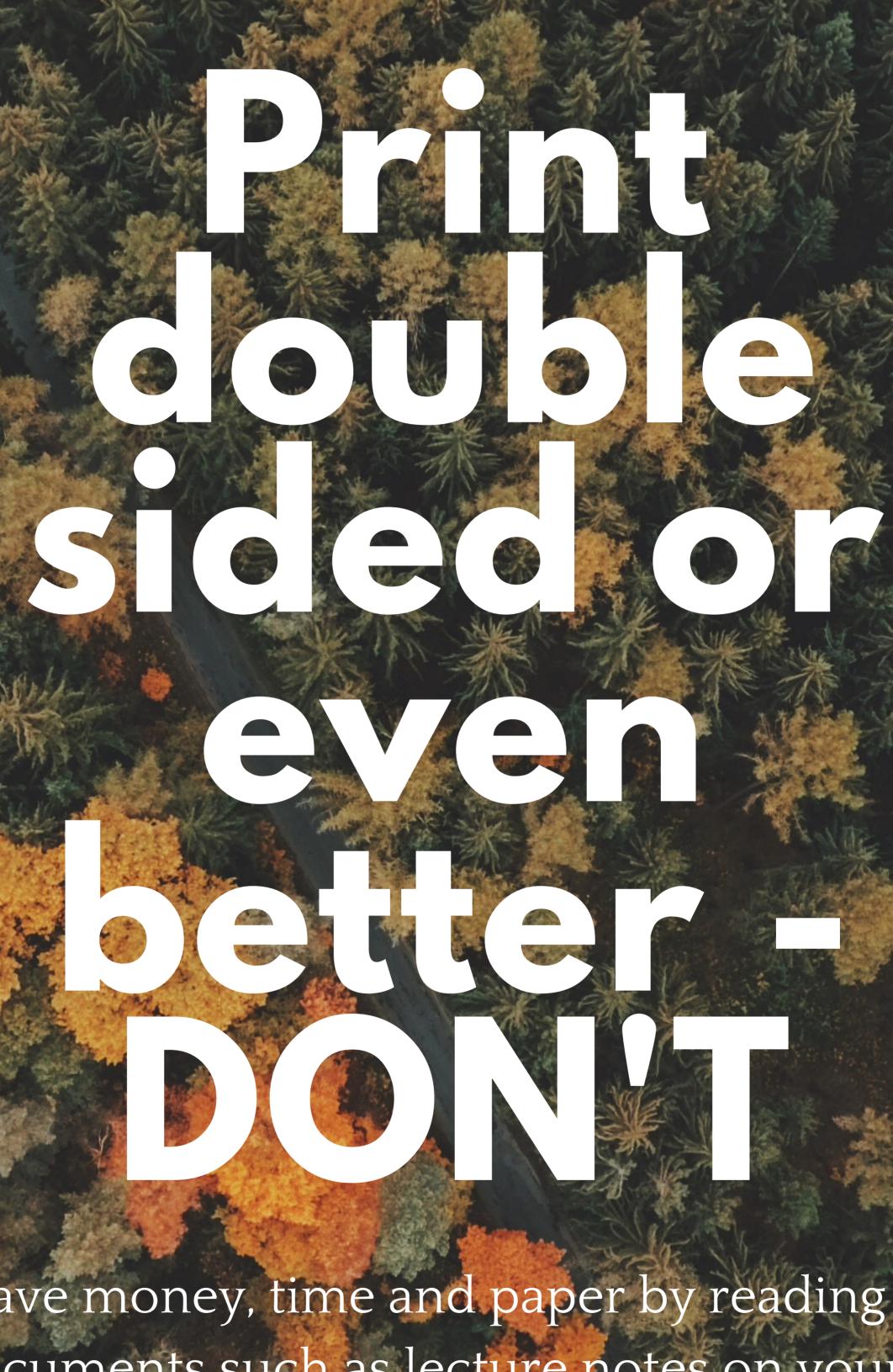
CATZ JCR

The ultimate guide to living a green lifestyle in Catz, Cambridge and beyond.



