



Sustainable Community Guide

*Revised
April, 2015*

This is a guide to living sustainably for Concordia University Community members
– on campus and at home.

It was created in collaboration between the [Sustainability Action Fund](#) and [Sustainable Concordia](#). The cumulative effect of all the actions outlined in this guide have the potential to reduce our collective environmental footprint. By becoming a leader in sustainability we can encourage and inspire other individuals and communities to become healthier and resilient. The guide will be updated online on a yearly basis so check back to see how this evolves.

Enjoy!

What does 'sustainability' mean?

Good question! Sustainability is often considered a buzz word, or thought to be related solely to environmental issues. While the environment is and should be a major consideration in creating sustainable communities other issues such as social and economic factors are just as important. The concept of sustainability is often framed as living in ways that do not impede future generations to have a standard of living equal to or better than us. This remains a useful way of describing what we should all be aiming towards but we believe sustainability goes deeper than that and can be described as the process and outcome of achieving social justice, economic equality and environmental health by reducing our ecological footprint. We believe that the actions outlined in this guide can help the Concordia community both as individuals and collectively make decisions that can help us meet this goal.

Why make changes for sustainability?

Stop Climate Change and Fossil Fuel Consumption

The raising of average global land and sea temperatures is one of the most dangerously unsustainable trends in recent history. Changing climate contributes to agricultural failure causing death and illness related to decrease of access to food and spoilage of food, and conflicts aggravated by those conditions. It also contributes to deaths caused by excessive heat, cold, and natural disasters. Climate and fossil-fuel related risks (pollution, air-quality, occupational risks) are estimated to be responsible for 5 million deaths each year. That is a little less than cancer, the leading cause of deaths worldwide, which causes 7.6 million deaths per year.

(policymic.com/articles/21419/climate-change-kills-5-million-people-every-year-here-s-how)

The cities we live in, as a result, are at risk from climate change. Cities contain large populations of people, and often take the form of densely packed urban forms. These factors alone could amplify health risks triggered by climate change. Also at risk are the poor and elderly cohorts in cities whom are increasingly susceptible to temperature and vector-related illnesses. This is further complicated by the threat of sea-level rise upwards of 40% that will effect all cities that are located on coastlines. It is estimated that 200 million people will be displaced by climate change in one form or another.

We can greatly reduce these impacts by stopping unnecessary extraction of fossil fuels and [curbing our over-reliance on them](#). Scientists believe we can reduce our atmospheric carbon levels to a stable level of 350 parts per million by mid-century, but we need to start acting now!

350.org/about/science

Stop exposure to harmful environmental contaminants

Cancers are caused by a combination of environmental and genetic factors - although smoking and diet contribute to the majority of cancers (over 60%), environmental contaminants are thought to contribute to at least 6% of all cancers; that's nearly half a million people out of the 7.5 million diagnosed each year, and possibly more. Scientists are concerned about human exposure to cocktails of chemicals which might not be regulated at appropriate levels due to our lack of understanding of cumulative exposures to small doses

of various chemicals; many are pushing for stricter regulations, based on precaution, and for more labeling of products containing suspected carcinogens (from [How Many Cancers Are Caused by the Environment?](#))

While all socio-economic groups are exposed to this experimental chemical-soup, [low-income groups across the globe are particularly susceptible to harmful chemical exposures.](#)

In North America, low-income and particularly racial or ethnic minorities are more likely to live in areas with toxic sites. (examples: [Toronto](#); [Chester, Delaware](#))

We need to stand in solidarity with those most affected communities globally, stop harmful industrial activities, and demand stricter regulations to protect us all.

Increase Food Security and Sovereignty

[Food security](#) is reached when all people have access, geographically and financially, to the foods needed to meet their required dietary intake. [850 million](#) people are malnourished in the world, and nearly to [3.9 million](#) of them are Canadians (that's the population size of all of Toronto!). There is a lack of independence from food production due to a strong dependence on the industrialized, global food system that governs our world. Corporate monopolies have retained the majority of control over our food system since the industrial revolution, which maximized food production through the use of oil and machinery, and make it impossible for local businesses to compete with the low prices they can offer. But to what costs? The industrial food system had detrimental effects to the [environment, agricultural workers, public health, communities and the economy, and animal welfare.](#) [Food sovereignty](#) is a term that describes the peoples right to define their own food and agriculture systems. Purchasing foods from businesses that [support local food providers](#) (see page 7) is a great way to increase food security and sovereignty. Change can also be brought on through the involvement of the community in creating and growing [Community Supported Agriculture.](#)

Genetically Modified Organisms (GMO) are living organisms that have experienced a genetic modification which involves the mutation, insertion, or deletion of genes. Ever since GMO's have entered the market [in 1996 there has been an increase of pesticides](#) of 25% per year rather than the decreased which was promised.

Pesticides threaten ecological health of the ecosystems we, and other species, depend on. For examples, pesticides were responsible for the death of 25% of the bee colonies in winter [2006-2007](#) which cross-pollination costs are evaluated from 8 to 12 Billion dollars.

Stop Biodiversity Loss

Biodiversity encompasses the variety of life at all levels of organization, from genetic diversity to species, populations, communities and ecosystems, and landscapes and regions. 75% of genetic diversity of agricultural crops has been lost (which is dangerous because it makes food supplies at risk to outbreaks of pests and disease), 75% of the world's fisheries are fully or overexploited, up to 70% of the world's known species are at risk of extinction if the global temperatures rise by more than 3.5°C, and 1/3rd of reef-building corals around the world are threatened with extinction. Biodiversity is increasingly recognized as critical to human life, but many species are more threatened than ever before by urbanization, global deforestation, climate change, over-exploitation of the world's fisheries and marine ecosystems, industrial agricultural expansion and other human activities. Biodiversity provides many benefits to humans. Some of these benefits include: economic benefits (both direct and indirect), aesthetic benefits, scientific and ethical knowledge, and insurance against the future.

