

The Little Green Handbook

the power is now in our hands





Contents

Introduction	3
Be a More Sustainable Traveller	4
What Is Energy Savvy?	6
Save Energy at Home	8
We've Bin Busy	10
Working on Waste Together	14
Food and Nutrition	15
Sustainable Communities	16
Get Involved and Become a Green Influencer	17



A stylized illustration of a white wind turbine on a green hill. The sky is light blue with two white clouds. The turbine has three blades and a tall tower. The hill is a solid green color at the bottom of the page.

Introduction

Welcome to City of Glasgow College, Scotland's largest technical and professional skills college. Here at City, we care about the environment, we think big, and we live green. It is our ambition to inspire you to join us on our environmental journey. We aim to teach our students and staff that little changes to day-to-day life, can make a big difference.

It is no secret that global warming is having catastrophic effects on the environment. It is easy to feel helpless and hopeless in a time of such despair - but we want to focus on the positive things that are happening here at the college and the things you can do to help.

It is our hope that you will find inspiration in the Little Green Handbook to help you make positive changes to live a more sustainable lifestyle.

The Little Green Handbook highlights what the College does to reduce its carbon emissions and aims to offer you hints and tips that you can use to be more environmentally friendly.

Be a More Sustainable Traveller

Getting around Glasgow couldn't be easier, there is a fantastic transport infrastructure in place which includes bus, train and subway services that provide quick access in and around the city.

The best way to be a sustainable traveller is to minimize the negative impact your travels have on the environment. As modes of transport go, they don't come much 'greener' than walking and wheeling* or cycling these are classed as active travel methods. The only resource required to get from A to B is your own energy.

Travelling on foot or wheels doesn't create any carbon emissions, so this is a sustainable and green way to make a journey. Each mile you walk rather than drive saves 276g of carbon dioxide (CO₂).

*Term used for wheelchair users

Prioritising Sustainable Transport



In the UK, 55% of transport emissions come from cars, which negatively impacts our air quality. Driving petrol/diesel vehicles, releases gases such as carbon dioxide (CO₂) and nitrogen oxide (NO_x), which are seriously harmful to the environment when released in large volumes. Reducing your dependency on this type of travel mode can make a big difference to the environment – and to your wallet! For example, swapping just one quarter of car journeys with active travel options can save the average driver £379 a year in fuel costs.

Half of our daily journeys are less than two miles, meaning lots of unnecessary excess pollution is sent into the air for journeys which could in theory be done by walking and wheeling or by cycling. Switching short



car trips for a daily walk or cycle has other benefits, it'll keep you physically and mentally fit too!

Glasgow has ambitious plans to be carbon neutral by 2030, introducing a low emission zone and finalising active travel and transport strategies that aim to reduce car use and support a shift to sustainable modes.



Here at the college, there are a wide range of active travel resources at both our campuses, click here to find out more.

Staff Travel benefits:

First Bus Commuter Club

Staff cycling resource

Student cycling resource

No Bike, No Problem!

See the College's **cycling facilities page** for more information.

The college currently owns 10 push bikes and 4 e-bikes that staff and students can hire.

Contact the Soft Services Manager for more information:

Being Energy Savvy

Being energy savvy is about cutting your energy use while still enjoying a good quality of life. Let's explore that in more detail:

Being environmentally friendly and energy efficient go hand in hand as the more energy we use, the more carbon emissions we release into the atmosphere, which is the main cause of climate change. Learning to be energy efficient will cut down your carbon footprint, save you money and create a better world for future generations.

What is a carbon footprint?

Good question! Put simply, it is a way of measuring our impact on global warming because of the way we live our daily lives. Carbon dioxide and other greenhouse gases trap heat from the sun, which make our planet warm enough to live on – so it's not all bad. It's just that right now, we are all emitting too much carbon, which is causing global warming.

The average UK person's carbon footprint weighs in at 5.8 tonnes per year. That's enough to melt over 17 square meters of ice-covered Arctic Sea. The more carbon we are responsible for individually, the bigger our collective carbon footprint.

CLICK HERE, To look at ways in which you can reduce your own carbon footprint





What does the College do to reduce its carbon footprint?

