



Welcome to the Green Pages!

Welcome to this month's edition of the Green Pages!

This month, find out about our **brand new sponsors**, the **Labs Switch Off campaign** and how to **green your Christmas**. Of course, we also have the **seasonal recipe** – using up leftover turkey!

It looks like SITraN are storming ahead, having completed a whopping 107 actions! I'll be holding a competition in January for the team that manages to complete the most actions by the end of a week. More details to follow...

For now, I hope you all have a lovely, relaxing break!



Who else wants to find this little guy under the tree??

Sponsorship!

Ecology Building Society (www.ecology.co.uk) has very kindly agreed to sponsor Green Impact at the University of Sheffield! They put people and the planet at the heart of everything they do. This means that they support sustainable development across the UK, using ethical savings, sustainable mortgages and mutual values to build a greener future.

Please do publicise this wonderful organisation. I am incredibly grateful for their support, as it will help me buy you all some much-deserved rewards!



Ecology

Building Society

In this issue:

- Welcome to the Green Pages!
- Dates for your diary
- Sponsorship!
- Green Impact teams
- Labs Switch Off!
- I'm dreaming of a Green Christmas...
- Useful websites
- Alternative Christmas presents
- Extra info
- Seasonal recipe

Dates for your diary:

Sat 5th Jan, 9-5: FREE CHRISTMAS TREE RECYCLING! Tower Court car park

Fri 1st Feb, 12pm: second uni-wide GI team meeting

Weds 6th Feb, 5pm: deadline for workbook submission

Fri 12th April: Awards ceremony, Octagon

Green Impact teams:

- Academic Clinical Psychiatry
- ACS: Accommodation Office
- ACS: Halifax Hall
- Admission Service
- APS
- BMS
- Cardiovascular Science
- CBE
- Chemistry
- Chemistry & Physics Workshop
- CiCS



Labs Switch Off!

One of the criteria on the Labs Tab is to take part in the Labs Switch Off campaign. This is part of a new behaviour change scheme from the Carbon Trust. This campaign uses some rather attractive traffic-light stickers to raise awareness and provide reminders for lab users about switching off machinery.



Six departments are taking part: APS, BMS, Chemistry, MBB, Psychology in Alfred Denny and SITraN. We'll be monitoring their energy use weekly until the end of January to determine which building has managed to reduce their energy usage the most compared to last year. **The first week's winner was FIRTH HALL!** Congratulations MBB! They receive 5 timer switches.



Tim Allen and I visited all the departments to give them their stickers before the campaign rolled out on December 10th. We'll also be monitoring the baseline over Christmas to see if we can reduce energy usage to this level during termtime, and there will be one overall winner. Watch this space...



Green Impact teams (cont.):


- Corporate Affairs
- Edgar Allen House
- Education
- EFM
- ELTC
- Finance, Academic Services and Research & Innovation Services
- Geography
- Human Communication Sciences
- Human Metabolism
- Human Resources
- Humanities Research Institute
- Infection & Immunity
- International Office & International Relations
- Jessop West
- Kroto Research Institute
- Law
- LeTS
- Materials Science and Engineering
- MBB
- Mechanical Engineering
- Medical Teaching Office
- Nursing & Midwifery (Barber House & Annexe)
- Oncology
- Outreach & UK/EU Recruitment
- Physics & Astronomy
- Psychology
- Psychology: Alfred Denny Building
- Recruitment Support
- SITraN
- SSiD
- USE


Not on the list? Sign up on the workbook at greenimpact.org.uk/sheffield and speak to me at [k.croasdale@shef.ac.uk!](mailto:k.croasdale@shef.ac.uk)




I'm dreaming of a Green Christmas...

As Noddy Holder once memorably screamed: "It's Chriiiiiiiiiistmaaaaaaaas!". It can be particularly difficult to remember our green ethics at this time of year, so here are some easy Christmas tips that everyone can follow:


 **Keep it real:** a 6 ft tall fake tree has the same carbon emissions as driving 120 miles in an average sized car. Buying real and chipping and spreading it over the garden after use gives CO₂ emissions of just 3.5kg equivalent. You'd have to reuse a fake tree for 10 Christmases for it to be better than a real one. **The university will be recycling Christmas trees on JANUARY 5TH, 9-5 in Tower Court car park!**


 **Make turkey sandwiches:** and turkey curry, turkey fricassee, turkey stroganoff...wasted food that ends up in landfill decomposes, producing methane gas – a greenhouse gas that is 25 times more powerful than CO₂

