



# CARLETON SUSTAINABILITY RESIDENCE TOOLKIT



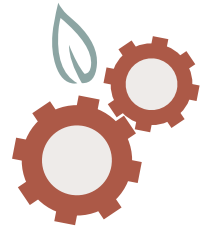
This toolkit provides students living in Carleton residences with information and resources to incorporate sustainable practices into their life in residence and on campus.

The toolkit focuses on the key areas of:

- Energy and Water conservation
- Waste and Recycling
- Sustainable food choices
- Transportation
- How to get involved

## Sustainability at Carleton

Becoming a member of the Carleton University community is to incorporate sustainable practices into their everyday life while living in residence and on campus. Carleton has embedded sustainability into its operations, research and academics and works to continually improve sustainable performance. This community pledges to participate in sustainable practices, in order to allow the future students, staff and faculty of the university to enjoy the same campus environment that we do today.

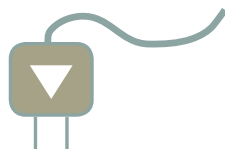


## ENERGY AND WATER CONSERVATION

There are many actions that you can take in residence and on campus to reduce your personal impact from energy and water use.

### Turn it off

- Always turn off the lights when you leave your room or classroom
- Use a power bar to make it easier to turn off all your electric equipment
- Turn off electronics and power bars when you are not in the room
- Use energy saving computer settings, such as setting your computer to sleep after 10 minutes of in activity
- Use a drying rack instead of the dryer



### Use less

- Use cold water settings when doing laundry - hot water uses more electricity
- Turn off the tap when brushing your teeth
- Take shorter showers - less than 5 minutes is your target



### CASE STUDY—Water savings in action

Housing and Residence Life Services are continually making sustainable renovations to better serve students. A recent example of this was the replacement of water fixtures, toilets and showers, in Russell Grenville, that resulted in water savings of 65% compared to the previous year.

## Close it

- ❑ Leave your window closed when the heating in your room is on
- ❑ Close blinds or curtains on a cold day to minimize heat loss
- ❑ On a sunny winter day keep blinds or curtains open to let sunlight in to warm up your room

## Buy responsibly

- ❑ Install Compact Fluorescent Lightbulbs (CFLs) or LED bulbs in your lamps
- ❑ Buy energy star certified appliances such as computers, printers and lighting



## CASE STUDY—Monitor your energy use

Carleton has installed live energy dashboards within residences to enable students to see their energy use, and provide tips and information on making energy savings. The energy data is also used annually to enable competition and encourage best practice.



To find out more about our Campus Energy Master Plan visit: [carleton.ca/fmp/2014/carleton-publishes-energy-master-plan/](http://carleton.ca/fmp/2014/carleton-publishes-energy-master-plan/).

## WASTE REDUCTION

Carleton is committed to waste reduction and improving diversion rates across the campus. At present Carleton diverts over 60% of our waste from landfill. You can play your part by disposing of your waste responsibly in the appropriate waste bin.

You will find that each room in residence has been provided a blue and black bin for waste and recycling and each floor has a recycling station for further disposal options. In addition a pilot green waste program is in operation, pending full residence installation based on its success.

## Make the right choice

- ❑ Review where your waste goes both in your residence and across campus - choose the right bin to reduce waste contamination.
- ❑ Use the recycling guide to get the most out of facilities on campus.

## Reduce

- ❑ Only buy what you need
- ❑ Share or borrow items whenever possible
- ❑ Use a reusable mug to take advantage of campus wide discounts of up to 40 cents
- ❑ Use a refillable water bottle at one of the many water refilling stations on campus
- ❑ Print double sided
- ❑ Bring your own shopping bag

## Reuse

- ❑ Give away or look for used stuff at [mycampuswall.com/carleton](http://mycampuswall.com/carleton) - login with a Carleton email address and post in the classified section

For information on broader, city-wide waste reduction and education, you can visit the city of Ottawa's recycling and education page online, [ottawa.ca/en/residents/garbage-and-recycling/waste-reduction-and-education](http://ottawa.ca/en/residents/garbage-and-recycling/waste-reduction-and-education).

## Recycle

Recycling responsibly plays a huge role in sustainable action at Carleton. Due to its importance we have compiled a comprehensive guide to recycling on campus which outlines all waste streams and options available. For more information go to [carleton.ca/fmp/energy-and-sustainability/topics/waste-management/](http://carleton.ca/fmp/energy-and-sustainability/topics/waste-management/)

## CASE STUDY—Annual Waste Audits

Every year, Carleton conducts an annual waste audit in order to track our waste diversion efforts and progress. In 2014, for the second consecutive year, Carleton diverted from landfill 61% of its waste; of 2300 metric tonnes of waste, 1417 tonnes was recycled. To discover more about our waste management, check out [carleton.ca/fmp/energy-and-sustainability/topics/waste-management/](http://carleton.ca/fmp/energy-and-sustainability/topics/waste-management/).

