

Welcome The Green Pages 2013

Issue 4: January/February 2013

Green Impact

The University of Sheffield

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 **Ecology**
Building Society

Welcome to the Green Pages!

Onwards and upwards – welcome to 2013! I hope you all enjoyed the break (it feels like a long time ago now!).

Let's start with some good news: the **deadline** has been **extended** to **Wednesday 13th February!** It's only an extra week, but I hope it will help you feel a bit calmer.

Focussing on the future seems sensible at the start of the new year, so this month's newsletter features planning for a sustainable future by making small changes to eating habits.

We also have information on Corporate Affairs' "Ice Age Challenge", showing how they are reducing their environmental impact across the board.

I hope you're enjoying the snow! Wrap up warmly and tread carefully.



Keep up-to-date with university functioning during the bad weather at www.shef.ac.uk/snow

GIPAs

How are you getting on with your GIPAs? Don't forget – they are there to HELP YOU ACHIEVE YOUR GREEN IMPACT GOALS! Don't be afraid to give them responsibilities, including asking them to fill in the workbook, design attractive advertising, or even carry out some actions. However, please also bear in mind that they have volunteered to help with the Green Impact scheme – not to be a general departmental dogsbody!

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Dates for your diary:

Jan 21st-27th: Points Competition!

Fri 1st Feb, 12pm: second uni-wide GI team meeting, Alfred Denny conference room

Weds 13th Feb, 5pm: deadline for workbook submission

W/c 25th Feb (TBC): auditing

Fri 12th April: Awards ceremony, Octagon

Green Impact teams:

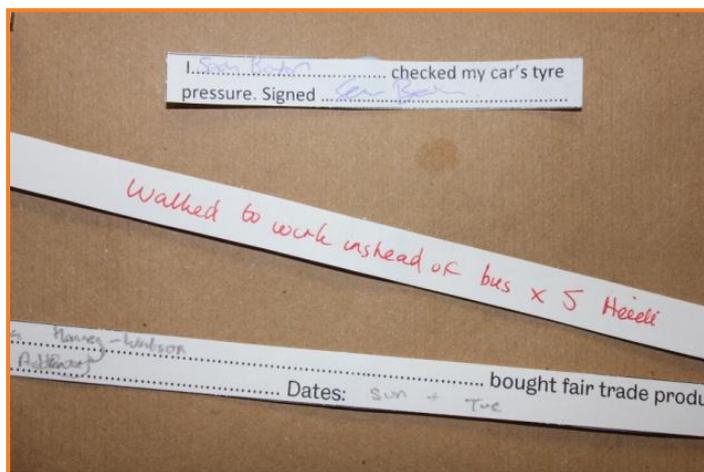
- Academic Clinical Psychiatry
- ACS: Accommodation Office
- ACS: Halifax Hall
- Admission Service
- APS
- BMS
- Cardiovascular Science
- CBE
- Chemistry
- CiCS
- Corporate Affairs
- Edgar Allen House

The Ice Age Challenge

Written by Angela Harvey-Watson, Corporate Affairs Green Impact Team Lead

Corporate Affairs has embarked on a challenge to race to the Antarctic to meet the department's sponsored penguin. The Ice Age Challenge sees the department split into two teams who are competing to score the most 'green points'.

Each point gained brings the team a mile closer to Antarctica which is 10,000 miles away from our Firth Court base – that's a lot of green actions to complete! The aim is to encourage a behaviour change, both in the office and at home, for our staff members so they can try to lead a more environmentally sustainable life.



Competing for Green Points by recording their small lifestyle changes

The race is being run in stages, each stage is 2,000 miles where the teams stop and learn about the environmental issues and triumphs of that destination through facts posted on the challenge board.

To earn the points teams put statements on the board letting the rest of the department know what small changes they have made that week. Statements include turning off monitors when they are away from their desks, reusing bags for shopping and finding greener ways to travel to work. Each statement is worth points based on how big of an impact it makes and how difficult it is to do. Any new green ideas posted to the board are emailed around the department allowing us to share our green practices.

At the end of each stage the winning team is treated to ethically baked goodies made by one of the Green Impact team members. A yummy way to encourage greener behaviour!

Will you be in competition with Corporate Affairs for a Special Award? Send me some info about your idea to be featured in the newsletter!

