



SUSTAINABLE

STUDENT

STARTER PACK

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REDUCE CARBON FOOTPRINT



Students at BU can significantly reduce their personal carbon footprint by using walking and cycling as their main transportation methods for short distances.

On average, it takes 12 mins to get from the Student Village to Bournemouth Centre which is actually faster than using public transport (20-30 mins). Riding a bike to get to the city can add some physical activity

to the life of a student and helps reduce air and noise pollution. We recommend that students try to make shorter trips in their daily life and use more sustainable transport.

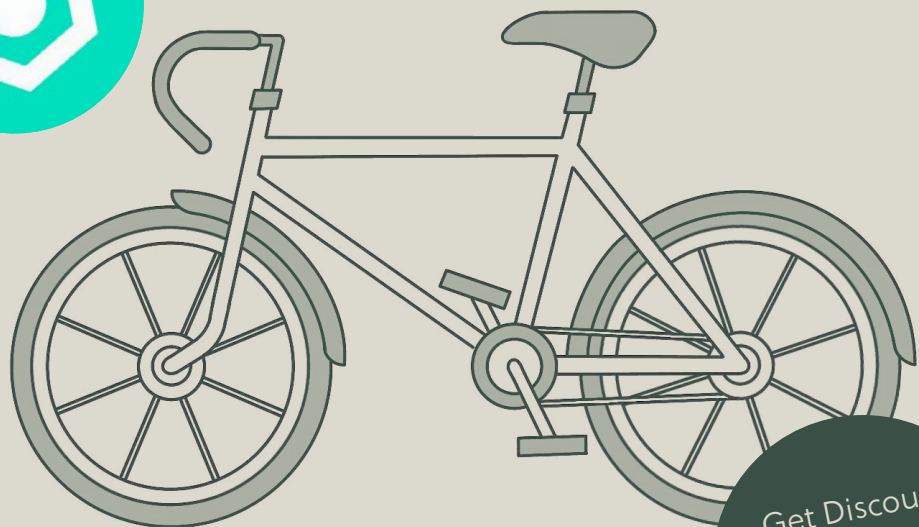
At the same time, if there is a need to make a longer trip or the weather conditions are unpleasant, we suggest using public transport like train or bus over private car.

BERYL BIKES

Found across Bournemouth, Poole and Christchurch, Beryl bikes are another great sustainable alternative to get around!

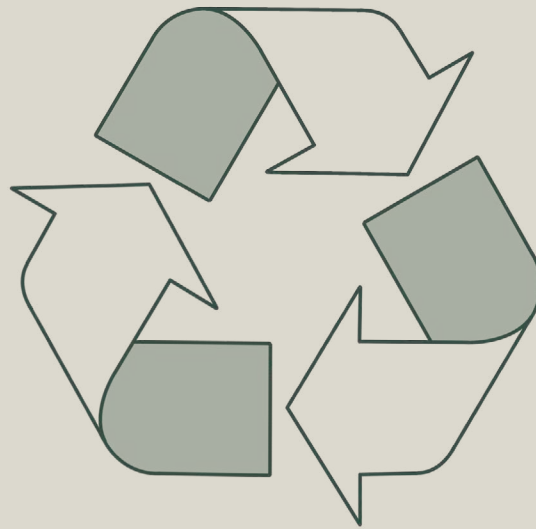
Using the Beryl bike app, you can easily unlock bikes and scooters within seconds and pay using contactless after you finish your ride. Beryl have designed their bike to be safe, fun and easy to use for an enjoyable ride with features including an adjustable seat that can easily fit riders from 4'11 to 6'5 and front and rear light to keep you safe at night. For more information visit <https://beryl.cc/bikeshare/riders>

This is what the app looks like available on IOS and Android, called Beryl.



Get Discount
On Your First Ride
Using Code:
BBB4BU

REUSE AND REFILL



According to the United Nations Environment Programme, only about 9 percent of the 9.9 billion tons of plastic generated globally since the 1950's has been recycled. Almost half of this plastic waste that is poisoning marine life, contaminating food, and clogging waterways and sewers, comes from our packaging. In order to reduce this level of contamination, we believe that using reusable

plastics and materials is the best step forward.

