

Simple actions you can take

Reduce plastic

- Shop at the Zero Waste area – it's part of the Union Shop and sells wholefoods and other eco-friendly products, completely plastic free.

Reuse

- Buy a UCLan keep cup – purchase a re-usable cup from coffee outlets and save 10p each time you use it.
- Sort out and donate – British Heart Foundation banks are available at halls of residences and accept clothing, books, accessories and more.
- Collect free stationery – there are a few stationery stands across campus supplying second hand, good quality files, box files and more.
- Use a re-usable bag - remember to take it with you when shopping.



The Zero Waste area in the Students' Union Shop

Recycle

- Always recycle – there are general waste and recycling facilities on campus for plastic bottles, cans and tins, cardboard, batteries, paper
- Recycle books – use the Better World Books Green Drop Box on Adelphi Street beside the Library. In 2021 the books recycled via this scheme saved the equivalent of 80 trees.

Reduce energy

- If you can, use the stairs - instead of the lift and give yourself some exercise.
- Check that your electrical equipment is switched off when not in use rather than on standby.
- Report energy or water wastage on campus to the Estates Helpdesk by [REDACTED] The Energy Savings Trust advises that reporting a dripping tap can save 5,300 litres of water a year.

Chose sustainable travel

- Check out your travel options, see the discounts available, look at our cycling facilities and use the personal travel planning tool on the [student travel pages of the Student Hub](#).
- If you do cycle, we offer excellent support including free bike maintenance sessions with Dr Bike or regular training where you can learn to look after your bike. See the [student travel pages for more details](#).
- Looking for someone to share a car journey with? Check out our dedicated [student car sharing database](#) in collaboration with Shared Wheels.

Choose sustainable options for food and drink

- Coffee sold at Foster and Harrington is Rainforest Alliance - a standard that focuses on forests, climate, human rights and livelihoods.
- The Good Egg award has been in place since 2013 in recognition of our catering service's commitment to only use free range eggs and egg products. In the UK around 35 million laying hens are kept for egg production and over 50% of these hens are kept in cages.
- All fish used by our catering services is accredited to the Marine Stewardship Council to meet key principles such as sustainable fish stocks and minimising environmental impact.
- Meat-free is a lower carbon option – try the vegan and vegetarian dishes, which are available every day at Foster and Harrington refectories.



Student Hub

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