



**Shashwat Guha, MSc Clinical Neuroscience at UCL,
Student Sustainability Ambassador.**

"As a student, I believe that inspiring others in our community to take small steps can lead to a big impact. Considering our current waste, climate and hunger crisis, it is important to raise awareness about sustainable living and strive towards a greener future. If you have any ideas, suggestions, or would like to collaborate on a sustainability project, please feel free to reach out to me."

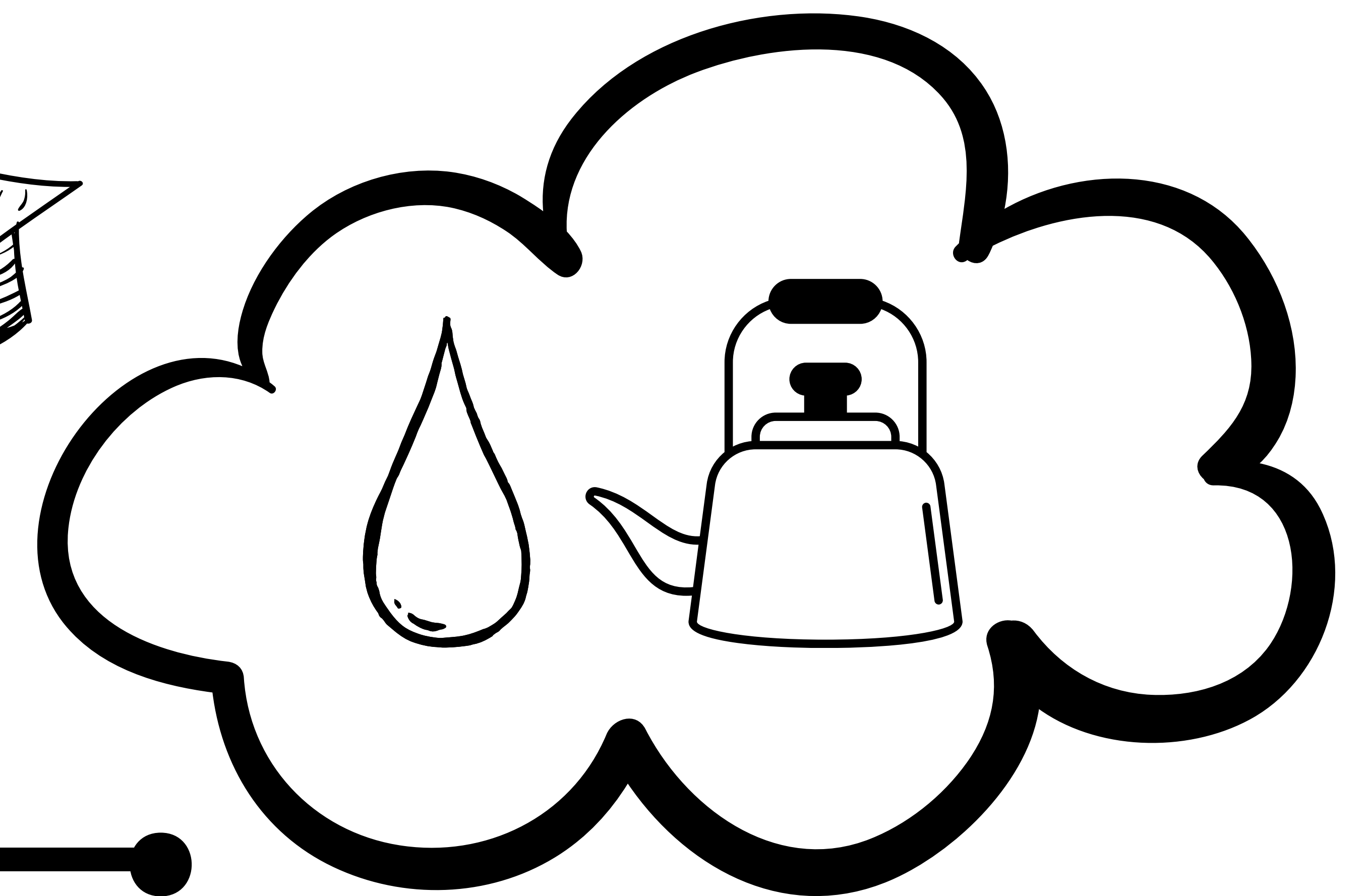
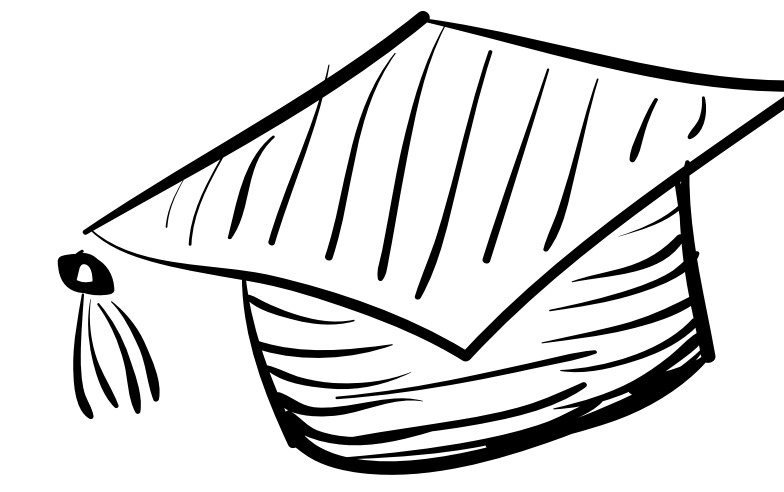
Find out more about ION sustainability activities
www.ucl.ac.uk/ion/sustainability

