

Magdalene Green Guide 2023



Please contact the following if you have any questions:

Ceri Clarke | chc82 | Green and Charities Officer
Lewis Drummond | lad60 | Green and Charities Officer
Cei Whitehouse | cw663 | Academic Registrar
Rory Gavin | rpg36 | JCR President

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General Bits and Bobs

Enclosed in the following document are some suggestions of ways to decrease your environmental footprint whilst you are in college. It is by no means an exhaustive list and neither do we envisage that everyone will be able to keep up all these sustainable habits all the time. However, they are a good starting point, and we would strongly recommend that everyone tries to do their bit for the local and global environment.

The globe is currently under immense pressure, largely thanks to the actions of humanity and it is up to us to change our habits and reduce our individual impacts. We face climate change, rising sea levels (Cambridgeshire could be underwater by 2050 if things continue the way they are going), a biodiversity crisis and a plastic pollution tidal wave. Although, large, multinational companies are responsible for a significant proportion of this pollution; cumulatively, individual people have the power to create significant change themselves. So let's try and help prevent freshers swimming to their lectures in 30 years time, and work together to make small adjustments for the bigger picture!

This document is intended to be an easy-to-refer-to guide if you are ever questioning anything environment related in college. If you want any other questions answered or would like to see other changes made in college, please feel free

to contact either of us and we will do our best to help you or point you in the right direction

GTF,
Ceri and Lewis

All of the information given here is correct to the best of our knowledge and at the time of writing. We understand that not all individuals are able to adhere to the following suggestions and no judgement is made against them. We hope that this provides a helpful and resourceful document for students to refer to.

Recycling and Bins

In all kitchens and bedrooms, the following should be available:

General Waste Bin **Recycling Bin**

They are emptied every weekday by the wonderful housekeeping team.

Please be respectful of the state these are left in (especially after weekend raves) and ensure they are easy to collect for staff.

We ask that all students take care to separate their rubbish from their recycling. As a general rule across the country, if recycling is contaminated with waste, the entire bag is taken to landfill or burnt so please keep the recycling clean and separate to prevent this happening. This is true of all bins across college so please think of this in the Library, Ramsey, JCR etc!!

What Goes Where?

Black Bin (or the one with black bin bags in the kitchen)

General household **non-recyclable waste**
General household **non-recyclable waste**

No heavy or electrical items

Things that need to go in black bins and not the recycling:

Crisp Packets

Greasy cardboard (like dirty pizza boxes)

Liquids

Foods

Textiles (think before you bin though!)

Recycling Bin (should have clear bags in the kitchen)

- All recycling MUST be clean and dry – wash your food containers please!
- Paper - Including newspapers, magazines, envelopes
- Cardboard - Including boxes, greetings cards and thin card packaging
- Cartons - Like Tetra Pak and juice cartons
- Plastic Bags
- Empty and clean plastic bottles, pots, and trays
- Food and drink tins and cans, including sweet tins
- Empty aerosols – deodorant cans etc
- Wrapping paper (no shiny stuff though)
- Clean tinfoil and foil trays
- Empty and clean glass jars and bottles
- On top of bin lid, not inside:

- Small household batteries e.g., AA, AAA, 9V, button – put inside a small, tied plastic bag and place this loosely on top of the blue bin lid
- Non-metallic plastic packets or wrappers e.g., bread bags, pasta bags

As a quick rule, if you can scrunch a plastic packet and it bounces back to its original shape, it can't be recycled. For example, a crisp packet bounces back (and can't be recycled) but a plastic bottle doesn't (and can be recycled).

Compost

Compost Bins

We are currently working on organising a trial period with housekeeping with the aim of bringing in compost bins long term into student gyps.

This requires lots of planning however so in the meantime the Gardeners have placed a compost bin beside the bike rack in the Village.

You must take your compost waste to these bins, housekeeping will NOT empty them for you.

