



December 2019: Sustainable Shopping



A Sustainable Campus Starts With You!

This month's newsletter is themed around Sustainable Shopping. When shopping for the holidays, or even your day-to-day life, you can do your part by shopping in a sustainable manner. From using reusable shopping bags to shopping locally, everyone can make a difference.



B.Y.O.B!

Bring your own bag! When grocery shopping, clothes shopping or even gift shopping, bring your own reusable bags with you. Try and make it a habit of leaving reusable bags in your car or in your backpack so you never leave home without them.

Indigenous Services Activities (Kingston Campus)

Dec. 02 - Cedar Wreaths Workshop (2:00pm-3:30pm or 4:00pm-5:30pm)

Dec. 05 - Cedar Swags Workshop (10am-11am or 4pm-5pm)

Workshops are free for students, \$5 minimum donation for staff/faculty

Dec. 06 - Smudging (9:30am)

Dec. 09 - Grandfather Teaching Ornaments (10am-11am)

Dec. 10 - Smudging (11am)

Dec. 11 - Finish your crafts with Elder Helena (11am-2pm)

Dec. 12 - Holiday Brunch (9am-12pm)

Thrift Shopping



Want designer brands without the designer price? Visit a thrift store! You can find lots of gently used clothing and household items in a thrift shop. Save money and make sure an item is reused instead of making it to the landfill. Thrift shops are great for gift shopping too! You can also donate your used items that you don't want anymore.

On Kingston Campus, look for the Good Way donation box. It's located just outside of Essence and the Link.



Sustainably.eco (Brockville & Kingston)

Are you looking for businesses to visit that support sustainable practices? Kingston and Brockville businesses can obtain badges from Sustainably.eco that shows if they practice sustainability. Look for companies displaying various badges.



Find out more: <https://www.sustainably.eco/#/>

Staff Eco-Warriors!

Our staff eco-warrior this month is Brown's staff member Tiffany Foley-Hook. Tiffany is always promoting the reusable mug program to staff and students.

Thanks for being an amazing eco-warrior, Tiffany!

Eco-Friendly Wrapping



With all the holidays during December, gift wrap contributes a lot of waste to the landfill. This year, try and use eco-friendly alternatives to the usual wrapping paper.

You can use cloth, newspapers, old maps or even some plain brown paper with festive decorations. Instead of ribbon, use eco-friendly twine.

Some eco-friendly decorations can be foraged from nature such as pine-cones and foliage. You can also use ornaments to add another component to the gift.

Sustainable Wrapping (Kingston Campus)

Come to the cafeteria from 11:30am-1:30pm on Dec. 2nd, 4th, 6th, 9th, 11th, & 13th and get your gifts wrapped in sustainable material. Proceeds raised will go to other projects.

Enactus Food Drive (Kingston Campus)

On December 9-14, Enactus is collecting donations for the food pantry. Have any leftover food that will go to waste before you leave for the break? Come to the cafeteria on the 9th, 11th and 13th between 11:30am until 3pm to help people in need.



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

The cold has come. Along with it, the ice, slush and wet. But it's not all bad. Light snow conditions have only added 5 minutes to my commute each way! Snowy roads require extra attention. Trying not to slip means slowing right down before every turn.

Surprisingly, the cold didn't affect my commute like I thought. My coldest commute was a -15C morning with dry roads. While on route, my body stayed warm and only my fingers and toes got cold toward the end of the commute.

This was resolved the next day with a pair of winters gloves and an extra pair of socks. In fact, the coldest day turned out to be my quickest commute at 14.5 minutes! To be honest, to date, the biggest challenge I've had has been the clothing; longer "laundry nights".

I'm limited for storage with a medium sized backpack, so careful planning for the next day is a must. Several times I've forgotten small items that may have remained in my truck to be used on an as needed basis. I've learned to be more organized and take only what I need. Riding in mild weather with dry roads is ideal, but I have to say, cold weather commuting is not that different.

You definitely burn calories! I've lost 4lbs this last month and feel like I have slightly more energy when I get home. My sleep has also improved. As a result, when I get to work, I no longer depend on coffee to remove the groggy lack of energy.

Well it's only November and I know it will not be all sunshine and roses. Real winter is on its way, but so far, **I feel up to the challenge? How about you?**



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