The campus GREEN GUIDE

Living sustainably at Dalhousie

Fourth Edition 2011-2012
President’s Message

Dalhousie University Sustainability Statement

Universities have a tremendous opportunity to influence civic life. Our operations, curriculum, and research affect communities near and far. The process of sustainability is a pathway of continual improvement where actions protect and enhance human and natural resources needed by future generations to enjoy a quality of life equal to or greater than our own. Dalhousie University commits to making a positive contribution to society and to strengthening our organization by adhering to the following principles of sustainability.

Integration: Supporting approaches and decisions that improve the campus and local community ecology, economy, and health.

Planning: Making decisions that consider present and future generations.

Efficiency: Providing quality education and services while progressively reducing negative environmental, health, and economic impacts.

Continual Improvement: Supporting ongoing measurement and improvement of sustainability efforts.

Innovation: Creating a climate of creativity, inquiry, research, and collaboration that fosters new ideas and approaches to sustainability questions and challenges.

Dalhousie will incorporate these sustainability principles into management systems such as curriculum review and creation; the review of new construction and renovation of facilities; budget planning; and reporting.

This statement provides the context and commitment for the Dalhousie University Sustainability Policy and Plan. This page sponsored by Dr. Tom Traves, President and Vice-Chancellor
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There’s only one corner of the universe you can be certain of improving, and that’s your own self. So you have to begin there, not outside, not on other people. That comes afterward, when you’ve worked on your own corner.

—ALDOUS HUXLEY

Please see greenguide.dal.ca for a web-based pdf version of the Green Guide and see blogs.dal.ca/SustainabilityNews for news of our mobile phone version.
Introduction: making the change

I change myself; I change the world.
—Gloria Anzuldua

Sustainability means meeting the needs of the present without compromising the needs of future generations. It means ensuring our decisions and actions do not harm others — humans or other species. Achieving sustainability is not easy but it’s necessary if we are to continue to thrive as a species on the planet.

Sustainability is about the health of people globally, and the environment that supports our social and economic systems, because all of these things work in an intertwined web.
—Daniel Rainham, Elizabeth May Professor of Environment and Health, Dalhousie University

It is easy to find examples of unsustainable lifestyles and environmental destruction across the globe. Worldwide concerns about urban sprawl, air pollution, unsustainable farm practices, toxic chemicals, wasted and contaminated water, clear-cut forests, loss of communities, war and social inequality have led to a growing awareness of the need for change.

Everyone has a role to play in working toward addressing these challenges and creating a sustainable future — including you. A small change every day, week or month is a step towards sustainability.

The terms “green” and “sustainable” are often thrown around, but what do they mean? Both imply an increased willingness to embrace less environmentally-detrimental lifestyles. These words are intended to spur action. A sustainable lifestyle means not taking natural resources for granted and making lifestyle choices that cause less environmental degradation. How will you make the transition to a more sustainable lifestyle? While not a complete directory of all things “eco,” we hope this guide will help you make positive changes in your daily life. There are many helpful resources at Dalhousie and in the Halifax community — so get involved in making the change.

Unless someone like you cares a whole awful lot, things aren’t going to get better. They’re not.
—Dr. Seuss: The Lorax
The university’s role

Universities can help develop solutions for the future by building an understanding of sustainability and environmental issues. You can be proud that Dalhousie is a leader in sustainability at all levels: research, teaching, operations and student services.

While there is no single vision of what it means to be a sustainable university, common principles and themes include:

- creating environmentally sustainable physical operations;
- encouraging environmentally sustainable academic research (over 100 Dalhousie faculty members are engaged in research related to sustainability);
- promoting environmental literacy among students and faculty;
- cooperating with universities around the world to advance sustainability education;
- partnering with government, non-governmental organizations, industry and the community.

*The role of higher education and assuring its quality in promoting access to the knowledge society has been acknowledged as crucial as a means for sustainable socio-economic development.*

–UNESCO 2004

Dalhousie’s **College of Sustainability**, the first of its kind in the country, brings thinkers and problem-solvers together to examine and take action on our most urgent global issues. Faculty members in the Environment, Sustainability and Society (ESS) program span the academic spectrum – business, science, the arts, engineering, health and design – and share one unwavering goal: to develop sustainable solutions that will preserve our planet for future generations.

The **Office of Sustainability** strives to green the university’s physical operations, buildings and policies and engage students, staff and faculty in sustainable living and operations. Recent accomplishments include campus building and natural inventories (tree and woody shrub species), a Dalhousie greenhouse gas inventory, and publication of *Idle-Free Guidelines and a Guide to Waste Management on Campus*.

**Dal’s Student Union Sustainability Office (DSUSO)** works to green operations of the Student Union Building, organizes student events such as Green Week and coordinates activities among student societies.

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**College of Sustainability**

sustainability.dal.ca
494-4581
sustainability@dal.ca

**Office of Sustainability**

office.sustainability.dal.ca
494-7448
rethink@dal.ca

**DSUSO**

494-1106
dsu@dal.ca

check us out on

Subscribe to the Sustainability News blog for information on green job opportunities, volunteering, upcoming events and all things sustainable at Dal.
blogs.dal.ca/sustainabilitynews
The ecological footprint (EF) is one measure of human demand on the Earth’s ecosystems. It calculates the area of productive land and ocean required to produce the resources and absorb the waste generated by an individual, community, or activity.

An EF calculation considers how much ‘stuff’ you use — energy for heating and cooling, fuel for travel, food and fibre consumption, etc. — and converts this information into the theoretical area needed to support your lifestyle.

There are also calculators for your water footprint, etc.

**Calculate your footprint**

There are lots of footprint calculators online and tips on how to lower your impact on the planet.

- myfootprint.org
- footprint.wwf.org.uk
- carbonfootprint.com/calculator.aspx
- files.earthday.net/footprint/index.html
- footprintnetwork.org/en/index.php/GFN/page/calculators
- waterfootprint.org/?page=cal/WaterFootprintCalculator

**Reducing your EF** is easy, and in most cases, costs nothing and saves you money. The “challenge” sections of this Green Guide have tips that will help you reduce your EF in many areas.

**EF challenge: steps towards sustainability**

- Calculate your ecological footprint (if you are living away from home, try calculating twice: once at home and once for your place in Halifax).
- Try one or more of the Green Guide challenges (e.g. energy, transportation, water).
- Note the difference in your footprint after factoring in some lifestyle changes.
- Recruit a friend to take part in the challenge and compare results.

*You must treat the earth well; it was not given to you by your parents; it is loaned to you by your children.*

—Kikuyu (Kenyan) Proverb
Nova Scotia is serious about cleaning up and has been an international leader in waste reduction since 1995. Take pride in knowing that the NS disposal rate is almost half the national average. Officials from around the world visit the province to learn how to apply our methods. The goal is to reduce per capita waste to just 300 kg per year by 2015. In 2007 this figure was 477 kg per person; 418 kg in 2010.


**Waste management at Dalhousie and in Halifax**

It is sometimes overwhelming to understand exactly how to handle garbage on- and off-campus.

Living on-campus?
See the Office of Sustainability sorting guide in this Green Guide.

Living off-campus?
See the HRM Sorting Guide: halifax.ca/wrms/collection.html

**Challenge yourself to REDUCE**

Buy less stuff. Reduce landfill.

- Borrow, lend and share. Ask, “Do I really need it?”
- Buy items that are long-lasting and made of recycled/reusable materials.
- Buy items with minimal or biodegradable packaging.
- Be mindful of materials. Styrofoam can almost never be reused and sits in landfills for thousands of years before it biodegrades. Is that foam cup necessary?
- Source locally-produced items whenever possible.
- Rent instead of buying.

_Lasting change happens when people see for themselves that a different way of life is more fulfilling than their present one._

–Eknath Easwaran, _The Compassionate Universe_
Challenge yourself to **REUSE**

- Fix broken items or have them repaired by a professional.
- Tote a refillable mug and pack lunch in reusable containers.
- Stop using plastic bags – use cloth bags or a backpack.
- Use rechargeable batteries. Disposables consume more resources and leach toxins in landfills.
- Refill empty printer cartridges at Staples, Spring Garden Café & Newsstand, or Island Ink-Jet.

**Challenge yourself to **RECYCLE**

- Learn how and what to recycle, on- and off-campus (see the *Dal Guide to Waste Management*).
- Dead cell phone, battery and small electronic ‘Ready-Set-Recycle’ receptacles are available on campus.
- Donate stuff no longer needed – furniture, clothing, sports equipment, eyeglasses, footwear.
- Join Halifax Freecycle (*freecycle.org*) or use these free online classified ads to offer items:
  - *my.dal.ca*
  - *halifax.kijiji.ca*
  - *halifax.en.craigslist.ca*
  - *buysell.com/classifieds/Nova_Scotia.html*
  - *usedhalifax.com*
- Dump and Run is a waste-prevention program organized by Dalhousie students every April. Donate stuff, volunteer, and shop for recycled items (it’s also a charity fundraiser). *dumpandrun.org*
- Check out HRM Habitat for Humanity’s “Re-Store” at 121 Ilsley Avenue in Burnside, Dartmouth, 405-3755.

*The greenest product is the one that already exists.*

—EBAY
The energy sector is a leading contributor of greenhouse gas (GHG) emissions worldwide due to its reliance on fossil fuels for electricity, transport, heating and manufacturing. Sourcing and exporting fuels from Canada’s tar sands, offshore oil rigs, coal mines (as well as nuclear energy) are all controversial. Gases released by burning fossil fuels enhance the atmosphere’s heat trapping capacity and result in higher global temperatures — a phenomenon referred to as global warming. Increased average temperatures shift the world’s climate system causing environmental changes — this is referred to as climate change.