## SUSTAINABLE FOOD

### Sustainable Food Choices

We know that today's students have more dining options than ever before. Carleton University Dining Services offers customer-oriented eateries featuring broad and varied menu choices. We have created an environment that offers students quality, value, convenience and excitement.



### Go local

Every Wednesday the Fresh Food Company puts on Go Local Wednesday, providing dining selections exclusively from local farms and other sources. The dining hall a full list where all the products grown locally are outlined, also.

### Eat seasonally

When you eat seasonally, you are reducing food mileage, supporting the local economy and helping the environment by supporting a food industry that uses less chemical in its production and harvest. You can learn more about what food is in season at [eattheseasons.com](http://eattheseasons.com).



### Purchase Fair-Trade on Campus

We have a variety of Fair-Trade certified options throughout our campus at Carleton. We value the ability to provide Fair Trade options for purchase on our campus, knowing that we are supporting the production of coffee and other treats that meet social and economic sustainability standards.

Dining Services has plenty of information on their website, regarding the above information and more: [dining.carleton.ca/about/](http://dining.carleton.ca/about/).

#### CASE STUDY—Sustainable Certifications

Carleton is committed to responsible procurement. Currently, 24% of our purchases are comprised of local, ecological and humane foods. We also fully embrace sustainable seafood, with 95% of our seafood Marine Stewardship certified and identified as sustainable by the Sustainable Fisheries Partnership. We also support Fair Trade Certified coffees, teas and other products



## TRANSPORTATION

Transportation can be very carbon intensive, with single occupancy cars representing the most dangerous contributor to greenhouse gases among all the modes of travel. Carleton University has partnered with several sustainable transportation programs in order to promote a cleaner and more sustainable environment.

- Take advantage of the bike share program on campus or bring your own bike.
- Student car share is also available to students over 18 years of age and with a valid drivers license.
- Use public transport - a universal U-PASS is included in your tuition. The U-PASS allows you unlimited access to all city busses and the light rail system.

#### CASE STUDY—Carleton Bike Share with Right Bike Ottawa

Carleton has partnered with the local community organization Right Bike Ottawa to provide a fun and affordable bike share program on campus, located in the heart of residence. With rates starting at \$5 a day, you can rent a bike at the Residence Life desk and return the bike either to Carleton or other participating Right Bike locations. For more information visit [rightbike.org](http://rightbike.org).



## CASE STUDY—

### Walking Distance from Res Commons:

Haven Books .....	0.9 km
TD Stadium (CFL Stadium).....	2.0 km (via Sunnyside)
Kettlemans Bagel.....	2.1 km (via Bronson/Holmwood)
Shoppers Drugmart at Sunnyside and Bank.....	1.5 km
The Rideau Canal .....	0.45 km
Kitigànensag Community Garden.....	0.65 km



**EV charging** available on campus

If you have questions about receiving your U-PASS, or how it works, visit [carleton.ca/upass/](http://carleton.ca/upass/).

If you have any questions regarding bike storage, carpooling, car share or anything on campus related to transportation, please address them to [carleton.ca/parking/](http://carleton.ca/parking/).

## GET INVOLVED

### How to get involved

Campus involvement is one of the most rewarding ways to spend your time in first year, and when you're living on residence, it's quite convenient, too!

### Join the residence 'TEAM GREEN'

What is Team Green?

Team Green is a group for sustainably minded students to collaborate and act on their passion for the environment and pledge sustainable practices. This team will take on sustainable event planning for residence later in the year and we hope to see many students come out to learn more. Further information on the Team Green will be provided at Expo Carleton during orientation week.



### Dates for your calendar:

**Tuesday September 6th** – Expo Carleton – Learn more about Team Green.

**Monday September 19th** – First Team Green Meeting at 6:00 p.m. in 261 Stormont House

### Volunteer

You can get involved in sustainability initiatives in your first year by volunteering for Carleton Serves on Saturday September 24th or taking part in any of the Carleton Days of Service throughout the year. For either of these events you can indicate that you wish to volunteer in a Sustainability/Environment setting, and the SEO will do it's best to match you accordingly. To register for Carleton Serves, sign up here [carleton.ca/seo/community/serves/](http://carleton.ca/seo/community/serves/).

Use this toolkit to plan your actions and check them off once you have committed to them or completed them. Together we are creating a more sustainable future here at Carleton University when we recycle responsibly, purchase and travel mindfully and respect the environment that surrounds us.

### Contacts:

For more information regarding Sustainability at Carleton:

Follow us on Twitter: [@cusustain](https://twitter.com/cusustain)

Email us: [sustainability@carleton.ca](mailto:sustainability@carleton.ca)

Visit us online: [carleton.ca/fmp/energy-and-sustainability/](http://carleton.ca/fmp/energy-and-sustainability/)