Although cheap plastic may have its short term benefits, investing in products that are sustainable and durable will have many long term benefits. Here are a list of products that you can invest in to make your life at BU more economically efficient and environmentally sustainable.

THESE INCLUDE:

1. Water bottle

Purchasing a reusable bottle that holds both hot and cold drinks is a great way of cutting down your plastic consumption. A benefit of having a reusable bottle is that you will be reducing your consumption by 1460 plastic bottles per year which amounts to £1168. Reusable bottles can be found in the SUBU shop!

2. Metal straws

By switching to metal straws, your plastic consumption will be massively reduced. You will have saved 584 plastic straws from being used by owning just one metal straw. These metal straws are quick and easy to clean, and they are also inexpensive!

3. Cleaning spray bottle

There are many sustainable cleaning brands that offer monthly subscriptions to eco-friendly cleaning products. However, as students, these products can be on the pricey side. Therefore, we recommend that you invest in a metal bottle for all of your cleaning needs. These bottles can be found online and will last you up to 5 years! Additionally, we have provided some all purpose cleaning spray that you can make up out of products in your cupboard, saving both time and money!

4. Shopping bag

A great way to reduce your plastic consumption is to invest in a durable shopping bag. Plastic shopping bags are not only impossible to decompose, but they are also deadly for animals living in the wildlife. They have been found to disrupt marine wildlife and cause devastating consequences for the animals who mistake them for food. By having a reusable bag, you will no longer be contributing to the production of the plastic bags. We recommend finding a bag that is 100% recycled or second hand, as this is the most sustainable option!

5. Using Refill Shops

Find out more about using refill shops on Page 10.



All-Purpose Cleaning Spray

This all purpose cleaning spray not only kills bacteria, but leaves your surfaces smelling great!

All you need:

Spray bottle (any will do, sustainable living is not about aesthetics but ethics)
100ml white vinegar
100ml water

Cost of cleaning spray =
20p/100ml

Instructions

A few drops of essential oil to make it smell nice or alternatively soak some lemon and orange peels in a dark place, in a jar with white vinegar for 2 weeks, strain and mix with equal parts water for lemon/orange infused cleaning spray.

Air Freshener for Your Bathroom/ Bedroom

If you want a natural air freshener that you can place in different rooms, try this one!

All you need:

A small glass jar
Bicarbonate of soda
A few drops of essential oil (Peppermint, lavender or orange oils are particularly nice)
Foil

Cost of air freshener = £1.50

Instructions

Fill the glass jar about a quarter full with bicarbonate of soda. Then Add around 8 drops of your oil. Cover the top of the jar with foil and poke a few holes in it to release the smell. To refresh the scent, give the jar a small shake now and then. That's it!

GAIA CARDS

Gaia is the UK's first sustainable membership card that offers its members discounts at the best sustainable and healthy brands in Dorset and the UK. Launched by Bournemouth University graduates, Gaia is paving the way to make it easier for you to live a more sustainable life and improve our local community at the same time.

We understand that sometimes choosing more ecological products and services often comes at a higher price tag, that's why we are here to make sustainable and healthy living more affordable and accessible to the masses. All our partners are hand-picked and audited to make sure they are reaching the highest levels of sustainability, allowing you to trust that the choices you make truly are benefitting the planet.

As part of your Gaia membership, we plant 5 trees per member per month, as well as providing businesses and consumers the

opportunity to contribute to offsetting their carbon footprint. To date we have planted over 5000 trees both here in the UK and at our international planting site in Madagascar.

From zero-waste stores, vegan-restaurants and locally sourced produce; to up-cycled furniture, compostable packaging and nature-based days out. At Gaia we make it easier for you to make small daily changes to your lifestyle, ditching the need for multinational supermarkets and ordering off amazon.



SHOP LOCALLY



For more information on the local shops and cafes, please visit Bournemouth Council's Rediscover your high streets safely at <https://www.bpcouncil.gov.uk/News/News-Features/COVID-19/Rediscover-your-high-streets->

[safely/Rediscover-your-high-streets-safely.aspx](https://www.bpcouncil.gov.uk/News/News-Features/COVID-19/Rediscover-your-high-streets-safely/Rediscover-your-high-streets-safely.aspx)

Here is a list of local shops that you can use your GAIA Card at to receive discounts on sustainable products, food and more..