If you do choose to keep a compost bin please note the following:

- Compost must be emptied regularly as overfilled bins are both a fire hazard and smell awful
- Only compostable food waste can be put in the bin
 - Fruit and Vegetables
 - Coffee grounds
 - Eggshells
 - SOME teabags (if in doubt, most teabags are NOT compostable, pls check the label)
 - NO meat, paper, card or dairy products!!
- DO NOT COMPOST INTO THE GREEN RECYCLING BINS IN YOUR ROOM

Other Recycling

Pens, tipex, markers and highlighters can be taken to Rymans on Sidney Street to be recycled.

MIXED RECYCLING



mixed paper



household metal packaging



cartons



mixed glass bottles & jars



plastic bottles, pots,
tubs, trays, bags & film



cardboard



X Please leave these out:

- bags of rubbish
- polystyrene foam
- clothing
- electrical items

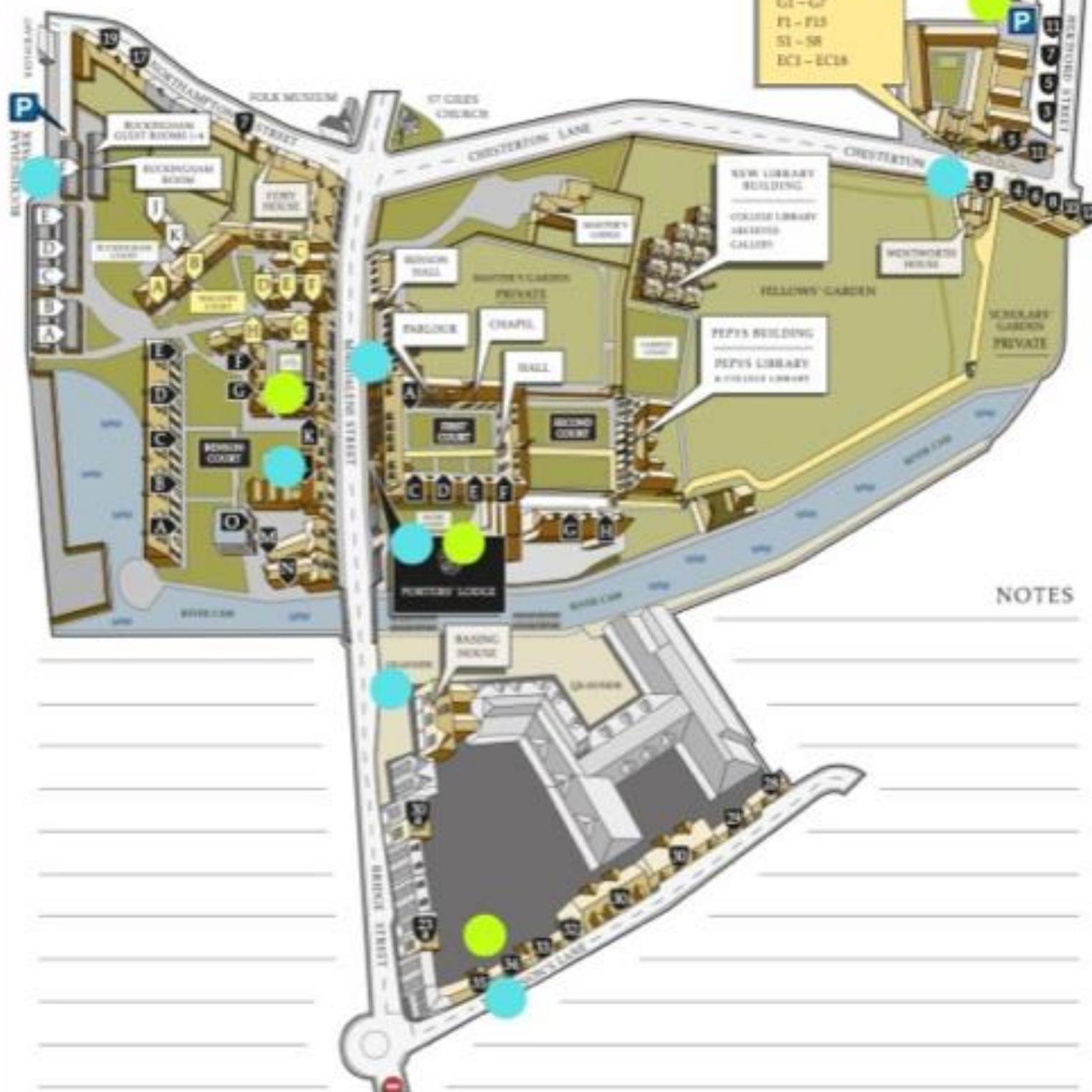
- wood
- food
- batteries



www.cambridge.gov.uk/waste



ACCOMMODATION PLAN



Water Usage

Given that Cambridge is one of the driest cities in the UK and receives all of its water through ground source supply it is important to conserve as much as we can. The city regularly experiences drought in summer, so these changes are especially important during Lent term and throughout Easter.

Ways you can conserve water:

- Report any leaking taps to the Maintenance Department to save water
- Use washing up bowls to clean your dishes instead of leaving the tap running
- Turn the tap off when brushing your teeth
- Keep shower times to a minimum
- Boil only as much water as you need to when making a cup of tea

Cooking and Sustainable Eating Habits

Altering your eating habits can cause a major reduction on your individual carbon footprint. Introducing more vegetarian and vegan meals into your daily routine is a great way to offset the greenhouse gas emissions associated with producing beef, lamb, and pork. Although, beef has been the hot topic in the news in recent years, it is important to note that any change to reduce meat intake however big or small is beneficial. So if you are able to alter your diet even by one meal a week then that is a good start!

Some simple suggestions:

1. Buy fruit and vegetables in season – eat seasonally and locally as much as you can. Check the labels when buying groceries to see where they're coming from and try to choose options with fewer air miles.
Keep an eye out in the newsletter each week for a seasonal meal you can try cooking. The majority will be veggie/vegan but where there is meat suggested it will be characteristic for the time of year. Attached at the bottom of this Green Guide is seasonal fruit and veg calendar if you are looking to plan your meals!

2. Share food to reduce waste.
