



Living Sustainably... on a Budget

Life Beyond Residences



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Residence Life Facilitators



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Land Acknowledgement

We acknowledge our presence on unceded territory in the city of Tiohake (Jo-Jah-Geh), known to settlers and immigrants as Montreal, land of the Kanienkeha'ka (Gan yan kah haga) people, members of the Haudenosaunee (Ho den oh show nee) Confederacy. We call this land unceded as it was taken without treaty or agreement. Our acknowledgement of this gruesome reality is one small action we as a residence life community make in the work of healing against the violent effects that colonialism has had and continues to have against our Indigenous siblings and this land.





**Hi! My name
is Emma.**

**I am the environmental
residence council
facilitator!**



**Hi! My name
is Jess.**

**I am the health and
wellness residence life
facilitator!**



topics for discussion

Here are some of the topics we will discuss in today's workshop!
Save your questions for the end!

- **Paying bills**
- **Buying/making food**
- **Furniture and other purchases**
- **Local sustainability measures**
- **Upcycling projects**

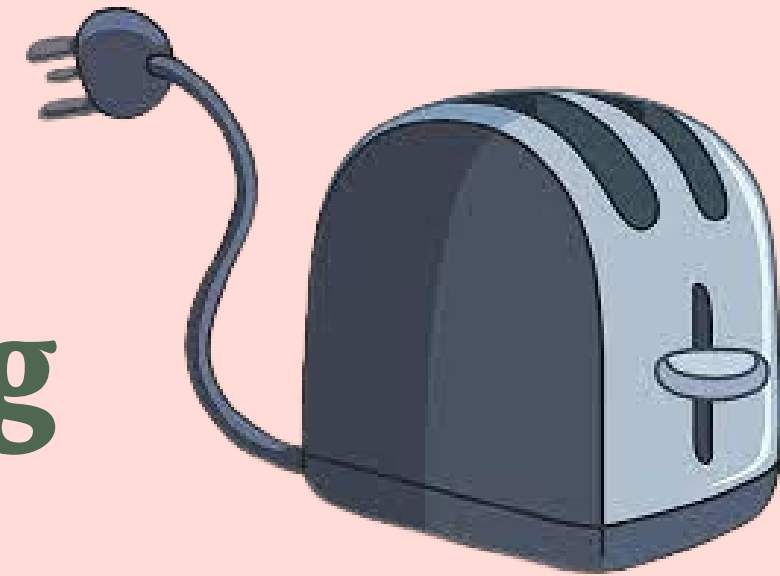


paying the bills

Saving money and being more eco-friendly when you're starting to pay your own bills!