PLACES TO EAT

Boscanova - Next to Just1Swap for an ethical Sunday brunch!

Esquires Coffee - The global leader in ethical coffee - Great coffee, delicious food, and amazing service set us apart. Help reforest the globe while drinking Head down to Esquires, we plant a tree with every summer sweetness sold.

Mad Cucumber - A vegan cult favourite in Bournemouth

Mean Bean Coffee Machine - A unique mobile coffee company based in The Arcade Bournemouth, ready to provide your coffee and treat fix every day

Mighty Weiners -Mighty Wieners have been serving up indulgent comfort food & drink that happens to be vegan since 2018. Join us at Wiener Island, our laid-lack eatery with a garden in central Bournemouth. Home to some of the best vegan food in town, carnivore approved.

Naked Cafe - The closest cafe to the University and accommodation

Westbeach - Fancy an ethical drink? We have swapped out all the plastic cups from Westbeach beach bar down Bournemouth Seafront to help combat waste on our beaches, better yet we plant a tree with every sold!

WHERE TO SHOP

Almond & Co - Almond & Co. is Bournemouth's first shop dedicated to reducing shoppers waste and plastic footprint.

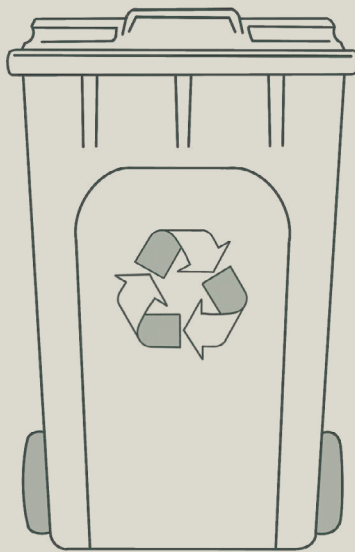
Just1Swap - A refill shop that offers great discounts to students in Boscombe!

Studio ZipCode -Studio Zipcode is a small independent slow fashion brand founded in 2020. We aim to cut down fast fashion consumption with hand made to order products that are fully customizable. All products are made in house using sustainable materials and dyes.

Sunrise Organics - 100% VEGAN health food store in Bournemouth town centre specialising in Organic Vegan Foods, Superfoods, Supplements. Zero waste refills. Ethical, cruelty-free shopping.

Buying fairtrade products wherever possible is so important within your sustainable life!

MINDFUL RECYCLING



Your time at BU will involve times where you must be mindful before recycling. There are a few main categories to look out for when recycling.

Before placing packaging into a recycling bin, it is imperative that you check the packaging symbols to see if they can be recycled. If you do not check the packaging and place it in the incorrect bin,

the recycling process can be heavily impacted and increase the chances of it going into landfill.

Here's a link to what you can and can't recycle in the Bournemouth area, to check your local area just check the council website:

<https://www.dorsetcouncil.gov.uk/bins-recycling-and-litter/what-goes-in-which-bin/which-bin-do-i-use.aspx>

TOP RECYCLING TIPS FOR STUDENTS AND HOW TO REDUCE WASTE

1. If you forgot to bring a reusable bag with you to the shops or needed to buy an extra you can dispose of any plastic bags you have at your local supermarket. You can also dispose of any other soft plastics at these collection points.
2. When shopping try to aim for cardboard packaging over plastic where possible or check that you know where to recycle any plastics you purchase.
3. Why not try bar soaps, shampoos, and face washes? You might find a new favorite product and help the environment at the same time.
4. When recycling foil, brush off the crumbs and scrunch it into a ball, the bigger it is, the easier it is to recycle.
5. Collect up all your crisp packets and take them to your local collection point. Find yours here: <https://www.terracycle.com/en-GB/brigades/crisppacket>
6. Sell or donate any old clothes you don't want. If it's in poor shape and you want to dispose of it you can take it to your local textile recycling centre. Here are all the recycling banks in the Bournemouth area: <https://www.bcpccouncil.gov.uk/Bins-waste-and-recycling/Household-recycling-centres-and-recycling-banks/recycling-banks.aspx>
7. If you're unsure if something can be recycled, check your local council's website and if you're still unsure place it in general waste.