Mapping Queen Square Institute of Neurology



Facilities audited include water fountains, kettles, fridges, microwaves and recycling bins

Location of microwaves
for heating food



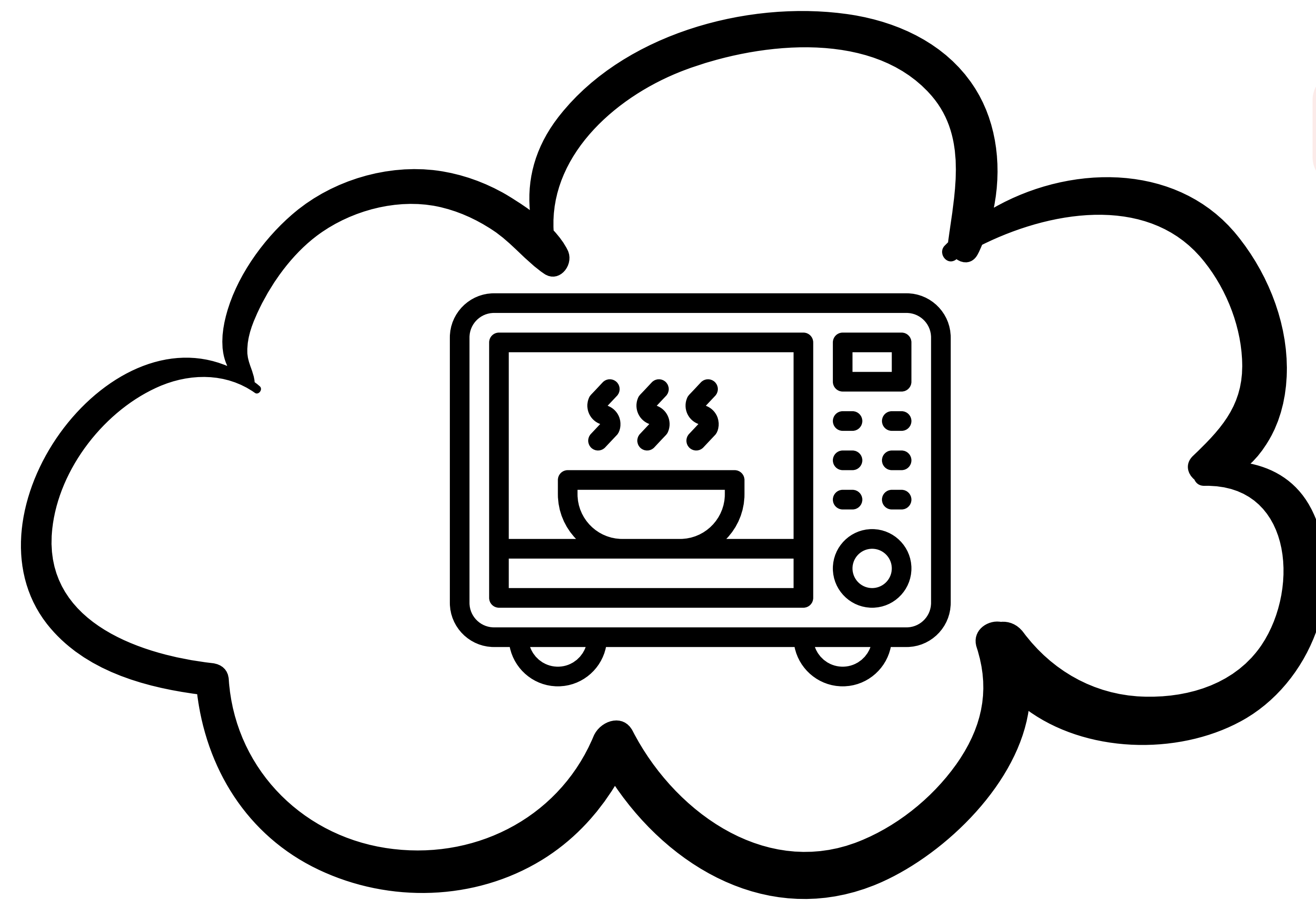
Location of water fountains and
kettles for making tea or coffee



Location of fridges for
storing food and drinks



Know your
campus!



Location of bins for
correct waste disposal



Know your campus!

Food waste in the UK



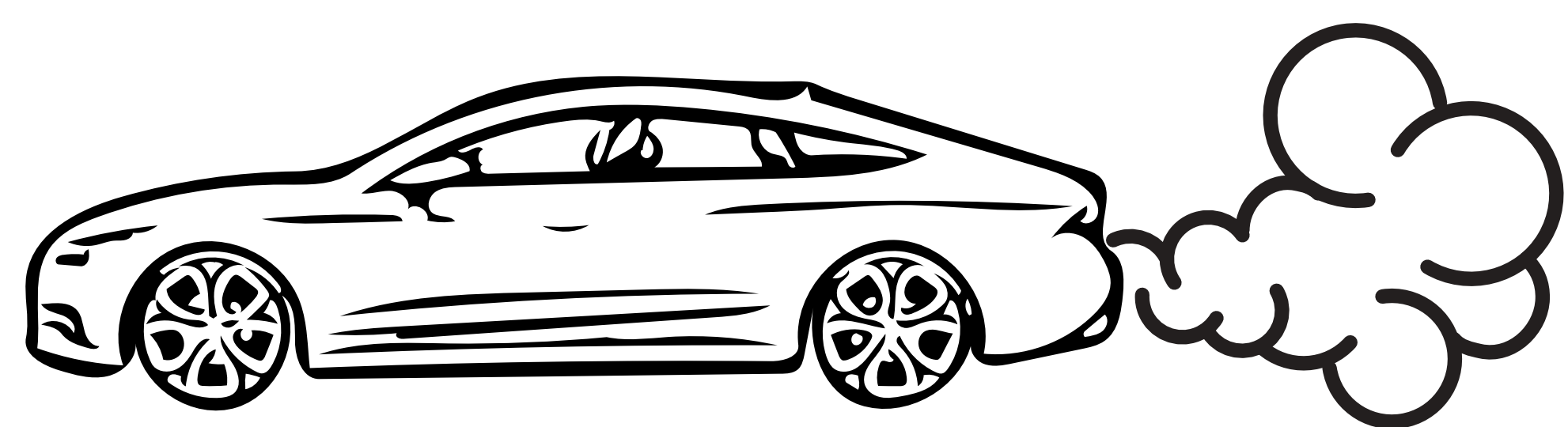
As part of the United Nations' sustainable development goals (SDG 12.3), the UK Government has committed to **halving** the UK's per capita food waste by 2030.