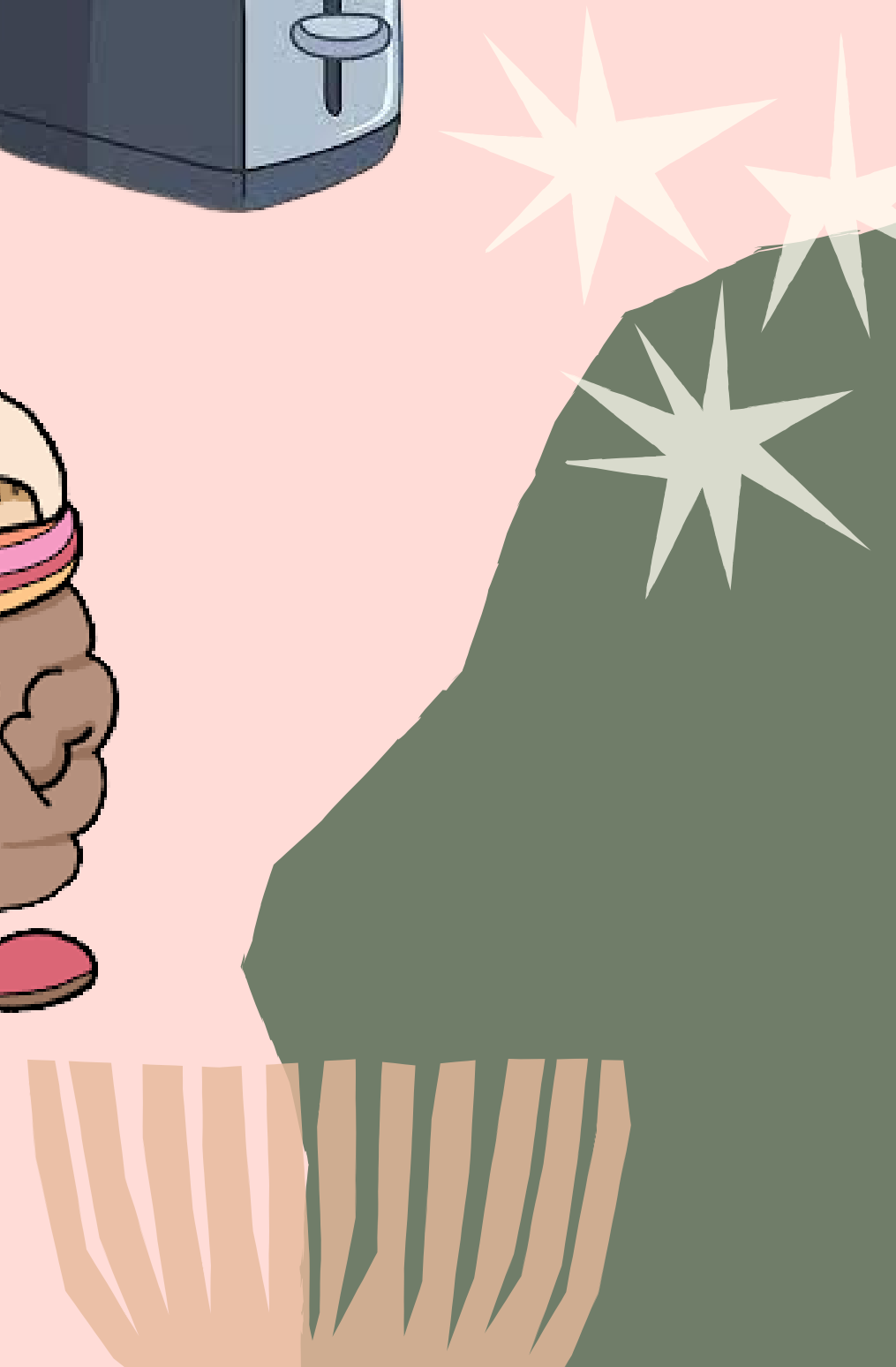
Tip 1:

unplug appliances you are not using



Tip 2:

keep thermostats low, turn off if windows are open and wear layers



Tip 3:

minimize water consumption



Tip 4:

turn off lights not in use



Tip 5:


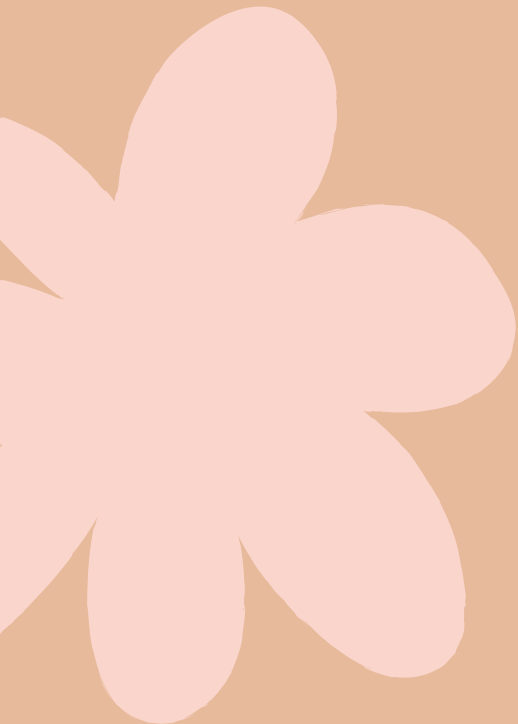
track your consumption





making/buying food

From the food you eat, to where you
purchase your food, to how you carry
your food, doing so in a sustainable way
saves you money!!



**try to purchase
less meat, dairy
and eggs!!**

**not only can these foods be
expensive, but they use intense
amounts of land and water and
cause ghg emissions!**

www



meat and dairy substitutes can be expensive so...



01

**pick one type of meat and
cheese for the week**



02

meal prep

03

try meatless Mondays



**schedule your
meals before
shopping!**

this will reduce food waste :)



pack a lunch!!



01

use reusable containers!