COMMON MISTAKES TO AVOID

1. Trying to recycle dirty kitchen roll and napkins - unfortunately it's contaminated so belongs in your general waste bin.
2. Putting fruit/veg peel in general waste - peel and egg shells are best to put in food waste as they can be composted.
3. Recycling coffee cups - unfortunately due to the thin plastic making the cups waterproof these belong in general waste. However some coffee shops offer recyclable cups or they will recycle them for you so it's worth asking.
4. Collecting your recycling in a plastic bag - if you try to put your recycling out in a plastic bag it either won't be collected or won't be recycled, just empty the loose items into your recycling bin and they'll be collected.
5. Placing electrical products and batteries in the bin - these need to be taken to your local collection point instead as it's not safe to put them in your bin and they can't be disposed of properly.
6. Do rinse all containers and packaging before placing it in the recycling bin as any contaminated items cannot be recycled.
7. Do rip the greasy sections off pizza boxes, rinse out tin cans and empty all bottles. Also you need to remember to take the lid off as well and put that in general waste.



RECYCLING SYMBOLS



1. Sign aiming to remind you to remain a good citizen.



2. Sign which means that a product can be recycled no matter how and where.



3. Products with this label can be composted at home.



4. The Forest Stewardship Council (FSC) sign helps you identify that a wood-based product you purchased (post card, paper) comes from well-managed forests.



5. Sign means that the product manufacturer has financially contributed to the recovery and recycling of that product. Similar to the sign above, however it does not give any information on how to recycle it.



6. Products with this Label can only be composted on the industrial level (e.g. compostable plastic) which makes the recycling process more difficult.



7. Label that signals that your electrical device should not be put in the general waste and should be recycled instead.

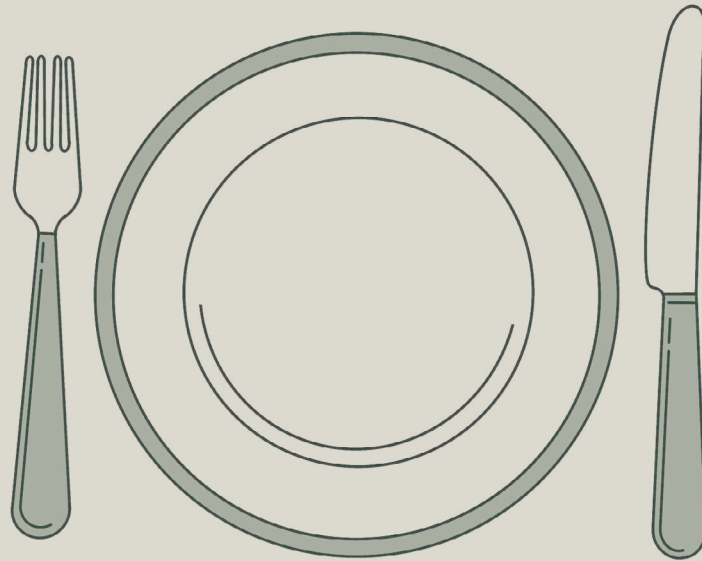


8. Labels that signal that your product is made of recyclable aluminium and steel respectively and can be collected either from a household unit or at a local council.



9. Products with this label should be disposed of using a glass bottle bank or kerbside collection.

PLANT BASED EATING



A plant-based diet is any diet that focuses around foods derived from plant sources. This can include fruit, vegetables, grains, pulses, legumes, nuts and meat substitutes such as soy products.

A plant-based diet can have a significant positive impact on the environment and your health. Research shows that meat and dairy

products are fueling the climate crisis, while plant-based diets—focused on fruits, vegetables, grains, and beans—help protect the planet. They also can be a lot cheaper than meat alternatives and are easy and convenient to make.

We've shared 6 affordable vegan dishes that are quick and easy to prepare perfect for student living.

