



SUSTAINABLE LIVING GUIDE



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INTRODUCTION

Western Sustainability is dedicated to embedding and amplifying sustainability in campus operations, student engagement, outreach and academia. The Office of Sustainability oversees various initiatives on campus that impact students, including the Western Sustainability Leaders Program, WWF-Canada's Living Planet @ Campus, WISE Competition, Green Awards, and the university's waste management strategy. Western's Gold achievement in Sustainability Tracking Assessment and Rating System (STARS) demonstrates a broad range of university commitments and accomplishments in sustainability. The university seeks to continue implementing improvements to ensure Western is a top performing Canadian school for sustainability.

This guide has been created by students for students, with support and guidance from Western Sustainability staff. We are delighted to offer a Western Sustainability Guide for both our on- and off-campus communities, and we hope the guide helps Western students, staff and faculty to make more sustainable choices and overall helps improve the culture of sustainability on campus! If you have suggestions or comments please email us at sustainability@uwo.ca.

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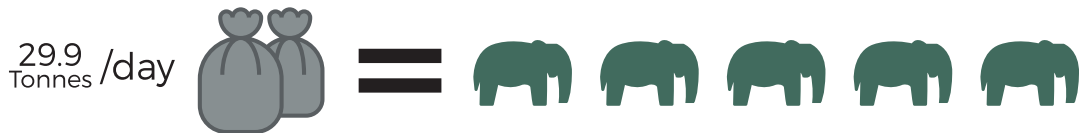
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WASTE

WHY DOES IT MATTER?

In 2018 Ontarians produced ~4 million tonnes of residential waste¹; this is equal to 280kg/year/person or 0.77kg/day/person. In the 2019-2020 academic year, the Western community - staff, students, and faculty - consisted of approximately 35,000 people.² If the Western community produces waste on par with the Ontario average, that would mean everyday Western sends approximately 29 940 kg (29.9 tonnes) of residential waste to landfill. This is equivalent to 5 elephants.³



The City of London is trying to increase their diversion rate from 45% to 60%.⁴ This is especially important as the current landfill is expected to reach capacity by 2024, and although there is a proposal to expand the site, the approvals process is a long and unsure one with no definitive outcome.⁵

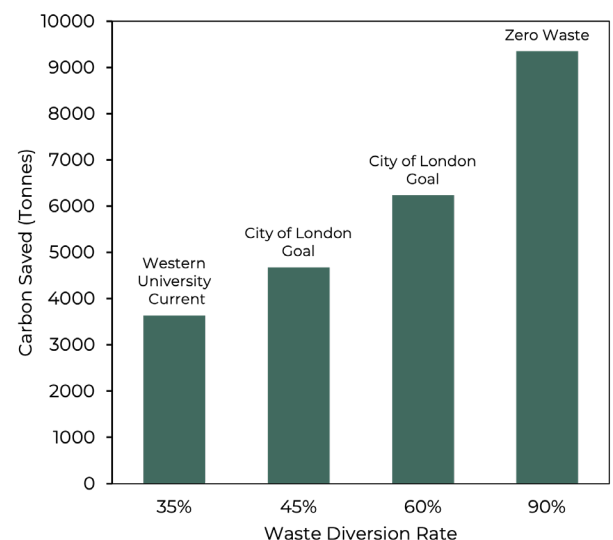
By increasing the diversion rate from 45% to 60%, the City of London could reduce greenhouse gas emissions by about 17,000 tonnes – 27,000 tonnes per year, which is equivalent to removing 4,200 to 6,800 cars off the road.⁴

WHAT CAN YOU DO ABOUT IT?

1. Reduce your consumption rate, shop zero waste when possible, and shop for used products.
2. Use reusable products such as grocery bags, straws and coffee mugs, whenever possible.
3. Before you throw away or recycle something see if it can be re-purposed or donated – this is especially true with clothes and furniture.
4. If you must throw it away, **please recycle** whenever possible, and ensure to always **sort your recyclables correctly!**

Check out the [Resources](#) page for more suggestions.