According to the Waste and Resources Action Programme (WRAP), approximately a **quarter** of the total food produced (10.7 million tonnes) is lost or wasted every year.



Food that could have been eaten but gets thrown away (4.7 million tonnes) is worth around **£17 billion** - This is around £80 per month or **8 meals per week** for an average family with children!

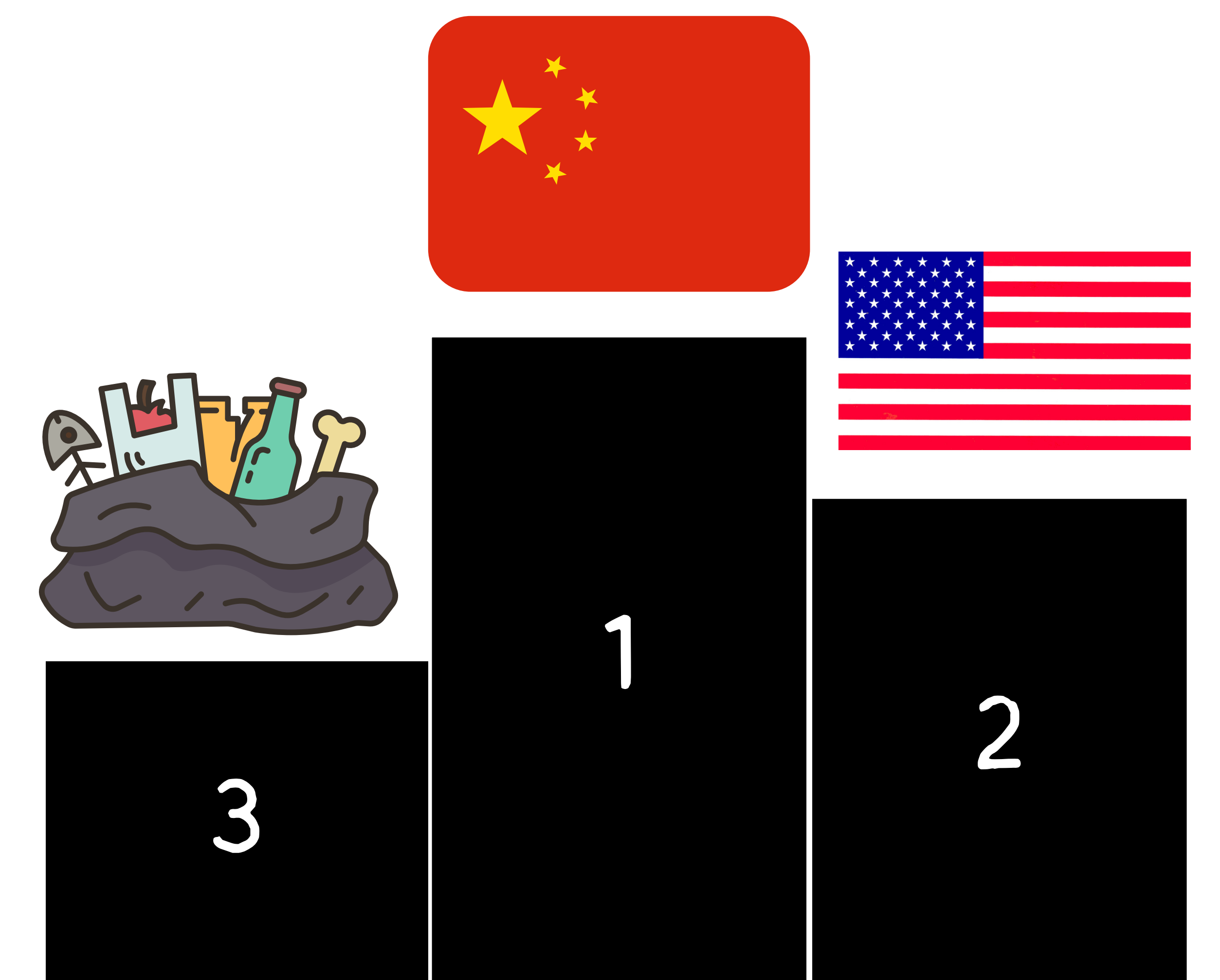


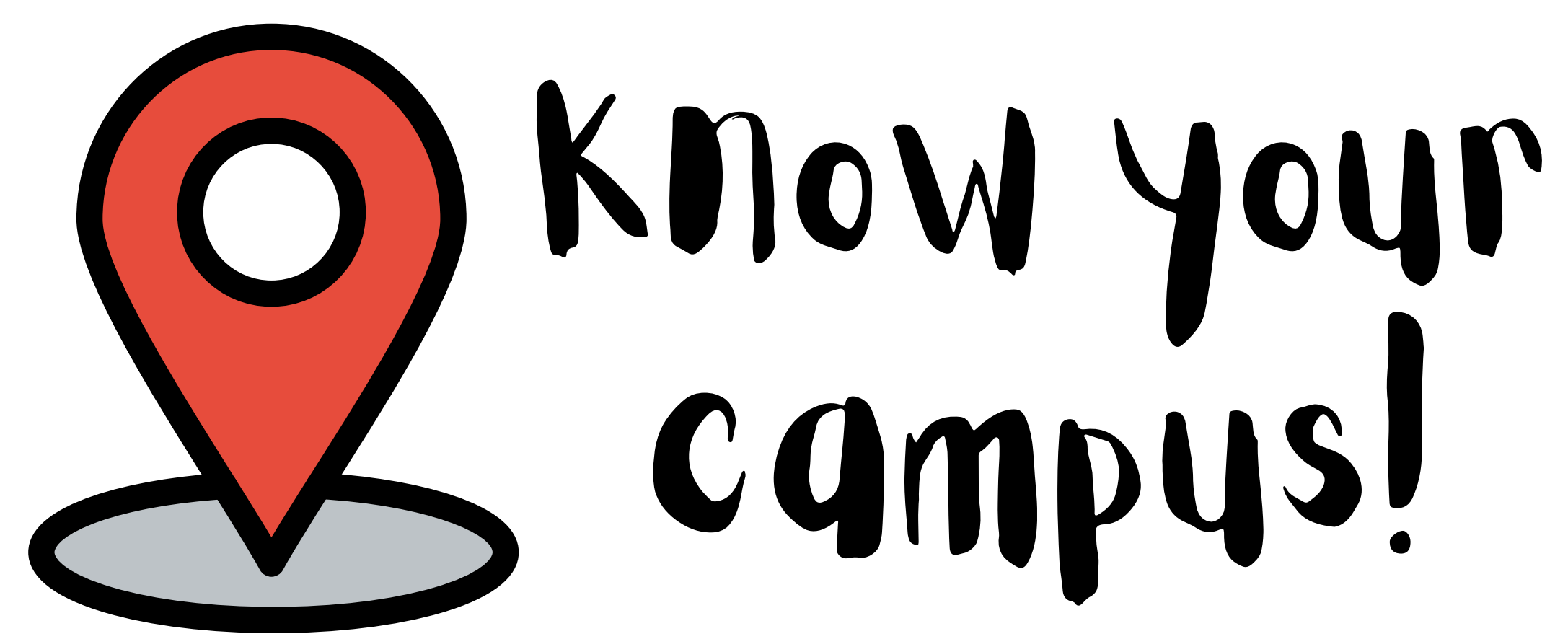
