

Alumni House - the house of green action



Meat Free Mondays



Meat Free Monday (MFM) is the department's green event done in conjunction with Green Impact for the gold/platinum award.

This event was thought up by Claire, a lady who works in the office. Proving the effect that environmental sustainability has

had on the office.

MFM is a great way to promote sustainability as meat uses up lots of Co2 and water in its production. In fact 1 kilo of meat produces the same amount of Co2 as a car! Further more the health benefits from cutting down the amount of meat in your diet is immense, due it's fat content.

Every Monday is intended to be MFM for the full impact of it to be realised. Posters were created to advertise the event. Recipe cards with tasty and easy recipes where distributed to

those who were interested and meat free alternatives suggested.

I am happy to say that even people outside of the department agreed to take part in the event. Making it a successful/simple way of getting involved.

Check, to two of next year's criteria

You wanted us to come up with 2 criteria for next year? We did and we promoted it too!

The first idea was for the re-use of household items. A poster was placed on the notice board alongside con-

tacts, for further information on how to be more sustainable around the home.

This was done to try and promote environmental sustainability not just in the office but also at home. Showing how

simple and cost effective it can be.

The second criteria was urban agriculture. This idea is for the promotion of growing your own fruit and vegetables in city environments. Again posters where put up for promotion.

- MEAT FREE MONDAY
- URBAN AGRICULTURE
- RE-USE OF HOUSEHOLD ITEMS



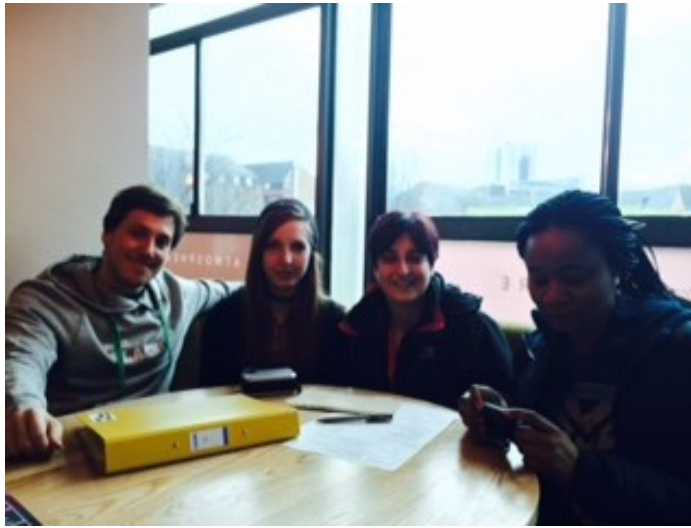
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What we are already doing

“WIITH THE HELP OF GREEN IMPACT THIS HAS GROWN AND HOPEFULLY THIS WILL CONTINUE”



Before green impact Alumni House was already doing a few sustainable things. With the help of Green Impact this has grown and hopefully this will continue.

Here at Alumni House, reusable cups and cutlery were already used in the department. Fair trade tea and coffee was already purchased.

Pictured are a few members of the Alumni House department.

Bronze

All of bronze have been completed . Right is a picture of one of the bicycle signs to promote where the bicycle racks are, as they are hidden around the back of the building.



Other criteria we implemented was a notice board in a communal area for all department members to see and fact cards (also pictured) were created and put on the lift to promote taking the stairs. Below the fact contained a relatable message. They were also double sided to be flipped after a while to keep interest. As there were originally supposed to be a trail of them up the stairs.



Silver

Silver has also been completed. Two of the criteria pictured are the battery recycling box and the guidance of how to scan documents.

Other silver criteria that has been implemented include; the proposed new criteria for next year, teleconferencing using Skype, procuring recycled paper, the blackout event that two members of staff took part in, taking minutes and bringing a polar bear mascot to meetings to include environmental issues within them and more.

Gold/platinum

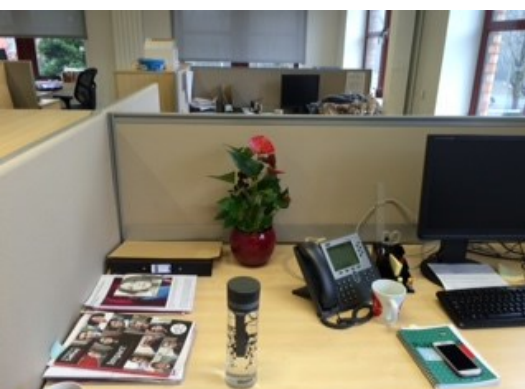
This past month we have been working hard to go for gold and we have met that target! So we decided to go for platinum and we have surpassed that with 105 points in total.

The criteria we opted for were; all of the travel section, 3 of the waste and recycling criteria, four out of the 7 procurement criteria, 2 out of the 6 greening teams, action plans and communication criteria and 1 of the 2 embedding and communications criteria.

The criteria pictured are potted plants, this belongs to the embedding and communications criteria. These plants have been placed around the department on desks and window sills.



“WE DECIDED TO GO FOR PLATINUM AND WE HAVE SURPASSED THAT WITH 105 POINTS IN TOTAL”



Another criteria implemented was that of implementing environmental sustainability at home. Two members of staff took part doing this. Doing things such as recycling more, using compost bins and remembering to turn off electrical items and lights. As pictured at the bottom of the page.

As mentioned on the first page the Meat Free Monday event was created and promoted around the department. Clothing banks and My Cycle were also promoted.