Higher waste diversion rates show proportional increases in carbon savings.





FOOD

Food has a significant impact on the environment based on the type of food, where it is originated and how it is produced, packaged, processed and transported. Switching eating patterns to incorporate more plant-based foods, reduce consumption of unsustainable foods like palm oil and soy, and purchasing from local farms can lower negative impacts on the environment.

Diets with a heavy emphasis on meat, especially beef, have the highest carbon footprint. Alternatively, vegan and vegetarian diets will typically have 55% fewer emissions, with some variation, and plant-based diets that include fish have 40% fewer emissions.⁶

When eating out, consider eating at restaurants that offer vegan/vegetarian dishes. Mainstream restaurants often offer vegan/vegetarian options as well, but might not display them on the menu - make sure to always ask!

EATING OUT? TRY THESE ESTABLISHMENTS

REBEL REMEDY

242 Dundas Street
www.rebelremedy.com

COPPER BRANCH

660 Richmond Street
www.eatcopperbranch.com

V FOOD SPOT

547 Hamilton Road
www.vfoodspot.com

PLANT MATTER CAFE

717 Richmond Street
www.plantmattercafe.com

For information on buying local, check out the [The Middlesex London Local Food Guide](#).



DID YOU KNOW?

REIMAGINE CO. is London's first package-free grocery store! Customers can bring their own containers and refill everyday items such as soap, shampoo, dish soap, laundry detergents and many more. The store also helps you towards a zero-waste lifestyle by hosting workshops and outreach events. Visit www.reimagineco.ca for more info!

Check out the [Resources](#) page at the end of this guide for more suggestions.



SHOPPING

AVOID FAST FASHION!

Fast fashion refers to cheaply mass-produced garments that follow current runway trends and are quickly produced and pumped into stores such as H&M, Forever 21, and ZARA. More recently online stores such as Shein, Asos, Fashion Nova and Zaful have become very popular because they offer fashion forward garments at extremely low prices; this is an irresistible combination for many consumers.

Fibre production has a significant impact on the environment, mainly due to cotton cultivation. Effects on the ecosystem are primarily due to pesticides used, and impacts on the water are primarily due to polluted water returning back into the ecosystem. Aside from environmental impacts, fast fashion poses many societal problems in developing economies such as forced and child labour and catastrophic accidents in factory buildings.

DID YOU KNOW?

To make one cotton shirt it takes **2,700 liters of water** - that is one person's drinking water for 2.5 years!⁷ And even washing clothes releases 500 000 tonnes of microfibers into the ocean each year, the equivalent of **50 billion plastic bottles**.⁷

WHAT CAN YOU DO?

- Purchase quality, staple garments which can last a long time in your closet.
- Purchase clothing from retailers who ensure ethical production of garments and ethical sourcing of materials.
- Purchase clothing and other items such as furniture and decor second-hand from local thrift and consignment stores which helps support local businesses.

THRIFT STORES IN LONDON

TALIZE

1345 Huron Street

MEMORY LANE ANTIQUES

1175 Hyde Park Road

FILTHY REBENA VINTAGE

177 Dundas Street

BACK TO THE FUCHSIA

1034 Dundas Street

Check out the [Resources](#) page at the end of this guide for more suggestions.



ENERGY & WATER

UNPLUG AND TURN OFF:

10 – 15% of residential energy use comes from devices in standby mode (the device is not in use, but it still plugged into the socket). Ensure all appliances are unplugged when not in use.

ROOM & LIGHTNING:

LED bulbs use more than 75% less energy than incandescent light bulbs and last up to 25 times longer.⁸ Swap burned out incandescent light bulbs with LED light bulbs. Keep windows closed when the cooling or heating is on, use natural daylight and keep your vents unobstructed so air flows freely.

