

# ST JOHN'S GREEN GUIDE

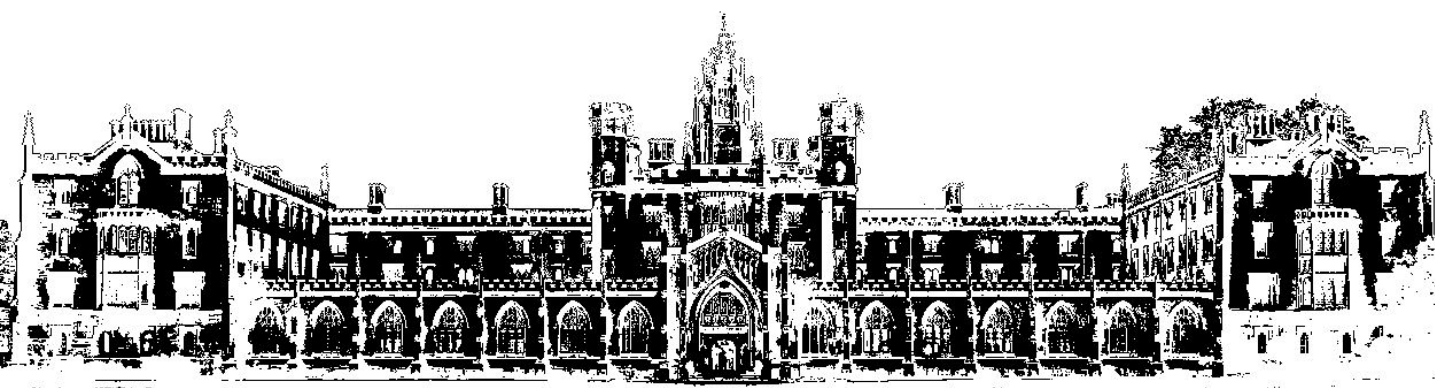
CURATED BY MARGHERITA BATTISTARA & TOM WHITE

Environmental issues are rising on the agenda, affecting our individual and collective lives. St John's College is committed to helping tackle these issues, which will require drastic actions, and much future work.

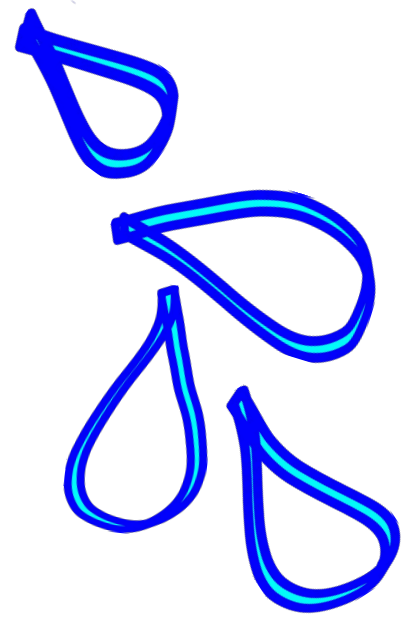
The College's [manifesto for change](#) has been launched by Heather Hancock, Master of St John's, and will be embedded in every aspect of life at our Colleges.

College has committed to [several initiatives](#), which include measures to reduce energy consumption and emissions of CO<sub>2</sub>, improve recycling, and reduce water consumption.

In this booklet, we provide information on several topics, ranging from biodiversity and water consumption to the fashion industry and travelling. We have outlined what College is doing to reduce its impact on the environment, and what you as an individual can do to help tackle the environmental crisis.



# ENERGY AND WATER CONSUMPTION



Three billion litres of water a day are lost through leakage, equivalent to that used by over 20 million people. Our increasing need for electricity is having ruinous effects on the environment.

Luckily, there is increase pressure to switch towards green energy production and increase efficiency.

## What's going on in College?

- 80% of hostels and furnished lets are fitted with Smart Meters.
- Guidance issued to residents regarding effective and efficient use of radiators and washing machines - doing your washing at 30°C will make your clothes last longer too!
- Plans to switch to lower carbon forms of heating such as air source heat pumps (ASHPs) being discussed.
- Rain water is collected for the SBR Garden in Madingley road.

## What can you do?

- Lower the thermostat when you are sleeping and turn it off when you are away in winter.
- Fix dripping taps - if you live in college report it to the Maintenance department.
- Turn lights off when leaving your room.
- Purchase energy-efficient products and switch to a green energy supplier.
- Unplug electronics when not in use to reduce "vampire loads". 🧑🏻
- Switch off your monitor and/or turn down the luminosity of your laptop when running an analysis or when not in use.
- Only fill the kettle with the required amount of water before boiling.

