


# GO GREEN WEEK

Run by AUBSU's Green Team



This guide contains all our activities, recipes, research and tips from this year's Go Green Week so that you can get involved any time!

If you enjoy going green and want to help our wonderful planet even more, you can join our lovely team of green beans! AUBSU Green Team is always looking for more members.

Find us on Instagram:  
[@aubsu\\_green](https://www.instagram.com/aubsu_green)



**AUBSU**





## **Spring Clean**

Recipes for eco-cleaning products you can make yourself

## **Be An Energy Saver**

What impact did lockdown have on our global footprint?  
How can you save more energy now you're at home more?

## **Suitable For Flexitarians**

You don't have to sacrifice delicious food when you cook with less meat and dairy! Here are some of our favourite recipes

## **Grow Your Own**

Not sure where to start with house-plants? Check out this  
guide to find your perfect match  
Plus, how to grow your own herbs and salad indoors

## **Wildlife Day**

Try some easy activities to help support your local wildlife, like these homemade bird feeders!



Go Green Week

# SPRING CLEAN



**The biggest impact of cleaning products comes from the chemicals which they contain, but the packaging they come in is also an issue.**

We've found some recipes that avoid using chemicals, which you can make in old, washed bottles to avoid plastic waste too!

## **Furniture Polish**

Ingredients:

- Lemon oil
- 1/2 Cup of warm water
- A cotton cloth

Method:

Add a few drops of lemon oil to the warm water. Mix well and spray onto a soft cotton cloth.

Wipe furniture with the cloth and then wipe again with a dry soft cotton cloth.

### Ingredients

- ① Lemon oil (essential oil)
- ① 1/2 Cup warm water

### Furniture Polish

### Method

Add a few drops of lemon oil to the warm water. Mix well and spray onto a soft cotton cloth.

Wipe furniture with the cloth and then wipe again with a dry soft cotton cloth.

# Glass Cleaner

## Ingredients:

- ① 1/4 Cup white Vinegar
- ② 4 Cups warm Water

## Method:

- Combine white vinegar and warm water in a spray bottle.
- Use to Clean glass or mirrors with a dry cloth.

- Can also be used for Carpet stain removal. Apply spray bottle contents to stain. After several minutes of soaking, clean with a brush or sponge with warm soapy water.



## **Glass Cleaner**

### Ingredients:

- 1/4 Cup white vinegar
- 4 Cups warm water

### Method:

Combine white vinegar and warm water in a spray bottle.

Use to clean glass or mirrors with a dry cloth.

Can also be used on carpet stains!

# General purpose Cleaner

## Ingredients:

- ① 1/2 cup vinegar
- ② 1/4 cup bicarbonate of soda
- ③ 2 litres water

## Method

- Mix together all ingredients in a bucket of water.
- Decant into a spray bottle.
- Store and keep.



## **General Purpose Cleaner**

### Ingredients:

- 1/2 Cup vinegar
- 1/4 Cup bicarbonate soda
- 2 Litres water

### Method:

Mix together all ingredients in a bucket, then decant into a spray bottle

**We recommend test patching some cleaners before use, especially on furniture!**

# BE AN ENERGY SAVER



## **So where are we at with energy in 2021? Has our carbon footprint decreased because of lockdown?**

Sure, we're travelling less now, and the world is seeing lower carbon emissions, but is all our time spent at home better or worse for our carbon footprint? And what will the lasting impact of Covid-19 be for the environment? Let's break it down...

As expected, the closure of airports and restrictions on travel has seen a positive impact on the environment, with travel previously making up  $\frac{1}{4}$  of our carbon emissions. Industry too has slowed down, with many businesses closing temporarily, or permanently, impacting what was  $\frac{1}{5}$  of our carbon emissions.

However, will this last? Experts think not. Effort will be put towards restoring our economies across the globe. Just like the global financial crisis in 2008 also caused a significant temporary drop in emissions, it also resulted in more polluting actions to recover economies. Life returned to normal and it's predicted that people will want to us air travel again after a year without holidays or visiting relations. That being said, the lockdown has showed our ability to work from home, calling into question whether commutes or office-working are always necessary.

Climate Action has also halted, with large climate conferences being like COP26 being postponed. Climate scientists have also struggled to complete their research or gather the data they need. Large protests demanding climate action have ceased, due to gathering restrictions.

