

REUSE & UPCYCLE

environment

Ride a
Bike

Eco-Friendly

GREEN

renewable

organic

Shop
Local &
Seasonal

earth

tips on

sustainability

RECYCLE

natural

LOW IMPACT

REDUCE
WASTE

WATER AND ENERGY
EFFICIENT

Mother Nature

CONSERVE

biodegradable

Thank you for your participation in the Global Voluntary Service to Stop Climate Change (SCC)! We know that each of the projects are designed and organized to have meaningful work to help tackle climate change. However, please know that each volunteer can also take little actions themselves in the workcamp to help, and this handbook will tell you how!

What is sustainability?

Often times, when we think about sustainability, we relate this concept to the environment. However, this concept is actually broader and includes area relating to the social and economic dimensions as well. According to the Québec's Sustainable Development Act, "Quality of life is recognized as being able to live in healthy surroundings (the environmental dimension), with adequate standard of living (the economic dimension) and a way of life that is physically, intellectually and morally satisfying (the social dimension)."

Why is sustainability important?

We live in a world limited in resources. The booming in economic development and the over exploitation of the Earth's natural resources, often times damages the environment and can affect future generation. We need to be able to satisfy the needs of living and developing with respect and consideration of the Earth's resources to ensure the quality of life for the present and future generations.

What can you do to help?

Let's make everyday a GREEN day! There are many simple things that each of us can do to help! This handbook contains many ideas on what everyone can do in their daily life to live more sustainability! Some tips might be easier for some people to do so please choose the ones that you feel comfortable in doing and make it into a daily habit in workcamp and in your day-to-day life. Every little action helps!

living



Education

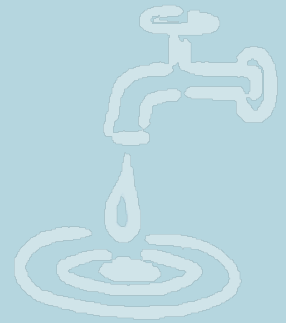
- Research and educate yourself about sustainability
- Read labels about your food and know where your food come from and how it was made
- Get to know the locals, not just for cultural exchange, but also to pass on the goodness about sustainability and having strong relationships is also part of a sustainable life

Reduce/Reuse/Recycle

- When possible, separate your waste into different recyclable categories and have them recycle
- When recycling is not possible, try to reuse
- Be creative and upcycle – transform unwanted waste to products and new material to something better for the environment and something more fun and useful
- Bring a reusable bag when shopping to avoid plastic bags
- Don't use paper towels and use table cloth instead
- If you need to print the information sheet or anything, try using recycle paper and try double side printing
- Try to minimize your packing list to decrease the load of your suitcase (A study showed that a third of us actually are not using a quarter of what we packed. If those who don't utilise their luggage reduced their items by that 25%, it would save 7537 tonnes of carbon dioxide going into the atmosphere each year)
- Avoid eating out, and when you do, bring your own reusable take-out container



Water



Kitchen:

- Wash fruits and vegetables in a bowl of water with a scrub instead of using running water
- Water use to wash vegetables and fruits can be use to water plants
- Don't use water to defrost - instead think ahead and leave in the fridge overnight or out to defrost hours earlier
- Boil food in as little water as possible to save water and even cooking fuel – more flavor and nutrient will actually be kept this way
- Cooking water can be use to water plants after it is cool
- Don't waste the steam – for example, you can put the vegetable steamer over the pot of rice or pasta that is boiling
- Plug the sink or get a big container of water to rinse the dishes all at once instead of using the running water
- Choose tap water instead of bottle water – this will reduce the plastic

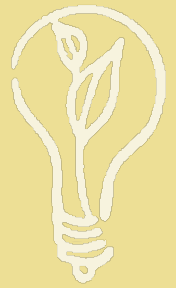
Laundry:

- Make sure you have a full load of clothes before washing and wash with cold water
- Wash by hand and hang dry - you not only save energy but your clothes will last longer because there's less wear and tear from being in the machine
- Use green biodegradable detergent with no phosphates - phosphates can cause algal blooms that negatively affect ecosystem and marine life
- Use concentrated detergent since this have less packaging
- Wear clothes such as jeans more than once before washing