A lot of this will sound like common sense and things you've already heard before. However it's so easy to get stuck in our routines which are often damaging to the environment - a few simple switches will make your lifestyles far greener and may actually save you some money.



Save money, time and paper by reading documents such as lecture notes on your laptop/phone/tablet. This also reduces the chance of losing important pieces of paper!



from a shop in town. This saves delivery costs, packaging and fuel. You may even manage to find a better item or a good deal! Instead of buying takeaway drinks in disposable cups, invest in a reusable one that will save you 10p per drink every time you use it in the bar!



If you're not in the room, then TURN OFF THE LIGHTS! We always make an effort during Switch Off Week, so why not make this all the time?

TIPS FOR THE LAUNDRY ROOM...

WASH CLOTHES AT 30 DEGREES

Also - group washes together with your friends to save money and energy. And use a clothes horse instead of the tumblr dryer!

TIPS FOR THE KITCHEN...



BUY LESS MEAT: THERE IS SO MUCH IMPORTANT RESEARCH
AT THE MOMENT INDICATING THAT MEAT CONSUMPTION IS
PLAYING A HEAVY TOLL ON THE ENVIRONMENT. RED MEAT
IS ESPECIALLY BED BECAUSE METHANE ETC. TRY MEATFREE MONDAYS AND THEN INCREASE - VEGETARIAN
FOOD IS OFTEN REALLY DELICIOUS!!!

VEGANISM IS ALSO REALLY IMPORTANT HERE AS WELL - IT
SOUNDS DRASTIC BUT DAIRY FARM EMISSIONS ARE
MASSIVE.

WE'RE NOT SAYING THAT YOU HAVE TO ADOPT THESE LIFESTYLES COMPLETELY - JUST TRY TO INCORPORATE THEM AS MUCH AS POSSIBLE AND DON'T EAT 3 STEAKS FOR DINNER EACH NIGHT. FOR EXAMPLE, DON'T EAT MEAT ON MONDAYS OR AT LUNCH TIME...THEN MAYBE TRY TO MAKE ONE VEGAN MEAL A WEEK.

QUICK TIPS!

- 1. COVER PANS WHEN COOKING YOU'VE HEARD IT BEFORE...IT SAVES ENERGY AND TIME.
- 2. ONLY BOIL AS MUCH WATER IN THE KETTLE AS YOU NEED.
- 3. PLAN MEALS: REDUCE FOOD WASTE BY HAVING A ROUGH IDEA OF WHAT YOU'RE GOING TO MAKE BEFORE BUYING IT. SHARE FOOD IF YOU KNOW YOU'RE NOT GOING TO GET THROUGH IT ALL BEFORE IT GOES OFF.

ETHICAL FOOD

Buy free-range eggs and meat...and local if you can.

TRY TO BUY FAIRTRADE WHERE POSSIBLE - IT'S NOT ALWAYS MORE EXPENSIVE!

The Catz Fairtrade society has worked really hard to gain our Fairtrade status. Email us to ask for more information about this or how you can get involved, but in the meantime have a think about what you are buying and try to make fairtrade choices where possible!

- Bread
- Chocolate
- Margarine
 - Biscuits
- Instant noodles
 - Ice cream

Check food labels for PALM OIL!!

Palm oil is a type of edible vegetable oil that is derived from the palm fruit, grown on the African oil palm tree. Oil palms are originally from Western Africa, but can flourish wherever heat and rainfall are abundant. Today, palm oil is grown throughout Africa, Asia, North America, and South America, with 85% of all palm oil globally produced and exported from Indonesia and Malaysia; but most of the time not using sustainable measures. The industry is linked to major issues such as deforestation, habitat degradation, climate change, animal cruelty and indigenous rights abuses in the countries where it is produced, as the land and forests must be cleared for the development of the oil palm plantations, According to the World Wildlife Kund an area the equivalent size of 300 tootball fields of rainforest is cleared each hour to make way for palm oil production. This large scale deforestation is pushing many species to extinction, and findings show that it nothing changes species like the orangutan could become extinct in the wild within the next 5-10 years, and Sumatran tigers less than 3 years. Check your food for palm oil before buying it - here are some major toods that sometimes contain it..