As Scotland's largest College, we have reduced our carbon emissions by 33% in the last five years. Our college is committed to achieving net zero by 2040 through the implementation of our Sustainability Strategy. Our state-of-the-art smart buildings have many modern features including:

Automatic Lights

A PIR motion sensor (PIR stands for "pyroelectric, or passive, infrared") is a device that detects movement and heat. This means that the lights in our classrooms and meeting rooms will switch off automatically after 10 minutes if no movement is detected. It is still best practice to switch the light off after your class/meeting as some of the sensors can pick up movement from outside the classroom/meeting (especially if the door and walls are made from glass) and switch the lights back on.

Automatic Windows

Our Campuses are fitted with CO2 and thermostat wall sensors and you will notice that our upper level windows will open and close automatically to ensure our buildings are well ventilated and stay at the correct temperature. The lower windows can be opened manually and there is also an automatic window override switch (next to the light switch) in case you wish to close or open the windows yourself.

Self-Closing Taps and Showers

Self-Closing Taps/Showers automatically shut off after a set time saving us money on our water bills and reducing water waste.

Solar Photovoltaic Panels/ Solar Thermal

The College uses two types of Solar panels. Photovoltaic panels are used for converting sunlight into electricity, Solar thermal panels are used for converting the sun's heat for heating water. These panels are installed on the roofs at both Campuses.

Rainwater Harvesting System

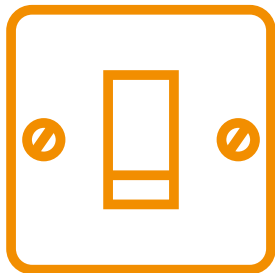
A Rainwater Harvesting System collects rain water from the roofs, which is filtered and used to flush toilets reducing our demand for mains water.

Biofuel

Biofuel is a renewable alternative to fossil fuels and is sourced from oil-rich plants. In addition to vegetable oil, biofuel can also be made from waste oils.



Save Energy at Home



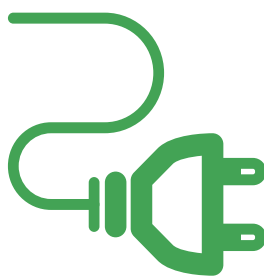
Turn off the Lights

Every time you leave the room switch off the lights, which will naturally save energy and your pocket.



Unplug charger

Turn all power sockets off when not in use. Unplugging your devices will save you money and maintain the battery life.



Switch to LED Lighting

If LED lights are used, the bill for lighting could be lowered by about 80%, cutting the total bill to about half of what it normally would be. LED light bulbs consume so much less energy than incandescent bulbs, and do not have the added hazard of toxic mercury that is contained in CFL lamps.



Switch off

Leaving your TV on standby means it's still using energy. UK households waste an average of £30 a year powering appliances when they are not in use.

Save money

With utility costs rising on average 54% from 1 April, Students will be hit hard. Turning your thermostat down by 1 degrees C will save you 10% on your utility bills. Warming your home to a temperature of 19 degrees C is sufficient and will save you money!



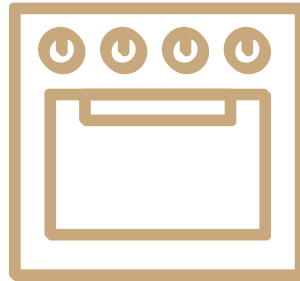


Boil water in the kettle for cooking

It is quicker and uses less energy than heating up a full pan on the hob. So not only will you save money, but you will also have dinner on the table sooner.

Only boil what you need

When making a hot beverage only boil the amount of water you need.

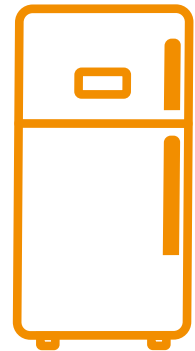


Keep your oven closed

Opening the door when food's cooking lets heat out and uses more energy. It slows down cooking too – so use the window to see how your food is doing.

Defrost your fridge and freezer

It allows more storage, greater air circulation, that means more even freezing. It also reduces electricity use.



Cook with a moderate flame

If the flame is licking up the sides of the pan, you are wasting gas and money.



Cut your energy use, and shrink your bill – but not your clothes

Use the economy setting on your washing machine to save water and energy.

Air-dry your laundry inside/outside instead of using an energy-hungry tumble dryer. Don't dry clothes on radiators. It just makes your boiler work harder.

We've Bin Busy

We are a hugely consumer-driven society, and recycling converts the things we throw away into new items, making sure that none of the energy and raw materials used to make these items goes to waste. It also prevents the air and ground from being polluted, and the release of harmful greenhouse gases that results from dumping waste onto landfill sites.