Porridge – Beginner

Serves 1 | Cost: £0.23 | Prep Time: 5mins



Ingredients

90g of oats
180ml liquid - plant milk/water
Toppings of choice

Instructions

Perfection porridge liquid to oat ratio 2:1. Microwave it, pot it on the hob or shove it in a jar in the fridge the night before for overnight oats. Favourite budget friendly toppings include apple and cinnamon with some syrup, just syrup, and jam.

The Happy Pear Vegan Pancakes – Intermediate

Makes 6 Pancakes | Cost: £0.90 | Prep Time: 25mins

Ingredients

120g plain flour
260ml plant milk
2tbsp ground flax seeds/ground chia seeds
1tsp baking powder
1tsp vanilla extract
Pinch of salt
Toppings of choice such as fresh fruit or jam and honey, or lemon and honey



Instructions

Mix all the ingredients in a bowl and spoon into a pre-oiled and hot pan one pancake at a time. Add toppings!

Bolognese – Intermediate/Advanced

Serves 4 | Cost: £1.68 | Prep Time: 60mins

Ingredients

200g spaghetti pasta
1 jar tinned tomatoes
2 cloves of garlic
1 small white onion
1 cup of other veg
2 veg stock cube + 300ml of water
1tsp mixed herbs
1tsp dried basil
200g Red lentils
Salt and pepper to taste



Instructions

Cook garlic, herbs, and onion in pan with a little oil until soft. Then add half the stock and all the rest of the ingredients. Allow to simmer for 20 minutes then add the rest of the stock and allow to simmer for another 40. The longer you cook bolognese on a low heat the yummiest it is!

Got leftovers? Layer this bolognese sauce with the mac and cheese sauce and some lasagne sheets to make a yummy vegan lasagne. Alternatively, make some mashed potato, spread it over the leftover sauce in an oven proof dish and you have a vegan “shepherds” pie, bake in the oven for 20 minutes.



Mac and “Cheese” – Intermediate

Serves 2 | Cost: £0.95 | Prep Time: 60mins



Ingredients

200g pasta of choice
2tbsp vegan butter/spread
360ml of plant milk
2.5tbsp plain flour
2.5tbsp nutritional yeast*
Salt and pepper to taste

Instructions

Cook pasta. Melt butter in the pan and add everything but the pasta. Use a whisk, or fork, to mix it all together and keep stirring until thick and creamy. Drain pasta, add the sauce and enjoy.
Option to bake it as well with some vegan cheese on top and maybe some mushrooms but completely optional.

Nutritional yeast, also known as nosh, is simply inactive dried yeast flakes. They look a bit like fish food but taste very cheesy so are a great, affordable alternative to vegan cheeses. Nosh is often fortified with B12 which improves health, digestion and reduces stress.

Putting a lid on the pan when cooking will save a lot of energy!

Energy Balls – Intermediate

Makes 15 balls | Cost: £1.84 | Prep Time: 5mins



Instructions

Blend all the ingredients in a high-powered blender or food processor. Then mould into balls and keep in fridge.

Ingredients

200g dates (You can buy dates from the fruit and veg section instead of dried fruit, much cheaper, also from a refill shop)

100g oats

100g peanut butter

2tbsp coconut oil

2tbsp cocoa powder

Bosh Cookies – Beginner/Intermediate

Makes 15 Cookies | Cost: £3.82 | Prep Time: 20mins

Ingredients

250g vegan butter/spread (sunflower not olive!)

225g sugar

2tsp vanilla extract

1tsp baking powder

1tbsp syrup

300g plain flour

85g dark chocolate, dark chocolate drops and/or raisins, (most dark chocolate is vegan) but raisins also work so just play around with what you have!



Instructions

Mix all the ingredients in a bowl.

Mould into walnut sizes balls and place on an oiled baking tray and cook at 180oC for 12 minutes.

Allow to cool and enjoy.





Get involved in the BU-SUBU Sustainability Challenge to see your environmental Ideas become reality. Find out more at: <https://www.subu.org.uk/involved/sustainability/sustainabilitychallenge>

A special THANK YOU to the creators and contributors of this pack:

Megan Leonard
Lucy James
June Bjordal Vorraa
Louise Stripp
Amy Lee
Zuki Yasmin
Evangeline Rowe
Eleanor Wills
Emma Davies