02

reduces plastic waste



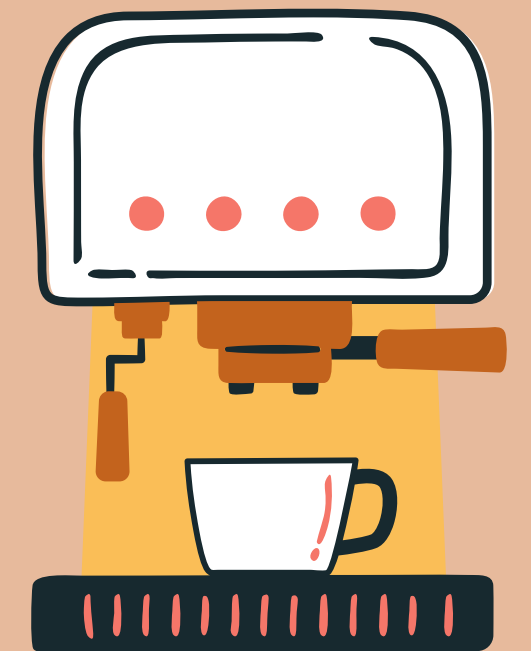
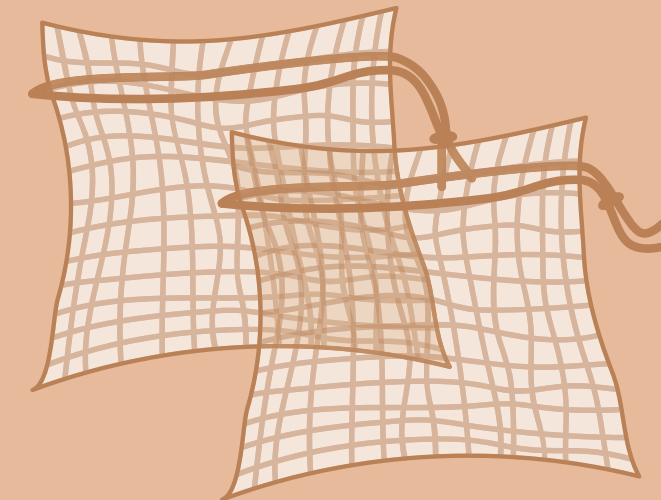
03

saves money



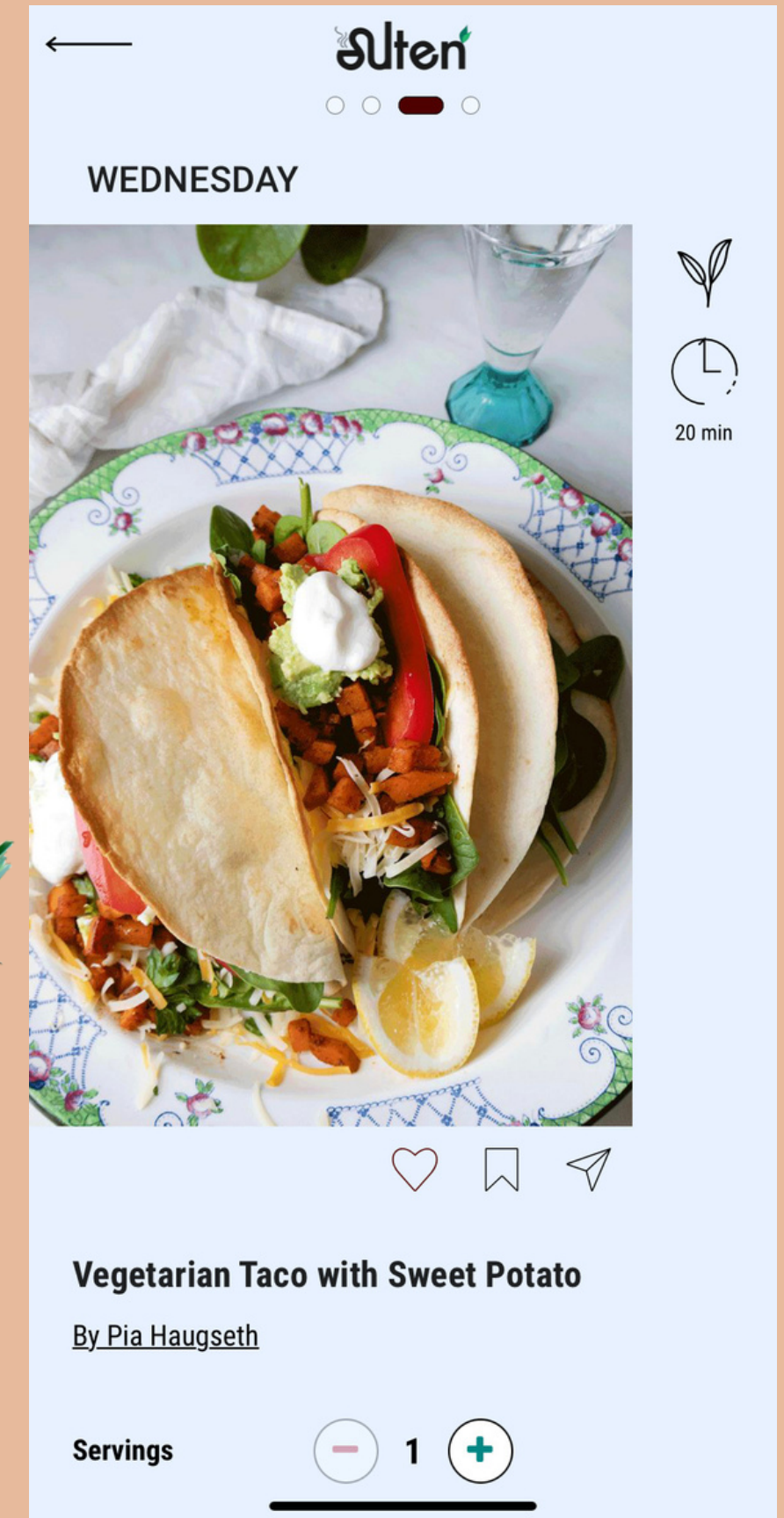
tips and tricks for food shopping sustainably

