

A Guide on Living Sustainably in Residence



The purpose of this guide is to provide tips for you to incorporate sustainability into your residential experience. Living sustainably in residence will not only help the planet but also provide for a mindful and enriched residential experience.

The guide is organized into seven themes:
Dining, Energy, Water, Purchasing, Transportation, Waste and Wellness.

Tips for Sustainable Dining



1 LOWER YOUR CARBON FOOTPRINT BY EATING A VEGETARIAN OR VEGAN MEAL!

You don't have to become a vegan to make a difference - just try incorporating 1-2 extra plant-based meals into your diet each week! Numerous vegetarian and vegan meal options are available at the dining hall and at other food providers on campus.

Did you know...

Animal products have a larger carbon footprint than grain or vegetable products because of the inefficient transformation of plant energy to animal energy and the methane released from manure management and the animals themselves.

Pounds of CO₂e per serving¹



6.61



2.45



1.72



1.26



0.89



0.72



0.07



0.03

2 REDUCE YOUR FOOD WASTE BY CHOOSING THE RIGHT PORTIONS!

If you often notice you have food leftover after a meal, try smaller portions! It reduces food waste and overeating.

3 COMPOST LEFTOVERS AND DINE IN!

Remember to compost your food leftovers and try eating-in to reduce food packaging from takeout options!

BONUS TIPS

Check out the delicious vegan food at the [Hive](#)

or the [People's Potato](#) for free vegan lunch!

1. Heller, M. and G. Keoleian. (2014) Greenhouse gas emissions estimates of U.S. dietary choices and food loss. *Journal of Industrial Ecology*, 19 (3): 391-401

Tips for Saving Energy & Water



- 1 TURN OFF THE LIGHTS IN YOUR ROOM WHEN YOU LEAVE!

It is a simple yet effective way to conserve energy!



- 2 UNPLUG ELECTRONIC DEVICES WHEN NOT IN USE TO AVOID PHANTOM LOADS!

A phantom load is electricity consumed by a device while it is switched off or in standby mode.

- 3 SHORTEN YOUR SHOWER AND TURN OFF THE TAP WHEN BRUSHING YOUR TEETH TO SAVE WATER!

- 4 ONLY DO LAUNDRY WHEN YOU HAVE A FULL LOAD AND CONSIDER WASHING WITH COLD WATER!

- 5 REPORT LEAKS!

If you notice a leak or problem with bathrooms on campus, report it to Facilities Management at extension 2400 or Call2400@concordia.ca. If there's a problem in your residence, report it to your Manager or RA immediately.



BONUS TIPS

Get together for a watch party!
Learn about waterway damage in Canada with "There's Something in the Water" on Netflix, directed by Elliot Page.

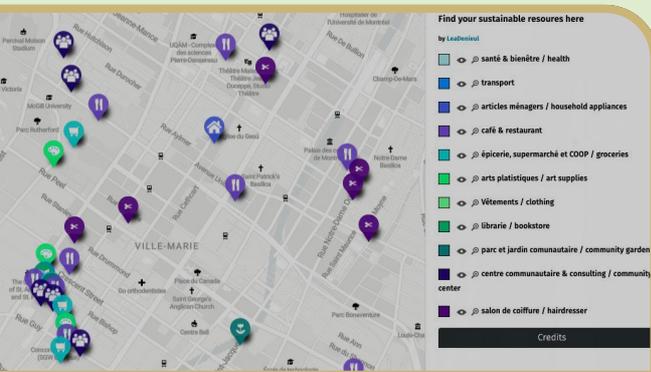
Tips for Sustainable Purchasing



1

OPT FOR LOCAL RATHER THAN ONLINE!

Consider purchasing locally before ordering products online to minimize excessive packaging and transportation emissions.



Map of Sustainable Resources in Montreal

Did you know...

In 2019, the e-commerce company Amazon generated an estimated 465 million pounds of plastic packaging. The company has also been criticized for providing unsafe working conditions and discouraging the creation of worker unions.²

2

CONSIDER FAIRTRADE PRODUCTS!

Think about purchasing Fairtrade products to help producers in developing countries achieve sustainable and equitable trade relationships.



3

INVEST IN REUSABLE MATERIALS!

Invest in reusable material such as a reusable shopping bag, reusable coffee mug, reusable containers etc. You can pick some up for free at the Concordia University Centre for Creative Reuse (CUCCR)!

4

BUY IN BULK!

Consider buying your food in bulk using reusable containers to reduce packaging. Le Frigo Vert located on campus has cheap organic produce and bulk food.

2. OCEANA. (2020, December). Amazon's Plastic Problem Revealed. https://oceana.ca/sites/default/files/amazons_plastic_problem_revealed_-_december_15_2020_-_oceana.pdf

Tips for Sustainable Transportation



1 USE ACTIVE MODES OF TRANSPORTATION LIKE WALKING OR BIKING!

Check out the 10% discount Concordians have on a BIXI membership!