LAUNDRY & CLEANING PRODUCTS:

Wash clothes in cold water (this also extends the life of clothes), and only do laundry when you have a full load.⁹ Also, check before you buy cleaning products, and try to avoid chlorine-based cleaners where possible.¹⁰

KITCHEN:

When washing up, don't wash your plates and cutlery under a running tap. Set your fridge temperature at or below 4°C and the freezer set to -18°C.¹¹

BATHROOM:

Every minute less you spend in the shower saves up to 2.5 gallons of water¹² so try to keep showers short. Replace shower heads and faucets with low-flow models and turn off the water when brushing teeth and shaving.

REPAIR & MAINTENANCE:

Report any problems with your heating, lighting, water supply or building to residences' staff as quickly as possible.

DID YOU KNOW?

Project Neutral

A carbon calculator to find out your household's greenhouse gas emissions.

Environmental Insights Explorer

A platform from Google to help cities access data, measure their greenhouse gas emissions, and take action towards reducing their carbon emissions.



TRANSPORT

If possible, please avoid driving single-occupancy gasoline vehicles to Western, as there are plenty of more sustainable modes of transportation to choose from!

ACTIVE TRANSPORTATION

Walking, cycling and rollerblading, is the most environmentally friendly option, with zero emissions and will keep you physically active! Take a walk to nearby shops and restaurants, or enjoy a leisurely stroll around the beautiful Western campus.

Western University provides space for 2,100 bicycles across campus and has many bike racks near building entrances. It also offers many services for riders, including a theft prevention program, bike shelter and weather-protected space and U-lockable steel frames for maximum security. For further details, visit Western Sustainability's [website](#).

PUBLIC TRANSIT

Western's universal bus program with the London Transit Commission (LTC) is available to every full-time student. It is valid for unlimited rides, at all bus stop locations and the best part is that its cost is included in your tuition! For further details, visit University Students' Council's [website](#).

CARPOOL

If driving is unavoidable, try carpooling and choose vehicles that get better gas mileage.

Arrange to car-share with colleagues and friends living close to you. Opt for lowest emission vehicles like hybrid or electric cars. For further details, visit Parking and Visitor Services [website](#).

ZIPCAR

Zipcar is an on-demand car-sharing program available 24/7. One needs to make reservations online and pay as little as \$14 an hour to drive a car (gas + insurance included). Discounts available for Western students and staff for [Zipcar membership](#).

DID YOU KNOW?

London produces approximately 2.7-million tonnes of carbon per year with 96% of transportation emissions coming from vehicle transit.¹³

The City of London reports that carpooling just one day a week means a 20% reduction in weekly wear and tear on your vehicle.¹⁴

LONG DISTANCE TRAVELLING

Long-distance travelling tends to increase our greenhouse gas emissions. Emissions from planes are incredibly high; whenever possible, it is important to consider alternatives, such as the train or bus, which emit fewer emissions per mile. Once you have reached your destination, remember, the best way to explore a new place is on foot!



COMMUNITY

ON-CAMPUS OPPORTUNITIES

WWF-Canada Living Planet @ Campus

This [initiative](#) works to interconnect post-secondary students on issues pertaining to biodiversity loss and climate change through a self-guided certification program. Living Planet @ Campus provides opportunities for students to build their resume and get involved with environmental and sustainability initiatives on campus and in their lives through things like campus clean-ups, native plant gardening, and Earth Hour.

EnviroWestern

USC initiative that strives to encourage environmental sustainability amongst the Western community. Various services offered: Gardening, Green Tours, Food, Residence Outreach, Re-usability, Waste, Water. Find more information [here](#).

Sustainability Groups and Clubs at Western

A core goal of Western Sustainability is to create mechanisms to foster and facilitate the continued education and awareness of sustainable lifestyle options for Western Students, both on and off campus. There are over [15 clubs](#) for students to interact with and pursue their passion towards sustainable initiatives at Western. Check out the Western Sustainability website for a full list of the incredible student-led groups and other projects!

OFF-CAMPUS OPPORTUNITIES

London Environmental Network

An [NGO based in London](#) that works to promote environmental sustainability and support community-based initiatives within the city.

Antler River Rally

A [community-based initiative](#) that works to clean up the Thames River. Volunteers have the opportunity to partake in monthly initiatives that promote the health of the river.