The future of fish and chips is no longer guaranteed. Many fish stocks are in a state of serious decline, with overfishing a great threat to marine wildlife and habitats.

With 90% of world fish stocks fully or over exploited from fishing, plus pressure from climate change and pollution, we're moving into dangerous waters when it comes to the fish of the future.

Consumers can help reduce the strain on certain species by demanding that the fish they eat comes from sustainably managed stocks and is caught or farmed in a way that causes minimal damage to the marine environment and other wildlife.

BUY MSC-CERTIFIED FISH

Check out this website for more information! www.goodfishguide.org

HEATING

DON'T TAKE HEATING INTO
YOUR OWN HANDS! DON'T
INVEST IN SMALL
HEATERS...THEY ARE
INCREDIBLY ENERGYINEFFICIENT. IF YOUR ROOM IS
COLD/YOUR HEATING DOESN'T
WORK, CONTACT
MAINTENANCE!

RATHER THAN TURNING UP THE HEATING STRAIGHT AWAY, PUT ON A JUMPER/SOCKS FIRST.

RECYCLE



quick tips

Use recycling bins!! I know we don't have them in our rooms and that's something we're trying to change, but you can still take it to the bins in the gyp rooms.

We have a battery recycling box in ploage so please use it!

Try to buy recyclable materials where possible litems that are made from recycled materials.

At home, compost wherever possible.



EVERY DAY LIFE TIPS

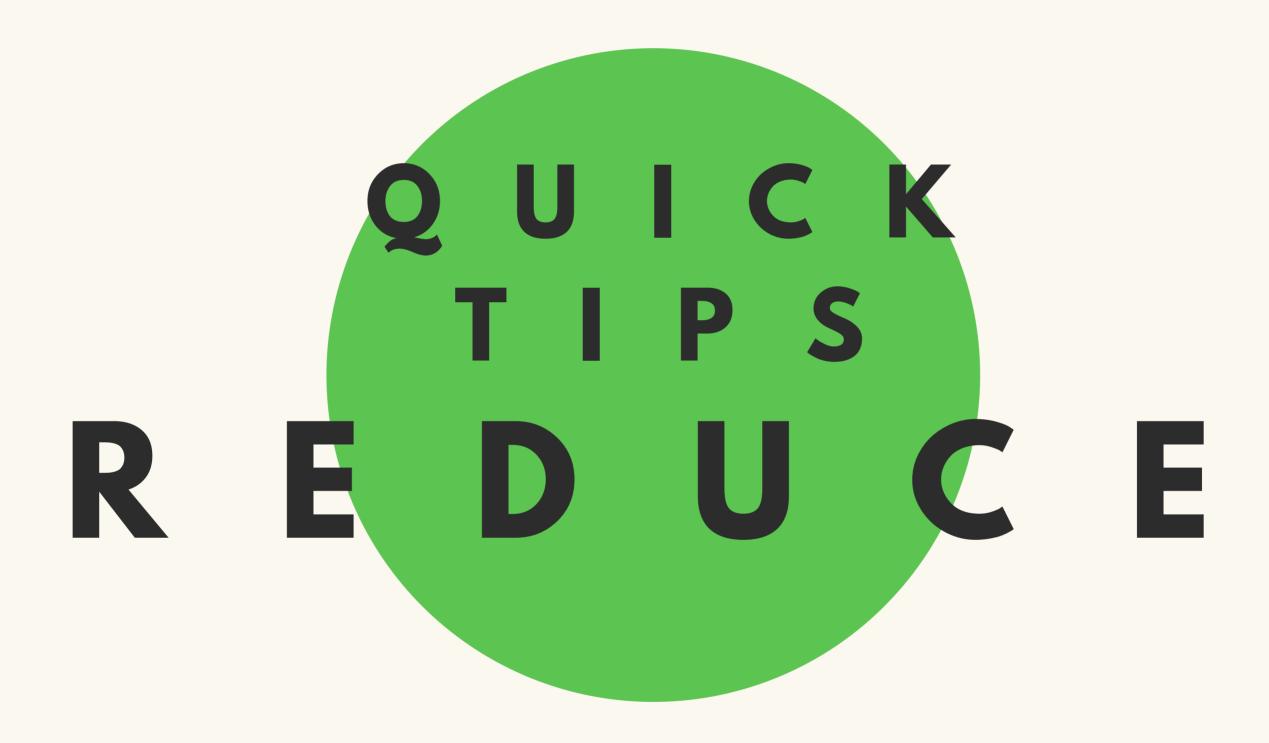
RECYCLE PAPER AS MUCH AS POSSIBLE - IN THE LIBRARY THERE IS A BOX NEXT TO THE COMPUTER WHICH YOU CAN USE TO MAKE QUICK NOTES/DO CALCULATIONS ETC.