At threat of extinction are;

- 1 out of 8 birds
- 1 out of 4 mammals
- 1 out of 4 conifers
- 1 out of 3 amphibians
- 6 out of 7 marine turtles



Water

Water is not only a resource, it is a life source. We all share the responsibility to ensure a healthy, secure and sustainable water supply for our communities, environment, and economy – our quality of life depends on it. Here in Montreal, we are lucky since Canada has 20% of the world's fresh water supply. However, we are also one of the worst cities in Canada in water consumption and water waste!

We should be more vigilant than ever before in curbing water waste and consumption.

Montreal is fortunate in that the island runs a blue-water infrastructure. That is to say: all the water that flows into our homes, our places of employments, and everything in between is treated purified potable water. That not only includes taps, but also; showers, toilets, dishwashers, and any other of household appliance or plumbing that uses or provides water. This is water that is treated, and as a result, has an energy cost invested in it's production. Montreal tap water is well regulated, high quality and ready to use. Tap water is safer, cleaner, cheaper and creates less waste than purchasing bottled water. Here are initiatives and methods in reducing water wastes.



Concordia has committed to go water bottle free including no sales through vending machines on retail outlets. Bottled water is an extremely wasteful product with serious negative ecological and social implications. You can find out some of the facts [here](#).

Ways to reduce your water use on campus:

- Refill your reusable water bottles. Refill stations are installed throughout the SG campus to make it easy for you to fill a reusable bottle. Save money on bottled water and reduce the amount of plastic that you add to the waste/recycling stream!
- Reduce in your lab. There are many ways to reduce water consumption in labs. Could you use tap water for the initial wash and distilled water for the rinse? This will save the energy involved with making distilled water. Could your lab invest in a waterless water bath?
- Report a leak. If you spot a leaky faucet, toilet or fixture in your residence or common areas, report it! Call Concordia's Service center at 514-848-2424 ext. 2400.

Ways to reduce your water use at Home:

- Tighten those taps. Check pipes, taps and toilets for leaks. You can save as much as 50 litres of water a day by fixing a dripping tap.
- Reduce your personal shower time. Stick to the essentials in the shower and save the shaving and teeth-brushing for the sink.
- Use soap wisely. The less soap used, the less chemical burden on our water and the less treatment necessary.
- Avoid flushing expired or unused medication down the toilet or sink to prevent contaminating the water supply. Instead, return them to the pharmacy or take them to a household hazardous waste depot in your municipality.
- Follow this rhyme if its yellow let it mellow if its brown flush it down (but check with your roommates or floor fellows first!)

- Invest in low-flow appliances, such as; low-flush toilets, water efficient dishwasher and washing machines.
- If you keep a jug of water in the fridge, you can get cold water without running the tap.
- Use sand instead of salt on driveways and walkways.
- Storm drains are for rain.

In the city of Montreal, we have a combined sewer system. This means that the storm drains feed into the sewer systems which are then fed into the major conduits that lead to the water treatment facility. During extreme storms, however, the combined sewer system is opened into the river of St. Laurent, and all refuse is drained into the river via large storm drain doors at various locations on the island. Introducing oils, chemicals, paints, and other foreign substances into the combined sewer system places a burden on the water-treatment facility, as well as introduces the risk of infiltrating into the river without treatment during storm surges. Never pour paint, used oil, or chemicals into your sink or wash them into the street or down a drain. If you have usable leftover items, such as motor oil or paint, share them with family or neighbours. If they cannot be used by others, take them to an Eco Station or household hazardous waste round-up where they can be properly recycled or disposed of.



Food

For all of us, our daily movements revolve around food. Our need to eat is one of our most universal and unifying characteristics. However, many of the ways in which we create and process food have negative effects on the environment and for people.

Check out the information below for some of the most prominent issues around food including; production methods, chemical use, GMO's and waste. Also included in this section are some recommendations for good food purchasing at Concordia and around Montreal, educational opportunities on campus and tips on how build a healthy food system.

Industrial Agriculture

Industrial agriculture (IA) is the most widespread type of agriculture. It can be described as the use of oil fueled machinery, genetic technology, global trade and large scale production in farming methods. These methods are widespread in developed nations and are becoming increasingly prevalent worldwide. Most of the meat, dairy, eggs, fruits, and vegetables available in supermarkets are produced using these methods of industrial agriculture. IA is [one of the largest contributing sectors to Greenhouse Gas Emissions](#) and Climate Change globally. It also causes [serious problems related to over-reliance on pesticides, herbicides, and fertilizers](#). Meanwhile, [one third of food is wasted worldwide](#) while [one in eight of the global population remains unable to access enough food](#).

We can work to change our unjust and ecologically harmful food systems by encouraging low-impact local and organic consumption, and by advocating for less waste as well as transitioning to more resilient food systems. The following lists the key actions that one should adapt towards achieving food sustainability.

Buy local, organic, seasonal and environmentally friendly food

Buying local and seasonal food helps support your local community, the local economy, and the environment. You have a better chance of eating healthier food as it is fresh, and there is less need for chemical use (which are often employed to retain shelf life).



Not too long ago, fresh produce was, and for many, still is considered a costly luxury. However, eating locally grown food such as fruits, vegetables, and meat is a viable lifestyle choice, even when on a tight budget. Eating locally in Montreal, when done right, can be cheaper than buying produce from traditional grocery store chains. [Here are some steps you can follow;](#)

Buying Fruits and Vegetables in Season

One of the main ways you can cut spending on fresh fruits and vegetables is by buying them in season. Buying fruits and vegetables in season means buying them during the time of year that they are harvested, and as a result, means that the majority of the produce available in local stores and markets will be from Montreal, or areas around Montreal. This cuts down on the transportation of produce from around the world, making our food habits more sustainable and allowing our cities to become less dependent on the international market. This will also help support local farmers, all while costing you less money for healthier, fresher produce! Here are the fruits and vegetables that grow in Montreal and Quebec:

[Fruits and Vegetables in Season Every Season](#)

[Winter Fruits and Vegetables](#)

[Spring Fruits and Vegetables](#)

[Summer Fruits and Vegetables](#)

[Autumn Fruits and Vegetables](#)

Buying from Montreal' Public Markets

So maybe your local grocers in your neighbourhood do not carry the wide-range of fruits and vegetables you are looking for. Do not worry, for Montreal is home to many public markets across the city, many of which are accessible by public transit! Public markets in Montreal carry a wide range of dairy, meat, poultry, fish, fruits and vegetables, as well as regional delicacies. While this can be more costly than traditional supermarket chains, by buying things in season and, when possible, in bulk, you can still save on what you purchase. This also helps support the local food market as well as those that source them with their various goods. Here is a list of public markets in Montreal:

[List of Public Markets](#)

Concordia University has also been engaging in this upward trends by offering a farmer's market that is run every Wednesday in the "Green Space" (on the second floor mezzanine of the Hall Building), that offers local produce as well as Concordia sourced produce. Swing by and check it out on your way to class!