### **So, what have we learnt?**

We've learnt that positive interrelations between our natural and societal systems are vital. It's our economy and social patterns that affect the environment the most. We are responsible for ensuring outcomes of lockdown and lessons learnt remain positive and don't revert to a recovery that comes at the expense of our planet.

The community effort we saw in 2020 of how willing people were to help others in a global crisis is a positive indication that we can group together for the benefit of our societies. This will be necessary when we have to make changes to our lifestyles in a move towards lower emissions and waste.

## Clear up your online storage

In 2018, data centres consumed about 1 percent of the world's electricity output. That is the energy-consumption equivalent of 17 million American households, a sizable amount of energy use.

To reduce your online footprint, consider what is necessary to store online, reducing the larger files like design or video files and regularly tidying up your online storage.

## Cool it down

A 2°C increase in office temperature creates enough CO<sub>2</sub> in a year to fill a hot air balloon.

Be conscious with your heating and think about layering up and utilising timers to ensure your heating is only on at the times you need it, as well as opting for a lower temp to save energy.

## Opt for audio

Did you know that video count towards your carbon footprint? While you shouldn't sacrifice connecting with others, being conscious of your time on Zoom or video and opting for an audio call where possible will make a difference!

A one-hour audio call consumes about 36 MB of data per person whereas a one-hour standard-definition video call consumes about 270 MB per person.

Assuming an average of one one-hour meeting a day involving two people, 250 days a year, then the audio-only calls would emit 0.08 kg of CO<sub>2</sub>. This is comparatively less than standard-definition video calls, which would emit 0.6 kg of CO<sub>2</sub>.

The high-definition video calls would emit 1.1 kg of CO<sub>2</sub> and the ultra-high-definition calls would emit 2.8 kg of CO<sub>2</sub>.

## Adjust your laundry settings

According to the Energy Saving Trust, washing clothes at 30 degrees uses around 40% less electricity over the course of a year compared to higher temperatures. You could go further and wash at 20 degrees which will mean that even more energy is saved, as washing at 20 degrees instead of at 40 degrees can reduce running costs by 66%.

**For more tips on energy saving, visit:**

[absu.co.uk/news/article/aub/Be-an-energy-saver](https://absu.co.uk/news/article/aub/Be-an-energy-saver)





# SUITABLE FOR FLEXITARIANS

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A person who follows a vegan lifestyle produces the equivalent of 50 per cent less carbon dioxide than a meat-eater and uses an 11th of the oil, 1/13th of the water and 1/18th of the land. While you don't have to go full vegan, opting for plant-based products or adopting a flexitarian diet can massively reduce your carbon footprint.

[@theivy  
house  
menu](#)

[Quinoa  
Cashew  
Stir-fry](#)

[Thai Red  
Lentil  
Soup](#)

[Easy  
Mac n  
cheese](#)

[@flexi  
tarians  
food](#)

[Satay  
Sweet  
Potato](#)

[Vegan  
Brown-  
ies](#)

[Summer  
Spring  
Rolls](#)

[@sophie  
the\\_flexi  
tarian](#)

Click for the link to the recipe or Instagram!



# GROW YOUR OWN

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**Try growing your own herbs indoors! All you'll need are some pots (tall ones are good to allow room for the roots), some soil (we like peat-free, organic soil!) and the seeds you want to plant.**

Basil, rocket, even lettuce, are all great indoor plants and you can grow them yourselves from seeds until they're ready to be munched!

## Get planting!

- 1) Prepare your pots by ensuring that they are kept on a saucer/plate, which will collect any excess water and protect your surfaces. Use a different pot for each type of plant.
- 2) Ensure your soil isn't packed tightly to allow room for roots to grow.
- 3) Remove a little bit of soil and keep to later cover your seeds. Pour some seeds into your palm, and sprinkle the soil surface with a few seeds. Cover the seeds with a thin layer of the soil you removed earlier and press gently to firm the soil.

## Looking after your plants:

Place in a warm window with exposure to the sun. Rotate the pots to keep them from leaning in one direction, toward the light.

Keep the soil moist, but not soaking wet.

If the plants start to look crowded as they grow, use scissors to thin them out. Snip the extra seedlings at the soil line and add them into a salad.

Once your plants are established you can cut off leaves to add to your cooking and salads!

**Find out more about growing herbs [here](#)**



# FIND YOUR PERFECT MATCH

Researchers have found that people who spend more time in nature have better mental wellbeing, and house plants count!