But recycling does much more than this. You might think that dutifully putting your plastic bottles and aluminium cans in the recycling bin doesn't make that much of a difference, but take it from us, it really does.

Why is recycling important?

Recycling preserves precious natural resources

By recycling, we preserve the planet's natural resources which, in the face of population growth and growing demand, won't last forever.

It saves energy

Recycling materials uses less energy than extracting, processing, and transporting raw materials to make new products.

It causes far less harm to the environment and animals than extracting raw materials

Think about how raw materials are usually extracted, and what harm these activities might do to the earth. Mining, quarrying, logging, and fracking all cause harm to the planet by causing air and water pollution. These activities can also destroy precious animal habitats.

It reduces the amount of waste that is sent to landfill

When waste sits rotting away on landfill, it leaks toxins into the groundwater and soil, and gives off greenhouse gases like methane as it decomposes, which contributes to global warming.

While you are on college grounds, help us reduce the amount of waste that goes to landfill by ensuring you use the appropriate recycling bins. There are three types of bins on campus – mixed recycling, food waste and general waste. These can be identified by posters on the side and writing on the top.



DRY MIXED RECYCLING

1. EMPTY 2. RINSE 3. SORT
PLEASE DON'T CONTAMINATE RECYCLATES



Aluminium cans,
washed tins and foils



Washed plastic bottles
including milk bottles,
plastic food containers



Flatpack & corrugated
cardboard, polythene
and cling film



Envelopes, newspapers
& magazines



REMEMBER!

NO LIQUIDS

NO FOOD

NO COFFEE CUPS

CITY OF GLASGOW
COLLEGE

recycle for Scotland

FOOD RECYCLING

Food waste will
be collected daily.
Biodegradable liners
must be used.

- Vegetable Peeling
- Fruit & Vegetables
- Meat Scraps
- Meat/Chicken
- Uneaten Meals
- Coffee Grinds
- Tea Bags/Leaves
- Pastry
- Bones
- Egg Shells
- Bread/Rolls/Buns
- Rice
- Biscuits



GLASS RECYCLING

WHAT GOES IN THE GLASS BIN?

ALL GLASS

(Clear & coloured,
including broken glass)