Joining a CSA/Food Basket Group

Community Supported Agriculture (CSA) is another method in which you can strive to eat healthy, locally, and affordable. The most common method for local Montreal residents to take advantage of CSAs is through the various Food Basket Groups. These are groups that provide baskets at specific times of the week full of locally grown and locally sourced food. Many CSAs/Food basket groups offer organic produce as well as more traditional produce that may have become less renowned over the years! Below are some resources to get started:

[What is an Organic Food Basket?](#)

[Do CSAs Suit my Lifestyle and Tastes?](#)

[What CSAs Deliver Organic Food Baskets?](#)

Food Cooperatives

Food cooperatives are organizations formed by the community to help serve the community. Food cooperatives are part of the food distribution network, acting as outlets for

[Food Cooperatives in Montreal](#)

Kitchen Collectives

One potential way to get more organic food in your diet is by forming or joining a kitchen collective. Kitchen collectives usually consist of four to five people centering around the values of respect, dignity, solidarity, and social justice, a collective kitchen groups their resources together to; plan, buy, and cook a wider variety of meals than they could with the same budget on their own. By pooling time, money, and skills, meals up end costing less per individual!

[Kitchen Collectives](#)

Additional Resources

Here is a list of resourceful maps that can help you find local organic food:

[Sustainable food map](#) created by Concordia students.

[AQPM map](#) of +70 public markets in Québec

[QPGA map](#) for locating Québec produce by region & arrival date

Here is a list of markets for buying local produce:

In Montreal

Local food:

[Concordia City farm's Market](#)

[Mangezquebec](#)

[Farmers Markets in Montreal](#)

[Metro's Harvest Calendar](#)

[Le Frigo Vert](#)

[Lufa farms](#)

[Couffin Bio](#)

Marché Locale

[Concordia Food Coalition](#)

Local Cheese and Wine:

[On the Quebec Cheese Trail](#)

[Metro Cheese](#)

[Quebec Wines](#)

[SAQ products](#)

Vins du Quebec food-wine pairings

The [Concordia greenhouse](#) and the [Concordia City farm](#), both practice organic farming in the production of all of their food. In these systems, the production works with the natural environment and local biodiversity rather than relying on inputs such as synthetic pesticides, fertilizers and antibiotics to grow the harvest. Choosing organic food greatly reduces any negative impacts on your local ecosystems, the climate, and your health.

Third-party certified organic foods produced off campus are also produced without synthetic fertilizers or pesticides and can be identified with a certified organic label.

Eating better, and less meat and dairy

Source Scientific analysis has shown that the production of animal products is a major contributor to climate change, ecological degradation and water contamination. Additionally, most people in Canada and the United States eat far more meat than they need, putting them at increased risk of poor health outcomes. Therefore, vegetarian and vegan options are often more ecologically and socially responsible. The United Nations Food and Agriculture Organization (FAO) has estimated that livestock production is responsible for 18% of greenhouse gases, making it one of the most significant contributors to global warming.

http://www.sustainweb.org/sustainablefood/meat_and_dairy_products_less_is_more/

Try out some of the vegan/vegetarian recipes listed in the following websites:

[Chef Becky's Vegetarian recipes](#)

[Lentil's Vegan Menu](#)

[Recipe resources](#)

Selecting fish only from sustainable sources

Source http://www.sustainweb.org/sustainablefood/plenty_more_fish_in_the_sea/

Almost 90% of the world's fisheries are currently either fully or over-exploited. Other problems associated with fishing are; the bycatch of endangered, threatened or vulnerable species, alongside young fish that have not yet had a chance to breed. Use the [Marine Conservation Society \(MCS\)'s 'fish to avoid' list](#) and [Greenpeace's Red List](#) to prevent purchases from over-fished stocks and badly managed fisheries or fish farms. You can also use the download-able [MCS pocket Good Fish Guide](#) to make more informed decisions.



Support organizations and businesses that sell sustainably caught or farmed fish. In particular look out for wild fish with the [Marine Stewardship Council \(MSC\) logo](#) which shows that the product is certified and comes from well-managed fisheries and not from endangered stocks. [Monterey Bay Aquarium Seafood Watch](#) is another useful resource in making choices concerning healthy oceans and good alternatives.

Choosing Fairtrade and genuine certified products

Sometimes we get so caught up in thinking about the food itself we forget the whole process that is behind it, including those involved in every step of the supply chain (growing, harvesting, sorting, etc). As consumers, we can make decisions about what products we purchase, and the kinds of working conditions we support. By purchasing and supporting Fair Trade products, farmers and producers are ensured a fair pay and the working conditions for farmers and producers are made safer and more equitable. Fair Trade products are made in safe and healthy working conditions, where farmers and producers receive a fair price and have a voice in how their workplace is run.



Fair trade Certification offers you, the consumer, a guarantee that basic international social and environmental standards are met. Fair Trade is a global trade system that ensures producers get a fair price for their goods. Also, check out the [Équiterre Fair Trade Map](#).

In pursuing fair trade products, beware of greenwashing (the act of misleading consumers regarding the environmental practices of a company or the environmental benefits of a product or service). Examples of common terminology used by companies to trick people into believing they are making better environmental choices include; all-natural, recycled, organic, green, sustainable, environmentally-friendly, botanical, pure and clean etc. Instead, focus on seals of approval and government-approved certification. One logo you can trust is the Canadian EcoLogo (image on the left).