LIMIT SHOWER TIME...UNLESS YOU'RE HAVING A NICE LONG SHOWER TO DE-STRESS, KEEP 'EM SHORT...NOT THAT YOU HAVE THAT MUCH TIME TO SPARE BEFORE YOUR 9AM...

IF THERE ARE ANY PROBLEMS, PLEASE DON'T HESITATE TO GET IN TOUCH WITH MAINTENANCE WHO WILL FIX LEAKING TAPS, FAULTY RADIATORS ETC.

DON'T KEEP THINGS PLUGGED IN WHEN YOU'RE NOT USING THEM...EVEN THOUGH THEY'RE NOT ON THEY'RE STILL USING ENERGY...

UNPLUG THINGS WHEN THEY'RE FULLY CHARGED THIS IS ACTUALLY BETTER FOR YOUR PHONE AND
LAPTOP BATTERIES AND MAKES THEM LAST
LONGER!



She was drowning but no one saw her struggle.

Simplify: only keep belongings that bring you happiness. This means that you will gradually purchase less/create less waste in the future.

Reduce Purchases: think before you buy something - don't buy into the consumerism lifestyle. Maybe make a rule of thinking about something for a week after you first see it - do you still really want it after this period? Your bank statement will thank you for this!

Reduce the amount you use buy buying reusable items rather than disposable. E.g. reusable coffee cups, razors, water bottles etc.

Buy used: e.g. charity shops, ebay, depop, vintage fairs. Borrow! Ask friends to borrow things temporarily if you can...likewise, SHARE!

Bulk purchases: avoid products that are packaged for single use.
Instead buy in bulk or use your own packaging. E.g. loose vegetables in the supermarket or, even better, use the market and take along your own reusable bags.