The carbon emissions associated with this food is equivalent to that generated by **1 in 5 cars** on UK roads.



If food waste were a country, it would be the world's **3rd largest emitter** of greenhouse gases (GHGs) after China and the USA.

There's still good news! - WRAP research shows that in 2021, we wasted **17% less food (per capita)** than in 2007. The amount of food saved would fill 1 Wembley stadium and 10 Royal Albert Halls!





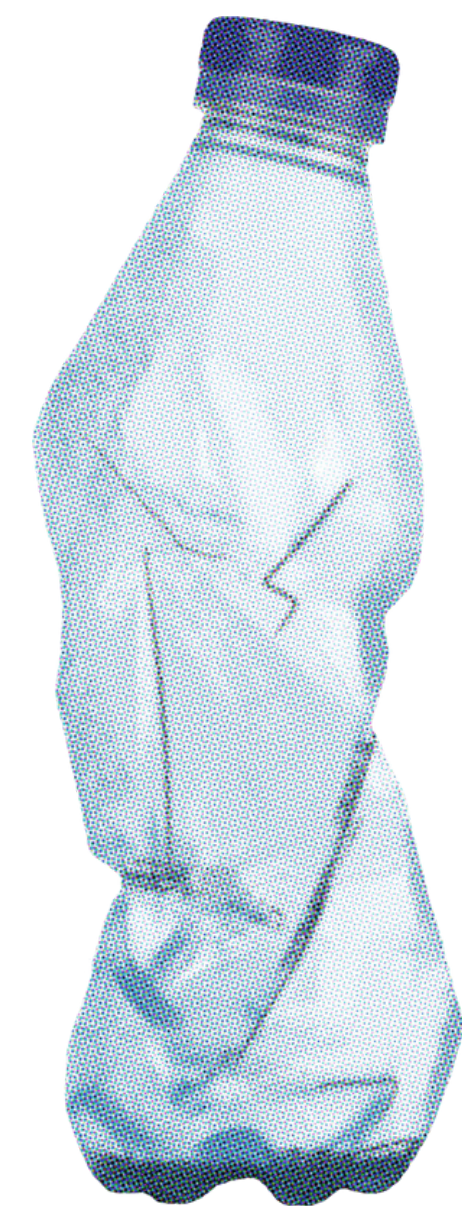
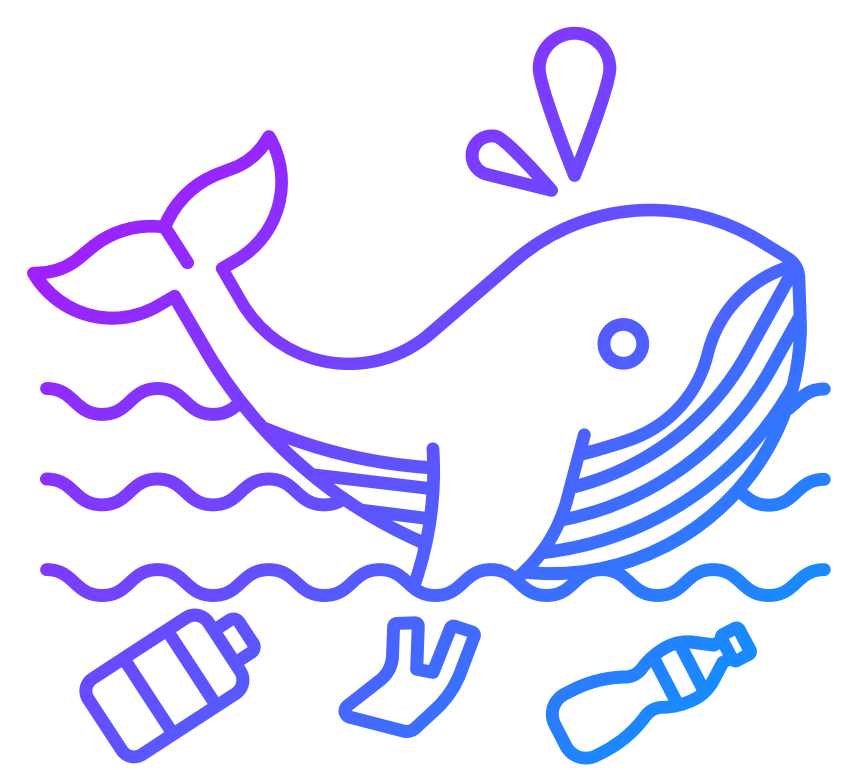
Plastic waste in the UK



