



sustainability in residence

TOTEM AND VANIER TOOLKIT



This toolkit provides Totem and Vanier students, like you, with information, resources and actions to help you integrate sustainable choices into your everyday life in residence and on campus. This first edition focuses on three key areas:



energy conservation



waste reduction



sustainable food choices

Have tips to share? Help us make this a living document! Share your feedback, ideas, actions and successes with us at rez.sustainability@ubc.ca so that we can enhance this toolkit each year. We'll be updating the manual annually based on your feedback.

**Start
Here!**



There are lots of simple actions you can take in your residence and on campus to help conserve energy and reduce greenhouse gas (GHG) emissions!

CONSERVE ENERGY IN YOUR RESIDENCE

✓ Turn it off

- » Shut the lights off when you are the last to leave your room, washrooms, the laundry room, and shared lounges.
- » Shut down your computer when you're not using it, or use the *Power Management* functions, such as 'sleep mode' on your computer, to maximize energy savings.
- » Turn off electronics and power bars when you're not in the room.
- » Tip: plug all electronic equipment, like computers, cell phone chargers, iPod docks, video game consoles and other electronics, into a power bar that you can switch off — this is easier than unplugging electronics individually and helps reduce phantom power.

NEED HELP?

Power settings:

- ➔ Windows 2000
- ➔ Windows XP
- ➔ Windows Vista
- ➔ Mac OS X



Join Your Residence Sustainability Committee

Totem and Vanier both have sustainability committees that plan fun events and promote sustainable lifestyles in residence.

Ask your RA when you can drop in on a meeting to learn more.



Photo: Javier Landaeta

✓ Turn it Down

- » Remember to shut your radiator or turn your thermostat down when your room gets too hot, when you are sleeping, and when you are away from home.

✓ Close the Blinds

- » Closing blinds or curtains on cool days can minimize heat loss and block cold drafts.
- » On sunny winter days keep blinds open during the day on south and west facing windows for sunlight to warm your room.

✓ Use Windows Wisely

- » Resist the urge to open windows when the heat is on.
- » In the winter, open your inner doors for ventilation instead.

TIP

Turning your thermostat down by 2 degrees = a 5% reduction in heating energy.



FACT

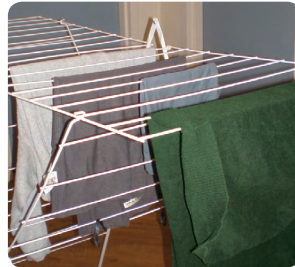
Showers consume 10 – 20 litres per minute and use up to 25% of household energy to heat the water.

✔ Use Less Hot Water

- » Take shorter showers (aim for four minutes... it's really possible!)
 - ➔ **4 Minute Shower**
- » Use cold water to do laundry: it requires 90% less energy than washing in warm water, and it's better for your clothes!

✔ Hang it Up

- » Hang your clothes to dry instead of using a dryer (you'll save 60 cents per load, and your clothes will last longer!)



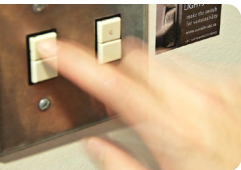
✔ Use Energy Efficient Products

- » Install Compact Fluorescent Lightbulbs (CFLs)—they use about 75 per cent less energy than incandescent bulbs.
- » Look for products with the ENERGY STAR label, such as electronics, small appliances, lighting and computers, which are designed to save energy. ➔ **ENERGY STAR**



REDUCE YOUR IMPACT ON CAMPUS

- ✔ **Turn off the lights when you're the last person to leave the classroom.**



Did You Know?

Students at Totem Park reduced their energy consumption by 17.4% over 20 days in the 2010 Do It In the Dark energy competition, placing second overall. Read about the actions they took:

➔ Do it in the Dark



✔ Drive Less

- » Walk, bike, take transit, skateboard or rollerblade instead.
- » Check out UBC's Transportation Planning Office for info on ➔ **U-Pass**, ➔ **on-campus cycling facilities** and ➔ **bike share programs**, ➔ **car sharing options** and ➔ **going car free**.



✔ Eat Less Meat

- » Producing one kg of beef emits more greenhouse gases than going for a three-hour drive while leaving all the lights on at home!
- » Not ready to go vegetarian? Try one meat-free meal day per week (such as Meatless Mondays).