**Energy challenge – turn on savings, switch off waste**

- Feeling cold? Put on an extra sweater. Feeling hot? Turn down the thermostat or open a window.
- Switch to energy efficient compact fluorescent light bulbs. They use 75% less energy and last up to 10 times longer.
- Air-dry your clothes. It’s free and green and helps clothes last longer.
- Buy energy certified products.
- Purchase carbon offsets to make up for energy use that can’t be eliminated. Check the carbon offsets links on davidsuzuki.org for more information.
- Choose green electricity for a small surcharge. (e.g. bullfrogpower.com)
- Find energy saving tips at the federal Office of Energy Efficiency, oee.nrcan.gc.ca

**What is Nova Scotia doing?**
The province’s energy strategy seeks to provide 25% of electricity from renewable sources by 2015. In Nova Scotia, around 87% of electricity comes from fossil fuels. The rest comes from renewable sources like hydro, wind, and tides. gov.ns.ca/energy/resources

**What is Dalhousie doing?**
Dal’s new energy master plan (Fall 2011) includes an analysis of options for campus heating, behavioral programs, computing initiatives, building and system upgrades, and new green building standards. In 2010, the Office of Sustainability completed a greenhouse gas (GHG) inventory and an energy audit.

Dalhousie University has made the environmentally and fiscally responsible switch from Bunker C oil to natural gas. Annual savings of the fuel switch are estimated to be over two million dollars.
Quick electricity usage statistics:

<table>
<thead>
<tr>
<th>Appliance</th>
<th>Power demand (watts)</th>
<th>Appliance</th>
<th>Power demand (watts)</th>
</tr>
</thead>
<tbody>
<tr>
<td>iPod touch (charging)</td>
<td>5</td>
<td>Refrigerator/ freezer (frostless)</td>
<td>300</td>
</tr>
<tr>
<td>DVD player</td>
<td>10</td>
<td>Blender</td>
<td>300</td>
</tr>
<tr>
<td>Laptop computer (in use)</td>
<td>15</td>
<td>Toaster (2 slice)</td>
<td>950</td>
</tr>
<tr>
<td>Nintendo Wii</td>
<td>20</td>
<td>Coffee maker</td>
<td>950</td>
</tr>
<tr>
<td>Laptop computer (charging)</td>
<td>50</td>
<td>Hair dryer</td>
<td>1000</td>
</tr>
<tr>
<td>Average LCD TV</td>
<td>150</td>
<td>Microwave oven</td>
<td>1100</td>
</tr>
<tr>
<td>Playstation 3/ Xbox 360</td>
<td>180</td>
<td>Dishwasher</td>
<td>1200</td>
</tr>
<tr>
<td>Clothes washer (cold water cycles)</td>
<td>250</td>
<td>Kettle</td>
<td>1250</td>
</tr>
<tr>
<td>Clothes dryer</td>
<td>3500</td>
<td>Clothes washer (hot/warm water cycles)</td>
<td>1800</td>
</tr>
</tbody>
</table>

One watt is equal to 1 joule (J) of energy per second

kWh = Power demand in kW multiplied by number of hours the appliance is on

Energy statistics

Hydro-electric power accounts for almost 59% of electricity production in Canada, but fossil fuels still account for a significant amount (28%). Renewable energy such as wind or tidal account for only 2% while nuclear energy accounts for 11%. Globally, Canada ranks 8th in total CO₂ emissions – one of the highest global CO₂ emissions per capita. For example, the Alberta Tar Sands consumes enormous amounts of water (2 to 4.5 barrels of water are needed to extract one barrel of oil), burns millions of cubic feet of natural gas daily, contaminates rivers and negatively affects the health of wildlife and communities downstream.
Transportation is a major source of pollution in Canada due to the massive use of fossil fuels. Smog, acid rain, climate change and water contamination are all associated with transportation-related pollution. Health impacts include asthma, cardiovascular diseases (heart attacks and strokes), cancer, immunodeficiency, reduced lung capacity in children and low birth weights. Such huge environmental and social costs call for sustainable and clean transportation alternatives.

**Transportation challenge: burn calories, not oil!**

- Walk, bike or blade. It’s healthier and much better for the planet.
- Use public transport. Make use of the student MetroTransit U-pass.
- Carpool or ride-share: [greenrider.ca](http://greenrider.ca), [erideshare.com](http://erideshare.com) and [carsharehfx.ca](http://carsharehfx.ca)
- Telecommunicate (Skype, video conference) when possible to cut down on traveling.
- Purchase local and in-season foods to reduce transportation impacts.
- Meet at Victoria Park on the last Friday each month at 6 p.m. for the Critical Mass bike ride.
- Take the train ([viarail.ca](http://viarail.ca)) or bus ([acadianbus.com](http://acadianbus.com)) for trips out-of-town.

**Sustainable transportation in Halifax**

Most of Halifax is easily accessible by walking, biking, roller-blading, skateboarding or mass transit. The MetroTransit U-pass included in Dal tuition allows unlimited bus and ferry trips in the fall and winter semesters. Plan trips with Google Transit for HRM.

 halifax.ca/googletransit

**Biking in Nova Scotia**

This year, Nova Scotia passed Bill 93 and became the first province in Canada to enact the one-metre rule, requiring drivers to leave one metre of open space between their vehicle and cyclists when passing.
Biking in Halifax

Finding an affordable bike and learning bike maintenance is easy. Check out the Campus Bike Centre (big red doors at the back of Studley Gym), Bike Again! (Bloomfield Centre, 2786 Agricola Street, 429-0924), Kijiji, The Coast, and HRM's Community Bike Auctions.

Long-term plans for a system of new bike paths within the peninsula and end-of-trip facilities, such as bike lockers and showers, are being developed by the Cities and Environment Unit (CEU), a research team within the Faculty of Architecture and Planning at Dalhousie University. The Bikeways Plan is a collaborative effort between Dalhousie University, Saint Mary’s University, Capital Health and the IWK Health Centre.

Visit halifax.ca/cycling for information on the new HRM bike plan and updated bike maps of HRM’s expanding network of bike lanes, trails and recreational spots. To support advocacy for cycling, and to find recreational clubs and events, look online and register with Bicycle Nova Scotia. bicycle.ns.ca

Biking at Dalhousie

The Campus Bike Centre was a 2009 pilot project funded by Clean Nova Scotia, Dalhousie Athletics Department and the Dalhousie Office of Sustainability. Located in the Studley Gym, the bike centre offers bike repairs, rentals, cycling education programs and a brand-new bike share program! Reach them at bikectr@dal.ca and bikecentre.dal.ca

When you must travel by car, do it efficiently

- Keep cars in tune. Proper maintenance reduces fuel use by 10-50%.
- Drive to conserve. Fast starts and hard braking use 39% more fuel and produce up to five times more emissions.
- Don’t idle. It costs money and wastes about 3.5 litres of fuel per hour.
- Learn more fuel efficiency and vehicle maintenance tips at www.oee.nrcan.gc.ca/transportation/personal
# Bike stores in Halifax

<table>
<thead>
<tr>
<th>Store Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bikes By Dave</td>
<td>6191 Young St.</td>
<td>455-1677</td>
<td>bikesbydave.ca</td>
</tr>
<tr>
<td>Idealbikes</td>
<td>1678 Barrington St.</td>
<td>444-7433</td>
<td>idealbikes.ca</td>
</tr>
<tr>
<td>Cyclesmith</td>
<td>6112 Quinpool Rd.</td>
<td>425-1756</td>
<td>cyclesmith.ca</td>
</tr>
<tr>
<td>Jack Nauss Bicycle Shop</td>
<td>2533 Agricola St.</td>
<td>429-0024</td>
<td></td>
</tr>
</tbody>
</table>

# Bike repair

<table>
<thead>
<tr>
<th>Store Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike Again</td>
<td>2786 Agricola St. (Bloomfield Centre)</td>
<td></td>
<td>ecologyaction.ca/content/bike-again</td>
<td>Bike repairs by volunteers or do-it-yourself. Open Mon. and Weds. 5:30 - 9 pm</td>
</tr>
<tr>
<td>Dalhousie Bike Centre</td>
<td>6185 South St. (Studley Gym)</td>
<td></td>
<td>bikecentre.dal.ca</td>
<td>Work space, tools and advice on maintaining and repairing bicycles. See web for schedule.</td>
</tr>
<tr>
<td>Halifax Cycle Gallery</td>
<td>6299 Quinpool Rd.</td>
<td></td>
<td>halifaxcycles.com</td>
<td>Specializes in repair and sale of ‘utility’ and ‘European-style’ bikes. See web for schedule.</td>
</tr>
</tbody>
</table>

# Volunteer at a bike-friendly organization

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>EAC TRAX</td>
<td>2705 Fern Lane</td>
<td>429-0924</td>
<td>ecologyaction.ca</td>
<td>Research, education and action on sustainable transportation. Monthly Transportation Issues Committee meeting.</td>
</tr>
<tr>
<td>Halifax Cycling Coalition</td>
<td>5991 Spring Garden Rd.</td>
<td></td>
<td>cyclehalifax.ca</td>
<td>Research, education and action on sustainable transportation. Monthly Transportation Issues Committee meeting.</td>
</tr>
</tbody>
</table>
Canada has an abundance of clean water and ranks near the top of the world’s “water wealth” with 92,000 cubic metres of water per Canadian. In comparison, Jordan has an annual renewable supply of 138 cubic metres per person. Although much of our planet is covered in water, less than one per cent is drinkable. We need to conserve water and protect its quality.

**Water challenge: many drops in the bucket!**

Personal water consumption can be shocking. Calculate your water use and compare to provincial and national averages: [on.ec.gc.ca/resseau/watercalculator](http://on.ec.gc.ca/resseau/watercalculator). The average Canadian uses about 330 litres of water daily. Read about the Water Conservation Challenge and reduce your consumption to only 25 litres per day in March (celebrate World Water Day on March 22). Search ‘water conservation challenge’ at [watercanada.net](http://watercanada.net).