NO BAGS

**REMEMBER
TO EMPTY
AND RINSE!**



GENERAL WASTE

Please recycle as much of the material you
have to minimise General Waste

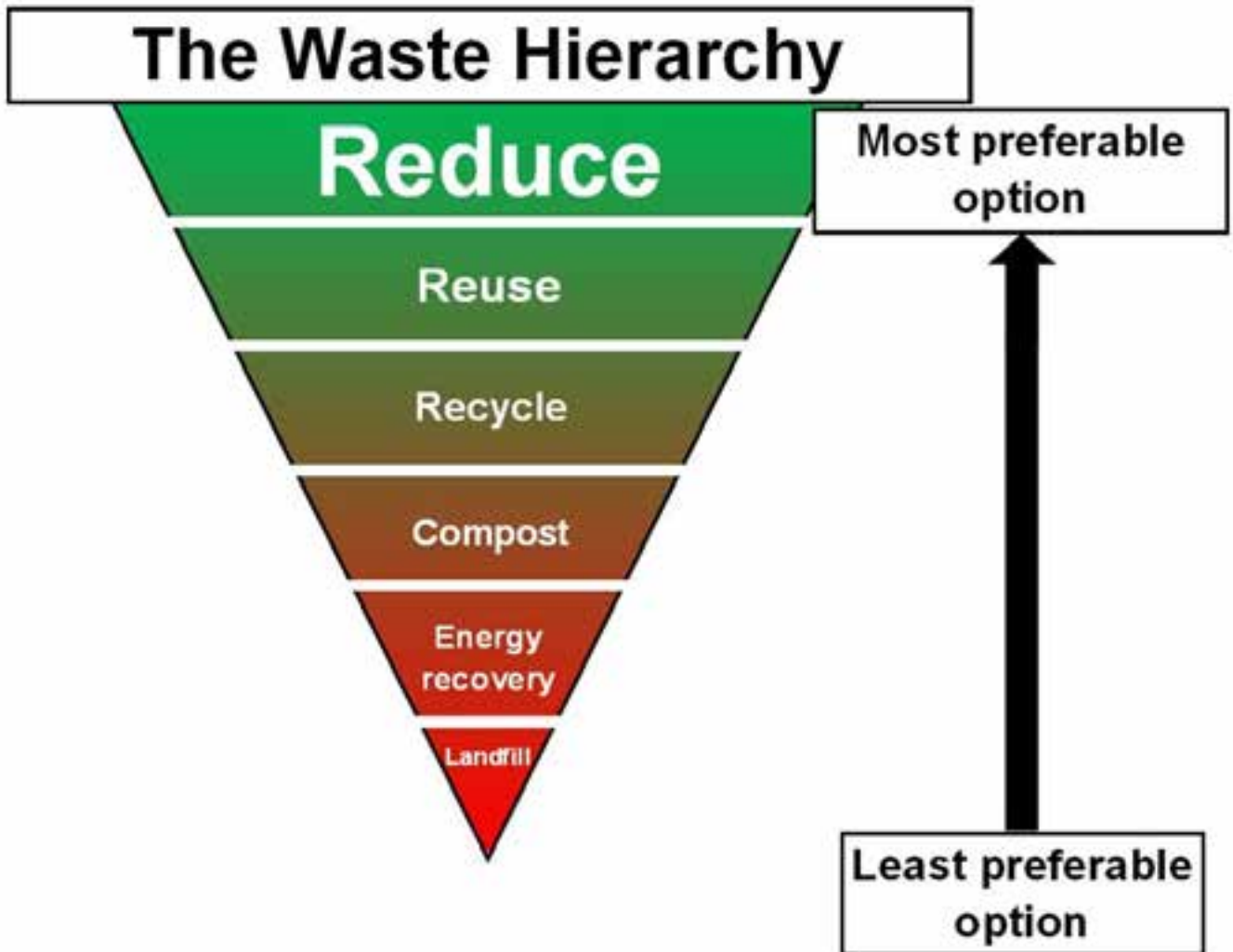


- Crisps and sweet wrappers
- Cigarette butts and floor sweepings
- Old cloths and mop heads
- String
- Coffee cups
- Soiled, dirty food containers
- Contaminated packaging
- Tetrapack cartons
- Black bags
- Polystyrene
- Paper hand towels and napkins

We've Bin Busy (cont.)

TYPE OF LID	DESCRIPTION	LOCATION
	<p>Dry Mixed Recycling (Dark Green Lid)</p>	<p>All Areas</p>
	<p>Food Waste Recycling (Bright Green Lid)</p>	<p>Food Outlets</p>
	<p>Paper Recycling (Blue Lid)</p>	<p>All Printing Areas</p>
	<p>Confidential Paper Recycling (Lockable Blue Lid)</p>	<p>Staff Printing Areas</p>
	<p>Glass Recycling (Green Lid)</p>	<p>Staff Pantries</p>
	<p>Food Waste Recycling (Green Food Caddy)</p>	<p>Staff Pantries</p>
	<p>Food Waste Recycling (Green Food Caddy)</p>	<p>All Areas</p>

Consider the waste hierarchy before making a purchase.
The following diagram will assist in making the correct decision:



City of Glasgow College sends zero waste to landfill.

Working on Waste Together

Living sustainably plays an important part in protecting and conserving resources. In our throwaway society too many products end up in landfill, this pollutes the environment and creates a need for more and more new resources to make products. The idea of Cradle to Cradle (C2C) is to break this cycle and replace it with an environmentally friendly and sustainable alternative, referred to as a circular economy.

Here at City, we are proud to follow these principles. All food products that you place in our food waste bins, are transferred into our in-house Rocket (composter). This creates compost, which is used in our City and Riverside gardens to produce fruit and vegetables which are then used in our college kitchens.

It is therefore very important when recycling food waste on campus, not to contaminate the bin by putting other objects such as plastics or packaging in the food waste bin. Food waste is a serious issue that will only get worse if not properly addressed. While there are no simple solutions, implementing circularity seems to be the most promising one so far. So, try to make some changes — remember, a little goes a long way.



Food and Nutrition

If everyone in the UK swapped just one more red meat-based meal to a plant-based meal per week, we would cut the UK's greenhouse gas emissions by 50 million tonnes. This reduction is the equivalent of taking 16 million cars off the road - resulting in up to an 8.4 percent reduction in the UK's total greenhouse gas emissions.