 **Cover up:** wrap yourself up in extra layers of clothing and avoid turning up the heating. Cover up pans and you can cut carbon emissions by almost half. Cover up



The weather outside is frightful...: oh so many ways to make your loved ones look stupid this Christmas

 **Less is more:** extravagant lighting displays can produce as much as 218 kg of CO₂ per person. This amount would take 80 years to be absorbed by one hectare of forest! Keep the lighting displays minimalist, and remember to turn them off during the day

 **Reduce, reuse, recycle:** remember this good old mantra. The best thing to do is reduce unnecessary consumption by planning shopping and walking or using public transport. We can also reuse things: maybe someone else you would enjoy a present that you received but never used? Finally, recycle all those empty glass bottles!


Useful websites


- I'm giving in to my geeky side and learning HTML to create a **new central website** for Green Impact Sheffield! Have a look at www.greenimpact.group.shef.ac.uk to see the new design! Feel free to give me feedback regarding content, design, etc.
- Find the **NUS Greener** twitter page for updates on what the NUS are doing centrally [@NUS Greener](https://twitter.com/NUS_Greener)
- Go on the Green Impact website at www.green-impact.org.uk to find out about **where else** Green Impact takes place, including NHS trusts and local authorities.
- Have a look at the **Best Practice examples and templates** on the Team Resource Bank at www.green-impact.org.uk/team-resource-bank. I'll be creating a Sheffield specific bank soon.
- Find out about everything to do with loving food and hating waste at www.lovefoodhatewaste.com. It includes information about **how much food we waste**, how we can **reduce our waste**, **portion sizes** and **seasonable veg** – amongst many other things!




Alternative Christmas presents

Do you need gift inspiration for that special someone? Here are a few environmental, sustainable ideas:

 **Local honey:** if a spoonful of sugar makes the medicine go down, imagine what a spoonful of honey can do! Keep it local to support the economy by buying Heather, Blossom or Soft-Set Honey <http://www.loveyourlarder.com/theshfieldhoneycompany>


 **Recycled bikes:** treat a loved one to a new form of transportation in the form of a bike from ReCycle! Prices generally start at a very reasonable £75, and all bikes are fully serviced by Cytech Level Two technicians before being sold.


 **Pop to Oxfam (online):** Oxfam now have a shop online at www.oxfam.org.uk/shop! Get super-cheap charity shop bargains at the touch of a button. Personally I'm not a fan of putting more vans on the road, but it's nice to know you can still support charity even if you have no time (or energy) to battle with the Christmas crowds.





Seasonal recipe: Christmas cutoffs cacciatore

1 large onion, 2 crushed garlic cloves, 3 tbsp olive oil, 2 tsp dried oregano, 3 cans chopped tomatoes, 1 tbsp sugar, splash vinegar, around 500 g leftover turkey in chunks, 125g mozzarella, 2 handfuls fresh breadcrumbs

 Fry onion and garlic in oil until softened; add tomatoes and sugar, splash of vinegar and seasoning; simmer for 20 mins until thick.

 Stir in turkey and transfer to baking dish. Heat oven to 220°C/200°C fan/gas 7.

 Tear mozzarella and sprinkle over in chunks; scatter over breadcrumbs with more ground pepper.

 Bake for 20 mins until piping hot throughout and bubbling on top

 Serve with mash, jackets, rice or pasta (whatever you have left over!)

Extra info

➤ **Workbook changes:** at Green Impact HQ, they are continually trying to make the workbook easier to use, responding to your feedback. As well as now **uploading evidence** (photos of events, emails requesting changes etc), you can now also **change your team name** or the **team that you are in**, by going to your profile page. Do keep the feedback coming!

➤ **Drop-in sessions:** every other Wednesday, I will hold a drop-in session for 2 hours. The next one will now be **in the New Year** – please let me know if you have requests for times/places. As it gets closer to the workbook deadline, and depending on demand, they may increase to weekly sessions.

➤ **Termly meetings:** the first university-wide GI meeting was held on Monday 17th December. The next will be around **February 1st** – just before the deadline, in case people have burning questions for me!

➤ **RefreshwithUS:** in case you were wondering, disposable cups provided by RefreshwithUS do get recycled – but this isn't as efficient as reusing. If you can, choose **UpTempo** refreshments rather than Ready2Go.