Bathroom

- Take shorter and fewer showers – taking bath uses a lot of water
- Use the water to wash your hand to flush the toilet – you can put a container in the sink to collect the water you use from hand washing, then use it to flush the toilet instead
- Turn the water off when you brush your teeth, shave, or when you put on soap or shampoo
- Make sure you turn the water off completely so that it is not leaking

electricity and gas



Cooling and Heating

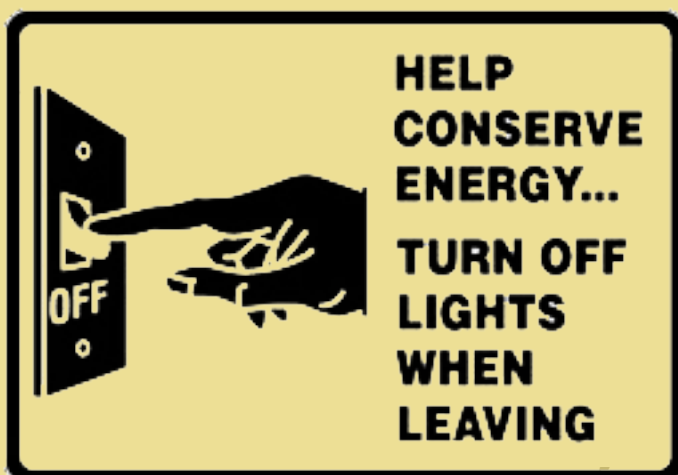
- Use a fan instead of the air-conditioner
- Close windows and doors to avoid heat lost from the heater or the lost of cold air form the air conditioner
- Heat your home with the sun during the day by leaving the blinds and curtains open
- Avoid using hot water when possible

Lighting

- Switch off lights and any electrical device when not in use
- Open windows and door to let natural lights rather than turning on the light in the day time

Electronics and Appliances

- Unplug unused electronics and battery charger - standby power can account for 10% of an average household's annual electricity use
- Turn off your monitor if you are not using it for more than 10 minutes - screen savers do not actually help save energy
- Turn off your computer if you are not using it for more than an hour or put it in sleep or hibernate mode
- Open the fridge and freezer doors only when necessary and do not leave the doors open



transport



- Ride a bike or walk – this will keep you in shape and produce no pollution or green house gas
- Take the stairs instead of taking escalator or elevator (Different types of escalator or elevator and the number of people can affect the energy use but here are some general statistics. The average escalator in a shopping mall—which has a 7.5 horsepower motor, rises 15 feet above the ground, and is kept running 14 hours a day, six days a week—might use about 7,500 kilowatt-hours of electricity in a year. A typical hydraulic elevator in a three-story office building uses 3,800 kilowatt-hours per year.)
- Take public transport or carpool
- Support green airlines and transport companies



food



Shopping for food

- Be a conscientious consumer -shop local and seasonal food with little to no packaging
- Try to choose certified fair trade and organic products
- Fresh unwanted parts of the vegetables can be given to fish or other animals
- Forage for food - it will be fun and the ingredients are free!

Eating

- Eat less meat
- Eat everything – this will decrease food waste and it's easier to clean the dishes

Food Waste

- Compost food scraps if possible
- Feed left-over food to animals – make sure to rinse off the oil and salt before giving it to animals since most animals do not eat salty food
- Separate organic waste with other waste
- Be creative about your food waste- often times, what you consider waste might be edible (ex. carrot stems are edible and very nutritious)