- Reusable grocery and produce bags (or just skip the produce bags altogether)
- Make your own coffee
- Shopping at Bulk Barn
- Buy good deals and freeze food



use apps to be sustainable!


- **Sulsten**
 - Gives you cheap meal plans to that reuse ingredients
- **TooGoodToGo**
 - Shows you where to buy leftover foods from restaurants and cafes for cheap!





living sustainably in Montreal!

get to know local composting and
recycling rules as well as how to get
involved on campus!



buying second-hand

Tip 1:

check out Montreal's great second-hand stores!



Tip 2:

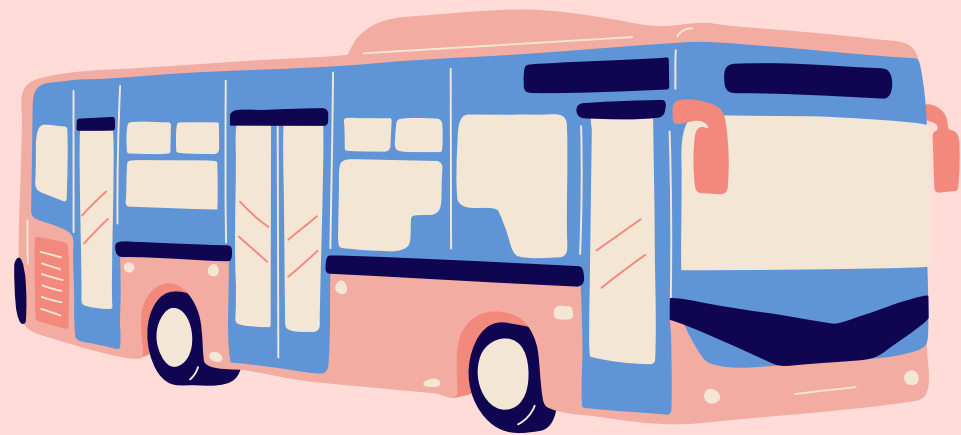
Facebook Marketplace will be your best friend



local tips!

