In this document you will find a list of things you can do and information you may need to lead a sustainable lifestyle during your time at Magdalene.

No one is expecting everyone to follow all of these guidelines all of the time but even taking up some of the tips can help cultural and habitual shifts. We appreciate that climate change and its associated effects can feel very daunting – these are just some things you can do as an individual.

All this information is correct as far as we are aware at the time of writing – we apologise profusely for any mistakes that are made.

Furthermore, not all the recommendations and information in this document are suitable for everyone – there are many reasons people may not be able to follow the suggestions and that should not be criticised. Neither is this an exhaustive list of all the actions individuals could take.

These are merely suggestions and not orders! Individuals should only try out these suggestions if they want to and feel it is appropriate for them.
Recycling & Bins

In most accommodation areas, you should find that you have a general waste bin and also a mixed recycling bin both in your kitchen AND in your bedroom (usually your bedroom recycling bin is a small green bin). These will all be emptied for you by the Housekeeping team. Sometimes you may have a helpful label on these bins explaining what can go in which bin, but if not, very clear guidelines can be found on the council website:

https://www.cambridge.gov.uk/what-goes-in-which-bin
https://www.cambridge.gov.uk/recycling-and-rubbish-a-to-z
https://www.cambridge.gov.uk/recycling-advice-for-students

In Cambridge, all recyclable materials (excluding compostable waste) are collected in one bin (co-mingled) rather than being separated into different materials like in some other parts of the UK.

It is important that you sort your rubbish and make one bin fully recyclable materials and the other general waste as labelled on the bins, otherwise it will all go to general waste. Please be respectful and make our cleaner’s jobs as easy as possible – we’re so lucky to have people empty our bins for us!

This link will direct you to a part of the council website explaining what happens to our waste:

https://www.cambridge.gov.uk/where-your-recycling-and-waste-goes
Please note:

- Recycling should be clean and dry (so give jars, bottles etc. a quick rinse before you put them in)
- Do NOT recycle greasy paper/cardboard. The grease messes with the recycling process so, if contaminated, the whole batch may go to landfill.
- Do NOT recycle Pringles tubes or coffee cups – they are made of mixed materials and so non-recyclable.
- You can’t recycle polystyrene and crisp packets (because they’re a combination of plastic and metal).

Information about the location of EXTRA bins around college can be found on the College intranet (MagNET).

If your room does not yet have a recycling bin, you can email the Green Officer at jcr-green-charities@magd.cam.ac.uk or message me on Facebook (James Hardy). In the meantime, please feel free to make use of the large bins around College.

Other recycling:

Pens, tipex, markers, highlighters: can be taken to Rymans on Sidney Street to be recycled: there is a collection box inside.

Plastic bags are collected in Mainsbury's, right by the door to exit.

Anything you're unsure about? Google it or get in touch!
Communal bins around College
Compost

At the moment, you won’t find a specific compost bin in your kitchen or bedroom (we are working on this!)

However, the Gardening team have very kindly provided a green compost bin situated by the bike rack in the Magdalene Village alongside the other recycling and general waste bins, and another green compost bin at Cripps by the side gate.

Students can empty their own compostable waste into either of these green bins. The housekeeping team will NOT do this for you and you will have to use your own vessel to carry your compostable waste to the two large green bins provided because a specific bin for personal compostable waste is NOT provided in your kitchen or bedroom.

A few important guidelines to follow if you do choose to compost:

- Compost must be emptied every day. Overfilled compost vessels in your kitchen are both a hygiene hazard and a fire hazard, not to mention pretty smelly! Try and make it a daily habit to pop your compostable waste in the compost bins as you go to grab your bike in the mornings!
- Only compostable food waste (fruit and vegetables, coffee grounds, teabags, eggshells) should be put into these college compost bins - no meat, no paper or card, and no dairy
- Compost bins should be kept clean and fully emptied every time, this is the responsibility of the students.
- Bins should be left tidily on the countertop in the kitchen,
preferably away from areas of food preparation.