Growing our own food

The [Concordia greenhouse](#) and the [Concordia City farm](#), both offer several workshops on how to grow your own food. Like their facebook page in order to receive regular updates.

Aiming to be waste-free

Reduce food waste and packaging waste (see waste section for more)

A lot of natural resources used in packaging like metal (for tins and foil), oil (for plastic) and wood (for paper and cardboard), consumes precious energy and generates huge amounts of waste. Try purchasing products that use as little packaging as possible, and when possible, recycle the materials that are recyclable. Also try bringing your own containers, as most companies are willing to save on their costs of packaging. For more details check the waste section below.

Get involved

Check out places on campus that grow, serve and educate, healthy food and similar spots around Montreal!

At Concordia

Concordia University has a strong and diverse student and community movement dedicated to producing, providing, teaching and learning about healthy, accessible, ethical food. From the [Concordia Greenhouse](#): a collectively run organization seeking to provide an educational space for urban agriculture, to the [Peoples Potato](#): a collective in their 14th year who provide over 400 vegan lunches every day, there is a unique passion and ability to organize around the goals of a healthy food system at Concordia.

Food Initiatives at Concordia

Le Frigo Vert: www.lefrigovert.com

A student-funded, anti-capitalist, collectively-run grocery store that sells; organic bulk, snacks, environmentally-friendly products & 50 cent coffee.

Find them @ 2130 Rue Mackay, Monday to Thursday, 11-7pm

FRIGOVERT

Cafe X: <https://www.facebook.com/cafe.x.montreal>

Affordable tasty snacks, coffee and meals run by students in the Fine Arts buildings.

Find them on the 2nd floor of the Visual Arts Building (1395 René-Lévesque Blvd. O.), Room VA-229, and in the EV Building, Room EV-7.750.

Café X

City-Farm School: <http://www.cityfarmschool.com/>

Founded to facilitate education through hands on experiences and in response to a growing interest in issues on food sovereignty and urban agriculture. Provides an opportunity for students and community to collaborate in learning to grow, market and gain education about food. Check out their summer internship program!

Find them @ Loyola Campus, 7141 Rue Sherbrooke O.

CONCORDIA
city farm
school

Concordia Greenhouse <http://concordiagreenhouseproject.wordpress.com/>

A collectively run organization that provides a safe environment for workshops, film screenings, research projects, community events, and spreading innovative solutions through popular education initiatives.

Find them @ Hall Building - 13th floor,
1455 de Maisonneuve O.

**Concordia Food Coalition** www.concordiafoodcoalition.com

Concordia Food Coalition (CFC) is concerned about the economic, ecological, and social implications of the food system at Concordia University. The CFC brings together students, faculty and staff to promote and facilitate the transition to a more sustainable food system in collaboration with organizations at Concordia and beyond.

Contact them at concordiafoodcoalition@gmail.com

**Mother Hubbards**

A weekly vegan meal from September to early December and January to early April. Mother Hubbard needs help cooking, serving and cleaning every Thursday from 1:00-7:30 PM in Annex Z.

Find them @ Annex Z (first floor), 2090 Mackay, servings on Thursday evenings; \$2.

Peoples Potato www.peoplespotato.com

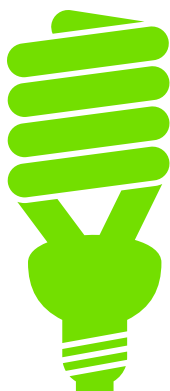
The People's Potato is a vegan soup kitchen at Concordia University. It is a student initiated project that was founded to address student poverty, and is committed to educating people on topics concerning; healthy cooking, food politics, and the broader goals of social and environmental justice. Serves by donation meals Monday to Friday at 12:30, during the fall & winter semesters. The organization also runs a food-bank. When visiting, be sure to bring your own reusable container!

Find them @ 7th floor (H-733), 1455 de Maisonneuve O.

Sustainable Food in Montreal

Tourisme Montreal recently released a map with all the restaurants in the city following [green practices](#). You can further narrow down the options on the map by taste!

Concordia Food System Project has created an online map that showcases sustainable restaurants, retailers, organic farms and more. Check out the fantastic resource [here!](#)



Energy

Energy is a central element to assess the sustainability of physical infrastructures. In Canada, commercial and institutional buildings represent 27% of total greenhouse gas emissions and are major consumers of energy, land and raw materials. Concordia has been recognized as the most energy efficient of the six largest universities in Quebec for the past seven years. Concordia has recently received [LEED](#) certification for PERFORM Center (Loyola Campus) and Molson Building (Sir George William Campus).

Consumption of energy at Concordia is mainly through the use of natural gas for heating purposes and through the use of electricity purchased from Hydro-Québec.

How to Reduce Your Energy Consumption

Get involved in energy on campus

- Turn off the lights when you leave a room, or leave them off entirely if there is enough natural light.
- Use sustainable modes of transportation – such as walking, biking, using public transit or carpooling – to travel to and from campus.
- Reduce and reuse as much as possible. There is embedded energy in every product we use, so the less we use, the less energy we consume.
- Learn more and spread the word.

Reduce your use of phantom power

Phantom power is electricity that is consumed by electronic devices and appliances when they are not being used, but are still plugged in. Appliances such as cell phone chargers, computers and televisions that are left plugged in account for 10 per cent of the average electricity consumption in Canadian homes.

How you can avoid using phantom power:

- Unplug electronic devices when not in use or as soon as they are fully charged.
- Purchase energy efficient electronics (Energy Star logo).
- Use a power bar to plug in multiple devices and turn the power bar off when the appliances are not in use.
- Green your computing practices:
- Adjust the energy-saving settings on your computer and set your standby time to the shortest time that suits your individual needs.
- Dim the monitor and do not use screen savers (not only will this save power, but it will help your laptop battery last longer)
- Limit the number of electronic devices you purchase



Online Resources

- Beating High Energy Costs (missing link!) gives you tips on how to save energy and cut your electrical bill costs. It has information on new products and different energy sources.
- [Treehugger](#) is an informative blog that features an entire section on energy. It updates regularly and has the latest stories on new technology developments, oil companies, policies, etc.