You might find that buying simple foods like bread, eggs, and some fruit and veg on a rota basis in your flat helps to minimise food waste. Obviously, this requires

some planning and everyone to contribute fairly but it can work well if everyone knows exactly what they are buying and when. Things can be cheaper if you split the cost too.

Alternatively, if you know that you have food that needs eating you could offer it to your flat mates too although please don't hand out anything mouldy. Remember to be careful with eating rice and pasta that has already been cooked too!!

At the end of term, consider donating any unopened, unperishable, in-date food to the foodbank in Sainsburys too to help those most in need.

3. The simplest way to reduce food waste is not to buy too much in the first place. Check the fridge, make a list, don't shop hungry!
4. Eat fewer animal products. Animal agriculture is widely regarded to be very detrimental to the environment. Whilst we are not suggesting everyone immediately go vegan, if everyone cut down a bit on meat and dairy the positive environmental consequences would be significant. So why not try eating vegetarian/ vegan meals a bit more regularly, gradually swapping out animal products for plant-based alternatives – perhaps you could try to eat beef or lamb no more than once a week or try going meat-free at least one day a week. However, do watch out as 'fashionable' items such as avocados, quinoa, and almond milk – frequent in a lot of "plant-based" recipes – are pretty expensive and

these particular ones are environmental disasters themselves.

An article for those interested:

<https://www.bbc.com/future/article/20220429-the-climate-benefits-of-veganism-and-vegetarianism>

5. Remember to take reusable bags/containers to the supermarket. Invest in some “Bags for Life” or cloth bags for your shopping. Taking smaller bags can also be useful – you can use these to hold loose veg/fruit rather than buying pre-packaged groceries. Always consider buying loose vegetables and popping them in your own bag rather than buying pre-packaged vegetables!
6. If you find that you are throwing away some of your food from Ramsay, bring some Tupperware to put your leftovers in and refrigerate them. It should be safe to eat the next day. Alternatively offer your leftovers to a friend.

Clothes

Check out the Magdalene Swap Shop FB page! (@Magd IN/OUT)

Donate/Sell Old Clothes.

There are many charity shops in Cambridge including Oxfam opposite Basing accommodation. These companies are always willing to receive donations.

Feel free to advertise on our college FB page and keep an eye out for clothes swaps happening in college in Easter and Michaelmas terms of 2024 too!