**On campus:**

- Avoid buying bottled water, use a water fountain or refill a bottle with tap water.
- Report leaks and mechanical problems to Facilities Management (494-3345).

**At home:**

- Fix leaks and drips. Dripping faucets and leaking toilets waste as much as 38 litres of water per person daily.
- Keep showers short and use low-flow showerheads.
- Save dishwashing water by filling two sinks (one for washing, one for rinsing) instead of letting the water run.
- Run the dishwasher only when it’s full and scrape dishes, don’t pre-rinse. Turn off the heat dry option to save energy.
- Wash veggies and fruit in a bowl; use the rinse water for houseplants.
- Install low-flow aerators on all taps.
- Place a container of pebbles inside the toilet tank to use less water when you flush. Don’t flush every time (unless solids).
• If possible, get a low-flow toilet (3–6L of water per flush instead of 13L) and don’t flush every time (unless solids).

• Add a layer of mulch around trees and plants to slow down the evaporation of moisture.

• Don’t run water while shaving or brushing your teeth. Use a cup or bowl.

• Don’t defrost food with hot water. Thaw overnight in the refrigerator.

Down the drain, or not?
• Put fats, oils and milk products in a compostable container (e.g. cereal box) and compost them.

• Don’t dispose of garbage, medication, cooking fats, compost or feminine hygiene products in the toilet. HRM’s sewage system cannot accommodate such products.

What is the issue with bottled water?
There is no reason to drink bottled water in Halifax with its abundance of clean, safe drinking water. Bottled water is often of the same quality (or worse) than tap water and comes from public sources; it is extremely overpriced; uses large amounts of water and energy to produce and transport; and, most of the plastic bottles are not recycled and end up in landfills. Tap water is tested far more often than bottled water. So why pay the high monetary and environmental price?

The 10-cent deposit placed on a bottle of water is more than 400 times the cost of the same amount of Halifax drinking water.
—Dalhousie Professor Graham Gagnon, Canada Research Chair in Water Quality and Treatment

Read Maude Barlow’s Blue Covenant: The Global Water Crisis and the Coming Battle for the Right to Water.
Paper and forestry

Nova Scotia’s Acadian forest, ranked as one of the most endangered forests in North America (by the WWF), is almost gone. Most of Nova Scotia’s forested land is privately owned, with vast sections logged continually (mostly clear cut). Papyrus, cotton and hemp were the original sources of paper fibre; with our disappearing forests, perhaps it’s time to return to these more sustainable options.

Pulp and paper production takes a tremendous toll on our environment with its consumption of wood, chemicals, energy and water. Sustainable Forest Management (SFM) practices aim to maintain and enhance the health of our forests, while providing ecological, economic, social and cultural benefits for present and future generations.

The UN’s International Year of the Forest (2011) brings these messages together and builds momentum towards greater public participation in forest activities around the world. Through the numerous national and international events being celebrated for IYF, some important facts are highlighted:

- Canada is recognized as a global leader in sustainable forest management.
- Canada has maintained nearly all of its original forest cover, more than any other country in the world.
- Less than 1% of Canadian forests are harvested each year.
- In Canada, 93% of the forests are publicly owned. This means an approved regeneration and forest management plan must be put in place before the trees can be harvested, and by law, public forests must be regenerated.
- Canada has the largest area of independently certified forest in the world.

Campus: Used Text Books

Dal Bookstore: look for “USED” stickers for 25% off. Check out the book buyback program (see dates on back page of this Guide).

DSU Online Book Exchange: sign up to buy and sell at tigerbooks.ca.

Dal classifieds: search and post ads on MyDal under the “services” tab.
The Paper-chase Challenge: Save a tree!

- Don’t waste paper. Think before printing and print on used paper.
- When possible, print double-sided. Use 1" margins to save space when printing.
- Use 100 per cent post-consumer waste recycled paper.
- Online readers, articles and BLS reduce paper use. Talk to profs. about these options, including email and double-sided submission for assignments.
- Sign-up for e-mailing lists and online billing, opt out of paper mailing lists.
- Instead of buying notebooks, make notepads with paper from recycle bins.
- Avoid getting ATM receipts when you don’t need them.
- Buy used books from friends and used bookstores (details below).
- Read files and journals online and edit on screen.
- Use a handkerchief instead of tissue paper and napkins.
- Put a ‘no flyers, please’ sign on your mailbox.
- Ask local paper and building supply stores to carry certified forest products.
- Plant a tree.

Used book stores in Halifax

<table>
<thead>
<tr>
<th>Back Pages</th>
<th>Last Word Bookstore</th>
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<tbody>
<tr>
<td>1526 Queen St.</td>
<td>2160 Windsor St.</td>
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<tr>
<td>423-4750</td>
<td>423-2932</td>
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<tr>
<th>Books ‘R Us</th>
<th>Schooner Books</th>
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<tr>
<td>6050 Almon St.</td>
<td>5378 Inglis St.</td>
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<tr>
<td>455-7832</td>
<td>423-8419</td>
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<tr>
<td></td>
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<table>
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<tr>
<th>Dust Jacket Books</th>
<th>Trident Booksellers</th>
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<tr>
<td>1505 Barrington St.</td>
<td>1256 Hollis St.</td>
</tr>
<tr>
<td>492-0666</td>
<td>423-7100</td>
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<tr>
<td>dustjacket.ca</td>
<td>tridenthalifax.com</td>
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<th>Jade W</th>
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<td>5233 Prince St.</td>
<td>1669 Barrington St.</td>
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<td>423-5233</td>
<td>423-6980</td>
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<tr>
<td>thejadew.com</td>
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<table>
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<tr>
<th>John W Doull Books</th>
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<td>1684 Barrington St.</td>
<td></td>
</tr>
<tr>
<td>429-1652</td>
<td></td>
</tr>
<tr>
<td>doullbooks.com</td>
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</tbody>
</table>
"Sustainable" food means different things to different people, as we seek to balance emerging food issues about various health, environmental and social concerns. Questions about sustainable food inspire debate about food miles vs. local vs. organic, fair trade, climate change, farmland loss, deforestation, biodiversity and animal welfare. Commercial crop monoculture uses vast amounts of water, degrades soil fertility, diminishes biodiversity, and pollutes air and water. Highly industrialized meat production is responsible for massive resource consumption, green house gas (GHG) emissions, water pollution and inhumane animal treatment.

**Food challenge: eat your greens!**

- Choose local, organic and fair trade. Eat foods in-season.
- When possible buy directly from farmers (check out the farmers’ markets in town).
- Buy staples (rice, oats, lentils, beans, etc.) in bulk.
- Grow sprouts.
- Eat less meat.
- Choose free-range, grass-fed animal products, and sustainable seafood.
- Eat fewer processed foods; they use fewer resources and are healthier.
- Read labels, ask questions and demand sustainable food products at the grocery store.
- Limit packaging; bring a reusable mug, container or bag. Avoid disposable cutlery.
- Don’t waste food; only buy what you will eat and compost leftovers/organic waste.

**Cookbooks**

*Eating by the Seasons* by the Ecology Action Centre

*Foods of SpryField* by the Urban Farm Museum Society. [urbanfarmspryfield@gmail.com](mailto:urbanfarmspryfield@gmail.com)

*Foods that Don’t Bite Back: Vegan Cooking Made Simple* (Arsenal Pulp Press) by Sue Donaldson

*The Starving Students Vegetarian Cookbook* (Warner Books) by Dede Hall
Talking the sustainable food talk...

**Local:** “Local” foods come from community-based production systems that are located as close as possible, depending on the region. Buying local foods reduces GHG emissions from transportation and supports farmers, local communities and the local economy. [selectnovascotia.ca](http://selectnovascotia.ca)

**Organic:** Synthetic chemicals, pollutants and GMOs are avoided in food production. Organic farming maintains soil fertility, maximizes biodiversity, treats livestock humanely, uses local resources and recycles waste. Visit [acornorganic.org](http://acornorganic.org) for info on organic farms in Atlantic Canada.

**Genetically Modified Organisms (GMOs):** New genes are incorporated into an organism’s DNA to favour advantageous traits (e.g. increased nutritional value, insect resistance). The long-term consequences of GMOs are largely unknown, but may be harmful to human health, other species and ecosystems. For info on Canadian campaigns against GMOs. [cban.ca](http://cban.ca)

**Community Supported (or Shared) Agriculture (CSA):** Individuals or groups purchase shares of a local farm’s crops in exchange for frequent food delivery. This directly supports farmers and provides consumers with fresh, locally-grown and often organic foods.

**Fair Trade:** Ensures that farmers receive a fair wage, enjoy basic rights and decent working conditions. Fair trade practices encourage long-term trading relationships unlike free trade which often leaves the world’s poorest marginalized. Look for Direct Trade options, e.g. coffee sourced directly from farmers. [transfair.ca](http://transfair.ca)

**Vegetarian:** Meat production requires vast amounts of feed, water, land, and fossil fuels. A vegetarian diet eliminates meat while a vegan diet excludes all animal products. Not eating a pound of beef saves more water than not showering for an entire year. [goveg.com](http://goveg.com)

**Sustainable Seafood:** As an integral part of Nova Scotia’s culture, we need to actively protect the health of our oceans. Purchasing local sustainable seafood reduces negative fishing impacts, food miles and supports our local fisheries. See [seachoice.org](http://seachoice.org) for sustainable seafood pocket guides and a new iPhone app. See [yourchoicehalifax.ca](http://yourchoicehalifax.ca) for sustainable seafood in Halifax.