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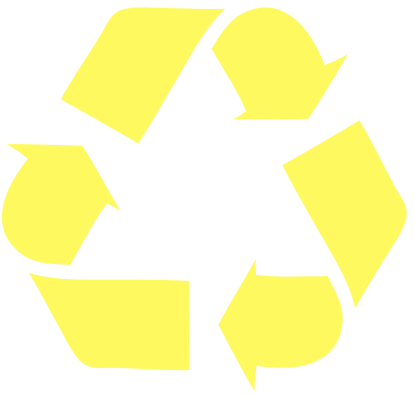
Waste

Transportation

Social Justice

Research & Education

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Waste

Montreal Waste Profile

Montreal sends nearly [7 million tons](#) of waste to landfills per year. The bulk of this solid waste comes from Industrial, Commercial, and Institutional sectors of the city, accounting for 3,275,000 T/yr, 47% of the total waste being sent to landfills. This is followed by 1,974,186 T/yr of residential waste which accounts for an additional 28%. Construction accounts for 1,556,000 T/yr (22%) and water (sludge) waste at 154,370 T/yr (3%).

As citizen's the largest impact we can make are habits that relate to how we consume commercial goods, how we interact in our institutions, as well as how we reduce our waste footprint at home. Here are some methods you can employ to become more sustainable!

How can you Reduce Waste on campus?

R4 should be your waste reduction mantra!
Rethink, Reduce, Reuse, and Recycle, in that order of preference.

Reusable Mugs

Coffee cups make up around 10% of Concordia's landfill waste. Although the cups can now be recycled (the lids are still not recyclable), the impact of using a reusable mug can be much lower.

Plastic mugs have to be used at least 17 times! Otherwise the ecological cost of making the mug will be higher than the impact of using disposable cups.

Get your free reusable mug from the Concordia Students Union or buy one from the Concordia Bookstore. Get discounts when you use your mug at all cafes on campus (between 10 and 50 cents).

Reusable Containers and Bags

If you plan on eating out and taking food to go, bring a reusable container and/or a reusable bag to cut down on unnecessary take-out packaging. Most restaurants around campus will serve your food in your reusable container.

Compost

40% of Concordia's landfilled waste is composed of compostable organics. You can reduce our largest waste impact by throwing your organics in the compost bins on campus!

Paper napkins and paper bags are the most common organic material that can be composted on campus. They can be



composted even when they are stained with oils.

Look for the bins with orange lids for drop-off points!

You can bring your organics from home.

Please don't throw plastic bags in the compost - they'll clog up the composter!

Do not throw BIODEGRADABLE or COMPOSTABLE bags in the compost either!

[What Can be Composted on Campus](#)

[Where to Compost on Campus](#)

Recycle Containers

35% of Concordia's landfilled trash is composed of recyclable containers.

Did you know that Paper Coffee Cups are recyclable at Concordia? But **their lids are not** because they are plastic number 6!

[What containers can be Recycled on Campus](#)

Recycle Paper

Concordia recycled over 220 tonnes of paper in 2012-2013. That saved over 4,000 trees! But we still trashed over 40 tonnes paper that year. Already new initiatives have begun around the university, such as the reusing of exam booklets, the reuse of single sided printed paper, and many more! We can still do better!

[What paper materials can be Recycled on Campus.](#)

Support Low-waste Restaurants and Cafes

Here's an incomplete list to get you started!

[Green Panther:](#)

- Offers leftover food from past days at reduced price in mason jars.
- Mason jars can be returned for 1\$ deposit that is added to the purchase price.
- Most take-out items are compostable.
- Composts food waste

[Burritoville](#)

- Composts food
- Offers only compostable take-out items.



FRIGOVERT

Frigo Vert (co-op grocery):

- Discounts for using reusable bags
- Discounts for using reusable coffee mug
- Compost their own organic waste

Cafe X (2nd floor VA and 7th floor EV):

- Compostable coffee cups
- Large discount for using reusable mug
- Compost their own organic waste

Café X

Participants in Concordia's compost program:

Java U (Hall Bldg), Tim Hortons (LB Bldg), Starbucks (Hall Bldg), Jugo Juice (EV Bldg),

All cafes in campus buildings offer discounts for reusable mugs!

Off Campus

Compost at Home

Composting at home is a major way to reduce our environmental footprint on the environment. Montreal is fortunate to have a strong recycling network that picks up recyclables on the curb side. However, the average green garbage can in Quebec still contains close to 58% organic material that could have been composted. Here are ways you can help divert over half of the waste we send to landfills each year in household waste!

Source: <http://blogue.cascades.com/2013/10/01/comment-reduire-dechets-maison/>

Compost Montreal offers collection of organic wastes for a fee: <http://www.compostmontreal.com/>

Bring your organics to Concordia: If you live near Concordia, you can bring your organics in from home and drop them off at one of the many compost bins at [SGW](#), and [Loyola](#) campuses.

Outdoor Composting: If you have a backyard or access to one, you can set up and maintain your own outdoor composter. Its [extremely easy to do](#) and only requires a 15 minutes of work once per week (unless you want to get compost fast, in which case you can spend a few minutes each day mixing the compost).

Your local [Eco-Quartier](#) might sell outdoor compost bins at a low price. You can also find them at most home/garden/renovation stores. Alternatively, you can [build your own composter](#).

HERE THE COMPOSITION OF A WASTE BIN IN QUEBEC*



58% of materials are compostable and should be in the brown bin
25% of the materials are recyclable and should be in the green bin

*Source: Recyc-Québec

Find a public compost bin near you using this handy [compost map of Quebec](#). If you have a compost bin in your backyard that you'd like to share, add yours to the map!

