

# OFF-CAMPUS GUIDE

## REDUCE YOUR WASTE

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



## RECYCLING BEST PRACTICES

- ✓ Sort it Right! London has a 2 stream recycling program Paper Products and Containers.
- ✓ Rinse containers before recycling to remove organic matter (ex. Clean out peanut butter from jar before recycling).
- ✓ When in doubt, throw it out - contaminated recycling causes processing problems and often end up in the landfill, so it's better to throw something away than to recycle incorrectly.

**DO NOT PUT ORGANICS IN THE RECYCLING!**

Questions about sorting your recycling?  
Download the app Recycle Coach

## HOW TO GET AROUND?



Active transportation, such as walking, cycling and rollerblading, is the most environmentally friendly option.



Use the London public transit whenever possible! It's included in your tuition!



If driving is unavoidable, try carpooling and choose vehicles such as hybrids and EVs that have lower emissions.

## HOW TO LOWER FOOD IMPACT?

Switch eating patterns to incorporate more plant-based, local, and seasonal foods.

Eating out? Many restaurants feature farm to fork menus highlighting local dishes and seasonal cuisine. Main stream restaurants will often have local and plant based options, be sure to ask your server next time you are out!

Check out The Middlesex London Local Food Guide for information on buying local!

## CHECK OUT THESE RESTAURANTS!

**COPPER BRANCH**  
660 Richmond Street  
[www.eatcopperbranch.com](http://www.eatcopperbranch.com)

**PLANT MATTER CAFE**  
717 Richmond Street  
[www.plantmattercafe.com](http://www.plantmattercafe.com)

**V FOOD SPOT**  
547 Hamilton Road  
[www.vfoodspot.com](http://www.vfoodspot.com)

**REBEL REMEDY**  
242 Dundas Street  
[www.rebelremedy.com](http://www.rebelremedy.com)

## SHOP DIFFERENTLY

Purchase quality, staple garments which can last a long time in your closet.

Reduce your garment waste by upcycling garments, donating them or selling them.

Purchase clothing and other items such as furniture and decor second-hand from local thrift and consignment stores.

## THRIFT STORES IN LONDON



**FILTHY REBENA VINTAGE**  
177 Dundas Street

**BACK TO THE FUCHSIA**  
1034 Dundas Street

**MEMORY LANE ANTIQUES**  
1175 Hyde Park Road

## EMISSION REDUCTION CHECKLIST

- ☐ Unplug all devices when not in use
- ☐ Switch to LED bulbs to save energy
- ☐ Use natural daylight as much as possible
- ☐ Set refrigerator temperature to 4°C and freezer to -18 °C
- ☐ Turn-off the water when brushing teeth and shaving
- ☐ Keep showers short to conserve water
- ☐ Wash laundry in cold water and only when you have a full load

## PROJECT NEUTRAL

Is a carbon calculator to find out your household's greenhouse gas emissions

<https://app.projectneutral.org/>



**DID YOU KNOW?**

# MENTAL WELLNESS

Greenspaces 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.

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



Beryl Ivey Garden



Tropical Greenhouse

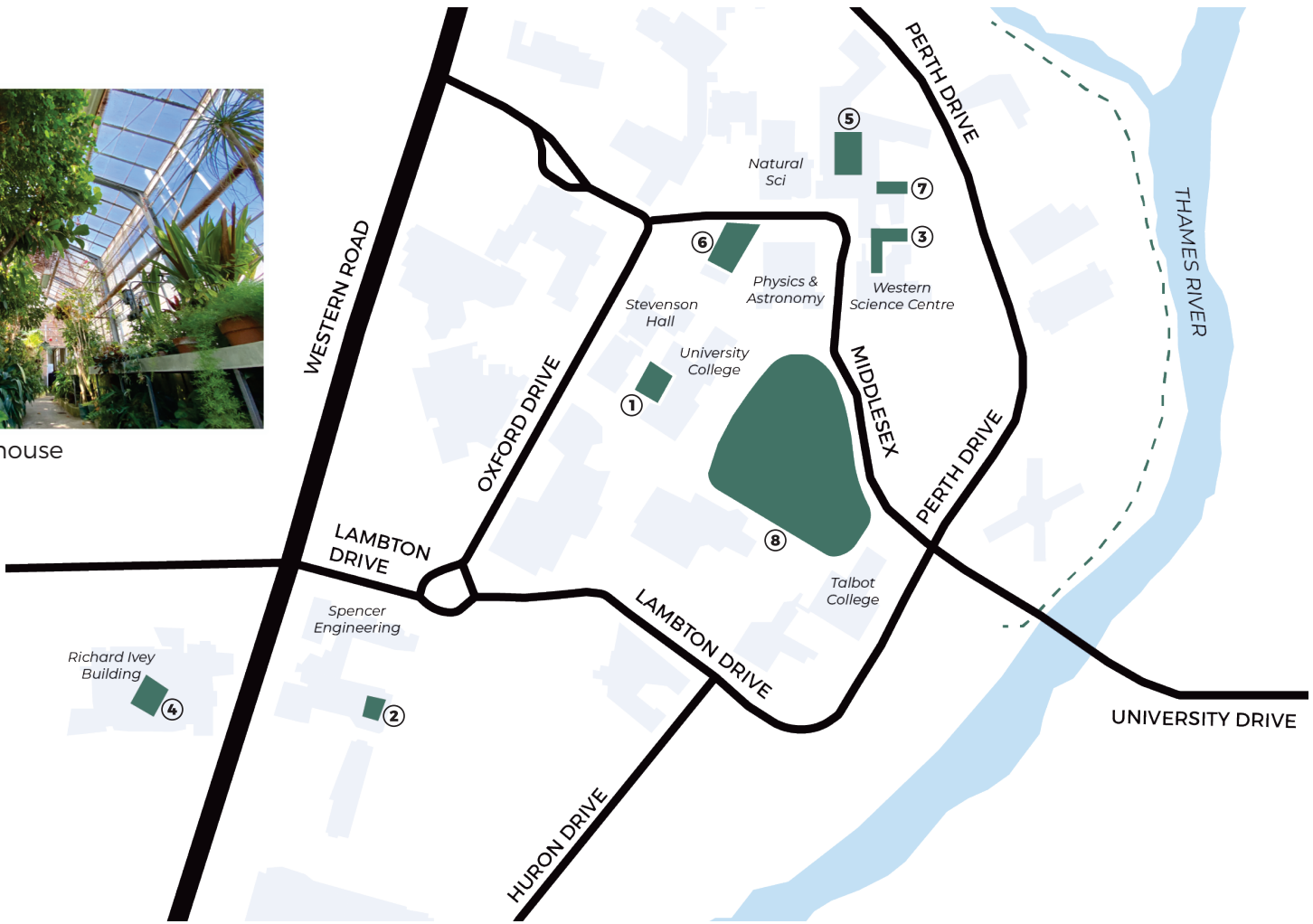
# GREEN SPACE FACTS

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

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

# Green Spaces on Campus

- ① Beryl Ivey Garden
- ② Claudette Mackay-Lassonde Pavilion
- ③ Green Space near Colliip Buildings
- ④ Richard Ivey Building Courtyard
- ⑤ Jane's Courtyard
- ⑥ McIntosh Gallery
- ⑦ Tropical Greenhouse
- ⑧ UC Hill
- - - - Thames River Trail



# OFF-CAMPUS

## Sustainable Living Guide

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# Connect with **Western Sustainability**



[sustainability.uwo.ca](https://sustainability.uwo.ca)