**Slow Food:** Recognizes the pleasure of food, strives to preserve regional cuisine, promotes growing food from seed and local livestock. [slowfood.ca](http://slowfood.ca)

“Food Security”: according to the UN’s Food and Agriculture Organization (FAO), is: “when everybody has access to sufficient, safe and nutritious food to meet their dietary needs and food preferences.”
### Local-food grocery stores & markets

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Hours</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dartmouth Farmers’ Market</td>
<td>Alderney Landing, 2 Ochterloney St.</td>
<td>Saturday, 8 am - 1 pm</td>
<td>461-4698</td>
</tr>
<tr>
<td>Historic Farmers’ Market</td>
<td>1496 Lower Water St.</td>
<td>Saturday, 7 am - 1 pm</td>
<td></td>
</tr>
<tr>
<td>Local Source</td>
<td>5783 Charles St.</td>
<td>Mon. - Fri. 11 am - 7 pm, Sat. 12 - 6 pm</td>
<td>454-6014</td>
</tr>
<tr>
<td>Partners for Care</td>
<td>Farmers’ Market at the QEII Centennial</td>
<td>Friday, 10 am - 2 pm, June through October</td>
<td>473-7048</td>
</tr>
<tr>
<td>Pete’s Frootique</td>
<td>1515 Dresden Row</td>
<td>Mon. - Sat. 8 am - 8 pm, Sunday 8 am - 6 pm</td>
<td>425-5700</td>
</tr>
<tr>
<td>Planet Organic Market</td>
<td>6487 Quinpool Rd.</td>
<td>Monday - Sunday 9 am - 9 pm</td>
<td>425-7400</td>
</tr>
<tr>
<td>Seaport Halifax Farmers’ Market</td>
<td>Pier 20, 1055 Marginal Rd.</td>
<td>Weds. Fri. Sun. 10 am - 5 pm, Saturday 7 am - 4 pm</td>
<td></td>
</tr>
<tr>
<td>Grainery Food Co-op</td>
<td>2385 Agricola St.</td>
<td>Mon. - Weds. 4 - 6:30 pm, Thurs - Sat. varied</td>
<td>446-3301</td>
</tr>
</tbody>
</table>

Some sustainable foods are available at larger grocery stores — read labels and ask questions.
### Cafés

<table>
<thead>
<tr>
<th>Café Name</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alteregos Coffee House</td>
<td>2193 Gottingen St. 431-3170</td>
<td></td>
</tr>
<tr>
<td>Paperchase Newsstand Café</td>
<td>5228 Blowers St. 444-3708</td>
<td></td>
</tr>
<tr>
<td>Cabin Coffee</td>
<td>1554 Hollis St. 422-8130</td>
<td></td>
</tr>
<tr>
<td>Perks Coffee</td>
<td>1869 Upper Water St. 429-9386 6100 Quinpool Rd. 429-1856</td>
<td></td>
</tr>
<tr>
<td>Coburg Coffee House</td>
<td>6085 Coburg Rd. 429-2326</td>
<td></td>
</tr>
<tr>
<td>Smiling Goat Organic</td>
<td>1551 South Park St. 446-3366</td>
<td></td>
</tr>
<tr>
<td>Daily Grind Newsstand Café</td>
<td>5686 Spring Garden Rd. 429-6397</td>
<td></td>
</tr>
<tr>
<td>Steve O’Reno’s</td>
<td>1536 Brunswick St. 429-3034 2854 Robie St. 484-0111  Seaport Farmers’ Market</td>
<td></td>
</tr>
<tr>
<td>Humani-T Café</td>
<td>5755 Young St. 454-9999</td>
<td></td>
</tr>
<tr>
<td>The Wired Monk</td>
<td>5147 Morris St. 422-2219</td>
<td></td>
</tr>
<tr>
<td>Ireland 32</td>
<td>6220 Quinpool Rd. 444-7555</td>
<td></td>
</tr>
<tr>
<td>Two if By Sea</td>
<td>66 Ochterloney St., Dartmouth 469-0721</td>
<td></td>
</tr>
<tr>
<td>Java Blend</td>
<td>6027 North St. 423-6944</td>
<td></td>
</tr>
<tr>
<td>Uncommon Grounds</td>
<td>1030 South Park St. 404-3124 1237 Barrington St. 404-7288</td>
<td></td>
</tr>
<tr>
<td>Just Us! Coffee Houses</td>
<td>5896 Spring Garden 423-0856 1678 Barrington St. 422-5651</td>
<td></td>
</tr>
<tr>
<td>Whet Café @ FRED</td>
<td>2606 Agricola St. 455-9438</td>
<td></td>
</tr>
</tbody>
</table>

*The non-profit Just Us! Development and Education Society (JUDES) offers a multi-purpose community-events space at their Spring Garden location.*

### Cuppas on Campus

<table>
<thead>
<tr>
<th>Café Name</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Café Connects</td>
<td>Alumni Lounge, B Building 1360 Barrington St.</td>
</tr>
<tr>
<td>Fillings</td>
<td>Dentistry Building 5981 University Ave.</td>
</tr>
<tr>
<td>Green Café</td>
<td>Rowe Management Building 6100 University Ave. 1st Floor</td>
</tr>
<tr>
<td>Just Us!</td>
<td>Dal Student Union Building 6136 University Ave. 1st Floor</td>
</tr>
</tbody>
</table>

*Check out Muggy Mondays in the SUB – bring a mug and get free fair trade organic coffee or tea.*
Meal Plans:

Dalhousie Dining Services offers meal plans for students in residence and those living off campus. Anyone can pay cash for meals à la carte at any of the four residence dining halls. Vegetarian and vegan options available. Aramark tries to list products that are local — about a third of their food supply is sourced from the Maritime provinces through the Farm-to-Table program. Check daily menus at dal.campusdish.com

Howe Hall 6230 Coburg Road
O’Brien Hall 5217 Morris St.
Risley Hall 1233 Le Marchant St.
Shirreff Hall 6385 South St.

Aramark: See Living Sustainably in Residence section for info about Aramark’s food service.

Sodexo: Office in SUB, 3rd floor, sodexo@dal.ca
Caters events in the SUB and accommodates sustainable source requests.

The Loaded Ladle is a collective of students and community members who prepare and serve weekly vegan meals from locally grown sources. The Loaded Ladle levy ($2 from every full-time student per term) was supported during the March 2011 DSU elections by 71% of student voters. Always looking for new volunteers to help with cooking, cleaning, serving, and outreach! See theloadedladle.blogspot.com for more information.

Food Not Bombs is a non-profit, volunteer run organization dedicated to providing free vegetarian meals three times a week to the local community, and protesting war and poverty.

- Sunday at 1 pm by the North Branch Library, Gottingen Street
- Wednesday at 5 pm by the Spring Garden Branch Library
- Thursday at 12:30 pm by Victoria Park (corner of Spring Garden and South Park)
I avoid grandiose plans. I start with a small piece that I can do. I go to the root of the problem and then work around it. It’s building brick by brick.

—Muhammad Yunus

<table>
<thead>
<tr>
<th>Restaurants</th>
<th>Phone Number</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brooklyn Warehouse</td>
<td>446-8181</td>
<td>2795 Windsor St.</td>
</tr>
<tr>
<td>Chives Canadian Bistro</td>
<td>420-9626</td>
<td>1537 Barrington St.</td>
</tr>
<tr>
<td>Jane’s on the Common</td>
<td>431-5683</td>
<td>2394 Robie St.</td>
</tr>
<tr>
<td>Mezza</td>
<td>444-3914</td>
<td>6386 Quinpool Rd.</td>
</tr>
<tr>
<td>Fid Resto</td>
<td>422-9162</td>
<td>1569 Dresden Row</td>
</tr>
<tr>
<td>Morris East</td>
<td>444-7663</td>
<td>5212 Morris St.</td>
</tr>
<tr>
<td>Five Fishermen</td>
<td>422-4421</td>
<td>1740 Argyle St.</td>
</tr>
<tr>
<td>OLA! Greek Tavern</td>
<td>492-7999</td>
<td>1565 Argyle St.</td>
</tr>
<tr>
<td>The Good Food Emporium</td>
<td>422-3150</td>
<td>2186 Windsor St.</td>
</tr>
<tr>
<td>Saege Bistro</td>
<td>429-1882</td>
<td>5883 Spring Garden</td>
</tr>
<tr>
<td>Heartwood Bakery Café</td>
<td>425-2808</td>
<td>6250 Quinpool Rd.</td>
</tr>
<tr>
<td>Satisfaction Feast</td>
<td>422-3540</td>
<td>3559 Robie St.</td>
</tr>
<tr>
<td>Hamachi House</td>
<td>425-7711</td>
<td>5190 Morris St.</td>
</tr>
<tr>
<td>Wooden Monkey</td>
<td>444-3844</td>
<td>1707 Grafton St.</td>
</tr>
</tbody>
</table>
Toxins in everyday life

Potentially dangerous chemicals can be found everywhere – from plastics to toothpaste.

77,000 chemicals are produced in North America.

Over 3,000 are chemicals added to our food supply – 1,000 new chemicals are introduced each year.

Over 10,000 chemical solvents, emulsifiers and preservatives are used in food processing.

Toxins challenge: avoid them!
- Reduce use of non-stick cookware.
- Avoid flame retardant fabrics and stain-repellent products.
- Don’t use BPA (recycling #7) or PVC (recycling #3) plastics.
- Avoid synthetic fragrances.
- Be cautious of antibacterial products.
- Always look for natural and organic choices.

The best way to detoxify is to stop putting toxic things into the body.
—Andrew Weil M.D.

Best ways to avoid household toxins...

Filter your water.

Know what’s in your grooming products.

Don’t eat microwave popcorn.

Don’t use stain-protection treatment.

Limit use of canned food and plastic containers.

Use PBDE-free electronics.

Don’t use paint made with volatile organic compounds (VOCs).

Use a PERC-free dry cleaner.