Vermicomposting (Indoor Composting with worms): You can also buy worms and a bin (or make your own) as an indoor composting option. Workshops are sometimes offered at the Concordia Greenhouse. Check out this [vermicomposting guide!](#) You can buy worms on craigslist!

Recycle Containers and Paper

Find out what is and isn't recyclable in your municipality. [Here is the list for Downtown Montreal.](#)

Recycle E-waste

You can bring your e-waste and other hazardous waste items for recycling at Concordia or to your nearest [Eco Center](#).

[Here's a list](#) of what can be brought to Concordia and where you can find drop-off bins. Look for the new E-waste bins in corridors in the main buildings. The first one has been set up at the 2nd floor mezzanine of the Hall building.

Buy USED!

Always make time to check [montreal.craigslist.com](#) and [montreal.kijiji.ca](#) for the things you want to buy! You can find electronics, music instruments, furniture...pretty much anything!

Or try Ebay for anything and Amazon.com for used books,, although shipping things is not as ecological as buying locally.

[Used Clothing Stores](#)

[Used Furniture Stores](#)

[Used Bookstores](#)

Participate in the Sharing Economy!

Use the CSU's swapshop (on the 7th floor of the Hall building) to drop off any unwanted items and to see if they have anything you need.

Share your belongings with friends! Or with strangers! Post what you have and don't use on [freecycle.org](#) or [craigslist](#). Or support up-and-coming sharing sites like [Yerdle.com](#) or [Snapgoods.com](#)



Transportation

Transportation is one of the top 5 contributing sectors to global greenhouse gas emissions (along with energy supply for heat and electricity, industry, forestry, and agriculture). By moving away from fossil-fuel based transport, global greenhouse gas emissions could be cut down by 13%. Choose a walkable and bike-able lifestyle and use public transportation for longer distances or in adverse weather instead of driving.

Bike

Cycling is the most efficient and enjoyable way to get to the University and around Montreal. In fact, a Concordian on a bicycle will burn three times less energy than their two-legged counterpart covering the same distance, and will of course emit far less greenhouse gases than a car! With more and more cycling lanes being developed around the city, cycling is becoming the quickest way of traveling, especially during rush hour.

Getting started

Plan your route: There are many great bike paths and trails in Montreal - one leading directly to the SGW campus along De Maisonneuve Boulevard. Check out [pedalMONTREAL](#) for an interactive map of all bike paths, trails and streets designed for bicycles (plus all *bixi* stations!) in Montreal.

Know the rules: When sharing the road with motorists, always obey traffic laws and never ride on sidewalks or against traffic. Helmets are not mandatory in Montreal but are highly encouraged. Police enforce [regulations](#) in Montreal and will hand out tickets.

Be safe: Make eye contact with other road users to make sure you are seen! Wear a helmet. Use bike lights at night and reflective gear or tape.

Adapt to the weather: Don't let rain or snow slow you down! It is possible to enjoy cycling all year round, barring the occasional snowstorm.

Keep your bike in shape: There are [several community bicycle workshops](#) which you can bring your bike to for tune-ups, repairs; some of them even let you build your own bike.

Freshen up!: Showers are available at both the EV and Loyola gym facilities. Access to the showers is free if you're an allégo [Secure Bike Parking Facility](#) member.

Lock your bike: The best type of lock is a U-lock, but even they won't stop the determined thief. Inexpensive bikes are less likely to be targeted. When locking your bike on campus, use campus bike racks; they are monitored by security and are in well trafficked areas. Use multiple locks. Never use only a cable lock. Don't leave your bike in one location for too long. Lock as much of your bike as possible and lock the rear wheel. [See this website](#) for best practices with locking.

Code your bike: The Police Station engraves your bike so that you may easily identify it in the event of theft. Bring a driver's licence, health insurance card, or another piece of government picture ID when you take your bicycle to be engraved.

[Police for SGW Campus.](#)
[Police for Loyola Campus.](#)



Bike & Ride



BICYCLES WELCOME

Metro and Bus

You can bring your bike on the métro, using the following guidelines. [Visit the STM website](#) for more information.

Commuter Trains

You can bring your bike on-board all 5 commuter trains, but only during non-rush-hour trains. Consult [the schedule](#) to find out which trains permit bikes.

Concordia Bike Resources

[Allego Concordia](#) is a working group of Sustainable Concordia that aims to reduce the number of single occupancy vehicle trips to and from the university by giving commuters the information and opportunity to make more sustainable transportation choices.



The Right to Move is a cooperatively run, not-for-profit, do-it-yourself bike workshop located directly [behind the Mezzanine of the Hall building](#). Learn how to repair your bike, build your bike, and attend workshops! Consult the [Right to Move website](#) for more information.

Montreal is home to North America's largest bike-share program. BIXI allows credit-card holders to rent bikes for limited times and offers stations for picking up and dropping off bikes throughout the central area of the island.



Although the program has been popular and successfully expanding, it is controversial for its requirement of credit-card use and for its sponsor, multinational mining corporation Rio Tinto Alcan, who has a history of [human rights abuses](#). Visit [BIXI's website](#) for more info on the program.

Public Transportation

Montreal has one of the better public transportation networks in North America - bus, metro and train link the University to the rest of the metropolitan area, Laval, the West Island and the North and South shores. Commuters can park and ride at many locations, or take their bikes with them at certain times of day (See the Bicycle section above for details).

Public transit is safe, easy, affordable, and environmentally friendly. It also allows you to spend your commuting time doing something constructive, like reading a book, doing homework, or catching up on sleep. It's easy to plan your journey using [Google Maps](#) or the [STM's trip calculator](#).

Regular use of public transit in and around Montreal requires an OPUS card, which makes the purchase and use of your transit pass easier. If you have any questions concerning the new OPUS card, please visit [their website](#).

Students between the ages of 12 and 25 are eligible for the student price for [monthly passes](#) (45\$ instead of the regular fare of 77\$).

Know two different transit routes for your most travelled destinations (e.g. one by bus and one by metro) - this second route will come in handy if service on your preferred route is temporarily interrupted.