01

**consider your
transportation methods!**



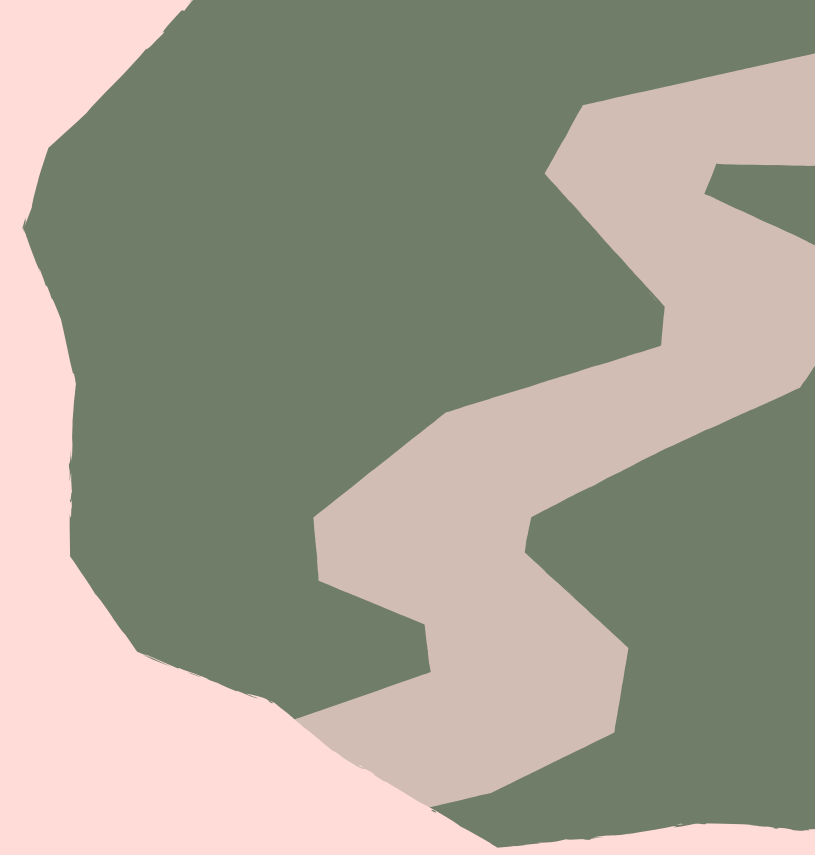
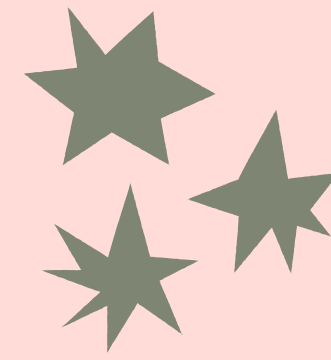
02

**get involved in
sustainability-focused
groups!**

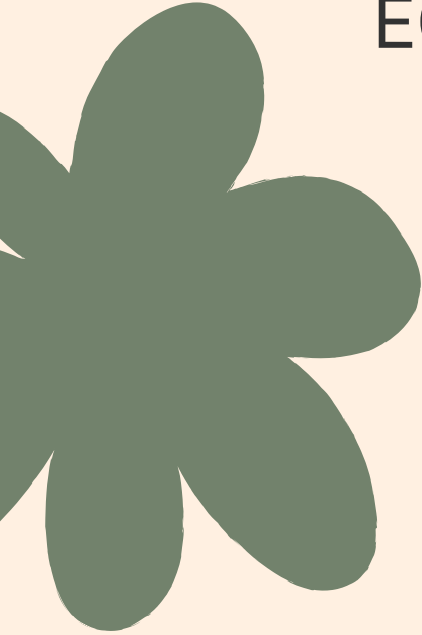


03

**learn how to compost and
recycle properly!**
new mycourses module to
help with this!



Sustainability-Focused Organizations at McGill



ECOLE: a model of urban sustainable living and a physical hub for the McGill and Montreal sustainability communities

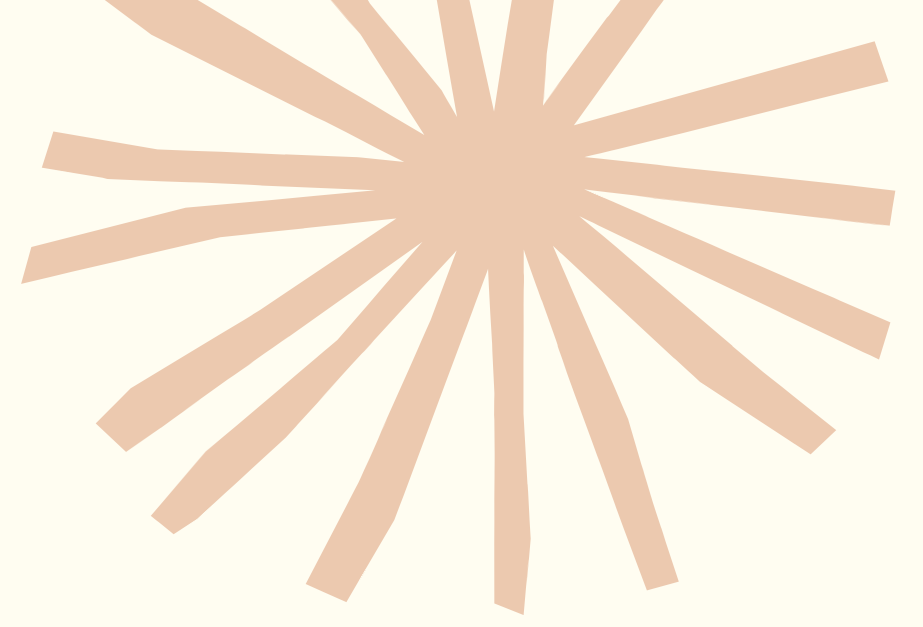
Outdoors Club: sponsors and encourages outdoor and recreational activities in the goal of fostering an appreciation for and protection of the environment