- Composting may only be suitable in kitchens with sufficient space to prevent fire hazards or risk problems with hygiene.

DO NOT PUT COMPOSTABLE WASTE IN THE SMALL GREEN BIN IN YOUR BEDROOM. THIS IS FOR DRY MIXED RECYCLABLES (AND WILL BE EMPTIED BY THE CLEANERS INTO THE LARGE PURPLE MIXED RECYCLING BINS SITUATED AROUND COLLEGE WHICH ARE THEN COLLECTED BY THE COUNCIL).

**Water**

1. Turn off the tap when you brush your teeth!
2. Please report any leaking taps to the Maintenance Department to help save water.
3. Use the washing up bowls provided and try not to leave the tap running to wash individual items
4. Try to shorten your showers
Energy

It’s important to reduce energy usage. Students thankfully don’t need to worry about electricity and gas bills in Cambridge, but recklessly burning electricity is not only expensive for college but it is also bad for the environment. Students can reduce their energy usage in many easy ways. For example:

1. Think before turning the heating up! Would you be warm enough if you put on another jumper and pair of socks? Are your windows, curtains and door closed? Make sure not to block radiators! Remember to adjust the thermostat on your radiator rather than open a window if the heating is on and you are too warm. If your radiator does not have a thermostat, please talk to the Maintenance Team.

2. Remember to switch off lights when they are not in use or when leaving a room. Also, if the daylight is enough, skip putting them on altogether! A lot of lights in College are on timers – you won’t be able to turn them off yourself. This is great most of the time, but please get in contact with the Maintenance Team if you notice that a light seems to be on for longer than needed.

3. Only fill the kettle with the amount of water you need

4. Use laundry machines only when you have a full load. More advice on laundry can be found in the laundry room underneath Benson D. Also consider skipping the tumble dryer for smaller items of laundry and try drying your clothes on airing racks.

5. Use a lid on your saucepan
Clothes & Lifestyle

1. Donate/ sell old clothes. There are many charity shops in Cambridge that will happily receive donations. There are also Facebook groups for buying, selling and swapping clothes between Cambridge students.

2. Try and buy your clothes ‘pre-loved’ (second hand!). Several charity shops have online clothes shops e.g. Oxfam online; try out one of the vintage sales that appear periodically in Cambridge (e.g. kilo sale); check out Cambridge charity shops; or check out the Facebook buy/sell groups. This can be particularly great at May Ball season, with specific groups for buy/sell of May Ball attire.

3. Try repairing your clothes before buying something new. If you aren’t sure how to do this yourself you can take your clothes to alter shops - for example in Cambridge, Clothing Alteration Company on Bridge Street or Tailoring All Alts on Burleigh Street. Shoes can be repaired by Timpsons. Or for trainers buy some shoe repair glue like Freesole. Much cheaper than a new pair!

4. Swap clothes among your friends and neighbours. If you feel like maybe you’ve worn the same thing too many times, instead of buying something new, try on something from a generous neighbour’s wardrobe! This also works for any fancy dress you may need - Before buying something online why not post on Facebook to see if anyone has something similar you can borrow? Even better, DIY outfits always look great!

5. Consider using a menstrual cup. Much cheaper than tampons in the not-so-long term and produces considerably less waste: http://www.mooncup.co.uk/
Food and Drinks

There are many small actions you can take to limit your environmental impact through the food and drink you buy and consume.

1. **Buy fruit and vegetables in season** – eat seasonally and locally as much as you can. Check the labels when buying groceries to see where they’re coming from – you might be surprised! Try and choose options with fewer air miles. Loads of websites have seasonal recipes if you need inspiration! Some veg is reliably local and dirt cheap all year round – broccoli, carrots, onions, potatoes etc. Canned and frozen food (if you have a freezer) can also be a cheap way to buy vegetables.

2. **Share food to reduce waste.** Can’t get through a whole loaf of bread before it goes off? Why not get together with others in your kitchen and take turns to buy certain food stuffs? You could draw up a rota to ensure everyone knows when it’s their turn. Butter/spread, milk, bread are just some of the things that are good to share like this.