Car sharing



[Communauto](#) is Montreal's car sharing service. The membership program gives you access to a fleet of cars that you can reserve for different periods of time. You pay for the reservation period and the distance you travel. [390 communauto stations are available in the city](#).

Ride sharing

Lot's of drivers are looking to offer free space in their vehicles on their daily commutes and in their long-distance trips.

You can check out [Allego's Rideshare board](#) to offer or ask for a rideshare to and from Concordia.

You can also check out [Craigslist](#) and [Kijiji](#) for long-distance rideshares.



Social Justice

What is Social Justice?

Social justice is justice in the terms of the distribution of wealth, opportunities, and privileges within a society. It is generally used to refer to a set of institutions which enable people to lead a fulfilling life and be active contributors to their community, and often have goals in line with human development. These topics can include anything from education, health care, social-security, labour rights, to broader topics such as the fair distribution of wealth, equality or opportunity!

Learn about the Issues & Get Involved

[Cinema Politica Concordia](#): Weekly documentary screenings on social justice, environmental, and cultural issues throughout the Fall and Winter semesters, Mondays at 7pm at the DB Clarke Theatre.

[QPIRG](#): Quebec Public Interest Research Group (QPIRG) “works to raise awareness and support grassroots activism around diverse social justice and environmental issues.”

[Engineers Without Borders Concordia](#): “Engineers Without Borders is a non-profit organization, supported by professional engineers, students, and volunteers in Canada and abroad. Working primarily in rural Africa, we believe that the next generation of Africans should have the opportunity to improve their own lives, and we realize that there are areas where we can help.”

[Center for Gender Advocacy](#): The 2110 Mackay Center for Gender Advocacy provides services and resources, supports campaigns and provides programming around issues of gender advocacy and sexual health.

[Climate Justice Montreal](#): “We are a group pursuing environmental and climate justice through education, mobilization and collective action in solidarity with directly affected communities.”

[Montreal Institute for Genocide and Human Right Studies](#) (MIGS): A Concordia based organization that aims to educate and help advocate for human rights. They offer many; events, workshops, projects, books, papers, and courses related to the subject.

[Simone de Beauvoir Institute \(SdBI\)](#): A college of Concordia University dedicated to studying feminism and the question of social justice. Every year they offer [exciting courses](#), [multiple activities](#), as well as offers majors and minors in women’s studies!

[Concordia Volunteer Abroad Program \(CVAP\)](#): A non profit organization located in Montreal, Canada, and Gulu, Uganda. Dedicated to social just, and community empowerment through education and volunteerism.

[Sustainable Action Fund \(SAF\)](#): A non profit student fee levee group that helps support, develop, and fund projects related to sustainability and social justice.

Take classes!

Concordia offers many courses that deal with social justice issues within programs such as Human Geography, Political Science, Women’s Studies, and School of Community and Public Affairs. (ARE THESE ACCESSIBLE TO ALL?)

Learn the basic terms and issues!

Environmental Racism

(from [Green is not the only color](#))

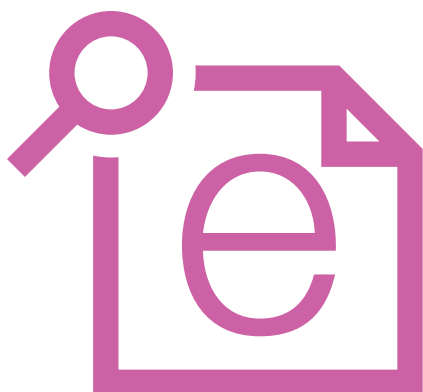
ALTHOUGH IT'S SELDOM ACKNOWLEDGED in mainstream discourse, environmental racism is a reality in Canada. Wealthier, predominantly white communities are protected by the state and dominate and control the environmental movement, whereas communities of colour, First Nations, immigrant and low-income communities bear disproportionate environmental burdens. These communities face racial discrimination in environmental policy-making and the enforcement of regulations and laws; they are deliberately targeted for toxic waste facilities, have the life-threatening presence of poisons and pollutants officially sanctioned in their communities, and have historically been excluded from meaningful participation and leadership in the environmental movement.

Organizing against environmental racism, the anti-racist environmental justice movement believes that all people are entitled to a healthy environment and the right to develop, implement and enforce environmental justice challenges policies. The concept of environment to integrate issues of race and class by learning from and supporting the struggles of communities of colour, First Nations, immigrant and low-income communities. Anti-racist environmental justice recognize the social, economic and political dimensions of environmental issues—and creates a new agenda for change.

Becoming an Ally and definitions:

<http://syc-cjs.org/anti-oppression>

http://www.uml.edu/docs/Glossary_tcm18-55041.pdf



Research & Education

As institutions of higher learning, universities are uniquely positioned to influence and prepare future generations for the challenges they will face. A recent survey by the Princeton review highlighted that students are increasingly looking for programs that provide them with sustainability knowledge to prepare them for the real world. The most efficient way to promote this knowledge, and to ensure that it is spread as widely as possible, is to include it directly in the courses and embed sustainability as a core element of our education.

Courses with high sustainability content at Concordia

BIOL 205

Introduction to Sustainability

This course begins with an introduction to the science of ecology and to the concept of sustainability as an ecological principle. The concept of sustainability is then broadened to include humans, as students are introduced to ethics, economics, and resource management from an ecocentric point of view. Students are encouraged to think critically about current environmental problems and to take action on an individual project.

LOYC 220

The Contemporary World

From a variety of perspectives, including historical, environmental, economic, and cultural, this course examines major issues facing the world today. These issues may include international trade and the economy, the regulation of garbage and pollution, the decline in cultural variability, the spread and control of disease, and the effects of mass communication. This course is intended to develop an appreciation of a global view of the challenges that the world is likely to face in the next few decades.

POLI 394

Globalization and Sustainable Development

This course is an introduction to the emerging field of global environmental politics. It surveys the present environmental crisis and the roles of states, international organizations, and civil society. Various case studies dealing with oceans, forests, fisheries, biodiversity, global warming, and others are used to illustrate the inherent complexity of transnational ecological issues in the era of globalization.