2 FAVOUR PUBLIC TRANSPORTATION OVER INDIVIDUAL CARS!

Check out the reduced public transit pass for Concordia students.

3 OPT FOR CONCORDIA'S SHUTTLE BUS!

Save money and emissions by taking the free shuttle bus between Loyola and SGW campus. Don't forget to bring your student ID. Have a non-student friend with you? Request a visitor's pass from the Welcome Centre.



Tips for Waste Management



1 BECOME FAMILIAR WITH THE WASTE SORTING PRACTICES IN RESIDENCE AND ON CAMPUS!

Concordia currently has separate bins for recycling, compost, landfill waste and electronics recycling. Link to the posters below to become a waste sorting expert!

2 CHECK OUT CONCORDIA UNIVERSITY'S CENTRE FOR CREATIVE REUSE (CUCCR)!

Free office supplies and reusable material to decorate your dorm. Make sure to check them out!

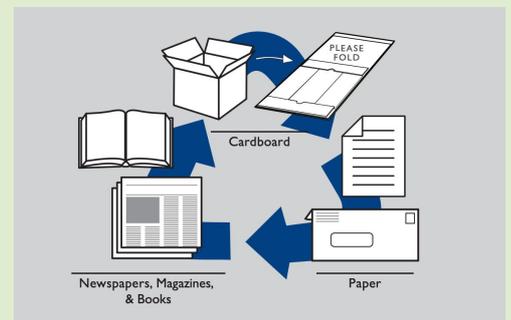
3 BE PART OF THE RESIDENCE MOVE-OUT DONATION PROGRAM!

Not taking everything home with you when you move out of residence? Participate in the residence move-out donation program known as the Reclaim-a-thon from CUCCR.

COMPOST



PAPER

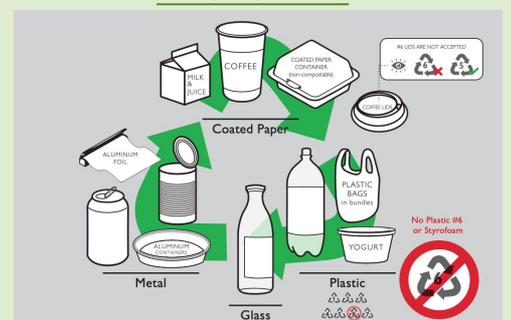


WHAT GOES WHERE?

LANDFILL



RECYCLING



Tips for Cultivating Wellness



- 1 TAKE ADVANTAGE OF CONCORDIA RESOURCES!**
Check out [Concordia's Health and Wellness Hub](#) for information about medical care, mental health services, health promotion and community support.
- 2 STAY ACTIVE**
Concordia's [Le Gym](#) and [Perform Centre](#) offers gym memberships and community fitness classes.
- 3 GO OUTSIDE: RECONNECT WITH NATURE!**
Concordia's green spaces have a lot to offer; volunteer at the [Mind.Heart.Mouth](#) garden located on the Loyola campus or relax in the Grey Nun's garden.
- 4 PASSIONATE ABOUT SUSTAINABILITY? GET INVOLVED!**
Join the [Sustainability Ambassadors Program](#)! Selected applicants will join a team of students for 3-5 hours per week in the fall and winter terms for exclusive training with campus experts, in-person volunteering with sustainability organizations, and support to design and implement their own project.



To find out more about sustainability initiatives and programs at Concordia please consult the [Sustainability Tools and Resources](#)

List of Sustainability Resources



Waste

- [Zero Waste Concordia](#)
- [Concordia University's Centre for Creative Reuse \(CUCCR\)](#)
- [Concordia Precious Plastics Project](#)
- [E-Waste Recycling](#)

Biodiversity

- [The WWF Living Planet @ Campus](#)
- [Concordia Pollinators Initiative](#)

Social Justice

- [Sustainable Concordia](#)
- [Black Perspectives Office](#)
- [Indigenous Directions Hub](#)
- [CEED Concordia](#)
- [Centre for Gender Advocacy](#)
- [Queer Concordia](#)
- [Quebec Public Interest Research Group Concordia \(QPIRG\)](#)

Funding

pitch your idea!

- [Sustainability Action Fund](#)

Academic

- [Loyola College for Diversity and Sustainability](#)
- [Loyola Sustainability Research Centre](#)
- [Sustainability Courses](#)

Food

- [Concordia Farmer's Market](#)
- [Concordia Greenhouse](#)
- [People's Potato](#)
- [Hive Café Solidarity Co-op](#)
- [Le Frigo Vert](#)
- [Fair Trade Concordia](#)
- [Concordia Food Coalition](#)

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