Friends of the Coves

[The Coves](#) is a sub-watershed of the Thames River Watershed. This organization works to highlight the importance of the Coves and its overall health, as well as how to be a responsible environmental steward.

Check out the [Resources](#) page at the end of this guide for more suggestions.

... DID YOU KNOW? ...

Studies have shown that community engagement plays an important role in the promotion of psychological wellbeing – try volunteering at a community garden!¹⁵



GREEN SPACES

Green spaces and the connections humans can make with nature have been identified as a successful way to increase a person's overall psychological wellbeing and mindfulness.¹⁶ Also, enjoying fresh air and sunshine helps increase a neurotransmitter called serotonin, a natural mood booster.¹⁷

DID YOU KNOW?

The Thames River that runs through Western's campus is called Deshkan Ziibi or 'Antler River' in Ojibwe.¹⁸

The Sherwood Forest Arboretum holds approximately 3,200 trees of 350 species. Facilities Management oversees most of the landscaping and planting!¹⁹

GREEN SPACES

Off-Campus

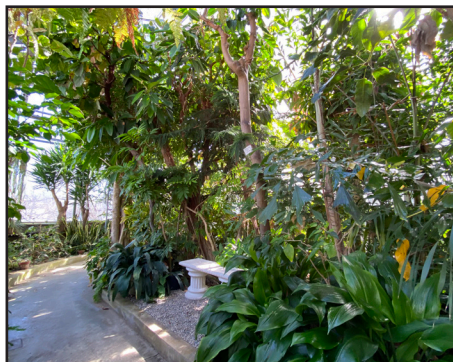
- Medway Valley Heritage Forest
- Richmond Trail Park
- Gibbons Park
- The Coves

On-Campus

- Beryl Ivey Garden
- Richard Ivey Building Courtyard
- The Tropical Greenhouse
- Jane's Courtyard



Beryl Ivey Garden



Tropical Greenhouse



Richard Ivey Building Courtyard

Check out the [Campus map](#) on the next page to see where the on-campus green spaces are located. Check out the [Resources](#) page at the end of this guide for more suggestions..

CAMPUS MAP

①

Beryl Ivey Garden

②

Claudette Mackay-Lassonde Pavilion

③

Green Space near Colliip Building

④

Richard Ivey Building Courtyard

⑤

Jane's Courtyard

⑥

McIntosh Gallery

⑦

Tropical Greenhouses

⑧

UC Hill

Thames River Trail





RESOURCES

APPS

RECYCLE COACH

An app that helps with sorting recycling. Also reminds users when garbage and recycling days are based on their address.

VEGAN MAPS

An app that helps to find vegan and raw food restaurants and eateries nearby.

THINK DIRTY

An app that educates users on potential toxins in household, personal care and beauty products.

ECOSIA

The search engine that uses the ad revenue from searches to plant trees.

INATURALIST

An app or website to record observations of plants and animals in nature using photographs to contribute to biodiversity information.

JOULEBUG

An app that teaches you to make everyday habits more sustainable, at home, work, and play.

GOOD ON YOU

An app for sustainable fashion listing clothing and accessory brands.

ADDITIONAL RESOURCES

EATING LOCAL - MIDDLESEX-LONDON HEALTH UNIT

Comprehensive information about eating and purchasing local as well as access to a food guide. Visit <https://www.healthunit.com/eating-local>

LONDON BIKE MAP

https://london.ca/sites/default/files/2020-09/BikeMap12x18_Compressed.pdf

LONDON CYCLE LINK SQUEAKY WHEEL CO-OP

For bike repairs or purchasing affordable new and used bikes.

<https://www.londoncyclelink.ca/squeakywheel>

TRAILS IN LONDON

Check out some of the top green spaces and trails in London.

Visit <https://bit.ly/3dhRVDK>

WESTERN'S REAL TIME ENERGY DASHBOARD

Users can view energy usage in campus buildings using a dashboard.

<http://www.energy.uwo.ca>



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FOR MORE INFO VISIT:

sustainability.uwo.ca

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