



A Guide on Living Sustainably in Residence

The purpose of this guide is to provide tips for you to incorporate sustainability into your residential experience. Living sustainably in residence will not only help the planet but will also provide for a mindful and enriched residential experience.

This guide is organized into seven themes:
Dining, Energy, Water, Purchasing, Transportation,
Waste, & Wellness.

Tips for Sustainable Dining

1

LOWER YOUR CARBON FOOTPRINT BY EATING A VEGETARIAN OR VEGAN MEAL!

You don't have to become vegan to make a difference- just try incorporating 1-2 extra plant-based meals into your diet each week!

Numerous vegetarian and vegan meal options are available at the dining hall and at other food providers on campus

DID YOU KNOW...

Animal Products have a larger carbon footprint than grain or vegetable products because of the insufficient transformation of plant energy to animal energy and the methane released from manure management. Not to mention the gas emitted by the animals themselves!

Pounds of CO₂e Per serving |



2

REDUCE YOUR FOOD WASTE BY CHOOSING THE RIGHT PORTIONS!

If you often notice you have food leftover after a meal, try smaller portions! It reduces food waste and overeating.

3

COMPOST LEFTOVERS AND DINE IN!

Remember to compost your food leftovers and try eating in to reduce food packaging from takeout options!

Tips for saving Energy and Water



1

TURN OFF THE LIGHTS IN YOUR ROOM WHEN YOU LEAVE!

A simple yet effective way to conserve energy!

2

UNPLUG ELECTRONIC DEVICES WHEN NOT IN USE TO AVOID PHANTOM LOADS!

A phantom load is electricity consumed by a device while it is switched off or in standby mode.

3

SHORTEN YOUR SHOWER AND TURN OF THE TAP WHEN BRUSHING YOUR TEETH TO SAVE WATER!

4

ONLY DO LAUNDRY WHEN YOU HAVE A FULL LOAD AND CONSIDER WASHING WITH COLD WATER!

5

REPORT LEAKS!

BONUS TIP!

Get together for a watch party!
Learn about waterway damage in Canada with "There's Something in the Water", directed by Elliot Page.

If you notice a leak problem with bathrooms on campus, report it to Facilities Management at **extension 2400** or **Call2400@concordia.ca**. If there's a problem in your residence, report it to your Manager or RA Immediately

Tips for Sustainable Purchasing



1

OPT FOR LOCAL RATHER THAN ONLINE!

Consider purchasing locally before ordering products online to minimize excessive packaging and transportation emissions



DID YOU KNOW?

Amazon's plastic packaging waste jumped 18% to 709 million pounds in 2021, 26 million pounds of which are estimated to end up in the world's waterways & oceans¹

2

CONSIDER FAIRTRADE PRODUCTS

Think about purchasing Fairtrade products to help producers in developing countries achieve sustainable and equitable trade relationships

3

INVEST IN REUSABLE MATERIALS!

Invest in reusable material such as a reusable shopping bag, coffee mug, containers, etc. You can pick up some for free at the Concordia University Centre for Creative Reuse (CUCCR)!

4

BUY IN BULK!

Consider buying your food in bulk using reusable containers to reduce packaging. Le Frigo Vert located on campus has cheap organic produce and bulk food.

Tips for Sustainable Transportation

1 USE ACTIVE MODES OF TRANSPORTATION LIKE WALKING OR BIKING!

Visit the Loyola Community Bike Shop to get low-cost bicycles and learn more about maintenance. Check out the 10% discount Concordia's have on a summer BIXI membership!

2 FAVOUR PUBLIC TRANSPORTATION OVER INDIVIDUAL CARS

Check out the reduced public transit pass for Concordia Students

3 OPT FOR CONCORDIA'S SHUTTLE BUS!

Save money and emissions by taking the free shuttle bus between Loyola and SGW campus. Don't forget to bring your student ID. Have a non-student friend with you? Request a visitor's pass from the Welcome Centre.



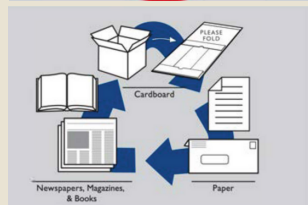
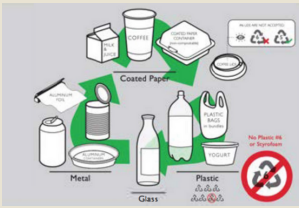
Tips for Waste Management



1

BECOME FAMILIAR WITH THE WASTE SORTING PRACTICES IN RESIDENCE AND ON CAMPUS!

Concordia currently has separate bins for recycling, compost, landfill waste, and electronics recycling. Link to the posters below to become a waste sorting expert!



2

CHECK OUT CONCORDIA UNIVERSITY'S CENTRE FOR CREATIVE REUSE (CUCCR)!

Free oddie supplies and reusable material to decorate your dorm. Make sure to check them out inside Grey Nuns!

3

BE PART OF THE RESIDENCE MOVE OUT DONATION PROGRAM!

Not taking everything home with you when you move out of residence? Participate in the residence move-out donation program known as 'Reclaim-a-thon' from CUCCR.

Tips for Cultivating Wellness



1

TAKE ADVANTAGE OF CONCORDIA RESOURCES!

Check out Concordia's Health and Wellness Hub for information about medical care, mental health services, health promotion, and community support.

2

STAY ACTIVE!

Concordia's Le Gym and Perform Centre offers gym memberships and community fitness classes.

3

GO OUTSIDE: RECONNECT WITH NATURE!

Concordia's green spaces have a lot to offer, volunteer at the gardens located on the Loyola Campus or relax in the Grey Nun's garden



4

PASSIONATE ABOUT SUSTAINABILITY? GET INVOLVED!

Join the Sustainability Volunteer Program! This is your one-stop-shop for sustainability volunteering on campus! There are many initiatives in our sustainability ecosystem, from community bike shops and gardens to engineering library of parts and film screenings.