PHIL 236

Environmental Ethics

This course examines recent developments in ethical theories as they are applied to questions of environmental practices. Topics discussed may include the moral significance of nonhuman nature, duties to respond to climate change, economics and sustainable environmental protection, and environmental justice.

ECON 491

Advanced Environmental Economics

This course provides a survey, from the perspective of economics, of public issues regarding the use of environmental resources, ecosystems and the management of environmental quality. The course covers both conceptual and methodological topics with recent and current applications. It begins with an introduction to the theory and methods of environmental and natural resource economics and concepts of sustainable development. Then the emphasis is shifted to the optimal use of natural resources, both non-renewable resources (mineral and energy) and renewable resources, and the valuation of environmental resources. In the last part of the course, we examine national and international environmental policy issues, including intergenerational equity and environmental ethics.

ECON 391

Economics of the Environment

The subject of this course is environmental quality. It proceeds through an analysis of the relationships among the natural environment, economics, and institutions. The objective is to depict the problem of environmental quality as an economic problem whose solution demands major changes in economic, political, and legal institutions. Attention is also given to policies of collective environmental actions in which the effective management of common property resources is discussed. The course concludes with a discussion of some broader issues, such as the consistency of improved environmental quality with continued economic and population growth.

GEOG 204

Global Environmental Issues

This course examines a number of global environmental issues from an interdisciplinary perspective. The complex interactions and interdependencies among the biophysical, socio-economic, political, and cultural aspects of global environmental change are explored in relation to issues such as global warming, desertification, deforestation, declining biodiversity, and acid rain.

GEOG 301

The Sustainable University Campus

With the campus as the laboratory, this course explores and contributes to building a more sustainable campus community. It is designed to support Concordia's commitment to sustainability while providing students with an applied learning experience. Students gain experience in planning and implementing interdisciplinary research projects using a variety of qualitative and quantitative techniques. They learn about participatory action research, the application of sustainability concepts in a living and learning organization, and work in teams to develop creative and actionable projects that contribute to moving the University in a more sustainable direction. The course integrates theory and practice. The Concordia Campus Sustainability Assessment as well as recent literature and case studies from the sustainability assessment and reporting fields form the theoretical foundations of the course. The course uses lectures, guest speakers, workshops, and project work as learning tools

COMM 299S

Sustainable Management

This course focuses on understanding the new emerging business environment and creating and implementing ecologically, socially, and economically sustainable organizations in carbon-constrained economies. In the course students examine sustainable organizational vision, strategies, products, and processes for achieving long-term prosperity.

MANA 369

Business and Sustainability

This course explores how changing perceptions around environmental and social issues influence current business practices. In doing so, we discuss the impact these influences have on business and how adept firms can gain competitive advantage through embracing these issues and integrating them into their core strategies. Though environmental and social issues have gained prominence in recent years and have even spawned conversations around concepts – e.g., sustainability, sustainable strategy, sustainable development - many firms are still ill-equipped to successfully address these issues in their own actions. Thus, this

course focuses on developing your understanding of the opportunities here, what you can do to develop more sustainably aware action into your personal and professional lives, and how firms can profitably integrate environmental and social issues into their own strategies and actions.

Sustainability Groups on Campus

Sustainable Concordia

Sustainable Concordia is based on the understanding that problem-solving is most fruitful and effective when students, staff and faculty work together, using a multi-stakeholder approach. Sustainable Concordia is a nexus that engages students, staff, faculty, and administrators to work together in non-hierarchical, consensus based decision-making processes to address issues of sustainable development on campus.

Sustainability Action Fund

As youth and global citizens, Concordia University students are striving to ensure that our common future will be a prosperous one. We seek to better our ecological and social support systems by allocating resources to sustainable development at Concordia, with the aspiration of our actions in Montreal resounding globally. The Sustainability Action Fund is funded by a 25-cent per-credit undergraduate student fee levy, and a \$1.25 per term graduate student fee levy. It totals approximately \$200,000 per year. This money goes to support sustainable infrastructure, student-driven projects, and to inspire a culture of sustainability at Concordia.

David O'Brien Centre for Sustainable Enterprise

The David O'Brien Centre for Sustainable Enterprise (DOCSE) focuses its efforts on guiding organizations toward holistic sustainable strategies that are rooted in innovation and enterprise development. The Centre is committed to, advancing scholarly research endeavors, creating world-class teaching and learning opportunities and developing community outreach initiatives. You can contact them

John Molson Sustainable Business Group

The mission of John Molson Sustainable Business Group (JSG) is to provide students at the John Molson School of Business (JMSB) with the resources to effectively and professionally incorporate sustainability in their pursuit of becoming ecologically aware, socially just, and economically responsible business leaders. JSG is unique in its approach of combining business students from the undergraduate and graduate levels as its executive board. The array of sustainability resources offered by JSG include, amongst others, company tours, speaker series, collaboration with case competitions, and of course its annual Sustainable Business Conference.

Loyola College for Diversity and Sustainability

Loyola College for Diversity and Sustainability is an interdisciplinary college at Concordia University, and home of the Loyola Sustainability Research Centre. Our students delve into some of the most complex and challenging issues facing humankind in the 21st Century, examining their area of study from global, multicultural perspectives. Our courses may be taken either as stand-alone electives, or as part of our offered Minors. With just three LOYC courses, a student is granted membership to the College.

Loyola Sustainability Research Centre

The Loyola Sustainability Research Centre (LSRC) integrates the scholarly study of science, policy, and values in the pursuit of environmental and community sustainability. Since its creation in late 2012, the Centre's thematic focus has been on two of the biggest challenges of our time; biodiversity conservation, and climate change mitigation and adaptation. The Centre is based at the Loyola College for Diversity and Sustainability at Concordia University's Loyola Campus.

Water, Energy and Sustainability Institute

The Concordia Institute for Water, Energy and Sustainable Systems (CIWESS) trains students to be at the forefront of sustainable development practices. It promotes research into new systems, technologies and solutions for water, energy and resource conservation.