Green Impact teams (cont.):

- 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)

Eating for a sustainable future

One billion people across the world currently live in starvation. And yet in the UK alone we waste a whopping 7.2 million tonnes of food and drink every year!

So how can we change our eating habits to provide for a more sustainable future?

1. Be more diverse

Rice, wheat and maize currently provide for 60% of the global calorie intake from plants! Think about the foods you use as staples and try substituting leafy greens (chock-full of iron) or grains instead.



Kale: it's not just for my guinea pigs (but try telling them that...)

2. Reduce, reuse, recycle

Oh yes, it's my favourite mantra again! You might not be keen on reusing or recycling food (don't think about that one too hard), but make sure that you don't waste what could be eaten. Don't just chuck away potato peelings – season the skins with salt, pepper, chilli or other flavourings, pop them in the oven and make crisps!

3. Plan

Before you go shopping, look through your cupboard and make a list of what you need. When cooking, measure out the ingredients so you don't make a meal for one that would feed one and three quarters.



Of course, making a list is only useful if you stick to it...

Useful websites

- So **what do you think** of the new Green Impact Sheffield site? Go to www.greenimpact.group.shef.ac.uk and let me know if you'd like to see anything else on there.
- Keeping on topic with **food**, go to www.eatseasonably.co.uk/what-to-eat-now to see which vegetables are in season.
- Again, following the food trend, go to england.lovefoodhatewaste.com for handy hints and tips on reducing your food waste and saving money. They also have excellent tips on how to make the **best use** of your **freezer**.
- Have a look at **Forum for the Future** at www.forumforthefuture.org. If you've never heard of them, they are a non-profit organisation, working globally with businesses and the government to **create a sustainable future**. Their areas of work include food, energy, finance and other sectors.
- Find out about **other work** that Green Impact is doing, including working with Endsleigh to run Green Impact in a commercial organisation for the first time! Their website is www.green-impact.org.uk.

Eating for a sustainable future (cont.d)

4. Keep it chilled

While we're at it – put the leftovers in the fridge or freezer instead of throwing them away! Then on those cold, wet, windy days when you just can't face slicing an onion, you have a meal ready for reheating. Freeze food when you buy it and you won't have to throw it away if you don't get round to eating it that week.



5. It's a date

Don't assume that something has gone off just because the 'sell by' or 'best before' date has passed. 'Sell by' is guidance for the seller, not the buyer, and 'best before' means the product might not be at its best after this date. The only important date is 'use by' – which can be extended by freezing products on the day you buy them.



Facts from www.forumforthefuture.org and england.lovefoodhatewaste.com

Seasonal recipe: caramelised kale tart

1tbsp olive oil, 1 large onion (finely chopped), 4 cloves garlic (finely chopped), 100ml vegetable stock, juice of ¼ lemon, 500g curly kale (stems removed, finely chopped), 250g chilled puff pastry, 1 egg, 2tbsp crème fraiche.

-  Soften onion and garlic in olive oil over lowest heat, partially covered for 15-20 mins until soft and sweet but not browned
-  Add kale and stir for a minute, then add stock and lemon juice
-  Raise heat to braise kale for 5-10 mins until liquid is gone
-  When the kale is soft, season and set aside to cool
-  Preheat oven to 180°C and roll a 15x25cm rectangle of pastry
-  Beat crème fraiche and egg in a bowl and stir into cooled kale, then spoon into pastry and bake for 20 minutes

Extra info

- Time is running out...BUT the **deadline has been extended** to **WEDNESDAY 13TH FEBRUARY!** You have a whole extra week, so stop panicking and start filling in that workbook!
- Don't forget that even if you don't quite get to Bronze level this year, just by filling in some Bronze criteria you will gain the **Working Towards Accreditation award**. You will also have laid valuable groundwork for future Green Impact efforts.
- If you're panicking, have a look at my Google Calendar and **schedule in a meeting**. I can put your mind at ease by working through the workbook with you, ticking off things you're already doing and helping you create a concise, achievable to-do list. That is what I'm here for!
- In the week from January 21st – 27th, we will be having a **Points Competition!** The team that manages to gain the most points by completing the most actions will **WIN a free pedometer** for every member of their team!

