year.



Food loss and waste is responsible for 8% of global GHG emissions - six times more than the global aviation sector.

1/3

One third of all food produced is lost or wasted from farm to fork according to the Food and Agriculture Organisation (FAO).

1.3 billion tonnes

Every year a third of the world's food is wasted. It adds up to around 1.3 billion tonnes.



In the UK alone, we waste over **10 million tonnes** of food in a year

At \$940 billion annually, food loss and waste is **more** than the entire GDP of Indonesia

Whilst one in nine people remain malnourished, we use land that would equal the size of China to grow food that is lost or thrown away



Source: WRAP: Champions 12.3 report

**Thanks for reading - we can't
believe you've made it this far!
- Will & Zannah**