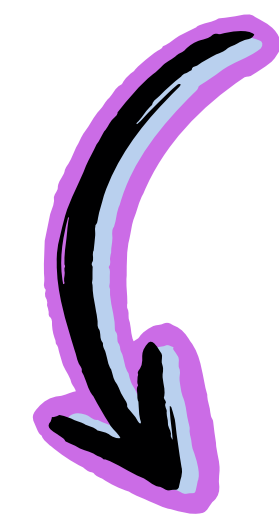
Plastics can take **centuries** to decompose, resulting in growing concerns in the UK about plastic waste pollution.



Department for Environment, Food & Rural Affairs (Defra) estimates that around **five million tonnes** of plastic is used every year in the UK, nearly half of which is packaging.



According to Statista, UK households throw away a staggering **100 billion pieces** of plastic packaging every year.



The UK government has introduced several policies, such as the single-use plastic bag charge (5p) in supermarkets, which resulted in an **83% reduction** in plastic bag use.

Other single-use plastics, such as disposable cutlery, plates, stirrers, straws and coffee cups are also problematic for the environment, with many ending up in landfills. In fact **over 1 million** disposable cups are thrown away every year at UCL.

How far have we come? - WRAP, stated that an estimated 1.2Mt (megatonnes) of the UK's plastic packaging was recycled in 2020, a **fourfold (or 400%) increase** from levels achieved in the early 2000s.

