



A STUDENTS GUIDE TO GREENER LIVING



*Strive for
reduction,
not perfection.*



SIMPLE CHANGES YOU CAN MAKE TO HELP MOTHER EARTH



- Get a travel mug -a lot of cafés will give you a discount for using a reusable cup



- Ditch plastic and use a bamboo toothbrush
- Use rechargeable batteries
- Opt for eco-web browsers like Ecosia which uses ad revenue to combat deforestation
- Eat in more and avoid takeaways that give plastic containers and cutlery

== SHOP CONSCIOUSLY ==

- Minimise the amount of online shopping you do, instead shop locally and avoid unnecessary air miles
- Opt for loose fruit and veg over plastic packaged produce
- Try to choose products that come in recyclable packaging when possible
- Buy second hand/from charity shops
- Swap shops are a great opportunity to get 'new' clothes and give away your old clothes
- Bring your own shopping bags with you



VEGETARIAN FOR A DAY

The production of meat and dairy contribute to a significant amount of our global greenhouse gas emissions every year.

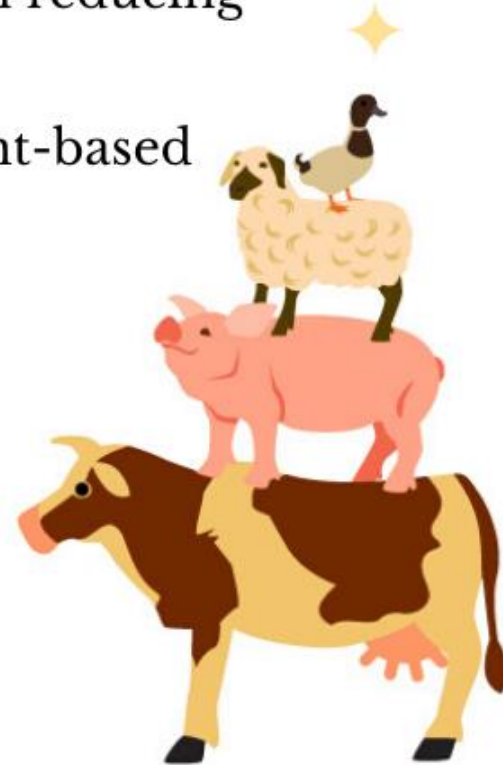


Going meatless once or twice a week can have a great impact on reducing your carbon footprint

(and your wallet since plant-based food are cheaper than animal products)



**STRIVE FOR
REDUCTION
NOT
PERFECTION**



OLDIES BUT GOLDIES

Refuse: if you don't need it, refuse it!
Say no to needless flyers, plastic bags, cutlery, straws etc.

Rethink: ask yourself if you really need this product and if there are any eco-friendly alternatives available

Repair:
if it's broken, try to repair it before throwing it away and buying a new one

Rot:
if it's made of natural matter, compost it





***Enviro
recommendations
for you***

UCC ENVIRONMENTAL SOCIETY

Books:

'No One Is Too Small To Make A Difference' by Greta Thunberg

'This Is Not A Drill: An Extinction Rebellion Handbook' by XR

'The Uninhabitable Earth' by David Wallace-Wells

'The Sixth Extinction: An Unnatural History' by Elizabeth
Kolbert

'This Changes Everything: Capitalism Vs. The Climate' by
Naomi Klein

Podcasts:

Mothers of Invention

The Climate Queens

Outrage and Optimism

Climate History Podcast

Movies:

The Day After
Tomorrow
Erin Brockovich
WALL-E
Okja
Our Planet
The Lorax
Before The Flood
The True Cost

TED talks:

'The disarming case to act right now on climate change'
Greta Thunberg

'Patriarchy, colonialism and racism caused the climate crisis'
Jamie Margolin

'Why everyone should be a climate activist' Luisa Neubaur