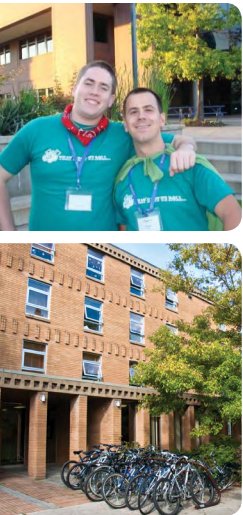




resources

FOR MORE INFORMATION

- Sustainability in Rez
- Energy Management @ UBC
- Climate Action @ UBC
- UBC Sustainability Coordinator Program's Toolkit - Energy Conservation
- BC Hydro Power Smart Tips
- Pulse Energy: UBC Real-Time Building Dashboards
- Totem Park Real-Time Energy Dashboards



FOR INSPIRATION

goBeyond Small Feet videos — starring UBC students.

- Nick and Devin Turn Down the Heat
- Tom Eats Less Meat



You've heard about the three R's (Reduce, Reuse and Recycle), but we want to add a fourth R to the list: Reflect. Thinking about our stuff and what we do with it is part of the process.

Fortunately, many of the items you use can be recycled responsibly on campus, or reused by you or someone else. Below are some resources and tips to get you started!

REDUCE YOUR IMPACT IN YOUR RESIDENCE

Don't wait—separate!

- » Learn how to use waste separation bins and services in your residence, residence dining hall and across campus. Need help? Ask your RA or front desk person for more info.
- » Use the following recycling chart as a guide. (see following page)





PROGRAM

ACCEPTED MATERIALS

NOT RECYCLABLE

Paper Recycling

- ✓ newspapers and magazines
- ✓ envelopes and junk mail
- ✓ writing and computer paper
- ✓ cereal boxes
- ✓ telephone books
- ✓ sticky notes

- ✗ paper towels, napkins and paper bags
- ✗ waxed paper
- ✗ milk cartons (wax coated paper)
- ✗ paper cups and plates
- ✗ pizza boxes

WHERE?

In large BLUE bins located in common spaces, residence garbage rooms & across campus.

Container Recycling (plastics, metal, glass)

- ✓ glass bottles and jars
- ✓ metal cans
- ✓ plastic cutlery (#5) and some coffee lids (#5)
- ✓ plastic bottles and jugs stamped #1-5 and #7 (NOT #6)
- ✓ overhead plastic transparencies (#1)
- ✓ juice boxes & tetrapak containers (paper with thin metal lining inside)

- ✗ #6: Styrofoam, straws, and some coffee lids
- ✗ milk cartons (wax coated paper)
- ✗ plastic bags
- ✗ dishes, glassware or ceramics
- ✗ aerosol cans
- ✗ windows or mirrors

WHERE?

In large GREY bins located in common spaces, residence garbage rooms & across campus.

NOTE

Milk cartons can be recycled at any return-it location!

➔ **Return-It Milk Program**

PLASTIC BAGS CAN BE RECYCLED AT THE SUB!



Did You Know?

UBC has a closed-loop composting system, which turns organic food waste into soil used for landscaping right here on campus!

➔ **UBC Composting Program**



PROGRAM

ACCEPTED MATERIALS

NOT RECYCLABLE

Organics Composting

- ✓ raw fruit and vegetable scraps
- ✓ coffee grounds and filters
- ✓ tea bags
- ✓ egg shells
- ✓ cooked food waste
- ✓ meat and bones
- ✓ dairy products
- ✓ grains, bread, pasta
- ✓ paper towels and napkins
- ✓ paper/compostable cups, plates, containers
- ✓ paper sandwich wrappers
- ✓ compostable cutlery

- ✗ wooden chopsticks
- ✗ plastic cutlery
- ✗ plastic bags
- ✗ Styrofoam
- ✗ glass
- ✗ wood
- ✗ sand
- ✗ metal

WHERE?

In large GREEN bins located in dining halls, food outlets across campus, and by the loading dock behind the commonsblock.





PROGRAM ACCEPTED MATERIALS NOT RECYCLABLE

**E-Waste
(electronics)**

- | | |
|--|---------------------|
| ✓ desktop and laptop computers | ✗ cell phones |
| ✓ monitors (LCD and CRT) | ✗ microwaves |
| ✓ televisions | ✗ smashed screens |
| ✓ computer peripherals (mice, keyboards, cables) | ✗ other electronics |
| ✓ printers | |
| ✓ stereo systems | |
| ✓ video cameras | |
| ✓ DVD/CD players | |
| ✓ non-cellular telephones | |

WHERE?

Drop it off yourself at the first loading dock behind at the University Services Building on Lower Mall.

➔ **UBC Maps**

Battery and Cell Phone Recycling

- ✓ non-rechargeable batteries
 - alkaline batteries (AA, AAA, D, 9V, lantern batteries)
 - lithium primary batteries (button batteries, camera batteries)
- ✓ Rechargeable batteries (cell phone batteries, laptop batteries)
- ✓ cell phones

HOW?

Deposit in the Battery Recycling Box. No packaging required.

HOW?