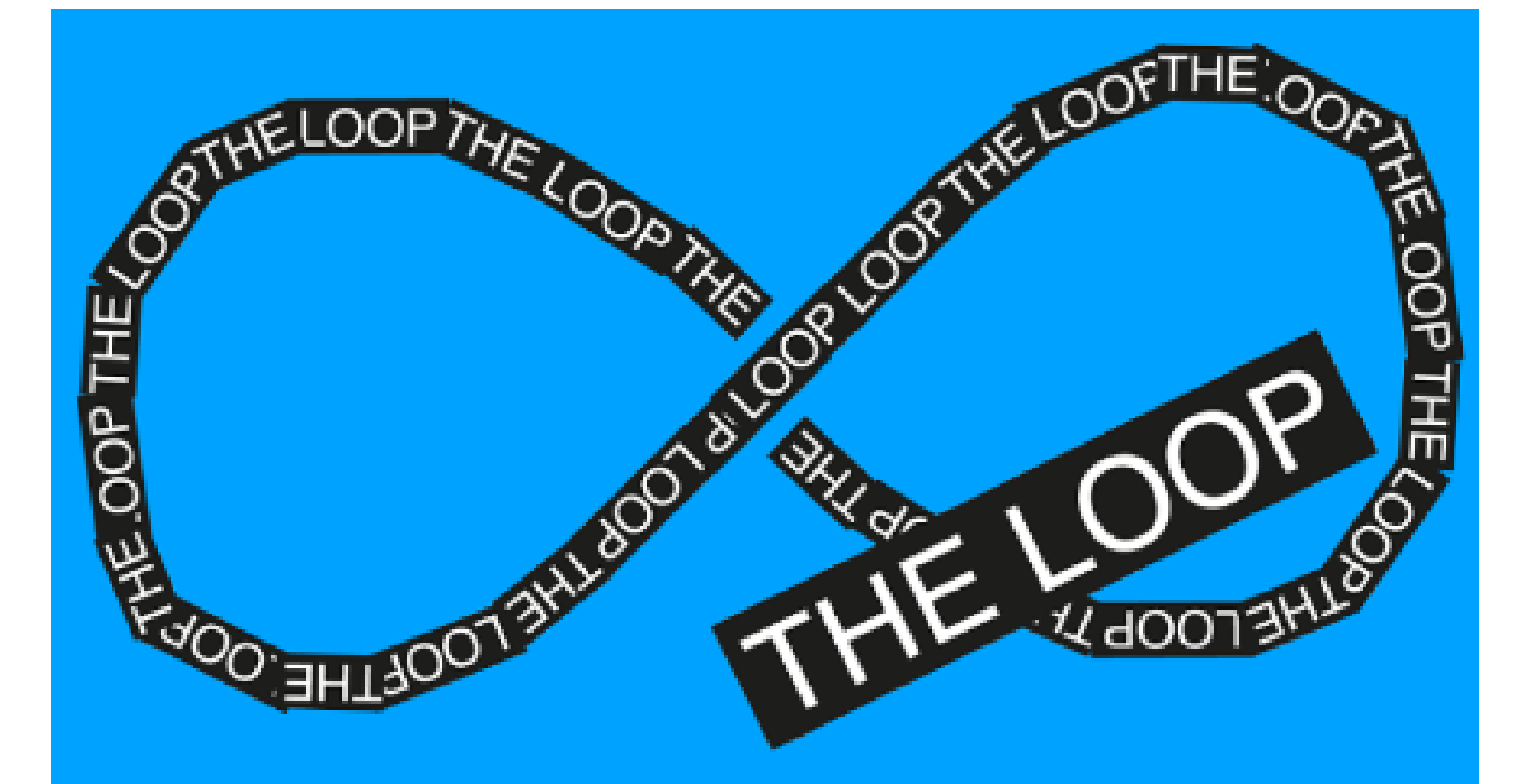


Know your campus!

Student Action at UCL



UCL is committed to becoming a **single-use plastic free** university, reducing waste per person by 20% and recycling 85% of its waste by 2024.



UCL Students' Union cafes are doing everything they can to "**Ditch the Disposable**" and become net-zero by 2030.



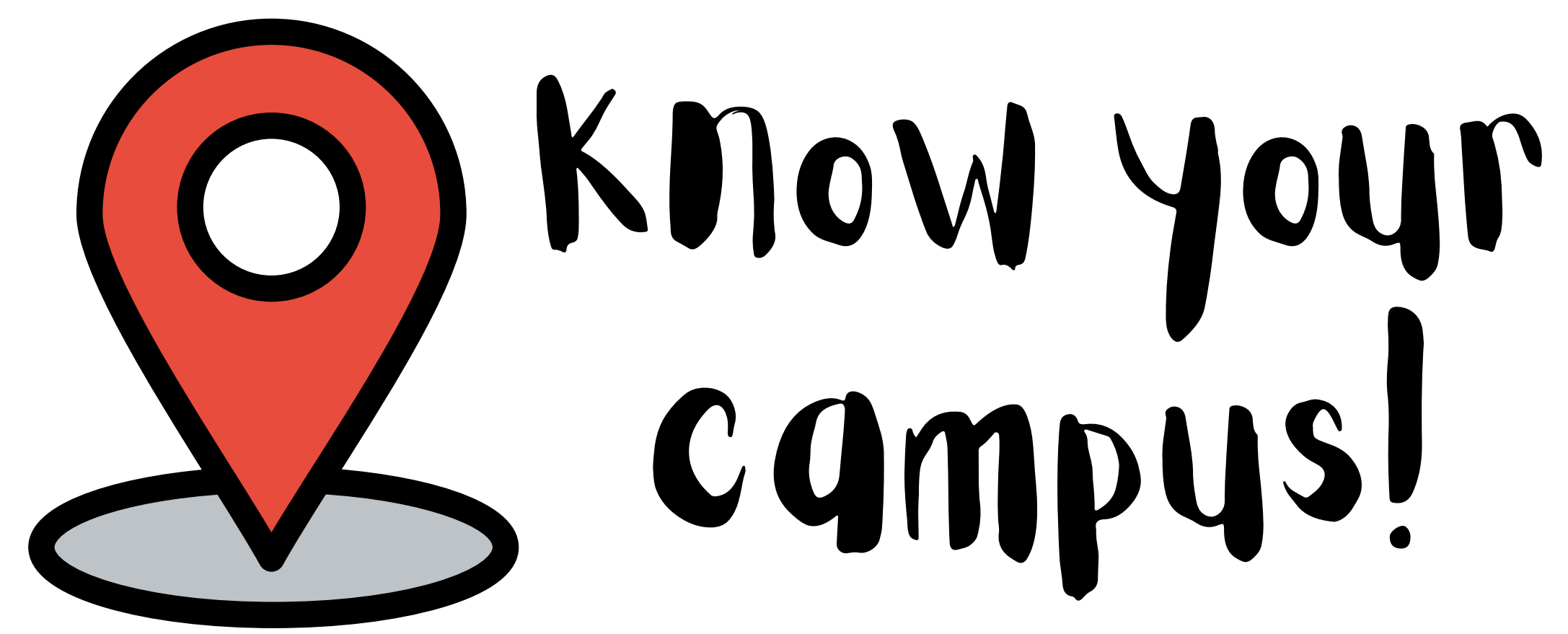
Based on a Life Cycle Assessment from cradle to grave, using a reusable coffee cup every working day for one year results in **88% less emissions** compared to using single-use cups.

In order to encourage more students to opt for reusable mugs, an extra 50p charge is applied for single-use cups. In October 2023, **21.1%** of all hot drinks at UCL cafes were sold in **reusable mugs**.



The **Zero Food Waste** project are working with Food at UCL and the Students' Union to collect food waste and redistribute it to St Mungo's, a local hostel.