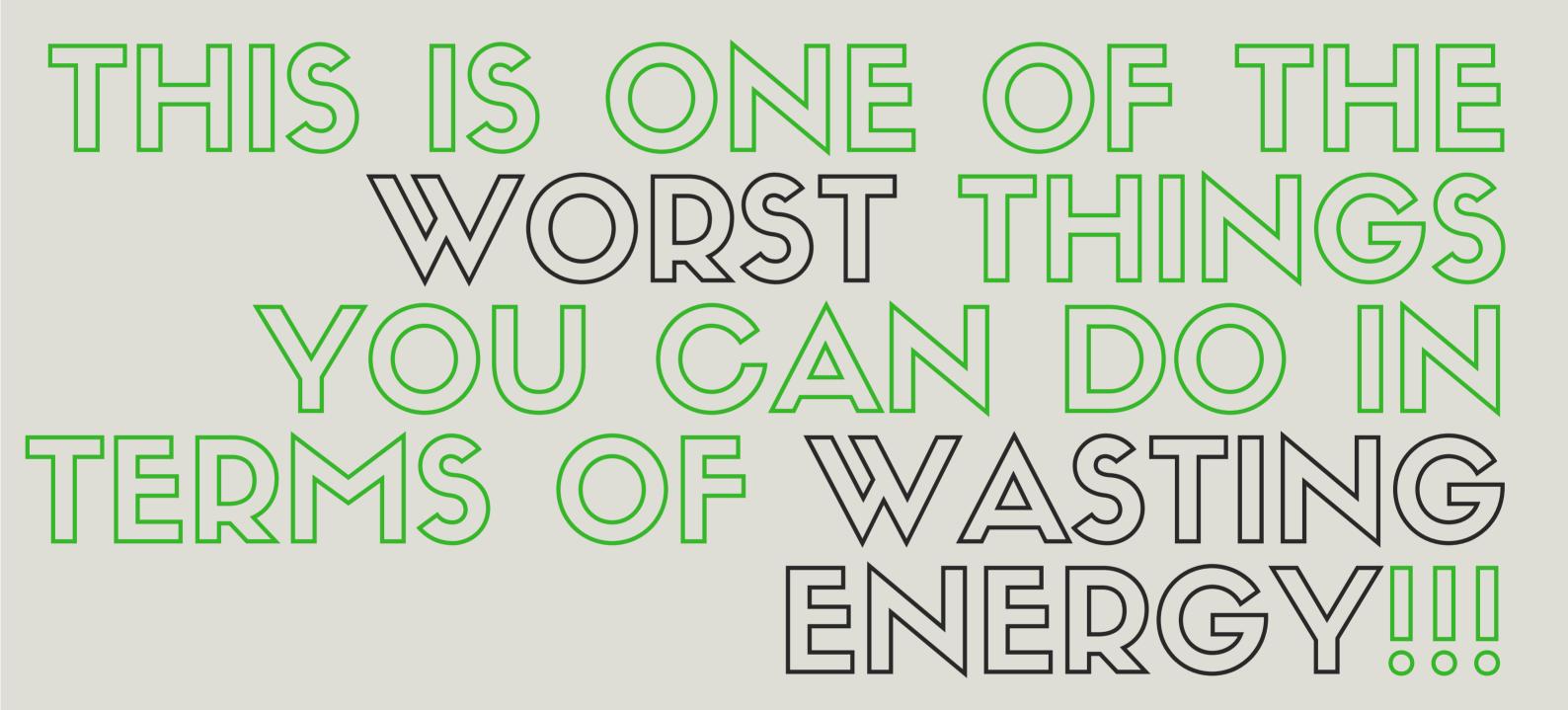
Avoid creating rubbish: try not to receive any unnecessary plastic/paper when out if you can. Ice cream in a cone instead of a cup, don't grab loads of straws/napkins if you aren't going to use them.

Unsubscribe from junk mail - get online bank statements etc.

She was driftis broken, try to fix it... struggle.

You can give experiences as gifts instead of buying material things that might not get used. E.g a donation to charity or a food course/trip to the cinema/coffee etc.

