

SUSTAINABILITY NEWSLETTER

"From Students, For Students"

January 2019

Frugal February

A very Happy New Year from the Student Green Team, hopefully January has been treating you well and the brief lull between deadlines will be an enjoyable one. With the Christmas break having passed only a month ago many of you may find yourself strapped for cash. We may care about the environment but we also know the struggles of being a student. Everything costs money and we never seem to have enough. So as we go into Frugal February allow us to give you some hints, tips, and tricks on how to save yourself some £££ while also caring for the planet.

1. Switch off... Everything. Radiators, lights, appliances. If you're not home then nothing should be on, it may seem like a small thing but the more you switch off the more money you save and the better for the planet.
2. Walk, cycle, take the bus, anything to leave the car at home. Maybe even install Betterpoints and earn some sweet rewards while doing it. (Referral code: greenwichnew)
3. Stop buying bottled water. The University offers so many refill stations it would be far more cost effective to use a reusable water bottle. We sell them really cheap so start saving those pounds.
4. Cook from scratch. A meal from the local Chinese will come to around £10 if you're stingy with it, that could feed you for days. Cut out meat and you'll save even more and put a huge dent in your carbon footprint.
5. Use E-Books or visit the Library. Generally cheaper to get hold of, E-books are a far greener alternative to real books as there is no cost of production or transportation. If you prefer the tactile feel of a book then feel free to visit one of the University's libraries, you can read it without buying.



10 TONNE CHALLENGE

In 2018 UoG halls residents donated:

744 bags of unwanted items

worth £10,416 to help fund

avoiding 6 tonnes of waste and saving 60.5 tonnes of CO₂

Reduce Reuse Recycle
Sustainability@gre.ac.uk

The End of Term Reuse project is a chance for you to recycle your unwanted items as you leave halls. Those shoes you just had to have or the speaker that you just can't take with you doesn't have to go to waste. Last year we avoided producing 6 tonnes of waste through our special collection bins, we want to take it to the next step. We're setting out on a 10 tonne challenge, aiming to save 10 tonnes from going to landfill which will: reduce our carbon footprint, help those less fortunate gain access to essentials, and save you lugging all of the junk you collected through the year around. More information will be coming soon but for now why not hang on to that clutter a little bit longer? Better in another's hands than in a black bag.

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FAIRTRADE FORTNIGHT



As students it can be easy to justify choosing the cheapest option, we don't have much money so we need to make every penny count. This is the attitude that leads to farmers across the globe being paid a fraction of what they need to survive. The average African cocoa farmer needs to earn £1.82 each day to live comfortably, they will typically live on less than 73p.

That's where we come in. Fairtrade Fortnight runs from 25th February - 10th March and give us as students a chance to support fairtrade and celebrate the people that grow our food. While nothing is currently set in stone we urge you to keep an eye open for promotions in the cafés and to follow us on social media to find out how you can help support the people who need it most. If you would like to learn more about Fairtrade Fortnight and how you can help visit:



<http://www.fairtrade.org.uk/en/get-involved/current-campaigns/Fairtrade-Fortnight>

Dr Bike

No, he's not Doctor Who's less ambitious cousin but someone who is coming to Medway to check and adjust your bike **FOR FREE**. Any repairs that must be made are given to staff and student and at a special reduced rate. Come see doctor bike outside the student hub on either:

Thurs 21st Feb

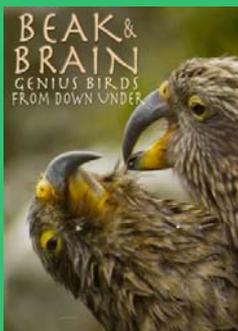
Thurs 21st Mar

Thurs 16th May



Need something to watch? Look no further than our

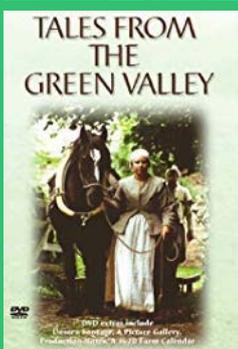
BRANFODD!!!



For my fellow bird lovers out there this documentary, which can be found on Netflix, is a fascinating watch that shows the true intelligence of our feathered friends.



Tidying up. We all hate doing it. But it can also be one of the most liberating experiences to declutter and put old junk to new use. Tidying Up on Netflix is a surprisingly good watch and might inspire you to finally go through... the junk drawer.



Ever wonder what it would be like to live in an age before technology? Well look no further than "Tales from the Green Valley". An enjoyable experiment where modern people have to live an archaic lifestyle. If you don't have the cash to fork out on the DVD the whole show is up on Youtube.

GOT A RECOMMENDATION??

We would LOVE to hear from you. Email us at uogsustainabilitynewsletter@gmail.com with the name of the film, book, game, etc. and where we can find it.



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WHAT'S ON?

Monday 11th Feb: Bio Blitz! Come down to the Avery Hill Community Garden (Located behind David Fussey) and try and identify as many species as you can. Books will be provided so let's see what we can find. We may also build a hide, follow us on social media to be kept up to date.

Wednesday 13th Feb: If you have the evening free why not come along to King William 303 and enjoy a talk on how fossil fuels have simply become unsustainable. It will run from 17:00-18:00.

Friday 15th Feb: The Student Green Team will be joined by Sanja Dudek, our SU part time volunteering officer, to do litter picking in the hedges around Sparrows Farm. Students have been dumping rubbish around there for years, lets clean it up.