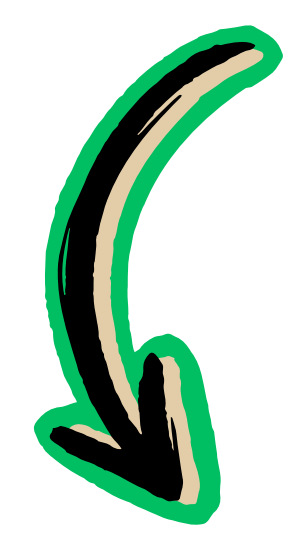
Students have already saved over **100 food items** from the Student Union cafes going in the bin since November 2021.



How can Green Impact help?

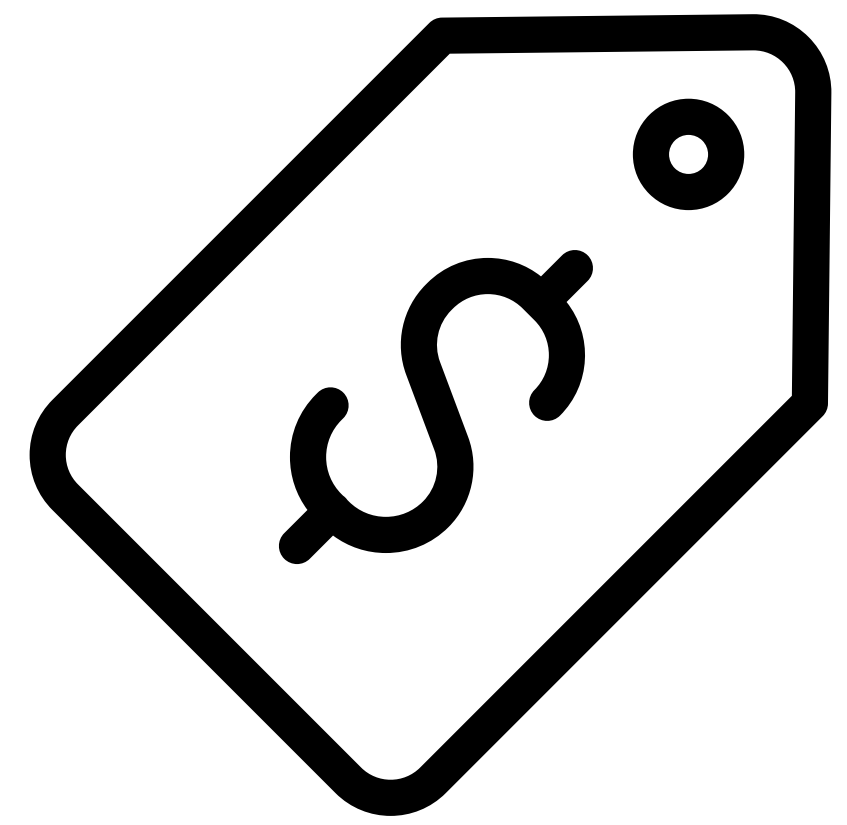


Mapping the location of facilities, in every UCL campus, can help drive UCL's sustainability strategy, especially the campaign on recycling and closing the waste LOOP.



Students can have an easier time locating these resources

- Can help store and heat up food or fill reusable water bottles.
- Encourages students to bring their own food and drink in reusable containers and bottles.
- Helps in waste segregation through appropriate signposting of bins.



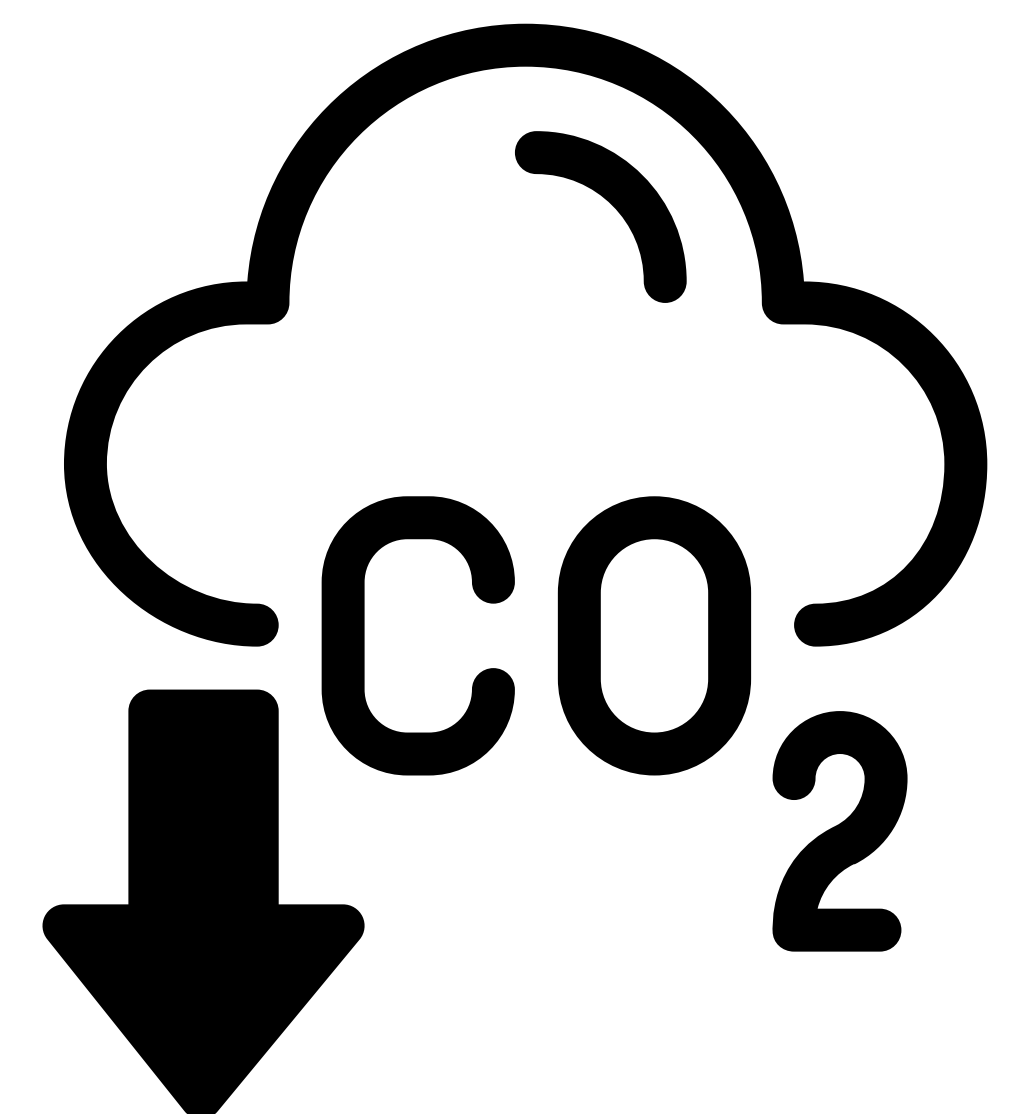
Try bringing your own packed lunch instead of buying new meals!