If you wanna know more:

### Websites

[watersworthsaving.org.uk](https://watersworthsaving.org.uk) more tips to reduce water waste

### Documentaries

[Brave Blue World](#)  
[The Salt of the Earth](#)  
[There's Something in the Water](#)

# BIODIVERSITY



Up to [1 million species are estimated to be at risk of extinction](#). The decline is caused mainly by land use change and overexploitation driven by the quest for economic growth. Yet the loss in services provided by ecosystems - such as clean water and air - are estimated to be worth [trillions of dollars!](#)

**Conservation activities can have positive effects** and our efforts have [averted many extinctions](#) - e.g. the Guam Rail, the Hawaiian Crow and the Scimitar Horned Oryx.

## What's going on in College?

- [The Dasgupta Review](#) - Led by John's Fellow Sir Partha Dasgupta, this influential review calls for changes in how we "think, act and measure success" of our economies - recognising "our economies are embedded within nature, not external to it".
- John's gardens provide a [refuge](#) for wildlife within the city. Dr Joana Meier has captured some [great videos](#) of badgers and foxes on the college site.
- College has signed up to be a [hedgehog friendly campus](#), and is investigating how to develop a wetland nature reserve near the Playing Fields, and make the Bin Brook near Cripp's friendlier for wildlife.

## What can you do?

- Get out and about - Apps such as [iNaturalist](#), [Merlin](#) and [Warblr](#) can help identify what you see.
- Think about the impact of your purchases on wildlife and how you can reduce it (e.g. [RSPO](#) certified, [Rainforest Alliance](#)).
- Give to charities promoting wildlife protection and conservation.
- Attend and watch events such as [Earth Optimism](#), which happened here in Cambridge. There are also [bi-weekly talks](#) offered by the Cambridge Conservation Initiative.

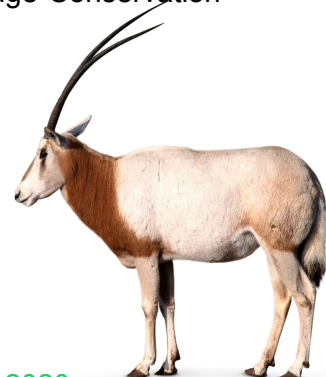
If you wanna know more:

### Resources

[IPBES summary](#)  
[Actions can make a difference](#)  
[Conservation Optimism Podcasts](#)

### Fun facts

[The Top 15 new species discoveries of 2020](#)  
[Ever seen a Greater Sage Grouse dance?](#)  
[Parachuting Beavers in the 1940s?](#)



# FOOD



Your food can be responsible for a large proportion of your carbon emissions, and be linked to high use of pesticides, deforestation, overfishing and eutrophication of waterways.

CLICK [HERE](#) FOR A GREAT OVERVIEW OF THE ENVIRONMENTAL IMPACTS OF FOOD

Carefully choosing what we eat can positively impact our environmental footprint. We first need to **understand the environmental footprints of different foods**, and then act to minimise our impact.



- ❑ **Change what we eat away from highly impactful foods** - 83% of the carbon emissions from EU diets can be attributed to dairy, meat and eggs (particularly beef and lamb). However, it's complex. Some plants can also be highly impactful (e.g. coffee and cacao are linked to emissions from deforestation, cashews requires large amounts of land for low yields, almonds use high levels of water in areas where water is scarce).



- ❑ **Reduce food waste** - If you buy food, don't waste it. Food waste is responsible for 6% of global GHG emissions.
- ❑ **Switch to sustainably produced produce** - However we can't reduce our impact completely. So when we do indulge, let's try and minimize its impact. For example grass-fed beef has a lower GHG and land use footprint than cattle raised on grain or soy. We can also choose certified produce (e.g. RSPO certified palm oil, Rainforest Alliance certified coffee, MSC certified seafood).



- ❑ **Choose local where we can** - The bulk of impact from food normally comes from its production and not from transport. However there are exceptions. Avoid air-freighted wherever possible, and where you can support local farmers and growers.

## What's going on in College?

College has identified that approximately 12% of their environmental footprint comes from food. Of this, 40% is from beef and lamb.

