

ON-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! Western has a 4 stream waste program for Organics, Containers, Paper and Landfill.
- ✓ 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!

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.

All residences serve vegan/vegetarian dishes in dining halls, and Western has a local farmers market on-campus from spring to fall for local shopping.

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 THESE RESTAURANTS!

THE SPOKE
Main Floor, UCC Building
www.the-spoke.ca

THE WAVE
2nd Floor UCC Building
www.the-wave.ca

V FOOD SPOT
547 Hamilton Road
www.vfoodspot.com

PLANT MATTER CAFE
717 Richmond Street
www.plantmattercafe.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

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ON-CAMPUS

Sustainable Living Guide

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