Place batteries in a plastic bag. Deposit in the Battery Recycling Box.

Ink Toner Recycling

- ✓ all ink toner cartridges

HOW?

Re-package empty toner/ink cartridges using original wrapper (or replacement cartridge wrapper).

WHERE?

Return to place of purchase.



✓ **Reduce**

- » Only buy what you need—save your money on things that aren't necessary.
- » Share or borrow whenever possible.
- » Be creative and find new uses for your stuff.

✓ **Reuse**

- » Start Stuff Swaps in your residence.
- » Give away or look for used stuff at ➔ www.my.ubc.ca — login with your CWL and post in the Classified Section.

✓ **Totem and Vanier Free Tupperware Program**

- » Get your free reusable to-go container from the dining hall office and fill it with good eats.
- » Drop your dirty container in the box by the checkout. Get a program card to exchange it for a clean container.
- » Save 15 cents on your meal per reusable container.

✓ **Way To-Go Program**

- » Get a stamp at the checkout every time you use your container.
- » Enter full stamp cards into the draw box in the dining office for a chance to win great prizes at the end of each month and term!



DID YOU KNOW

The Eco-to-go program is available at all UBC Food services locations!

➔ **UBC Food Services Locations and Hours**



REDUCE YOUR IMPACT ON CAMPUS

✔ Use a Mug

- » Most food service outlets on campus give discounts (15 to 25 cents!) if you bring your own mug!
- » Dine in and ask for a ceramic mug.

✔ Use a Refillable Water Bottle

- » Instead of buying bottled water, save money by buying a steel or non-BPA plastic water bottle and filling up at the water fountains on campus, or at the new filtered Waterfillz stations in the SUB.

✔ BYOCC (Bring Your Own Container and Cutlery)

- » Reduce the use of single-use containers by bringing your own containers and cutlery for takeout.
- » If you need a takeout container or cutlery, ask for compostable or recyclable ones.



TIP

You'll find two Waterfillz stations in the SUB — one next to Bernoulli's Bagels, and the other on the lower level, next to the Honour Roll.

FACT

The SUB and UBC Food Service Outlets all offer takeaway compostable containers. Better yet, bring your own container!

✔ Print Double Sided

- » Select double-sided printing when printing documents from a shared computer lab on campus.
- » If you can't print double sided, print two sheets per page (under "Zoom": Pages per Sheet)

✔ Compost and Recycle on Campus

- » Look for the big blue, grey and green bins on campus for paper recycling, container recycling and composting. Food service outlets, dining halls and the SUB all have a three-bin system for organics, containers and garbage.

✔ Bring Your Own Shopping Bag

- » Reduce plastic bag use by using your own reusable cloth shopping bags.
- » Make it a habit to always have a cloth bag with you.

✔ Recycle "Special Items" at the SUB

- » Located in the basement of the Student Union Building next to the north entrance/exit across from the BMO Bank Machine.
- » Recycle plastic bags, CDs, DVDs, cell phones, tapes, videos, and rechargeable and non-rechargeable batteries.

NEED HELP?

➔ Microsoft Office Support

WHAT ABOUT MY COFFEE CUP?

➔ Coffee cups at UBC demystified





Did You Know?

In 2010, UBC conducted a waste audit to determine how to improve its current diversion of waste. According to the audit, there is the potential to increase UBC's operational diversion rate from approximately 44% to 95%. The UBC Waste Action Plan will help us determine how.

➔ [UBC Waste Action Plan](#)

resources

FOR MORE INFORMATION

- ➔ [UBC Waste Management](#)
- ➔ [UBC's Recyclopeda](#)
- ➔ [Eco-to-Go Program](#)
- ➔ [Recycling Council of British Columbia](#)
- ➔ [Metro Vancouver Zero Waste Challenge](#)

FOR INSPIRATION

- ➔ [Small Feet Video — Reusable Coffee Mugs](#)
- ➔ [Story of Stuff Project](#)
- ➔ [Funny e-Waste Recycling Video](#)



Whether it's your breakfast, lunch, dinner, or late-night snacks, every item in your fridge or at your residence dining hall has a story to tell about where it was grown or processed, and how it got to your plate.

Making sustainable food choices will help you uncover this story and learn more about what you're fueling your body with, and the impact that every meal you make or purchase has on the local and global food supply chain.

REDUCE YOUR IMPACT IN YOUR RESIDENCE

Eat Seasonally

» Fruits and vegetables that are not in season usually have a higher carbon footprint, since they need to be shipped in from other places (e.g. strawberries from California in the winter).

Eat One Meat-free Meal a Week

» Beef, chicken, pork and other kinds of meat require a lot more water and energy to grow than grains, legumes and vegetables. To reduce your water and carbon footprint, try to eat one meat-free meal a week.