Dust and vacuum weekly.
Searching for eco-friendly products can be tricky. Advertising is often misleading. Exaggerating a product’s or an organization’s sustainable status has been coined “green washing.” To avoid being misled, always look at ingredients and research the life cycle of products. Visit sinsofgreenwashing.org for more info.

**Canada Organic Regime** requires certification of all agricultural products represented as organic in international and inter-provincial trade by bodies accredited by the Canadian Food Inspection Agency. Products must contain at least 95% organic content to carry the logo. inspection.gc.ca

**EcoLogo™** is North America’s largest, most respected environmental standard and certification mark. Products and services bearing the logo have met stringent standards of environmental leadership, which have been verified by an independent third party. ecologo.org

**ENERGY STAR®** is an international symbol used for products that meet or exceed higher standards of energy efficiency without compromising performance. Dalhousie is the first university ENERGY STAR® participant in Canada. oee.nrcan.gc.ca/energystar

**Forestry Stewardship Council (FSC)** certifies wood products that meet Forest Management or Chain of Custody standards. Forests must be managed in an environmentally and socially responsible manner and follow regionally tailored standards. fsccanada.org

**The Marine Stewardship Council (MSC)** operates the world’s leading certification and eco-labelling program for sustainable and well-managed wild-capture fisheries. msc.org

**Select Nova Scotia** is a symbol used to identify food products produced or processed in Nova Scotia. Visit selectnovascotia.ca for buy local food sources, seasonal recipe ideas and for upcoming local food events and celebrations.

**TransFair Canada** certifies that Canadian products bearing this mark meet the standards of the Fairtrade Labeling Organization International, including prices for farmers that cover sustainable production costs and International Labour Organization (ILO) standard working rights and conditions. transfair.ca
### Recyclables
Remove caps & straws from containers. Materials should not contain liquids or food residues.

#### What belongs:
- All Beverage Containers: Pop, water & juice bottles, juice cartons and boxes, aluminum beverage cans, liquor/beer containers
- Milk containers
- Glass bottles and jars
- Tin, steel, and aluminum cans
- Tetra juice packs
- Yogurt containers
- All plastic bags and containers, except Styrofoam
- Clean aluminum foil and plates

#### Not Acceptable:
- Coffee cups (garbage)
- Non-container plastics like plastic cutlery, straws, and dvd cases (garbage)
- Styrofoam
- Broken glass (garbage)

### Paper & Cardboard
Paper should be dry & clean. Flatten cardboard boxes and place beside paper bin.

#### What belongs:
- Dry & clean paper (white or coloured)
- Newsprint
- Envelopes
- Glossy flyers and magazines
- Soft cover books
- Hardcover books (with covers removed)
- Paper egg cartons and drink trays
- Corrugated cardboard (must be placed beside the paper bin)

#### Not Acceptable:
- Coffee cups (garbage)
- Carbon paper (garbage)
- Soiled paper (organics)
- Boxboard (organics)

### Organic Waste (Compost)
No liquids. If necessary, use a sheet of paper or some boxboard to wrap wet food waste.

#### What belongs:
- All food waste
- Coffee Grounds
- Kitchen paper towels and napkins
- Paper bags
- Boxboard (cereal boxes, pizza slice trays, etc.)
- Paper plates
- Unwaxed paper cold beverage cups
- Small amounts of yard waste, grass clippings
- Paper fast-food wrapping

#### Not Acceptable:
- Coffee cups (garbage)
- Corrugated cardboard (cardboard)
- Newspapers & magazines (paper)
- Waxy food packaging (garbage)
- Egg cartons & drink trays (paper)

### Garbage
Think about potential reuse before discarding!

#### What belongs:
- Class 1 - Explosives
- Class 2 - Gases
- Class 3 - Flammable and combustible liquids
- Class 4 - Flammable solids
- Class 5 - Oxidizing substances; organic peroxides
- Class 6 - Poisonous (toxic) and infectious
- Class 7 - Radioactive materials
- Class 8 - Corrosives
- Class 9 - Miscellaneous products, substances

#### Not Acceptable:
- Coffee cups (garbage)
- Corrugated cardboard (cardboard)
- Newspapers & magazines (paper)
- Waxy food packaging (garbage)
- Egg cartons & drink trays (paper)

---

Look for the 4 bins around campus for recyclables, paper/cardboard, organics, and garbage.

Do you live off-campus? Check out the HRM waste guide: halifax.ca/recycle

At the end of April, donate your clothing, furniture, electronics to the annual Dump & Run.
### RECYCLABLES
Remove caps & straws from containers. Materials should not contain liquids or food residues.

**PAPER & CARDBOARD**
Paper should be dry & clean. Flatten cardboard boxes and place beside paper bin.

**ORGANIC WASTE** (Compost)
No liquids. If necessary, use a sheet of paper or some boxboard to wrap wet food waste.

**HAZARDOUS WASTE**
- On-campus: contact the Office of Environmental Health & Safety at 494-2495.
- Off-campus: consult the HRM Hazardous Waste Depot (Bayers Lake).

**UNIVERSAL WASTE**
- On-campus: contact Environmental Services at 494-8396.
- Off-campus: contact an HRM enviro depot.

**GARBAGE**
Think about potential reuse before discarding!

#### What belongs:
- **All Beverage Containers:** Pop, water & juice bottles, juice cartons and boxes, aluminum beverage cans, liquor/beer containers
- **Milk containers**
- **Glass bottles and jars**
- **Tin, steel, and aluminum cans**
- **Tetra juice packs**
- **Yogurt containers**
- **All plastic bags and containers, except Styrofoam**
- **Clean aluminum foil and plates**

#### What belongs:
- **Dry & clean paper** (white or coloured)
- **Newsprint**
- **Envelopes**
- **Glossy flyers and magazines**
- **Soft cover books**
- **Hardcover books** (with covers removed)
- **Paper egg cartons and drink trays**
- **Corrugated cardboard** (must be placed beside the paper bin)

#### What belongs:
- **All food waste**
- **Coffee Grounds**
- **Kitchen paper towels and napkins**
- **Paper bags**
- **Boxboard (cereal boxes, pizza slice trays, etc.)**
- **Paper plates**
- **Unwaxed paper cold beverage cups**
- **Small amounts of yard waste, grass clippings**
- **Paper fast-food wrapping**

#### Not Acceptable:
- **Coffee cups (garbage)**
- **Non-container plastics like plastic cutlery, straws, and dvd cases (garbage)**
- **Styrofoam**
- **Broken glass (garbage)**

#### What belongs:
- **Class 1 - Explosives**
- **Class 2 - Gases**
- **Class 3 - Flammable and combustible liquids**
- **Class 4 - Flammable solids**
- **Class 5 - Oxidizing substances; organic peroxides**
- **Class 6 - Poisonous (toxic) and infectious**
- **Class 7 - Radioactive materials**
- **Class 8 - Corrosives**
- **Class 9 - Miscellaneous products, substances**

* **Dalhousie recycles onsite Construction & Demolition waste. Call Environmental Services at 494-8396.**

---

* **Student printer cartridges, batteries and cell phones may be deposited in the green “Ready-Set-Recycling” bins around campus.**

#### Not Acceptable:
Any materials that belong in the other streams should not be placed in the garbage stream.

* **Beginning in September 2011, all plastics (except styrofoam) will be recycled in HRM. Please place all plastic into recycling bins so we can keep plastics out of our landfills!**
Consuming sustainably: clothing

From raw material production to manufacturing, through eventual disposal, the life cycle of clothing is riddled with negative environmental impacts.

Clothing challenge – sew thoughtful & sew thrifty!

Remember the 3R’s: Reduce – Reuse – Recycle

- Do you need it? Can you fix it? Can you find it second-hand?

Need something new? Ask yourself before buying...

- Is the material sustainable? Was it processed sustainably?
- How were the workers treated during the garment’s life cycle?
- How far did it travel to get from raw materials to you?
- Is the garment long-lasting? Will it biodegrade?

Thinking about materials

**Synthetic textiles:** nylon, polyester, etc. Most are made from fossil fuel derived petrochemicals and will not biodegrade.

**Plant textiles:** cotton, linen, bamboo, etc. Many textiles are grown as unsustainable GMO monoculture crops and sprayed with synthetic chemicals.

**Animal textiles:** leather, silk, wool, etc. Many are byproducts of commercial animal agriculture.

**Recycled textiles:** Companies are making new products from recycled materials (tires, PET plastics, etc.). This reduces the need for new materials, but be cautious of energy and transportation footprint.

**Dangerous additives:** Avoid stain repellents made with PFCs (perfluorinated chemicals) and fire retardant PBDEs (polybrominated diphenyl ethers) linked to cancer and impaired brain development.

Thinking about manufacturing

**Working conditions:** Workers are often employed in unsafe conditions, are poorly paid and have few rights. Do research. Purchase fair trade and sweat-shop free.

**Processing:** Vast amounts of water, energy and additives used. Bleaching, dyeing and finishing methods use and release toxic chemicals. Make sure the product is made to be long lasting.
Do it yourself

An easy (and fun) way to avoid purchasing unsustainable clothing is to wear vintage clothes or buy used material and make something new.

Recycle your cast-offs

**Clothing:** Some of the stores above accept second-hand clothing on consignment. To donate look for Big Brothers & Big Sisters, Canadian Diabetes Association and Salvation Army donation bins around HRM or call for pick up.

**Eyeglasses:** Major eyeglass retailers in Halifax donate used eyeglasses to those in need, here and abroad, through Canadian National Institute for the Blind (CNIB), Alliance Club or the Orbis Organization.

