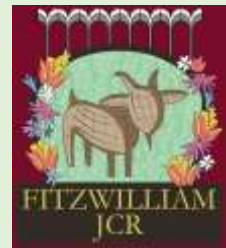


# Hello and Welcome to Fitz from your JCR Ethical Affairs Team!

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We've put together lots of information on how to be green at Fitz and in Cambridge. If you have any questions or ideas, we'd love to hear from you – you can get in touch via email or on our Facebook page:

<https://www.facebook.com/FitzEthicalAffairs/>

## RECYCLING

Recycling in Cambridge is really super, so there are probably some things you can recycle here that you can't back home - make sure you've checked what can and can't be recycled. Here's an overview of what needs to go where – look out for the poster in your kitchen as a reminder!



Because a lot of plastics aren't recycled elsewhere in the UK, they have labels saying they are not recyclable, however, they can go in the recycling here – including clean cling film, cellophane and bread bags. The main plastics which have to go in the waste are polystyrene, foam and plastic-coated paper.

Please make sure recycling is washed and dry before you dispose of it!

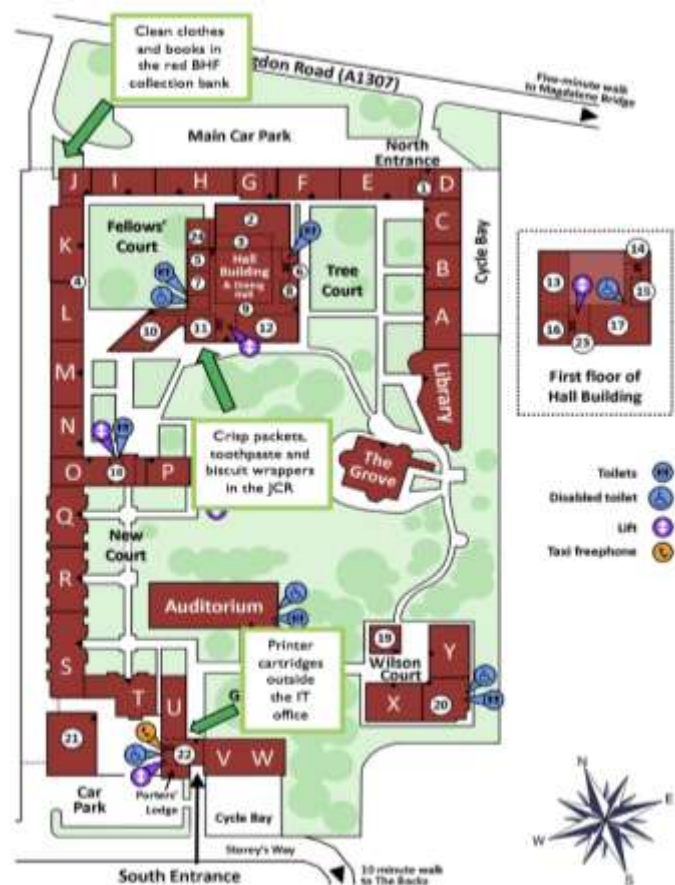
### Where to recycle:

Every kitchen has clear plastic bags for recyclable items, we also have collection points for other things which can't go in the general recycling:

Crisp packets, biscuit wrappers, old pens and toothpaste tubes can be dropped off in the JCR, which are collected and recycled with Terracycle.

If you have any old printer cartridges, these can go in the recycling outside the IT office.

There's also a collection container for books and clothes, which are taken to the British Heart Foundation charity shop.



### COMPOSTING

Keep an eye out for updates about our trial composting scheme which we are hoping to expand soon! Some departments also have compost bins for general use too!

### REDUCING

As well as recycling, reducing the amount of packaging you consume in the first place is key to reducing the amount of waste you generate, even if it can be recycled! There are plenty of ways to cut down, especially on plastic packaging...

#### Take your own bags shopping

Invest in a couple of tote bags or reuse plastic ones from the supermarket and take them with you when you go shopping – good for the planet, and saves you 5p each time too!

