Green Mary CampUS Challenge Tips

- Make sure things are switched off at the plug
- Don’t overfill the kettle
- Take the 4 minute shower challenge
- Cook together

- Buy local and seasonal produce whenever possible
- Try and have at least one vegetarian meal a week
- Purchase certified produce such as MSC fish, Fairtrade, rainforest alliance and soil association certified products

- Use the campus compost bins
- Store your food correctly
- Plan your meals
- **Look at some “leftover food” recipes**
- Recycle all glass, cans, plastic containers, cardboard, paper and aerosols

- Use sustainable transport methods wherever possible
  - Think about walking or cycling first, then consider public transport methods before driving or getting a taxi.
- Think about holidaying in the UK instead of going abroad