### Waste



- 1) Student and staff kitchens all have food waste caddies.
- 2) In the main college kitchens, food waste is reduced to an absolute minimum. That which does exist is recycled for composting.
- 3) Cooking oil from the College is collected and recycled to become Biofuel – saving CO2 the equivalent of taking almost 70 cars off the road each year.
- 4) All Coffee grounds are recycled and turned into soil enricher.
- 5) College are members of [WRAP](#) - an initiative to measure and reduce food waste.

### Supporting Sustainable Production

- 1) Most fish purchased is [MSC certified](#) or equivalent.
- 2) College is a signatory of the [Fish Cities Pledge](#), and Cambridge was the seventh city in the UK to achieve this.
- 3) All meat is locally sourced, and most is grass fed. All UK purchases are [Red Tractor](#) certified.
- 4) Milk is sourced from the Cotswolds.
- 5) Fruit and veg are mostly local and seasonal wherever possible.
- 6) All coffee, tea, sugar and chocolate is sourced from Rainforest Alliance sources.

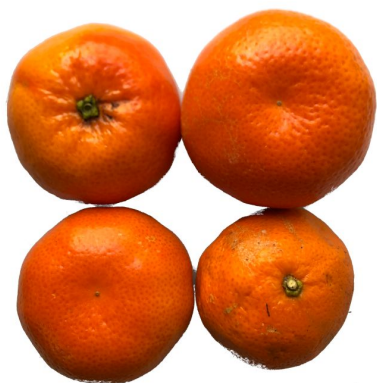


### Promoting Healthy and Sustainable Diets

- 1) The vegetarian option is listed first on Fellows' and Buttery menus.
- 2) The new Buttery (2022) will feature greater varieties of vegetarian and vegan options, while chefs have been on vegan cooking courses.
- 3) A project is in progress to add the carbon footprint of each buttery menu item to the menu, as well as to add details about the origin and seasonality of the main ingredients.
- 4) The Buttery doesn't serve meat on Mondays and is deliberately reducing the quantities of ruminant meat served.
- 5) In 2013, college came second in the National Vitality sourcing awards for providing healthy, balanced meals.



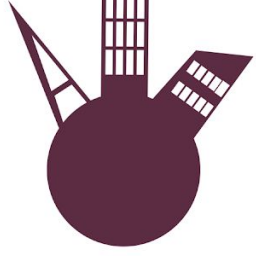




- Consider the [Planetary Health diet](#).
  - Choose and cook vegetarian/vegan options more often, and minimise consumption of damaging foods.
  - Choose sustainable options (e.g. [MSC Good Fish guide](#), grass-fed beef).
  - Grow your own veggies! Contact the SBR Environmental Officer to get your own plot in Madingley road.
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- Cambridge has an [amazing array of local, sustainable food shops](#). Here are some you could consider below:
    - Supermarkets / No Waste Shops
      - [Harvest](#) in Mill road
      - [Radmore Farm Shop](#) off Jesus Green
      - [Full Circle](#) on Norfolk St
    - Market stalls (local / sustainable)
      - [Cambridge Cheese company](#) (near Johns!)
      - [Mill Road Butchers](#) on Mill Road
      - [The Cambridge Fishmonger](#)
      - Local fruit & veg stalls at Cambridge market.
  - Eat out sustainably
    - Cambridge has loads of restaurants/take-aways with fantastic [vegan options](#), and some specific vegan eateries (e.g. Doppleganger, Vegan Vice, Thrive Cambridge Cafe, Stem & Glory).
  - Get milk and veggies delivered at home
    - [Plumbs' Diary](#) glass milk bottles, local cheese and even bird feeder.
    - [Cambridge Organic Food Company](#) keen on local organic products.
    - [ODDBOX](#) fight food waste while decreasing your expenditures.



# FINANCE AND BANKING



Ever thought about the environmental impact of your bank?

Between 2015-19, the world's largest banks have invested over [\\$2.7 trillion USD into fossil fuels](#).

In 2019, the [world's largest banks invested the equivalent of Canada's GDP](#) in sectors causing biodiversity loss.

There is movement in the sector towards greener, ethical investment with at least [\\$30.7 trillion USD held in sustainable or green investments globally](#). Many banks are now setting commitments to reduce their environmental impacts, and specialist [green banks](#) are growing in number.

## What is College doing about this?

- Since 2013, the College has completely [divested from direct investments](#) in the fossil fuel industry.
- In 2020, the university outlined a [plan](#) to “divest from all direct and indirect investments in fossil fuels by 2030 as part of the University’s plan to cut its greenhouse gas emissions to zero by 2038”. St John’s has also made the same commitment for the College’s indirect investments.