Repairs.

If your clothes have become slightly damaged but still have lots of life in them then try to fix before throwing away. We have a college seamstress who can be found in the basement of Benson D/E. Alternatively there are companies such as the Cambridge alteration company who will be able to provide a similar service too.

Mayballs.

Keep an eye out for Mayball clothes swaps. Not only are these a great way to reduce the price of your clothes for the ball but they allow you will be able to get more life out of your clothes too should you offer your clothes to others.

Swaps.

Exchange clothes with your neighbours. This is especially true for BOPs. Please share fancy dress to reduce the amount of costumes we buy for a single night of partying!!

Lifestyle

Washing Liquid.

Aim to wash your laundry with a biodegradable washing power/liquid if you are able to. Suggestions...

- 'Smol' laundry detergent
- 'Bio' washing powder
- Ecover

Microfibres.

All polyester, acrylic and nylon fabrics shed microfibres when they are worn. These are small fibres of plastic that the clothes are made from

Unfortunately, it can be very hard to avoid them as they are in many sport clothes and fleeces. So what to do?

Studies have suggested the following:

- Hand wash where that's an option
- Use a shorter washing cycle at a lower temperature.
The longer the wash, the more time for microplastics to be released.
- Wash similar textiles together. Fibres can be released as tougher fabrics rub up against softer ones.
- Wash less often. Reduce odour by simply hanging clothes out
- Do full washes rather than half full washes, as less space allows less friction which is helpful here (please don't overload the washing machines though!)
- Use liquid detergent instead of powder

- Make sure you throw out your lint filters in the trash rather than down the sink.
- Wash clothes in a microfibre bag that are designed to catch the frays of fabric
- Try and avoid buying loose-woven fleeces

Travelling to Cambridge

Aim to use public transport whenever you can. (This **is** possible because I do it every term!)

Bus:

National Express

Megabus

Train:

National Rail

Car Share:

Friends in the same area of the country?

Why not travel back and forth to uni together

Plane:

Check whether the company you fly with has carbon mitigating strategies

Energy

It's important to reduce energy usage. Students thankfully don't need to worry about electricity and gas bills in Cambridge, but recklessly burning electricity is not only expensive for college but it is also bad for the environment. Ways to reduce energy usage include:

1. Before increasing the heating consider putting another jumper on or a pair of socks/slippers. Keep doors and curtains closed to keep the heat in and don't block the radiators with furniture. Remember to adjust the thermostat on your radiator rather than open a window if the heating is on and you are too warm. If your radiator does not have a thermostat, please talk to the Maintenance Team.
2. Remember to switch off lights when they are not in use or when leaving a room. Also, if it is light enough outside don't turn them on in the first place.
3. Use laundry machines only when you have a full load. More advice on laundry can be found in the laundry room underneath Benson D. You can also save energy and money by using an airer instead of the tumble drier. Washing at 30°C can save a lot of energy and most laundry products still work at this temperature.

4. When boiling water in a saucepan please use lid, it boils the water quicker and saves energy. When Boiling water in a kettle only boil what you need.
5. If you can change the temperature on your fridge, ensure that it is set to 5°C as this is the most efficient temperatures for fridges to be set at.
6. When appliances are not being used, please turn them off at the plug. If 18,000 students (the size of an average university) all unplugged their phones when they were fully charged enough energy would be saved to power 31 households for a year.

Reusables

Some suggestions:

Metal water bottles

Reusable mugs

Tote bags for shopping

Save left overs in Tupperware boxes not single use bags

Use a compostable phone case

Bring a box to Ramsey

A Rough Idea of the Plan for the Year

Lent

- Green Tea
- Beebombs
- Charity Quiz Night
- Charity supporting BOP

Easter

- Pumpkin and Sunflower Planting
- Clothes Swap
- Plant sale

Michaelmas

- Speaker Event
- Clothes Swap (freshers' week)
- Plant Sale (freshers' week)
- Mental Health Charity Sports Event
- Charity Bake Sale

Seasonal Fruit and Veg List

Overlap between months is because most fruit and veg will have different growing season lengths and these will differ up and down the country too.