**Footwear:**
Quinpool Sports Shoe Repair – 6424 Quinpool Rd. 423-6592
Empire Shoe Rebuilders – 5881 Almon St. 455-3143

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**Halifax pre-owned clothing stores**

<table>
<thead>
<tr>
<th>Allie’s Repeat Performance Boutique</th>
<th>Lost &amp; Found Art Vintage Kitsch</th>
</tr>
</thead>
<tbody>
<tr>
<td>425-7684</td>
<td>2383 Agricola St. 446-5986</td>
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<table>
<thead>
<tr>
<th>Dakini Silks</th>
<th>Salvation Army</th>
</tr>
</thead>
<tbody>
<tr>
<td>1542 Queen St. 719-3105</td>
<td>5280 Green St. 425-7684</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dressed In Time</th>
<th>Second Hand Rose</th>
</tr>
</thead>
<tbody>
<tr>
<td>5670 Spring Garden Road 488-7116</td>
<td>1272 Hollis St. 423-0617</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Elsie’s</th>
<th>Spree Designers Market</th>
</tr>
</thead>
<tbody>
<tr>
<td>1530 Queen St. 425-2599</td>
<td>1528 Brunswick St. 406-3414</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Formerly Yours Boutique</th>
<th>The Clothes Horse</th>
</tr>
</thead>
<tbody>
<tr>
<td>6029 Cunard St. 492-3523</td>
<td>1532 Queen St. 483-7067</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Frenchy’s</th>
<th>Value Village</th>
</tr>
</thead>
<tbody>
<tr>
<td>6054 Almon St. 444-3434</td>
<td>Halifax: 450-5134</td>
</tr>
<tr>
<td></td>
<td>Dartmouth: 463-4054</td>
</tr>
</tbody>
</table>

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Check out:  
*Generation T: Beyond Fashion: 108 Ways to Transform a T-shirt*  
– by Megan Nicolay

Online tutorials at  
diyfashion.about.com  
and cutoutandkeep.net

Local organic clothing designer:  
laurachenoweth.com

Think recycled, reclaimed, up-cycled and hand-made organic clothing and accessories.
Many cleaning products contain some of the dangerous substances outlined in the Toxins in Everyday Life section.

**Cleaning challenge – it’s easy to clean green!**

- Read labels, look for natural ingredients, avoid chemicals.
- Don’t buy chemical cleansers (or anything containing acetone, ammonia, phosphates, bleach or xylene). Make safe homemade alternatives.
- If you do have chemical cleansers in your apartment, NEVER MIX THEM!

**Try these natural ingredients:**

**Safe cleansers**

**Baking soda:** Baking soda paste is an excellent cleanser that won’t scratch. It is also a mild disinfectant and perfect for absorbing odors. Add an essential oil and use to clean.

**White vinegar:** Acidity makes it a great degreaser. Also deodorizes and disinfects.

**Lemon juice:** Lemon juice deodorizes and acts as a mild disinfectant, and a bleach agent.

**Pure soap (a.k.a castile soap):** Soap made from 100% biodegradable cleaners; can be purchased in bar, liquid or flake form.

**Essential oils:** Highly concentrated liquid distilled from plants, available at health food stores. Many oils smell amazing and have various cleansing and therapeutic properties. (e.g. tea tree oil has disinfectant, antifungal, antimicrobial and anti-inflammatory properties).

**Table salt:** Abrasive yet gentle; sprinkle on warm stovetop spills, pots and pans, then scrub.

**Club soda:** An excellent stain remover, especially on carpets. Also use to clean windows.

**Soap nuts:** Berries grown in India and Nepal that contain natural detergent saponin in their shells. They are non-allergenic, biodegradable and can be used as a laundry detergent.

*buysoapnuts.com*
Home-made cleaning product recipes

Air freshener: Simmer a pot of water with cinnamon sticks, cloves and a few drops of essential oil.

Carpet cleaner: Mix white vinegar and baking soda to form a paste, work paste into carpet stain with an old toothbrush. Let dry, vacuum up baking soda. Repeat for tough stains.

Disinfectant: Mix 3 tbsp. pure soap, 2 cups water, 15 drops tea tree oil and 15 drops lavender oil.

Drain unclogger: Pour baking soda down the drain, add vinegar, insert plug and let it fizz. Add more vinegar and insert plug. Chase down with a kettle of boiling water. Repeat for stubborn clogs.

Floor cleaner: Fill a bucket with water then add 1/4 cup vinegar and a dash of pure soap.

General purpose cleaner: Mix 1 tsp. baking soda, 1 tsp. soap and a squeeze of lemon in 1 cup of water.

Toilet bowl cleaner: Mix 1/4 cup baking soda and 1 cup vinegar. Pour mix into the bowl, let it sit a few minutes then scrub and flush.

Sink cleaner: Baking soda, water and a little elbow grease.

Shower spray: Fill a spray bottle with 5-10 drops of tea tree oil and water. Shake and spray after each shower.

Wood cleaner: Mix two parts olive oil and one part lemon juice. Rub mixture into furniture with a soft cloth, wipe away excess.

Windows and mirrors: Mix one cup of cold strong black tea with 3 tbsp. vinegar.
Many hygiene and beauty products contain unnecessary, often harmful ingredients.

Hygiene challenge – you look good in green!

- Read labels, research and avoid chemical-based ingredients, cosmeticsdatabase.com
- Keep it organic, local and fair-trade.
- Look for products free from animal testing, caringconsumer.com
- Limit packaging.
- Make bath and beauty products at home, bathandbodyrecipe.com
  allnaturalbeauty.us
- Limit the length of your showers – take a boat shower.
  (Get wet, turn off water, lather, turn on water to rinse).

For the face and body

Beware of false claims by companies claiming to be “natural.”
Check out the following local or natural options:

**Beach Lane Lavender Farm** makes certified organic products from N.S. lavender. Available at Halifax Seaport Farmers’ Market. lavendercanada.com

**Earth Elementals Soaps** handcrafts biodegradable soaps with fair trade ingredients and flowers organically grown in N.S. Available at Halifax Seaport Farmers’ Market. eartheelementals.com

**Lush** products are made from fresh, mostly organic and vegan ingredients not tested on animals. 70% of products available without packaging. Available at Mic Mac Mall, Dartmouth. lush.ca

**Lavera** non-toxic certified organic cosmetics designed for sensitive skin, made in Germany. Available at Planet Organic, 6487 Quinpool Rd. lavera.com

Other brands: Burt’s Bees, Kiss my Face, Yes to Carrots and Down Under Naturals.

Fragrance on a label can indicate the presence of up to 4,000 separate ingredients. Most or all of them are synthetic.
Menstruation

Mass production of tampons uses unsustainable raw materials, vast amounts of energy and creates toxic by-products. Pads take about 500 years to decompose while tampons cause sewage problems and litter our environment. Reusable menstrual products are eco-friendly, money-saving, healthy alternatives to disposable pads and tampons.

Switch to one of these alternatives:

**The Diva Cup** is a reusable cup made of silicone that collects menstrual flow. [divacup.com](http://divacup.com)

**Reusable cloth pads** can be washed and reused over and over. [lunapads.com](http://lunapads.com)

**Organic tampons and pads** are made from chlorine-free, natural cellulose materials and are more than 95% biodegradable. [natracare.com](http://natracare.com)

Sources:

- **Venus Envy**, 1598 Barrington St.
- **Planet Organic**, 6487 Quinpool Rd.
- **P’lovers**, Park Lane Mall

**Unwanted medications:**

Lawton’s and Shopper’s Drug Mart both have pharmaceutical take-back programs to properly dispose of medications. Donate feminine hygiene products to women’s shelters in the area.

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Read *Slow Death by Rubber Duck: How the Toxic Chemistry of Everyday Life Affects Our Health* —by Rick Smith and Bruce Lourie (Knopf, 2009).
Living sustainably in residence

University residences have a huge opportunity to save energy and water by adopting sustainable practices. Dalhousie Residence and Housing is making strides toward greening campus residences. Here are a few examples:

• Over half of all light bulbs in residence have been replaced with CFL bulbs. Plans are underway to make a campus-wide shift towards fluorescent and LED bulbs and lamps.

• Showerheads are being upgraded to low-flow and there are plans for dual-flush toilets.

• Dalhousie has made a campus-wide switch to natural gas, making a huge dent in carbon emissions.

Want to live in residence with other students studying environmental issues? Check out the Environmental Living and Learning Community in Studley House Howe Hall (1452 Le Marchant St.), just across the street from the College of Sustainability in the Mona Campbell Building.

Environmentally-conscious students live in the same residence and explore current social and geo-political issues surrounding our planet and its future. Community members have the opportunity to work together in the creation of an annual event to increase environmental awareness and to lead positive change on campus.

Other ways to get involved...

• Talk to your RA or CL about getting involved with your residence Green Panel.

• Look for events such as Dal Green Week (October), World Water Day.

• Take part in the Eco Olympics from January to March when Dal residences and other Maritime universities compete to reduce their water and energy usage and waste output.

• Put together a Sustainability Team – receive training and organize sustainability activities. Learn more and download the Rethink! Sustainability Team Manual at office.sustainability.dal.ca

Who can participate?
Anyone with an interest in Biology, Community Design, Engineering, ESS (Environment, Sustainability and Society), Environmental Science or Environmental Studies, Marine Biology, Management or anyone passionate about sustainability and the environment.
Food services in residence and on campus

Watching what you eat plays a major role in a more sustainable lifestyle. Aramark provides most food services on campus, except in the SUB (provided by Sodexo). In 2009, by removing trays from dining halls, 870,655 litres of water were saved (and the associated energy needed to heat the water) and food waste was reduced by 30%. As part of the Farm to Table program, local farmers are invited to dining halls to educate students about locally-grown food. Aramark has also partnered with the Marine Stewardship Council (MSC) and HighLiner to offer MSC Certified seafood.

What else is being done at Dalhousie?