#### Use a Reusable cup (and get a discount!)

Rather than using a new throwaway cup every time you go for a coffee, get yourself a reusable mug. Lots of places (including the Fitz Cafe and the Buttery) offer discount if you bring your own mug. The café sells these



fab keepcups for £5 each. Costa Coffee will also recycle their own takeaway cups if you return them to a store.

### Shop plastic-free

There are a few zero-waste and plastic-free shops in Cambridge – such as Full Circle Shop, on the market who sell foodstuffs, toiletries and cleaning products, Lush in Lion Yard who sell packaging-free soaps, shampoos and other cosmetics and of course stalls on the market.

Throughout the week there are fruit and veg stalls, bakeries and a cheesemonger amongst other local sellers. Not only are you reducing waste, you're also buying local and in season – even better for the planet!!

## **GOOD FOR THE PLANET, GOOD FOR YOUR POCKET**

Here are a few more tips for saving money whilst thinking of the environment!

### Share unwanted food

Don't throwaway unwanted unopened food – donate it to the Cambridge City Foodbank – there is a collection point in the JCR, or share it within college using the Fitz Free Food Forum:

<https://www.facebook.com/groups/194862101288995/> This is especially handy at the end of term when there's lots of leftovers hanging around!

### Buy in bulk and share

It's often cheaper and uses less packaging if you buy packets of food e.g. pasta, that can last a whole term, or can be shared between several people on a corridor. And it means nothing is wasted!

### Use a refillable water bottle & make your own packed lunch

Much cheaper than a meal deal and saves on packaging. Most departments have water fountains where you can refill a bottle and there are handy refill stations across town: <https://refill.org.uk/refill-cambridge/>

### Buy second-hand

There are loads of charity and vintage shops in Cambridge. This is a great way to reduce the amount of new clothes you buy - check out the nearby EACH shop for some bargains! You can also drop off any unwanted clothing to them as well.

(Also: <https://www.oxfam.org.uk/shop/local-shops/oxfam-shop-bridge-street>)

### Get inventive...

Wrapping paper and birthday cards often can't be recycled because they use a combination of paper and plastic. Rather than buying new wrapping all the time, why not reuse paper you've already used, or decorate an old

newspaper or map to use instead. Also, look out for cards which have compostable plastic sleeves (made of cellophane).

### **SAVING ENERGY IN FITZ**

Unplug chargers, turn off lights and any other electrical devices when you're not using them. Mobile phone chargers, laptop docking stations and some desktop printers use energy regardless of whether they are charging or not because the voltage transformers on the plug consume energy.

Think before you turn up the heating – your room has a thermometer card – thermostats are set to 18°C – the temperature recommended by Public Health England. If you're feeling chilly, first make sure all your windows are shut and pop on another layer of clothes before turning up your radiator. If something isn't working, or you've got a draught letting in cold air, contact maintenance to sort out the problem.

Use a lid on saucepans – cooking is quicker and more efficient, using less energy. The same with kettles – only boil the amount of water you need.

Make sure you have a full load when you use the washing machines – or share with a friend to make the most of the wash.

### **MORE BITS AND PIECES...**

Fitz participates in NUS Green Impact – a scheme where students and staff work to improve the environmental credentials of their college or department. Look out for meetings and more info on the Ethical Affairs facebook page. Find out more about the University-wide scheme here: <https://www.environment.admin.cam.ac.uk/green-impact>

#### **College Allotments**

We have some super allotments for all staff and students to use to grow food and plants all year round. For more info, get in touch with Steve, our head gardener: [head.gardener@fitz.cam.ac.uk](mailto:head.gardener@fitz.cam.ac.uk)

#### **Hedgehog-Friendly College**

Thanks to some great work by our gardening team and MCR Green Officer, Fitz is on the way to becoming a hedgehog-friendly campus. Find out more here: <http://mcr.fitz.cam.ac.uk/overview/hedgehogs/>

**THANK YOU FOR READING!**