Sunday 17th Feb: The Mayor's Entrepreneurs prize applications will be closing soon. If you have a bright idea that can help to make the city more sustainable put in an application and be in for a chance of winning £20'000 to help make your idea a reality. <https://bit.ly/2D3FKan>

Tuesday 19th Feb: Extinction Rebellion is a non-violent direct action campaign that was launched last year. They will be holding an introductory talk about the campaign discussing the reasons for it's existence and the demands of the campaign. If you are interested in this talk keep an eye on our social media or visit www.rebellion.earth

Thursday 21st Feb: The MAOLY project, a sustainable fashion show, will be running from in the Lower Deck. Doors open at 18:00 so buy your ticket today so you don't miss out.



Hi, my name is Sanja Dudek, a Master student studying Film Production and I'm your elected Part Time Officer for Volunteering and Community. My role is to represent you and your interests as well as help students find volunteering jobs that they enjoy and educate students about the benefits of volunteering for the community and themselves. For me volunteering is important as it's about giving something back to the community and helps to make the world a better place. Volunteering is a great way to improve yourself and others, gaining work experience as well as getting skills that will help you now and in your future.

It doesn't have to be that boring job that only nerds do, like many people imagine. Many volunteering jobs involve things you probably like. That can be working with animals, helping and teaching other people, nature, social media, photography, writing, and much more. You just need to find the right volunteering job for you.

Come and talk to me, the Students' Union in Dreadnought or the Sustainability Office Avery Hill 49 Aragon Court and see what we have to offer.

iNaturalist: app review

It can feel daunting trying to get in touch with nature. With the countless number of birds, insects, plants, and animals that you can find in your back garden it can seem impossible to ever learn what you're looking at. Enter iNaturalist, an app on both the App and Play stores which puts you in touch with experts who can help you identify the various nature you come across.

The app has an extremely user friendly interface and by taking part you can produce real data that can help biodiversity scientists and resource managers to understand what is living in your area. Unlock the ability to fully enjoy your natural surroundings as you learn about the various plants and animals that have been around you your whole life. The app is produced by National Geographic and has a large community of nature enthusiasts who are waiting to help you out.

The friend who suggested the App to me likened it to an in real life version of Pokémon Go and I can somewhat see where they were coming from. It is immensely satisfying to add a new observation to an area, and can give you that same rush as finding that new Pokémon. There is a world our their for you to explore so get out there and happy hunting.

iNaturalist
Explore Learn Record



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SIMPLE (Vegan) EATS

Vegan Stir Fry

Gluten, meat, and oil free this is a meal just about anybody can eat.

10 Mins prep | 30 mins cook | 40 mins total time

Ingredients

The Tofu (Optional)

- 1 350 g (12 oz) pkg firm or extra-firm tofu, cut into cubes about 1/2"
- 1 tbsp tamari or coconut aminos
- 1 1/2 tbsp rice wine vinegar or red wine vinegar

The Sauce

- 1/3 cup tamari or coconut aminos
- 1/2 cup water
- 3 1/2 tbsp pure maple syrup
- 1/2 - 1 tbsp freshly squeezed lemon juice
- 1 tsp blackstrap molasses
- 3-4 medium cloves garlic, roughly chopped
- 1 tbsp roughly chopped fresh ginger
- 1 1/2 tbsp arrowroot powder

The Fry

- 4-6 teaspoons water, divided
- 1 cup sliced carrots (in half-moons or discs)
- couple pinches of sea salt
- 1 cup sliced zucchini or green beans cut in bite-size pieces
- 4 1/2 -5 cups broccoli cut into flowerets and stalks peeled, trimmed, and sliced in rounds (just over 1/2 lb of broccoli)
- 1 1/2 cups cubed red, yellow, or orange bell pepper

Cooking Instructions

If using the tofu, first marinate it. Place the tofu cubes in a shallow dish and then pour the tamari and vinegar over the pieces. Flip the tofu to try and coat and distribute the marinade to both sides of the tofu.

Next, combine the ingredients for the sauce, pureeing in a blender or with a hand blender until fully blended.

In a large non-stick skillet over high heat, sauté the tofu for 7-9 minutes, turning the sides to lightly brown each side. Once golden brown, remove the tofu from your skillet. (Alternatively, you can bake the tofu with the marinade in a shallow baking dish (roughly 8" x 12") at about 400 degrees for 15-25 minutes, turning once or twice until all the marinade is absorbed - it won't get as crispy through oven baking).

Next, in a non-stick pan over high heat, add 2-3 teaspoons of the water, and the carrot and salt. Reduce heat to medium-high, cover, and let the carrot steam for a couple of minutes. Remove cover, return heat to high, and add the zucchini. Toss through to let sear slightly, then add remaining 2-3 teaspoons of water, the broccoli, and bell pepper. Toss through, cover, reduce heat slightly, and cook for 2-3 minutes, just until broccoli turns bright green (the veggies will continue to cook in sauce, so don't overcook).

Add the teriyaki sauce to the veggie mixture, and tofu if using. Toss to coat, and let the sauce come to a slow boil over medium-high heat. Once the sauce has reached a slow boil and thickened, add the cashews and toss to combine. Remove the pan from the heat and serve immediately over brown rice, quinoa, or soba noodles.

Recipe found: <https://dreenaburton.com/broccoli-vegetable-teriyaki-stir-fry-cashews-vegan-gluten-free/>

"A simple stir-fry that's endlessly customisable"



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Have you Ditched the Disposable?



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Reusable Cup and get
a Tea or Coffee for
FREE!