- All cafeterias offer vegan and vegetarian meals; Howe Hall and Risley offer gluten-free options. No trans fats.
- 10-cent discount on coffee when toting a reusable mug.
- Aramark does not use styrofoam. Recycled-paper, biodegradable (corn) containers and potato-starch cutlery are used.
- Seasonal menus and local farm support, whenever possible.
- Fair Trade and organic coffee options (Aramark’s “expresso” brand and Just Us!)

See Aramark’s sustainability webpage at: campusdish.com/en-US/CA/Dalhousie/Sustainability

Tips for living sustainably in residence

1. Use less energy, keep room temperature at 18°C, close windows in winter to conserve heat, turn off lights, unplug computer and phone charger when not in use, use a power bar for appliances, and hang clothes to dry.
2. Use a CFL or LED bulb in reading lamps or use a solar lamp.
3. Borrow a wattmeter from the residence desk to measure the intake of appliances. The amount of power drawn by appliances even when turned off may surprise you.
4. Read, understand and use Dalhousie’s Waste Management Guide (see centre spread of this Green Guide).
6. Eat smart – eat smaller portions to reduce waste, eat less meat, avoid packaged foods, bring your own mug, and choose local, organic, free range and fair trade options.

7. Take advantage of bike resources on campus. Use bike rooms in residence to store bikes. Repair bikes at the Campus Bike Centre. Borrow a bike from the residence desk for fun, exercise or to run errands.

8. Take the bus (bus stops outside most residences) or use the Tiger Patrol shuttle service from campus to select locations in HRM. Check facilities management website at Dal for Tiger Patrol schedule fm.dal.ca/security/tigerbus.htm

9. Conserve water – turn off the tap while brushing teeth and shaving, don’t throw waste in the toilet, take short showers, do laundry only when necessary and use cold water.

10. Drink tap water instead of bottled water.

11. Don’t pour harsh chemicals, detergents or bleach down the drain. All common areas in Dal residences are cleaned with biodegradable cleaning products– do the same – borrow the green cleaning kit from the front desk.

12. Hungry after hours? Make food in a communal kitchen or, if ordering take-out, be sure to recycle boxes.

13. Furnish rooms with live plants (it will improve air quality) and with used and/or locally-made furniture. When moving out, sell or donate unwanted items to keep them out of the landfill. Check out the Dalhousie Dump and Run at the end of April.

During the 2011 Eco Olympics, Howe Hall took the winning prize – they saved a total of 861 kWh of energy.
How to party sustainably

As students, many of us use weekends to meet new people, hang out with friends and take a break from studying. No matter how you choose to relax – watch movies, host a party or go dancing – your actions have consequences. Party sustainably and be a positive force for change.

Party challenge – cheers to being green!
- Ask everyone to bring their own unique cups or make drink labels.
- At a bar? Ask for glass instead of plastic and no straws.
- Chill your beers in the snow.
- E-mail or use Facebook for invites instead of paper.
- Look for organic chips and dip, or host a veggie potluck.
- Start a party-piggy-bank with cash from the bottle depot.
- Clean up with washable rags and safe cleaning products.
- Choose draft beer at the bar or growlers instead of bottles at home.

Beverages
Just as with food, it is important to consider how and where beverages are produced. Look for those produced locally with organic ingredients and sustainable practices. Find locally-produced beverages at HRM bars, restaurants and liquor stores. Remember that the Nova Scotia drinking age is 19+ and drink responsibly.

Events
Throughout the year, there are plenty of opportunities to party for a cause. Keep an eye out for student society formal nights, pub crawls and concert fundraisers. Help make N.S. festivals more eco-friendly by volunteering to be on a “green team” or volunteer at local conferences.

Musicians for Farmers is a Halifax celebration for local farmers and a fundraiser for Heliotrust put on annually by the EAC in February. It features locally-grown food and performances by local musicians. ecologyaction.ca/content/musicians-farmers-celebration-local-food

Green Drinks is a global initiative for like-minded environmentalists who meet once a month in their city and share ideas. Halifax’s Green Drinks usually happens the last Wednesday of each month at Henry House, 1222 Barrington St. at 7 p.m. Find them on Facebook.

Green Gala, hosted by the Environmental Programs Student Society, is a year-end celebration of everything green at Dal, “Greenie” awards for faculty, students and student initiatives.

Check out these locally produced beers and wines:
- Alexander Keith’s
- Bear River Wines
- Blomidon Wines
- Grande Pré Wines
- Jost Vineyards
- Lunenburg Country Winery
- Propeller Beer
Urban gardening

With abundant underused urban space, and increased alienation from nature, the question is: why not grow food ourselves? Growing plants beautifies our city, provides food, connects us with nature and cleans city air.

Urban gardening challenge—grow some green ideas!

- Fill unused windowsill or balcony space with potted herbs or a hydroponic garden.
- Lend a helping hand at a local community garden.
- Take back the city: plant life in unused space.
- Start a worm composting bin and create homemade, nutritious soil.
- Give potted flowers and herbs as gifts instead of fresh cut flowers.
- Eat lunch and admire the beauty at the Public Gardens.

The movements

The urban gardening movement has spread from backyards to balconies, bicycle baskets and street corners!

Community gardens encourage individuals to garden together, share knowledge and get to know each other. Join an existing community or start your own.

Green roofs reduce storm water run-off, insulate buildings, reduce the city ‘heat island’ effect, clean the air, provide habitat for wildlife and beautify cities. Come and see the Mona Campbell Building’s green roof.

Guerrilla gardening is a movement that combats land privatization and restricted gardening. Guerrilla gardeners act wherever they see potential to fill concrete jungles with life, regardless of red tape. guerrillagardening.org.

Naturalization is the movement towards low-maintenance native green spaces to provide wild life habitat and a greater connection to nature.

Window farming grows food in the most unlikely of spaces—windows. Ideal for those with little outdoor space. windowfarms.org

Vertical farming explores the possibility of growing food in large multi-level buildings. verticalfarm.com
Halifax’s gardening community

New to gardening? Learn from fellow gardeners, swap seeds, lend a helping hand and make friends.

Ecology Action Centre organizes urban garden workshops and volunteers, (urbangarden@ecologyaction.ca) and has a landshare project connecting those without garden space to those in need of garden help.

The Halifax Garden Network provides gardening tips and tricks, and an interactive map of HRM community gardens. halifaxgardenetwork.com

The Halifax Seed Company sells gardening gear and all kinds of plants and seeds. 5860 Kane St. 454-7456, halifaxseed.ca

Seemore Green Collective Garden is located behind the Goldberg Computer Science Building. Students garden together during the summer and hold workshops on their Edible Campus growing project. seemoregreen.wordpress.com

Learn to COMPOST – it’s so easy even worms do it

On campus or off, participate in the green bin organic waste program or compost with worms. Vermi-composting (worm composting) uses red worms to convert food waste into nutrient-rich soil. This type of composting is easy to do at home, even in an apartment. All that is needed is a large bin, bedding (newspaper, leaves, straw, sawdust), red worms, food scraps and water.

Learn how to vermicompost at halifaxgardenetwork.com/toolbox_ryc4.htm

Check out Grow Organic: A Simple Guide to Nova Scotia Vegetable Gardening (Nimbus Publishing) by Elizabeth Peirce for a down-to-earth guide to gardening in N.S.
Spending time outdoors allows us to connect with the natural world and experience adventure, fun and relaxation.

Outdoor Challenge—hike, swim, bike!

- Hike an HRM trail monthly. visitors.halifax.ca/trails.shtml
- Camp at a provincial or national park once a year. parks.gov.ns.ca
- Learn to sea kayak with a group. eastcoastoutfitters.net
- Join the Dalhousie Outdoors Society or the Dal Board Society on Facebook.
- Take Munro Day to ski and snowboard on the annual DSU trip.
- Toboggan with friends down Citadel Hill.
- Swim at a local beach. halifax.ca/rec/beaches.html
- Thinking of surfing? surfns.com
- Run once a week with Halifax’s Running Club. halifaxrunningclub.com

Outdoor adventures in HRM

See halifaxtrails.ca for information on local trails, including these:

**Flemming Park:** Take #15 bus from the Mumford terminal. Visit the Dingle Tower at this well-maintained park with an ice cream stand.

**Hemlock Ravine:** Take #1 bus (Mumford) to Bayers Rd. and Connaught Ave., transfer to the #81 and get off at Kent Ave. This area has a number of well-maintained trails with brooks, small ponds and a ravine.

**Lawrencetown Beach:** E.A.S.T Shuttle does trips out to Lawrencetown Beach, a popular spot to swim and surf. Rent gear from Happy Dudes. Check out eastshuttle.com and happydudes.ca.

**Point Pleasant Park:** Take #9 bus to the lower parking lot. This well-maintained urban park has a wonderful view of the ocean.

**Salt Marsh Trail:** Take #59 bus and get off at Cole Harbour Rd. Turn right onto Bissett Rd. The trail is well-marked, easy and straight. Take Atlantic View trail to the end to Lawrencetown Beach.

**Suzie Lake:** Take #52 bus (Lacewood) to Chain Lake Dr. from North St. Access behind Burger King, follow the trail to the right to this gorgeous lake.
Outdoor tips
Be respectful of nature, limit your impact, and stay safe.

Leave no trace. Take nothing, leave nothing. Visit leavenotrace.ca

Use the buddy system. Hike with others and make sure someone at home knows your plan.

Keep hydrated and fed. Bring snacks, water and be very careful when consuming wild vegetation.


Equipment Shops

Atmosphere
Halifax Shopping Centre, 455-2528, atmospherepleinair.ca

Mountain Equipment Co-op (MEC)
Participate in MEC’s online (outdoorgearswap.com) and in-store swap every October and May. 1550 Granville St. 421-2667, mec.ca

The Adventure Outfitters (TAO)
5187 Salter St. 481-9826, theadventureoutfitters.com

The Trail Shop
6210 Quinpool Rd. 423-8736, trailshop.com

One must be out-of-doors enough to get experience of wholesome reality, as a ballast to thought and sentiment.