local and seasonal food chart



	May	June	July	August	September	October
Cambodia	jackfruit, durian, dragonfruit, melon, rambutan, mangosteen, banana, coconut	durian, pineapple, dragonfruit, melon, rambutan, mangosteen, banana, coconut, jackfruit	durian, dragonfruit, melon, rambutan, mangosteen, banana, coconut, jackfruit	dragonfruit, sapodilla, durian, pineapple, papaya, mangosteen, logan, avocado, banana, coconut, jackfruit	sapodilla, durian, pineapple, papaya, mangosteen, dragonfruit, logan, avocado, custard, banana, coconut, jackfruit	Mango, dragonfruit, chan, baby bananas, coconut, lime, green orange, pomelos, snake fruit, longan, watermelon, putrea, rambutan, persimmon, custard, jackfruit
India	Spinach, cucumber, doodhi, karela, beans, mango-Alphonso, Kesar, raw papaya, black jamuns, litchis, jackfruit, watermelon, muskmelon	Spinach, lady's finger, cucumber, chawli, gawar, corn, capsicum, sweet potato, mango-Alphonso, Kesar	Spinach, lady's finger, cucumber, chawli, gawar, corn, capsicum, sweet potato, round gourd, doodhi, snake gourd, karela, Mango-Kesar, Totapuri, cherries, peach, plum	Spinach, lady's finger, cucumber, chawli, gawar, corn, capsicum, sweet potato, mango-Alphonso, Kesar, custard apple	Spinach, lady's finger, cucumber, chawli, gawar, corn, capsicum, sweet potato, guava, papaya, pomegranate, custard apple, passion fruit	Brinjal, tomatoes, dill, spring onions, guava, papaya, pomegranate, custard apple, passion fruit
Indonesia	orange, banana, papaya, starfruit, persimmon, jackfruit, soursop	orange, banana, starfruit, persimmon, jackfruit, soursop, pomelo	orange, banana, starfruit, persimmon, jackfruit, soursop, pomelo, melon	orange, banana, starfruit, jackfruit, soursop, pomelo, melon, rose apple	banana, starfruit, soursop, pomelo, melon, rose apple, mango	banana, starfruit, soursop, rose apple, mango, durian
Italy	asparagus, onions, courgettes, strawberries	cucumber, onions, tomatoes, courgettes, strawberries, lemon, peaches	cucumber, onions, aubergines, peperoni, tomatoes, courgettes, apricots, watermelon, lemon, peaches	cucumber, onions, aubergines, peperoni, tomatoes, courgettes, apricots, watermelon, peaches	aubergines, peperoni, tomatoes, pumpkin, apples, peaches, grapes	broccoli, pumpkin, lemon, apples, grapes
Japan	cherries, strawberries, bracken, mountain butterbur, ostrich fern, kujo leek, mustard spinach, kyoto potherb, mustard, asparagus, lettuce, kyoto mibuna, shitake mushroom, chrysanthemum, broad bean	melon, cherries, peaches, watermelon, Ume, strawberries, kidney bean, kujo leek, cabbage, mustard spinach, peas, green perilla, spring onion, shitake mushroom, tomato, eggplant	melon, cherries, peaches, watermelon, Ume, grapes, blueberries, eggplant, red pepper, leek, lettuce, green perilla, green gourd, myoga, spinach, asparagus, onion, cucumber, tomato, mushroom, field peas, basil, kidney beans, bell pepper, potato	peaches, watermelon, melon, grapes, blueberries, radish, cabbage, spring onion, potato, cucumber, red pepper, leek, string beans, spinach, lettuce, asparagus, onion, tomato, mushroom, peas, eggplant, kidney beans	peaches, grapes, Fuji apples, Nashi pears, spring onion, potato, cucumber, red pepper, leek, pumpkin, eggplant, bell pepper, okra, paprika	grapes, Fuji apples, Nashi pears, Sudachi, Mikan, onion, potato, pumpkin, eggplant, myoga, red pepper, spinach, sweet potato, chestnut, turnip
Mexico	onion, squash, chile, lettuce, cabbage, cactus, pea, potatoes, avocado, plum, lemon, mamey, mango, melon, papaya, pear, pineapple, banana, watermelon	squash, chile, cactus, pea, avocado, plum, fig, lemon, mango, apple, melon, papaya, pear, pineapple, banana, watermelon	squash, chile, cactus, pea, avocado, plum, peach, fig, lemon, mango, apple, melon, papaya, pear, banana	zucchini, onion, squash, chile, lettuce, cabbage, cactus, pea, avocado, plum, peach, fig, lemon, apple, melon, papaya, pear, banana	zucchini, onion, chile, lettuce, cabbage, cactus, pea, potatoes, cherry, plum, peach, guava, lemon, apple, melon, papaya, pear, banana, grapefruit, grape	zucchini, onion, chile, tomatoes, cactus, potatoes, plum, guava, lemon, apple, papaya, pear, banana, Mexican haw, grapefruit, grape, sapodilla
Nepal	lychee, pear, peach, plum, apricot, cherry, jackfruit	lychee, pear, peach, plum, apricot, cherry, jackfruit	peach, plum, apricot, cherry	peach, plum, apricot, cherry, taro	peach, plum, apricot, cherry, taro	peach, plum, apricot, cherry, taro
Nigeria	ube okpoko, yam, plantain, banana, mango, pawpaw, onion, tomato, eggplant, pineapple, watermelon, guava, velvet tamarind	ube okpoko, yam, plantain, banana, mango, pawpaw, onion, tomato, eggplant, pineapple, watermelon, guava, velvet tamarind	ube okpoko, yam, plantain, banana, mango, pawpaw, onion, tomato, eggplant, pineapple, watermelon, guava, velvet tamarind	garden egg, ube okpoko, melon, maize, groundnut, orange, cashew, mango, pawpaw, onion, tomato, pineapple, watermelon	garden egg, ube okpoko, melon, maize, groundnut, orange, cashew, mango, pawpaw, onion, tomato, pineapple, watermelon	garden egg, melon, maize, groundnut, orange, cashew, mango, pawpaw, onion, tomato, pineapple, watermelon
Vietnam	avocado, banana, breadfruit, cashew nut, dragonfruit, mangosteen, pineapple, lychee, mango,	avocado, banana, breadfruit, cashew nut, dragonfruit, mangosteen, durian, pineapple, rambutan, longan, lychee, mango,	avocado, banana, breadfruit, cashew nut, dragonfruit, mangosteen, durian, pineapple, rambutan, longan, mango,	banana, breadfruit, cashew nut, dragonfruit, mangosteen, pineapple, longan, mandarin, mango, orange,	banana, breadfruit, cashew nut, dragonfruit, persimmon, pineapple, mandarin, mango, orange, pummelo	banana, breadfruit, cashew nut, dragonfruit, persimmon, pineapple, mandarin, orange, pummelo