



February 2020: Food Waste



A Sustainable Campus Starts With You!

This month's newsletter is themed around Food Waste. As consumers, we need to rethink the amount of food we are buying to prevent unnecessary food waste from going to the landfill. Reducing the amount of food waste you have every week saves you money, time and helps you reduce your carbon footprint. Follow us all month on social media for tips and tricks.

February at the Eagle's Nest

Feb. 03 - Beaded Dreamcatchers with Rob	11:00am - 2:00pm
Feb. 06 - The Great Canoe Journey*	2:30pm - 4:00pm
Feb. 12 - Make Your Own Moccasins**	11:30am - 1:30pm
Feb. 13 - Make Your Own Ribbon Skirt**	11:30am - 1:30pm
Feb. 18 - Soup & Fry Bread	12:30pm - 1:30pm
Feb. 19 - Make Your Own Moccasins**	11:30am - 1:30pm
Feb. 20 - Make Your Own Ribbon Skirt**	11:30am - 1:30pm

* - In Event Space C, Registration Required

** - \$20 Material Cost for Staff & Faculty

Think about your Food Waste

58% of all food produced in Canada is thrown away. The average Canadian Family throws out \$148 of food every month. That adds up to \$1,766 of food every year!

To help reduce the amount of food you throw out consider freezing produce that is about to go bad or cut down on the amount of food you are buying every week.



Essence Dining Room is an amazing example of waste diversion. During the last waste audit, students and staff working at Essence, diverted **96%** of their waste from landfills. They accomplished this using various different methods such as composting, food rescue and proper recycling. Thank you to all the staff and students who worked hard to achieve this!

FOODRESCUE.CA

Essence Dining Room is a proud partner of foodrescue.ca. Food Rescue is a not-for-profit organization that helps distribute food that would normally go to the landfill to charities and shelters. If a business has left over food, they make it available for pickup and a local charity gets to give people in need food they would otherwise not have access to. While they do not accept donations from homes, they do give tips for you to use at home regarding things like expiration dates.

[For more information visit: foodrescue.ca](http://foodrescue.ca)

Meal Prepping



Meal prepping is a great way to save money and reduce the amount of food that you waste each week. Make sure you plan out your meals and know how much of each item to purchase. You will also be able to control exactly what goes into the food you are prepping so you can eat healthier while saving money at the same time!

If you are in Kingston, take advantage of the Green Bin program to compost your organic waste. Find out more:

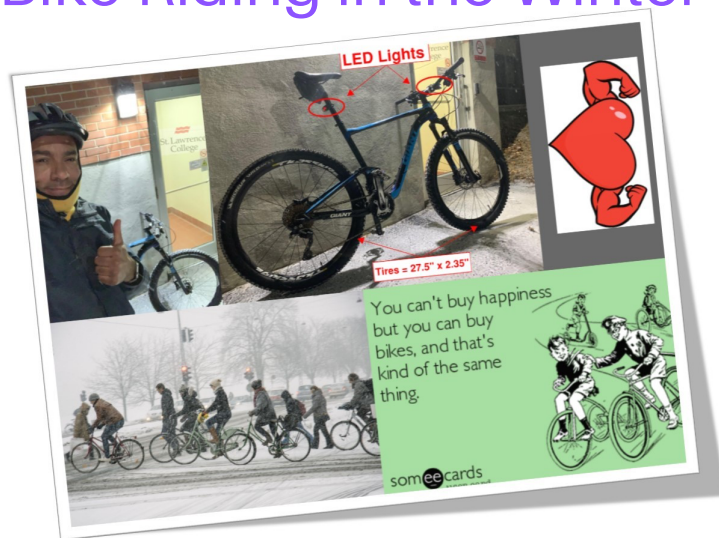
[City of Kingston Green Bin Program](#)

Staff Eco-Warrior!



Our February Staff Eco-Warrior is Jim Elyot. Jim has been a supporter of the employee transpass program since the beginning. By commuting to work on public transportation, you can reduce your CO₂ emissions, save money on gas and parking, and arrive right at the front door of the college. Thank you Jim for being an amazing Eco-Warrior!

Jeremy Ruutel's Sustainable Journey: Bike Riding in the Winter



I've not been outside this much in winter since I was a kid. Next week, it will be 3 months of commuting to work via bicycle. It has been challenging, but not without benefits. I've saved approximately \$375.00 in parking/fuel fees to date and I'm able to wear my belt one hole tighter! I keep receiving awesome support and thumbs up from fellow staff and students. However, I do receive the occasional stare and perplexed facial expression indicating "Is he crazy?"

Admittedly, some mornings I've asked myself the same question. Yes, the commutes have been quite cold. But, so far only one day has been too cold. One commute was at -21C, and this was just too cold for me. Frozen fingers, frozen brakes and even frozen perspiration on my eyes lids was just a bit too much. This painful ride, taught me some modesty. From now on, I'll use my vehicle for temperatures in excess of -18C.

Often, when people see me, they ask... "Don't you find it too slippery, what kind of tires do you use? Do you have a FAT bike? Do you feel safe?" Let me try to answer. I have a full suspension, cross-country, mountain bike. Tire size is 27.5" x 2.35". It is not a FAT bike with those oversize fat tires. I like my bike set up, for it's relatively light weight and comfort. The disc brakes and gearing also make it practical for the short intense commutes. This tire size gives me a real feel of the road conditions and does not provide a false sense of security. Yes, black ice is always a threat and one must be constantly looking out for it. Well, we're one day closer to April and May than we were yesterday.

Do you enjoy driving your vehicle to work? I guarantee you'll enjoy it even more if you ride your bike to work during the winter months! **Can you do it? If not for 5 days a week , how about challenging yourself to 4 times per month?!**

Follow SLC Footprint!