HEATING ON? CHECK WINDOWS OPEN? CHECK



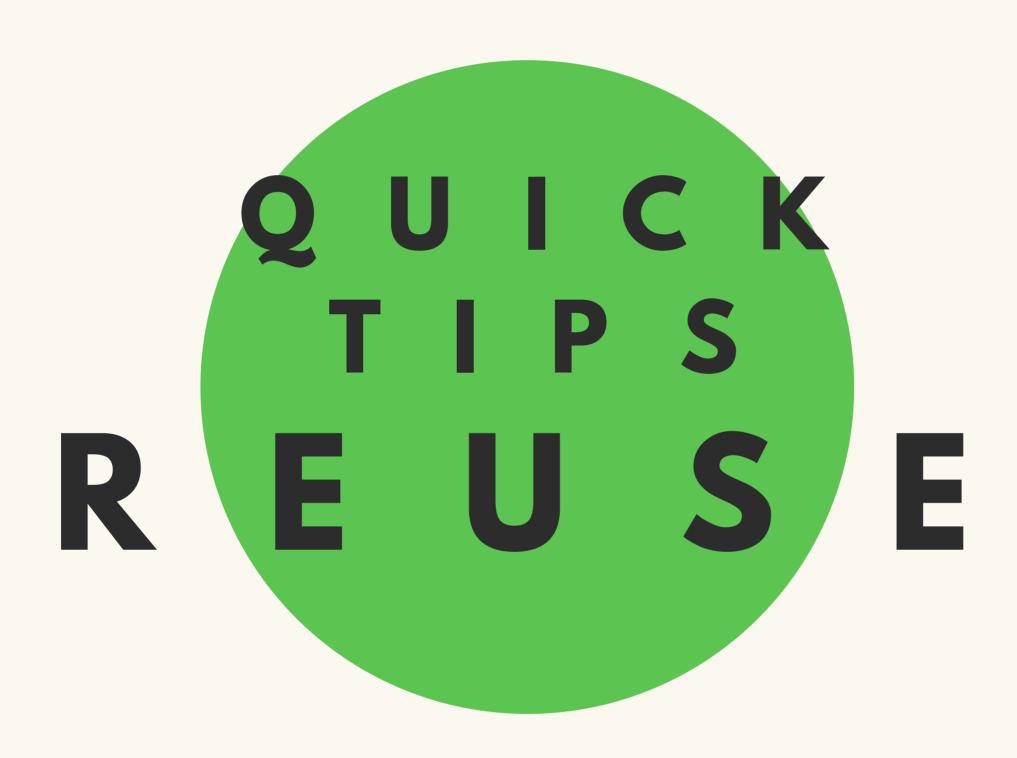
If your room is too hot and the heating is on, then turn off the heating or take off a jumper before opening the window! Leaving the heating on whilst opening a window or door is incredibly energy inefficient. Don't do it!



Please avoid all products such as cosmetics and toothpastes that contain microbeads - there has been a lot in the media about these recently - the beads are getting washed into the ocean where they are being ingested by marine life and killing millions of animals.

For more information about the subject and for lists of products which are safe to buy/which you should avoid, check out this website:

http://www.beatthemicrobead.org/



Buy reusable items rather than disposable ones.

Charity shops: have a look in charity shops - they're not just old peoples' clothes. Especially in cities you can find some really good clothes...just have a look!

Following on from this...if you don't want something, someone else might! Don't throw things out straight away - take them along to a charity shop (Cambridge has many - esp in the Grafton centre). They'll be really grateful.

Alternatively, you can sell things on ebay/depop/gumtree.

A lot of the tips for reduce will also apply here...

Reuse shopping bags using the bag bank in plodge (just remember to drop them back off when you've finished with them/contribute your own).

how you can

- 1. Join the gardening group! The gardening group meets most Saturdays at the allotments by Catz pitches. Join the facebook group or email Katie Daehn (ked38@cam.ac.uk) for more info.
- 2. Join the Environmental and Ethical at Catz page on FB for interesting articles about the environment and information about green events in college.
- 3. Make sure you get involved in Switch Off Weeks/Quizzes etc. to win prizes for yourself and the college!
- 4. If you have any ideas about how Catz can become greener, please don't hesitate to email us green officers! We're always looking for new ideas or people to help out with events around college. Email: mcr.green@caths.cam.ac.uk, jcr.eande@caths.cam.ac.uk.
- 5. To find out how you can get involved with green impact or internships offered by the Cambridge Environment Section, email greenimpact@admin.cam.ac.uk or environment@admin.cam.ac.uk

GETANA MED

THERE ARE SO MANY WAYS TO GET INVOLVED IN GREEN SCHEMES AROUND COLLEGE AND THE UNIVERSITY!

