



# November 2019: Sustainable Eating



## A Sustainable Campus Starts With You!

This month's newsletter is themed around Sustainable Eating. One of the easiest ways to eat sustainably is to shop local.

Buying local ingredients is an easy way to reduce your carbon footprint and it helps support the local economy.



## Healthy Recipes

Stay tuned to our social media where we will post healthy recipes that are both delicious and friendly to your wallet. We want to show that healthy does not necessarily mean expensive

### Join the Green Team

Do you want to make a difference around campus? Are you interested in becoming more sustainable in your day to day life? Join the Green Team and help spread the word of sustainability. Email [footprint@sl.on.ca](mailto:footprint@sl.on.ca) for more information.

# Meatless Mondays Challenge

Try reducing the amount of meat or animal products you consume by challenging yourself to make Mondays meatless. Try substituting your burger patty with a portabello mushroom or your chicken wings with cauliflower bites. You'll be surprised at how delicious these can be!



## Farmers Markets!



Want to support the local economy? A great way to do so is to visit a farmers market! You will find a wide variety of different vendors and you can pick up some delicious food. From vegetables to desserts, there is something for everyone.

### **Kingston**

<https://www.cityofkingston.ca/explore/markets>

### **Brockville**

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

### **Cornwall**

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

# Erase your E-Waste (and Textiles!) on Kingston Campus



Join us on November 23rd for an E-Waste and textile drive in the front parking lot of the Kingston Campus. We are partnering with Enactus to help prevent e-waste and textiles from hitting the landfill. Bring your broken electronics and used textiles from 11am to 3pm and we will help you sort it to save it from the landfill.

## Winter Clothes Drive - Tri-Campus

From November 4th to 15th, we are asking for donations of winter coats, hats, mittens, gloves and boots. There will be bins set up at each of the main entrances. Help out your community members in need and donate your unwanted items!



Did you know that Bulk stores allow you to use your own containers? Ditch those plastic bags and bring a reusable container to any Bulk Barn to purchase your food. Try ditching the plastic produce bags too by either buying mesh produce bags or just going bag free.

## Welcome to my Active Transportation Journey!



My name is Jeremy Ruutel and I work on the Cornwall campus as the Facilities Technical Support Officer for FMS. My colleague, Felix Allaire, began to ride his bike intermittently to work and I got inspired. I began to think; I am 44 and not as active as I would like to be and the environment and College could benefit from one less vehicle. I wondered: "Could I do it all year long?" I think I can!

After consulting with the boss (aka my wife) at home, we decided to sell our minivan and keep the pick-up truck! The truck would remain at home with her and I would commute with two wheels instead of four; with the exception of heavy rain or snow accumulation. We sold the van and I purchased the bicycle all within one week. My first commute by bike was October 15th and I live approximately 6 km away. It is taking me between 15 and 20 minutes one-way and so far, the temperatures have been mild and I am enjoying it. In only eleven days, I have saved \$78.37 in fuel and college parking fees!

Could you do it? Follow my progress in the monthly Footprint Newsletters!

### Follow SLC Footprint!