Sunrise Movement: a grassroots army of young people united for one purpose: to stop the climate change and push for a Green New Deal

Divest McGill: an environmental justice campaign calling on McGill to address the urgency of the climate crisis by divesting from the fossil fuel industry

See more at: www.mcgill.ca/sustainability/get-involved/connect-group





Composting in Montreal

acceptable items for brown bins



01

Raw, cooked, or spoiled foods

This includes meat with and without bones, tea bags and paper coffee filters, egg shells, cheese, butter, and yogurt, and pet food.

02

Soiled paper and cardboard waste

This includes boxes from greasy food, paper tissues and towels, and table napkins, etc.

03

Certified compost bags or brown paper bags

Bags certified by Quebec as well as brown paper bags can be placed inside of your brown bin.

Food waste makes up

57%

of the contents of the average garbage bag.

By composting in Montreal, you'll be helping to reduce the amount of garbage that goes to the landfill and preserve the environment.



recycling in montreal

acceptable items

Wrappers, containers, paper

- Glass bottles and jars
- Milk cartons, juice boxes
- Metal cans, clean aluminum foil, metal hangers
- Rigid plastic bottles, containers, covers/caps
- Flexible plastic grocery/shopping bags
- No. 1, 2, 3, 4, 5, 7 (not 6)



unacceptable items

A variety of non-recyclable items

- Soiled or greasy paper/cardboard
- Drinking glasses, mirrors, light bulbs
- Electronic devices, pots/pans
- Flexible plastic



must use clear or blue see-through plastic bags





fun upcycle ideas!

living sustainably is a fun way to express
your creativity! here are some ideas!

DIY 1:

produce bags out of old t-shirts



DIY 2:

creative ways to reuse containers for food storage





resources:



For food waste collection:

<https://montreal.ca/en/how-to/get-details-about-food-waste-collections?arrondissement=Ville-Marie>

For TooGoodToGo:

<https://toogoodtogo.ca/en-ca>

For waste collection scheduling:

<https://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes/>

For BulkBarn:

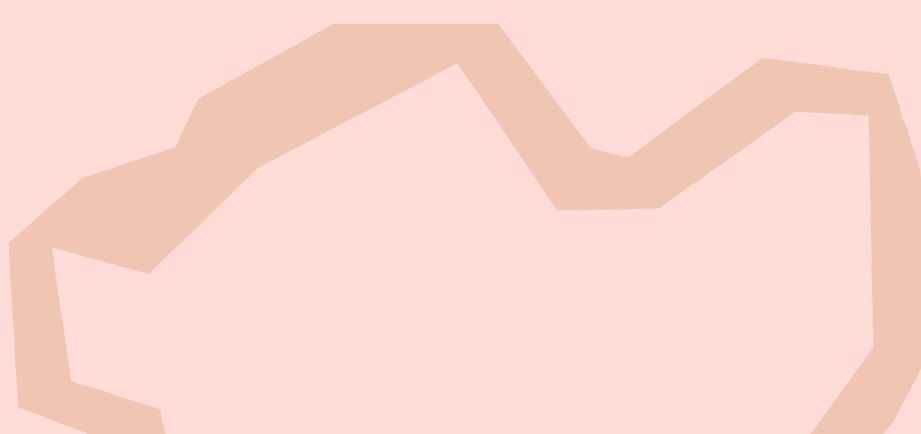
<https://www.bulkbarn.ca>

For sustainability organizations on Campus:

www.mcgill.ca/sustainability/get-involved/connect-group

For recycling in Montreal:

<https://montreal.ca/en/how-to/get-details-about-recycling-collections>





thank you for listening!

any questions?

