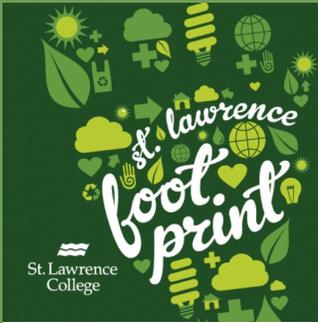


November 2018

# SLC Footprint

Monthly Theme: Food Sustainability



“In a world of more than seven billion people, each of us is a drop in the bucket. But with enough drops, we can fill any bucket.” – David Suzuki



Shop local and support our local economies

Farmers Markets in our Communities

Kingston - Memorial Center Farmers Market

<https://www.memorialcentrefarmersmarket.ca/>

Brockville - Brockville Farmers Market

<https://www.brockvillefarmersmarket.ca/index.php>

Cornwall - Kinsmen Farmers Market -

<https://www.cornwallkinsmenfarmersmarket.ca/>

## What is Sustainable Food?

In the simplest of terms, sustainable food is ensuring that healthy, nutritious food is accessible to all. The United Nations Sustainable Development Goals identifies 17 different goals to achieve global sustainability. Goal number two is to end hunger, achieve food security, improved nutrition, and promote sustainable agriculture. We can foster these goals while we still keeping up with our busy lives with the choices we make. When you choose to purchase your seasonal produce from a local farmer you support the local economy, reduce GHG emissions from food transportation and contributes to a culture of community.

Improving access to nutritious foods to low income households is another aspect of sustainable food. Make a difference in your community by making a donation to your local food bank, when you can, or volunteering at a local shelter.

# How you can be a Sustainable Eater?

## Consider Going Meatless

Some research shows that eliminating meat at least one day per week can improve your health, the environment and animal welfare.

The Meatless Monday campaign is delivered by the Vancouver Human Society in Canada.

<http://www.vancouverhumanesociety.bc.ca/campaigns/meatless-monday/>

## Eliminate Food Waste

In the average Canadian household, one in four produce items gets thrown in the garbage. That's like throwing away \$600 a year! By sharpening your food storage skills, you'll save both food and money.

Check out David Suzuki's Queen of Green tips on ending food waste:

<https://davidsuzuki.org/wp-content/uploads/2017/10/queen-of-green-five-ways-end-food-waste.pdf>

## Grow your own garden or become a member of a Community Garden

Most of the food that we buy comes from outside our regions, and travels long distances to get here. Local growing, production and distribution of food creates jobs, fosters a sense of community, connects the rural and urban community – and reduces GHG emissions associated with transporting food.

Don't know how to cook vegetarian? Check out the Food Networks 50 Best Vegetarian Meals

<https://www.foodnetwork.ca/everyday-cooking/photos/all-time-best-vegetarian-recipes/#!vegetarian-lasagna>



# Campus Green Choices

## Sustainable Local Food Certificate

St. Lawrence College is proud to offer a Sustainable Local Food Certificate. Courses are offered online and explores the practices, principles and philosophies involved in local food system development. The focus is on increasing both academic and hands-on knowledge of regional food initiatives across Canada, alongside international best practices. [http://stlawrencecollege.ca/programs-and-courses/full-time/programs/n\\_z/sustainable-local-food/online-part-time/](http://stlawrencecollege.ca/programs-and-courses/full-time/programs/n_z/sustainable-local-food/online-part-time/)

## Bring Your Own Mug and Save!

If you bring your reusable mug to any campus, you will save 10 cents on every cup of coffee or tea!

## Bio-Degradable Straws

Have a little piece of mind when choosing a straw on Campus. Brown's has made the switch Tri-Campus to improve Campus sustainability. Watch for their next move!

## Kingston Campus Eco-Containers

When ordering from the cafeteria on the Kingston Campus, you can ask for an Eco-Container! These containers are reusable and can be returned when you finished to the cafeteria or in residence; just look for the Eco-Container sign.

## Did you know?

Did you know that Brown's has a buy local policy? Food serve in Brown's was grown with 400 km of the college. This not only reduces the environmental impact from transporting the food but supports local farmers.



Have you been looking for the new Indigenous Gathering Center in Kingston? They are located on the first floor in the new building! Don't let the remaining bit of construction keep you from visiting!



# November Event



## What's happening SLC?

Have an upcoming event you want to have appear in the Footprint Newsletter? Just email the details to [footprint@sl.on.ca](mailto:footprint@sl.on.ca)

### Brockville Campus Sustainability Days!

Footprint and Sustainable Kingston are teaming up to bring you Sustainability Days! There will be workshops, clothing swap and the chance to show your "Green Streak" with our Hair-styling Students. Brown's will also be serving up some vegan specials during Sustainability Days too! Join us in the Student Commons Room on Nov. 21 and 22 and learn how you can be a Sustainable Student or Sustainable Staff. We'd love to hear about your ideas too, so please come say 'Hi'!

### Documentary Night - Kingston Campus

The Kingston Green Team will be showing "Cowspiracy" in the Innovation Hub Wednesday, November 21st from 6 - 10 pm. This is a waste free event and vegan snacks will be provided.

### Free the Oceans Initiative - Cornwall Campus

Keep your eyes peeled, Cornwall! Your Green Team is planning a Free the Oceans Campaign that will help divert plastic bags from our landfills and oceans!



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