Health requires this relaxation, this aimless life.

—Henry David Thoreau
Take action on campus and in the community

Where to study environment and sustainability at Dal?

Dalhousie University offers many programs relevant to environment and sustainability studies. Sustainability can be your major area of study in almost any faculty or an elective course or two. This is a burgeoning field with strong employment prospects in both public and private sectors. Be part of the solution in ensuring a greener, more sustainable future for the planet.

College of Sustainability: sustainability.dal.ca
Mona Campbell Building, First floor, Suite 1401
Earn a double major or combined honours degree by blending courses in ESS with a second focus from the faculties of Architecture and Planning, Arts and Social Sciences, Science, or the King’s School of Journalism. Earn a major in ESS with a Bachelor of Management or a Bachelor of Informatics, or a minor in ESS with a Bachelor of Computer Science.

The interdisciplinary nature of the ESS program allows you to learn from diverse faculty and student perspectives while sharing core courses focused on environment, sustainability and society.

Faculty Programs:

- **Bachelor of Science degrees**: environmental.science.dal.ca
- **Minor in Environmental Studies**: environmental.science.dal.ca
- **Bachelor of Engineering**: environmental.engineering.dal.ca
- **Bachelor of Law**: law.dal.ca
- **Bachelor of Community Design**: architectureandplanning.dal.ca
- **Bachelor of Management**: management.dal.ca
- **Master of Resource and Environmental Management or Master of Environmental Studies**: sres.management.dal.ca
- **Master of Marine Management**: marineaffairsprogram.dal.ca
- **Master of Planning**: architectureandplanning.dal.ca
Dalhousie clubs and societies

Many campus clubs promote awareness of environmental issues and lobby for sustainability policies. Get to know students, faculty and staff and, most of all, learn and have fun. The following clubs and societies are an integral part of the growing environmental movement on campus.

Campus-wide

Dalhousie Student Union Sustainability Office (DSUSO) strives to create a culture of sustainability within the DSU and across campus. DSUSO encourages student communication, offers funding for student projects and acts as a hub for sustainability on campus. DSUSO organizes the annual autumn Green Week. dsuso.ca

The Loaded Ladle The Loaded Ladle is a ratified society at Dalhousie University, and a levied food cooperative operated for students, by students. theloadedladle.blogspot.com

Nova Scotia Public Interest Research Group (NSPIRG) is a non-profit, non-partisan and non-governmental organization that links research with action for social and environmental justice. nspirg.org

Society for Bicycle Advocacy at Dalhousie (SBAD) exists to help create a bike-friendly campus by promoting a cycling community, infrastructure and ridership. The society also plans group bike rides throughout the year. Check them out on Facebook.

SustainDal works to make Dalhousie more sustainable. sustaindal.dsu.dal.ca

Academic Program Societies

Environmental Law Student Society (ELSS) is comprised of students in the Marine Environmental Law Program and anyone interested in environmental and marine issues. Students initiate community events, take on pro-bono environmental law projects and host fun social events. elss.dalss.com

Environmental Programs Student Society (EPSS) brings together students in the environment for education, awareness and socializing. They organize hikes, movie nights, fundraisers, host the annual Green Gala and more. epss.dsu.dal.ca
Your Environment, Sustainability and Society Student Society (YESSSS) brings together ESS program students for education (including Share Our Sustainability Friday afternoon workshops), raising awareness and fun social events including an end-of-year no-talent talent show sponsored by the College of Sustainability. dalhousie.ess@gmail.com

School for Resource and Environmental Studies Student Society (SRESSS) brings together SRES students, faculty, staff and alumni for events.

Society of Undergraduate Planners (SUP) is the student society for the Bachelor of Community Design that hosts events for socializing and education, supports student projects and encourages outreach. dalwhatsup.wordpress.com

International Development and Education Awareness Society (IDEAS) brings together students from International Development and other faculties to promote awareness of and education about international development issues. ideas@dal.ca

Take action. Green places to volunteer and work in Halifax

Dalhousie’s Sustainability Office has openings throughout the year. office.sustainability.dal.ca

Ecology Action Centre The Ecology Action Centre has acted as a voice for Nova Scotia’s environment for almost 40 years. The EAC has been voted #1 Activist Organization by readers of Halifax’s The Coast for seven years running. Get involved with one of EAC’s issues committees — Built Environment, Coastal, Energy, Food, Marine, Transportation and Wilderness. ecologyaction.ca, 2705 Fern Lane, 429-2202

The Grainery Food Co-Operative is a not-for-profit store run by volunteers. Free membership requires a monthly six-hour commitment in exchange for discounted local and organic food. thegrainery.ca, 2385 Agricola Street, 446-3301.

Be the first to see job postings, volunteer opportunities and internship listings. Subscribe to blogs.dal.ca/sustainabilitynews

If we cannot envision the world we would like to live in, we cannot work towards its creation. If we cannot place ourselves in it in our imagination, we will not believe it is possible.

— Chellis Glendinning
Sierra Club of Canada, Atlantic Chapter is the vibrant local chapter of the national grassroots environmental organization that empowers people to protect, restore, and enjoy a healthy safe planet. Involved in energy and climate change, community health, sustainable economies, the protection of wild spaces and environmental education. volunteeratlantic@sierraclub.ca

The Sierra Youth Coalition is the youth arm of the Sierra Club of Canada and empowers young people to become active community leaders who contribute to making Canada a better society by educating young people about ecological and social sustainability. syc-cjs.org


Clean Nova Scotia works to protect the environment, offers volunteer opportunities, including administrative support, fundraising and special event planning. clean.ns.ca 420-3474.

The Nova Scotia Environment Network is a not-for-profit umbrella organization linking Nova Scotia’s environmental and health groups to foster a more sustainable future. See jobs/volunteer board. nsen@cen-rce.org.nsen.ca 454-6846

The Canadian Parks Wilderness Society (CPAWS), NS Chapter is a charitable NGO with a mandate to conserve wilderness by protecting and securing public lands. cpawsns.org, cpawsns@cpawsns.org 446-4155.

Because of the complexity of the problem, environmental skepticism was once tenable. No longer.

It is time to flip from skepticism to activism.

—Michael Shermer
What is the Office of Sustainability?

The Office of Sustainability is Dalhousie’s administrative department responsible for incorporating sustainability into University actions and policies.

The Office works with many campus and community partners to achieve its objectives. Visit [office.sustainability.dal.ca](http://office.sustainability.dal.ca) to find out more about Dalhousie’s many sustainable initiatives and programs.

5 Ways to Get Involved with the Office:

1. Looking for a cool research project idea? Contact rethink@dal.ca to find out how you can meet your course requirements while also doing valuable sustainability research for the Office of Sustainability.

2. Stay informed.
   - Visit us online at [office.sustainability.dal.ca](http://office.sustainability.dal.ca)
   - ‘Like’ our Facebook page
   - [Keep up-to-date on all things sustainable at Dal: blogs.dal.ca/SustainabilityNews](http://blogs.dal.ca/SustainabilityNews)
   - Sign up for monthly email updates at rethink@dal.ca

3. Start or join a rethink sustainability team and compete for a chance to win the sustainability trophy.

4. Take the [Dalhousie Sustainability Challenge](http://www.office.sustainability.dal.ca) on our website, and pledge to live more sustainably this year.

5. Need friendly sustainability reminders? Order [free rethink posters](http://www.office.sustainability.dal.ca) and stickers from our website.
Understanding Sustainability at Dalhousie
5 EASY STEPS TO A GREENER RESIDENCE!!!!

- Turn off your TV when you're not watching it!
- Turn off your light when you leave!
- Make sure you turn the water off when you are not using it!
- Make sure you recycle bottles and cardboard/paper.
- Bring all garbage to the garbage room!

Residence illustration courtesy of Kristin Coral Sinel, Technical Scenography Program and Dalhousie Sustainability Poster Competition winner 2009.
Our Green Commitment

10. COMPOSTING AND RECYCLING
9. TRAYLESS DINING
8. ONGOING STUDENT EDUCATION
7. FAIR TRADE AND ORGANIC COFFEES
6. USING GREEN CLEANING PRODUCTS
4. FARM TO TABLE PROGRAM
3. NAMED ONE OF CANADA’S TOP 50 GREENEST EMPLOYERS IN 2010 BY THE GLOBE & MAIL
2. BENCHMARKING LOCAL BUYING
1. SEASONAL MENUS WITH LOCAL PRODUCE!

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PHONE: (902)494-2078
EMAIL: food@dal.ca

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This fourth edition (2011/2012) of the Campus Green Guide is based on the third edition (2010) edited and written by Mary-Frances Lynch (MES’09) and written by Brittany Maguire (BSc’12), Mathew Omina (MREM’10).

The Green Guide is meant to help you discover our vibrant community on campus, in Halifax and in Nova Scotia, as well as make sustainable changes in your everyday life. This guide is just a starting point – we hope that you will use it to lead the change.

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THE GREEN GUIDE’S TEN GOLDEN RULES FOR LIVING SUSTAINABLY AT DALHOUSIE:

1. **Drink tap water.**
2. **Use active transport, walk, bike or blade** and indoors take the stairs – elevators use electricity made by **burning coal.**
3. **Reduce paper use:** double sided copy, reuse scrap paper.
4. **Eat mostly plants, locally produced and minimally processed.**
5. **Think about the water you pour down the drain.**
6. **Turn off lights, appliances, computers etc** when not in use.
7. **Turn down the thermostat and wear an extra layer.**
8. **Use your own mug—not disposable cups.**
9. **Think before you buy – do you need it – can you share it?**
10. **Get involved: take action.**

Sponsored by the College of Sustainability