Maintaining a healthy diet can sometimes be challenging. Having a stable diet improves concentration and can keep your immune system in check. Going meatless one day a week is just one of the tiny everyday changes you can make to help the environment. Swapping meat for nutrient-rich plant foods like fruits, veggies, beans, and nuts increases the "overall nutrients, vitamins, minerals, fibre, and phytochemicals in your diet.

When it comes to saving money at the supermarket, shopping lists are key, making a weekly meal plan and writing out all the ingredients you need will massively cut the cost of

your shopping bills and prevent you buying things you don't need. Shopping later in the day will help you find reduced priced food, which can be frozen and used at a later date. The secret is to avoid food wastage by never buying more than you can use.

There are many apps that students and staff can use to access end of day food for free or at a vastly reduced prices, these include Olio and Too Good to Go. If you find yourself in a situation where you do not have the funds to purchase food, there are many foodbanks in the Glasgow area who can provide food free of charge. [Click here for more information about local foodbanks.](#)

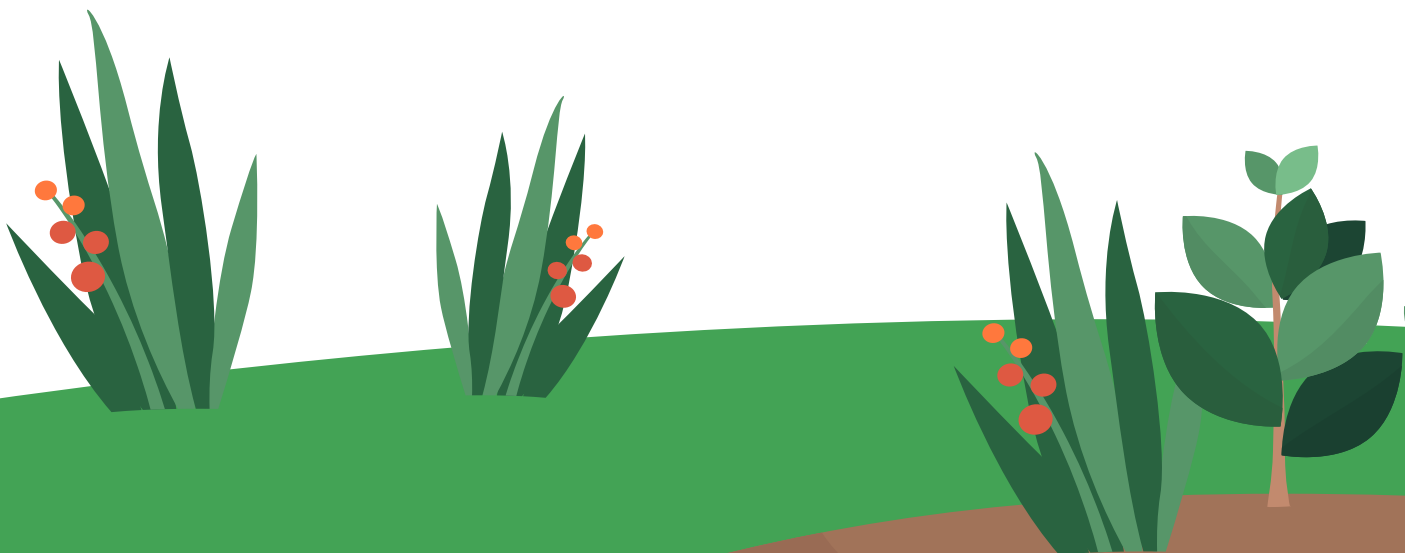


Sustainable Communities

In Glasgow there are already many people and communities living more sustainably. There is a rise in the number of people growing their own vegetables or working on a community-growing project. People are considering how they can cut their own carbon emissions and reduce their dependency on travelling by car.

Changes to diet like eating less meat and buying locally sourced food all contribute to a more sustainable lifestyle. This more inclusive and local way of living supports personal health and well-being and a higher quality of life and moves us towards a more resilient circular economy.

Individually we can all make a change but collectively we are stronger, louder, and more powerful.



Get involved and Become a Green Influencer

Here at City, we want our students and staff to join us in our sustainable journey.

If you are passionate about the environment and want to help fellow students, colleagues and the college become more sustainable then why not join the Students' Association Environmental and Sustainability Project Team, who meet once a month and are dedicated to working in collaboration with our partners to help the college to cut greenhouse gases and reduce waste.

For further information please contact robert.scullion@cityofglasgowcollege.ac.uk

