



Smart
Move
Sheffield

**A Smart Move
Sheffield Guide to...**

Green Living

Tips to protect the environment at home.



The
University
Of
Sheffield.



Sheffield
Students'
Union



We are in a climate crisis, with our planet and environment increasingly at risk of serious harm.

Whilst the most crucial way of saving the planet is for corporations and global governments to make radical policy decisions, there are also minor changes that we can make as individuals which will make a huge difference.

This guide contains advice for sustainable and environmentally-friendly living.

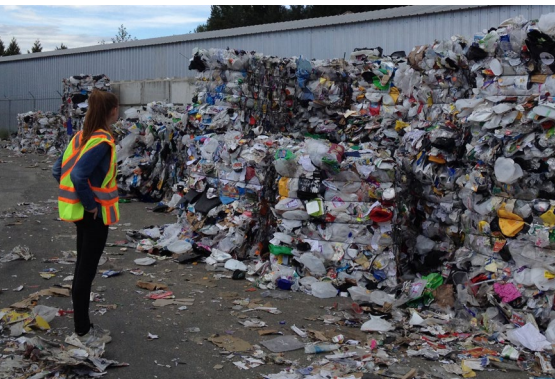
Waste & Recycling

When thinking about household waste, it's important to remember – Reduce, Reuse, Recycle!

Reduce

Find ways to not use extra materials in the first place.

- Plan your meals in advance. And then -
- Only buy what you need and avoid packaging – green grocers sell mostly produce without packaging and by weight. And the Student's Union now have their own Zero Waste shop which avoids extra packaging.
- Save paper by taking uni notes on a laptop or tablet.
- Think before you shop – do you need this item? Will something else you have be suitable?



Reuse

If you do need to buy something, consider the following -

- Reusable travel mugs/flasks and food containers are well worth the investment – lots of places even offer discounts on drinks if you bring a reusable mug so in the long run, this could save you some money.

- Re-use carrier bags that you've got from the supermarket. Alternatively, keep an eye out at uni events and in Fresher's Week for companies and teams giving out tote bags! Whilst the 5p minimum charge for single-use bag has significantly reduced the numbers of bags we're getting, in 2018-2019, we still bought a massive 1.11bn
- Shop secondhand! Charity shops are great for crockery, books, furniture and more. You can even find new and vintage clothes in a lot of Sheffield's charity shops.

Recycle

If you can't reduce or reuse something, you can still make sure you are recycling.

- Make sure you familiarise yourselves with local recycling schemes:
 1. *Sheffield City Council Recycling* - <https://www.veolia.co.uk/sheffield/student-guide-waste-and-recycling>
 2. *Where to find specialised recycling* - <https://www.veolia.co.uk/sheffield/recycling-site-finder>
- Donate non-perishable foods to a food bank – this eliminates food waste and helps people living in poverty.
- Donate clothes, books and other items to charity shops.
- Sheffield Student's Union have got lots of different recycling points for various items, near the Zero Waste shop, including Crisp Packets!



TOPTIP

In the summer, the University work with the SU, Hallam Union/University and Sheffield City Council on the Donate Don't Waste campaign to eliminate waste caused by moving out your home - <https://yoursu.sheffield.ac.uk/get-involved/sustainability/donate-don-t-waste>

Energy

There are ways you can save energy in your property, too.

- When viewing houses to move in, check the EPC energy efficiency rating- all rental properties must be an E or higher but the higher the rating, the more efficient it is likely to be. Properties that are more energy efficient will be easier to keep warm, so you'll be saving money on bills too.
- Whilst it's important you thoroughly heat your property for your own comfort and to avoid problems like damp and mould, you don't need to have the heating on constantly. Make use of your boiler's timer and have it on for a few hours in the morning and a few more in the evening.
- In the evening, closing the curtains will prevent heat from escaping through windows.
- You could also turn your heating down, if it's not needed on full using the thermostat.
- Turn off computers and televisions at the switch and do not leave on standby mode.
- Turn all lights off when rooms are not in use.
- Wash your clothes at 30°C instead of 40. The energy savings of a reduction of only 3° in the average wash temperature of people in Europe is equivalent to the emissions produced by more than 127,000 cars.



TOPTIP

Look out for the thermostatic radiator valves on your radiators. These allow you to turn down the heat on that specific radiator but not others - really useful if you have one room that's warmer than all the others!

Water

- Use a washing up bowl when doing the dishes to save water
- Only fill the kettle by however much you need to.
- Cutting down your shower by just one minute can save water and money.
- You can save up to 10 litres of water every time you brush your teeth if you turn the tap off.



Lifestyle


There are lots of ways to reduce your Carbon Footprint without having to make drastic changes.

- Meat Free Mondays – why not trying to cut down on meat and dairy by having a plant-based diet for at least one day a week? Livestock creates a huge amount of the world's greenhouse gas emissions. Vegetarian and vegan food is becoming more and more accessible, with a range of tasty and affordable meat-free options.
- Shop Local – Local businesses such as green grocers often sell produce from nearby areas meaning less transport is required and carbon emissions reduced. You can usually buy as little or as much as you need, too, which reduces food waste.
- Organise flat/house meals. Eating together has lots of benefits – you'll save gas or electricity by using the facilities together instead of individually and you're less likely to end up wasting good. Plus socialising whilst studying can boost your morale and emotional wellbeing.

Transport

Explore the city or travel to uni in a greener way.

- Ditch the car and cycle instead – this reduces emissions and is better for your general health. There are loads of places near the campus where you can lock your bikes including the Cycle Hub near Interval which has space for 168 bikes and shower and locker facilities.
- Get your walking shoes on! Sheffield is fairly small so it's easy to get around on foot. Plus you release 75% less greenhouse gas emissions when walking as opposed to driving.
- Public transport is also very good in Sheffield. There are buses between the main student areas and the University which only cost £1 for students, so even if it's cold, you can travel around in a greener way.
- If you want to get to the beautiful Peak District, there are regular buses and trains from the city centre – some parts are even accessible on foot or bike!



TOPTIP
The Cycle Hut near the Arts Tower provides free bike checks and at-cost servicing and repairs for staff and students during term time.

Gardens

There are lots of ways you can encourage biodiversity in green spaces and lots of them don't involve any intrusive work being done. Why not try:

- Installing a bird box and/or feeder stations
- Getting a bee/bug hotel
- Avoiding the use of pesticides
- Make a small rock garden- these can support different species' including important pollinators like mason bees!

Hedgehog Friendly campus

Since 2000, hedgehog populations have fallen by 50 percent and habitat loss is causing the animals to move out from rural homes to urban areas. They face various challenges like litter, road traffic, poisoning and lack of access to water. Here are some ways you can help these lovely animals survive in the garden of your student house:

- Keep your garden free of litter – every year, thousands of hedgehogs are injured by litter or get trapped by litter, increasing risk of starvation. It's especially important to keep rubbish bags off the ground- these can not only attract rats but hedgehogs can also rip into them and get trapped!
- Provide a shallow dish of fresh water for all wildlife, and food such as hedgehog food, meaty cat or dog food or cat biscuits for hedgehogs, especially during long dry spells.

- Keep drain holes covered to ensure hedgehogs don't get trapped.
- Keep a corner of your garden 'wild' to offer shelter, protection and natural food for hedgehogs and other wildlife.
- You can find more about the campaign here - <https://www.facebook.com/HedgehogFriendlyCampus>



TOPTIP

Make sure you get your landlord's permission before installing anything in the garden.



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Contact Information

For more information and support please
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