They have positive effects on your physical health, productivity, sleep, air quality and even your relationships. Plus, they are good for our planet too, especially if they are edible, and sourced consciously.



## WHAT PLANT SHOULD I GET?

One of the main things that puts people off plants is the fear of maintenance and the resignation that'll they'll probably end up dead within a few weeks.

So here are some easy-to-care-for, resilient plants:

### Pothos

This plant has beautiful trailing leaves. It's known as "devil's ivy", which clues you into its ability to withstand nearly pitch-black conditions as well as under- and over-watering. It's a fighter! [Tips for caring for a Pothos.](#)

### Aglaonema

Or Chinese Evergreen, is perfect for those of you that tend to over water, as it can stand excessive amounts of water! It comes in beautiful colours, including pink, white and red, if you want something a bit more special than green. [How to care for an Aglaonema.](#)

### Crassula ovata

Also known as the Jade Plant, lucky plant, money plant, and money tree. Sounds pretty good, right? Not only can it stand a drought of water, but it's said to bring good fortune if it's thriving... [How to care for a Crassula ovata.](#)

### Spider Plant

Don't worry, it's only named spider for its look. Spider plants grow quickly and produce little 'babies' you can re-pot for more plants (or gift!). It loves light and just needs a weekly water. [How to care for a spider plant.](#)

### Aloe

We've all heard of Aloe Vera. It's dead easy to grow this succulent. It likes to be more dry than wet so make sure it has plenty of drainage and decent light. One key thing it needs is a succulent mix. Aloe has loads of health properties and you can snap off branches to use in eco-body care recipes! [How to care for Aloe Vera.](#)

## TOP TIPS FOR CARING FOR PLANTS:

### 1. It's Better to Underwater Your Plants Than Over water Them

Most plants can survive a period of un-watering. What is harder to come back from is over watering!

To avoid this, you can download plant-watering apps that remind you when each of your plants need a water. You can also check the soil by touch to feel how dry it is. A good rule of thumb is: if the first inch or so of soil is dry then it needs a drink.

### 2. Water deeply

Most plants prefer a good ol' drink rather than light, more frequent waterings. This is because only the top roots can access the water of a light watering, and the bottom roots miss out. To get a balance, see when the water comes through out the bottom of the pot (hold over the sink!), then stop.

### 3. Try to replicate your plant's natural habitat

If it's used to a hot, sunny climate, try and keep it in your warmest, sunniest room. Plants that don't like direct sunlight are great in bathrooms, where there isn't that direct light coming in. Check placement of radiators and windows.

### 4. Check for warning signs for an unhappy plant

This could be yellow or droopy leaves, rapid and large-scale leaf-loss, and lack of growth over a long period of time.

Just give the symptoms a quick google but reasons could be linked to: amount of water, incorrect fertiliser-use, too much or too little sunlight, or the need for a re-potting.

### 5. Give them a spring clean!

This is an odd one but sometimes your plants will need dusting! Only 3 or 4 times a year, but a build-up of dust can block their ability to get sunlight. Plus, it makes it a healthier environment for you!



# Have A Wildlife Day!

There are lots of little things we can do to support our local wildlife, from bug hotels to bat boxes!

Here's a quick method for making a bird feeder that you can hang in your garden or by your window for our feathered friends!

## You will need:

- empty toilet paper roll
- peanut butter
- bird seed
- knife or spoon for spreading the peanut butter
- plate or paper plate
- optional: string

## How to make your feeder:

- 1) Put a layer of bird seed onto a plate.
- 2) Spread peanut butter on the outside of a toilet paper roll using a knife or spoon.
- 3) Roll the toilet paper roll in the bird seed. Because of the peanut butter, the seeds will stick.
- 4) Loop the string through the toilet paper roll and hang it on a tree or slip the toilet paper roll directly onto a tree branch.
- 5) Observe the birds who come to feed.

**There are loads of different bird feeders you can make if you want some alternatives. Try some of these.**





**Wouldn't it be great if everyone worked together to make the world a little greener?**

**If you'd like to do your bit then AUBSU has plenty of opportunities for you to help out.**

**AUBSU's dedicated team of student environmentalists have been working hard to encourage all students at AUB to be a little greener.**

**To get involved, DM @aubsu\_green or email us: [green@aub.ac.uk](mailto:green@aub.ac.uk)**