For other times when you have (still edible) food that you know you’re just not going to use, you can give it away via the “Magdalene Food-Sharing Forum” which you can find on Facebook. You’ll be able to make a post in the group describing what you’re offering and willing recipients will get in touch.

If the food is unopened, non-perishable and in-date, you can instead donate it at various donation points around Cambridge, including in Sainsbury’s. This is particularly important when at the end of term, you have leftover food that you cannot finish.

3. **Eat fewer animal products.** Animal agriculture is widely regarded to be very detrimental to the environment – we won’t go into the details here – if you’re interested, there are many resources
online e.g. https://www.theguardian.com/environment/2016/mar/21/eat-less-meat-vegetarianismdangerous-global-warming

Whilst we are not suggesting everyone immediately go vegan, if everyone cut down a bit on meat and dairy the positive environmental consequences would be significant. So why not try eating vegetarian/ vegan meals a bit more regularly, gradually swapping out animal products for plant-based alternatives – perhaps you could try to eat beef or lamb no more than once a week or try going meat-free at least one day a week. However, do watch out as ‘fashionable’ items such as avocados, quinoa and almond milk – frequent in a lot of “plant-based” recipes – are pretty expensive and these particular ones are environmental disasters themselves.

4. Use a reusable water bottle and a keep cup. Find information about buying your own Magdalene branded keep cup here: https://www.magd.cam.ac.uk/magdalene-keepcups

5. Remember to take reusable bags/containers to the supermarket. Invest in some “Bags for Life” or cloth bags for your shopping. Taking smaller bags can also be useful – you can use these to hold loose veg/fruit rather than buying pre-packaged groceries. You can alternatively buy bags purpose built for this near the vegetables in Sainsburys. Always consider buying loose vegetables and popping them in your own bag rather than buying pre-packaged vegetables! It is a very short walk from Magdalene to Sainsburys.

6. Shop smart! Check the fridge, make a list, don’t shop hungry! Lots of us have made 10pm trips to Sainsburys to buy some supplies for getting an essay handed in, but don’t let your usual Green shopping sensibilities go out the window!

7. Leftovers from Cripps. If you often find yourself throwing away some of your food after a meal from Cripps/Ramsay bring a Tupperware with you to put leftovers in if the food will be safe to eat the next day, or offer your leftovers to a friend!
Getting Involved!

College - If you see a problem or think you have some bright ideas when it comes to sustainability issues in College - contact your green officer at jcr-green-charities@magd.cam.ac.uk and they can pass this on! The Green and Charities Officer is currently sourcing recycling bins for all rooms in College.

University level - Subscribe to the Greenlines newsletter and follow Cambridge Climate Society, Cambridge Zero, The SU Ethical Affairs Campaign on Facebook to keep up with what's happenning in Cambridge. Apply to the Cambridge Carbon Literacy Project (searchable online or on Facebook) which offers an opportunity to learn more about the climate emergency as well as gain an internationally renowned qualification.

CAMBRIDGE UNIVERSITY ENVIRONMENT & ENERGY: http://www.environment.admin.cam.ac.uk/students
Newsletter sign-up: http://cam.us11.list-manage.com/subscribe?u=6c4d3a5230c68371276fd7dbf&id=c782d09975
Facebook page: https://www.facebook.com/CUenvironment/

CAMBRIDGE HUB (coordinates lots of sustainability stuff in Cambridge and the wider community):
https://www.facebook.com/CambridgeHub/
https://www.cambridgehub.org/
Useful Contacts

Cei Whitehouse | cw663 | Academic Registrar

James Hardy | jrh223 | JCR Green & Charities Officer

Harry Fishlock | hf348 | JCR President

- Use the Housekeeping request form for questions/issues with recycling and curtain/blind repairs
- Use the Maintenance request form for questions/issues with heating, light bulbs, plumbing and windows