## What can you do?

- Look up the commitments and impacts of the organisations you bank with. Is there a bank that may have a lesser impact?
- [Bank ethically!](#)
- When thinking about pensions or investments in future, consider [ESG funds](#) and [impact investing/positive investments](#).
- Get involved with [campaigns](#) promoting positive investment.

If you wanna know more:

### Articles

[Overview of ethical banking](#)

[A letter](#) from Mark Carney (Bank of England) and Francois Villeroy de Galhau (Banque de France) calling for the greening of the financial system

### Websites

[makemymoneymatter.co.uk](http://makemymoneymatter.co.uk)

[www.ethicalconsumer.org](http://www.ethicalconsumer.org)



Michelangelo Pistoletto, *Venere degli stracci*, 1967

# GARMENTS

Did you know it can take up to 2700 litres of water to produce a [single cotton T-shirt](#)?

Nasty dyes, reckless consumption of resources and the [devil wearing Prada](#) makes the fashion industry an inelegant [threat](#) to the Environment<sup>1</sup>.

## What can you do?

- ❖ Try not to go for the cheapest brands - better quality makes for clothes that last longer. Also check out how to better take care of your items when washing them [here](#).
- ❖ There are a lot of companies working towards decreasing their environmental impact - such as [these](#).
- ❖ *Recycle, Reuse, Reduce!* Sewing makes for a fun activity. Plus a vintage look is always on point - Cambridge has an amazing array of charity shops at the Grafton just waiting for you. When you are absolutely done with those mustard corduroy trousers, make somebody else warm and happy by donating them! Plenty of ways in [Cambridge](#) to do so, including British Heart Foundation bins in Cripps.

If you wanna know more:

<b>Documentaries</b>	<i>The True Cost</i>	what cheap clothes mean for the environment
	<i>RiverBlue</i>	how the fashion industry is polluting our rivers
	<i>The Next Black</i>	what does the future of sustainable fashion look like

**Articles**      [The environmental costs of fast fashion](#) The Independent 2018

**Websites**      [Greenpeace Detox campaign](#)  
[WWF Better Cotton initiative](#)

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<sup>1</sup>Past the green issues, several fashion industry giants have more than once been involved in scandals regarding unfair workers conditions. Luckily sustainability and fair trade like each other, but try to keep such an important issue in mind when shopping!



# TRAVELLING

Tourism can negatively impact local communities and ecosystems, for example through over-exploitation of natural resources or disturbance of wildlife. Travelling can also massively increase your carbon footprint.

Sustainable tourism can help protect natural and cultural heritage, and there is movement within the industry towards greener and healthier tourism. The University of Cambridge is developing a new policy for sustainable travelling.

## What can you do?

- Sticking local can massively reduce your carbon footprint - if you're in Cambridge, the U.K. has some great natural and cultural sites to see. Or you can get to mainland Europe in a few hours by train!
- Avoid high season and get off the tourist trail to relieve pressure from over crowded destinations.
- Bring your own water bottle and avoid single-use plastic
- Choose sustainable travel means.
- Carbon offset your flight<sup>1</sup>.
- Support a social enterprise and community-based tourism.
- Cycle or walk rather than using a taxi or car whenever possible.
- Consider e-scooters or e-cycles (such as the Voi ones in Cambridge).

If you wanna know more:

**Websites** [Calculate and offset your Emissions](#)  
[Go Climate positive!](#)  
[WWF sustainable tourism in the Alps](#)  
[Future of tourism International Coalition](#)

**Articles** [A green guide to go on holiday](#)



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<sup>1</sup>We understand carbon offsetting is a contentious issue, yet we believe donating to an organisation engaged in reputable emissions reduction or removals projects is better than doing nothing at all.



# HOME CLEANING AND PERSONAL CARE PRODUCTS

The way we clean & care can [affect our planet](#) - through water and air pollution, and unsustainable waste. Toxic chemicals can act as [endocrine disruptors](#), causing detrimental effects on our bodies and aquatic ecosystems. Plus packaging and transport can boost their carbon footprint.

## What is College doing about this?

- After the University of Leeds, St John's was the [second HE institution in the UK to use plant based cleaning products in the kitchens](#).
- Trial of recycled toilet rolls, while paper towels are sourced sustainably, within a long-term plan to install more efficient hand-dryers.
- All cleaning cloths are colour coded by area of use and are washed daily rather than disposed of.