WHAT'S IN SEASON?

Download this guide:

➔ [Get Local BC Seasonal Produce Chart](#)





Photo: Fabiola Carletti

Sprouts Workshops

Want to learn more about how to prepare delicious and nutritious homemade food? Sprouts hosts workshops to share kitchen and food knowledge with the UBC community. Workshops in 2010 included: pie baking, fermentation, gluten free baking, making bread from scratch, cooking vegetarian curries and more.

➔ More on Sprouts Workshops

REDUCE YOUR IMPACT ON CAMPUS

✔ Community Eats at Sprouts

- » Learn about food systems issues while eating a delicious hot lunch, by donation.
- » Check out Community Eats at Sprouts every Friday from 11:30am -1:30pm during the regular school year. No plates or cutlery provided, so remember to bring your own to reduce waste! ➔ **Community Eats**

✔ Shop Local

- » Buy your food from the UBC Farm markets on Wednesdays in front of the bookstore, or Saturdays at the Farm from June to October each year. ➔ **UBC Farm Markets**



Photo: Javier Landaeta

- » Buy local, organic or fair trade food and bulk items from Sprouts in the Student Union Building, a distributor of UBC Farm produce.
- » Buy fresh produce at a Farmers Market
- » Check out Cropedia—an easy way to access information about crops grown at the UBC Farm and the Land and Food Systems Orchard Garden. ➔ **Cropedia**

✔ Support Campus Food Outlets that Purchase Local

- » Several food outlets on campus feature local ingredients and support the UBC Farm—support them by purchasing their yummy treats!
 - ➔ **Pie R Squared** *The SUB, main floor*
 - ➔ **Sprouts** *The SUB, basement level*
 - ➔ **Bernoulli's Bagels** *The SUB, main floor*
 - ➔ **Agora Café** *MacMillan Building, 2357 Main Mall*
 - ➔ **UBC Food Services Outlets**
 - ➔ **Sage Bistro** *University Centre, 6331 Crescent Road*
- » For an interactive map with information on UBC's Sustainable Food Systems Initiatives, check out ➔ **UBC Sustainable Food System Initiatives**



TIP

Be sure to do the crossword puzzle at the bottom of the page!



MORE

Find a farmer's market near you:

➔ **Eat Local (Vancouver)**

➔ **BC Association of Farmers Markets**



Photo: Javier Landaeta

Did You Know?

It takes this many litres of water to produce **one** kilogram of:

beef: 15,500 pork: 4,800
chicken: 3,900 vegetables: 1

Source: www.waterfootprint.org

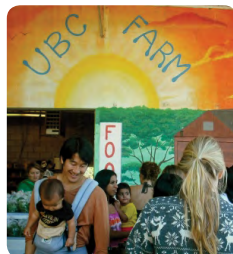
FACT

Steve Golob, head chef at Place Vanier, features a UBC Farm item once a week to raise awareness of the **UBC Farm** and local food initiatives.



✔ Go on a UBC Farm Tour

» Learn more about the UBC Farm and all the services and opportunities it offers for our food supply right here on campus.



✔ Volunteer at the UBC Farm

» Get involved. Whether you're interested in summer camps for kids, leading tours, working at the farmers market or just brushing up on your gardening skills, the Farm has something for you!

✔ Purchase Fair Trade

» Did you know UBC is Canada's first Fair Trade campus? You can buy Fair Trade coffee and tea at your dining hall, SUB or any UBC Food Service outlet across campus. **More on Fair Trade at UBC**

resources

FOR MORE INFORMATION

- ➔ UBC Farm
- ➔ Friends of the Farm
- ➔ BC Association of Farmers Markets
- ➔ Good Sources of Veggie Protein
- ➔ Sea Choice

FOR INSPIRATION

- ➔ UBC Farm to Fork Cookbook
- ➔ Sprouts Workshops
- ➔ Food Inc. (the documentary)



Photo: Javier Landaeta

FACT

UBC won third place in the Most Vegan Friendly Campus in Canada competition in 2010!

Did You Know?

In October 2010, the Totem Park Sustainability Committee hosted a 100 mile dinner for residents to come out and enjoy and learn about local food and the distance required to get it on their plates. All of the food was sourced by committee members to farms within a 100 mile radius of UBC, either through Sprouts or from the Kitsilano Farmer's market. The night was a huge success and hopefully will become a Totem tradition for years to come!



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

live. lead. learn.

LIVE

⊕ *Commit to living lightly on this planet. Take part in the annual Do It in the Dark energy competition.*

LEAD

⊕ *Join your residence sustainability committee.*

LEARN

⊕ *Take a sustainability-related course.*

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campus + community planning
campus sustainability