January

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, Turnips, White Cabbage.

February

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Purple Sprouting Broccoli, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, White Cabbage.

March

Artichoke, Beetroot, Carrots, Chicory, Leeks, Parsnip, Purple Sprouting Broccoli, Radishes, Rhubarb, Sorrel, Spring Greens, Spring Onions, Watercress

April

Artichoke, Beetroot, Carrots, Chicory, New Potatoes, Kale, Morel Mushrooms, Parsnips, Radishes, Rhubarb, Rocket, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress.

May

Artichoke, Asparagus, Aubergine, Beetroot, Chicory, Chillies, Elderflowers, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Rhubarb, Rocket, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Strawberries, Sweetheart Cabbage, Watercress.

June

Asparagus, Aubergine, Beetroot, Blackcurrants, Broad Beans, Broccoli, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Elderflowers, Gooseberries, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetheart Cabbage, Swiss Chard, Tayberries, Turnips, Watercress.

July

Aubergine, Beetroot, Blackberries, Blackcurrants, Blueberries, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Gooseberries, Greengages, Fennel, French Beans, Garlic, Kohlrabi, Loganberries, New Potatoes, Onions, Peas, Potatoes, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress.

August

Aubergine, Beetroot, Blackberries, Blackcurrants, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Damsons, Fennel, French Beans, Garlic, Greengages, Kohlrabi, Leeks, Lettuce, Loganberries, Mangetout, Marrow, Mushrooms, Parsnips, Peas, Peppers, Potatoes, Plums, Pumpkin, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Watercress, White Cabbage.

September

Aubergine, Beetroot, Blackberries, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celery, Courgettes, Chicory, Chillies, Cucumber, Damsons, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Onions, Parsnips, Pears, Peas, Peppers, Plums, Potatoes, Pumpkin, Radishes, Raspberries, Red Cabbage, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, White Cabbage.

October

Aubergine, Apples, Beetroot, Blackberries, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Chillies, Courgette, Cucumber, Elderberries, Kale, Leeks, Lettuce, Marrow, Onions, Parsnips,

Pears, Peas, Potatoes, Pumpkin, Quince, Radishes, Red Cabbage, Rocket, Runner Beans, Salsify, Savoy Cabbage, Spinach, Spring Greens, Spring Onions, Summer Squash, Swede, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, Winter Squash, White Cabbage.

November

Apples, Beetroot, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Cranberries, Elderberries, Jerusalem Artichokes, Kale, Leeks, Onions, Parsnips, Pears, Potatoes, Pumpkin, Quince, Red Cabbage, Salsify, Savoy Cabbage, Swede, Swiss Chard, Turnips, Watercress, Wild Mushrooms, Winter Squash, White Cabbage.

December

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chestnuts, Chicory, Cranberries, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Potatoes, Pumpkin, Quince, Red Cabbage, Salsify, Savoy Cabbage, Swede, Swiss Chard, Turnips, Watercress, Winter Squash, White Cabbage.

Getting involved

In Cambridge there are a variety of societies that you can join which explore the impact of climate change, so why not go to some of their events. Most of them have Facebook pages so look on there if you are interested. These include Cambridge climate soc, Cambridge zero, Cambridge university one health society and many more.

Cambridge Wide Projects

Cambridge Water: PEBBLE fund
Projects that explore biodiversity in the local environment

Cambridge Conservation Initiative

"The Cambridge Conservation Initiative is a collaborative partnership which brings together the biggest names in international biodiversity conservation with the University of Cambridge. Our mission is to transform the global understanding and conservation of biodiversity to secure a sustainable future for all life on Earth."

On a college level if you have any ideas or problems feel free to contact anyone listed in this guide and we can see what we can do.

Useful contacts

Ceri Clarke | chc82 | Green and Charities Officer
Lewis Drummond | lad60 | Green and Charities Officer
Cei Whitehouse | cw663 | Academic Registrar
Rory Gavin | rpg36 | JCR President

Please use the housekeeping form for any issues with recycling bins and curtain repairs.

Please use maintenance for any issues with heating, lightbulbs, plumbing, or windows.