## What can you do?

There are tons of solutions - find what works best for you! Here some examples:

- |   |   |
|---|---|
| ★ <a href="#">A range of laundry products</a> | ★ <a href="#">Drop used makeup containers at the Superdrug in Sidney Street</a> |
| ★ <a href="#">Make at home cleaners</a>       | ★ <a href="#">Reusable Bamboo Cotton Pads</a>                                   |
| ★ <a href="#">Sustainable Period Products</a> | ★ <a href="#">Concentrated natural toothpaste</a>                               |
| ★ <a href="#">Eco-friendly shaving</a>        | ★ <a href="#">Concentrated sachets to refill old bottles</a>                    |
| ★ <a href="#">Natural deodorant</a>           | ★ <a href="#">Zero waste eco bar sets</a>                                       |
| ★ <a href="#">Shampoo bars</a>                |   |

If you wanna know more:

**Articles**      [30 ways to green your home in lockdown](#)

**Websites**      WOMEN'S ENVIRONMENTAL NETWORK initiatives on [toxic chemicals](#)  
[www.peacewiththewild.co.uk](http://www.peacewiththewild.co.uk) green items for literally anything

# WASTE

On average, a person in the U.K. produces roughly the weight of [four adult giant pandas in waste every year](#).

The [UK government strategy](#) aims to eliminate avoidable waste of all kinds (including plastic waste) by 2050. While new laws are passing around the world to tackle [programmed obsolescence](#), innovative ideas are revolutionizing [packaging](#).



## What's going on in College?

St John's has [consistently met the recycling target of 75%](#) in the past few years.

- Yellow bins for Vegware takeaway containers from the Buttery have been installed in Cripps and Forecourt. Global warming impact of bio-based containers wasting away in landfill is [significantly higher if compared to plastic ones](#) → **please only put the containers in the yellow bins so that waste doesn't become contaminated!**
- New food waste, recycling and landfill bins have been placed around the site in wooden structures near A New Court and E Chapel Court.
- Put broken or unwanted electrical equipment in the WEEE bin behind the Maintenance department near the end of Cripps Lane - accept all items which either have a plug or take batteries, as well as batteries.
- Recycle clothing and household goods in the BHF bin in the Cripps bin area.

## What can you do?

We should all aim to reduce our waste, even if we think putting it in the recycling bin solves the problem ([cause it does not](#)).

[These are the main steps to consider:](#)

1. purchasing items with reduced packaging
2. re-use items at all opportunities
3. recycle unwanted waste

If you wanna know more:

### Podcasts

[Costing the Earth](#), on the issues of the UK landfill system  
[Dare To Repair](#) - can we fix the future?

### Documentaries

[Plastic China](#), on the world's biggest plastic waste importer  
[Tomorrow](#), on creative solutions to curb waste and tackle other environmental crises

# WHAT GOES IN WHICH BIN?

## **Blue bins** recyclable materials

- Paper, including newspapers, magazines, greetings cards, and envelopes
- Cardboard
- Cartons, such as Tetra Pak
- Plastic bags, bottles, pots, and trays – apart from black plastic, which cannot currently be recycled
- Food and drink tins and cans, including sweet tins
- Empty aerosols
- Wrapping paper (no metallic plastic)
- Tinfoil and foil trays
- Glass jars and bottles
- Batteries, including laptop or phone batteries – attach them to the bin lid in a clear plastic bag

Do not put these in your **blue** bin:

- Food
- Liquids
- Nappies
- Clothes, textiles or shoes (take to charity shops or clothing banks)
- Expanded polystyrene or Styrofoam
- Foam and sponge
- Non-packaging plastic, including toys and bowls
- Flat glass or mirrors
- Pyrex
- Kitchen paper and tissues
- Dirty packaging
- Paint tins

## **Black bins** non-recyclable and non-compostable materials

- General household non-recyclable and non-compostable material waste
- Disposable nappies should be put in the black bin
- Used paper tissues

Do not put these in your **black** bin:

- Empty or full paint tins
- Rubble
- Bricks
- Soil
- Very heavy items
- Electrical items

## **Green bins** food and garden waste

- Garden waste, such as grass cuttings and leaves
- Untreated wood
- Straw and sawdust
- Food waste, including meat, fish dairy, and peelings

Do not put these in your **green** bin:

- Any plastic
- Plastic bags or sacks, including 'biodegradable' or compostable bags
- Cat or dog waste
- Soil, stones or turf
- Treated wood
- Rubble