- Homecooking is an essential skill resulting in a healthier diet, since you control what goes into your food.
- Ultimately saves money, reduces GHGs and prevents additional paper and plastic packaging from being discarded.



Use a fridge or freezer to store homecooked meals and leftovers instead of binning it.

- Saves time taken to plan and prepare the next meal.
- Food can be stored in reusable Tupperware containers and reheated in the microwave as well.

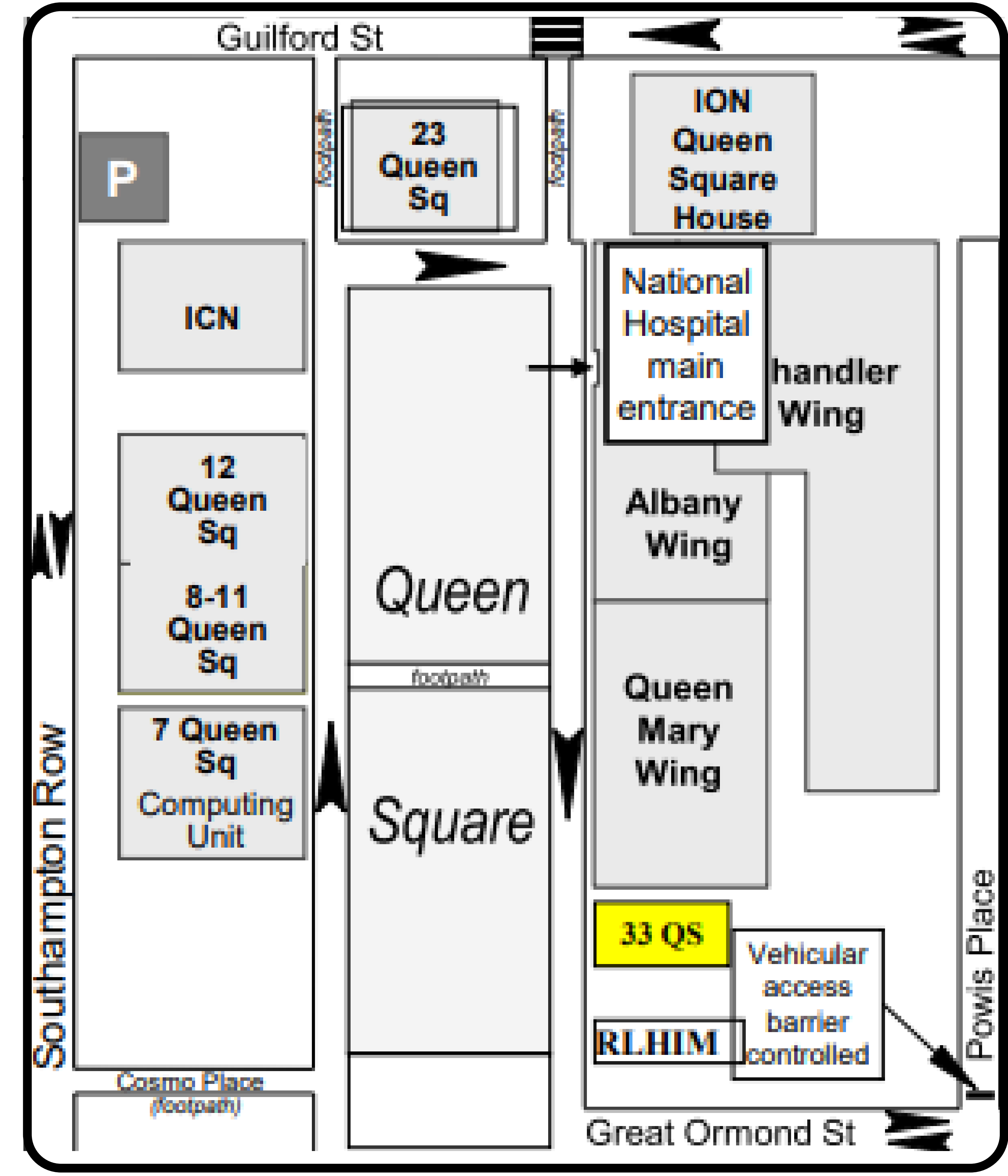
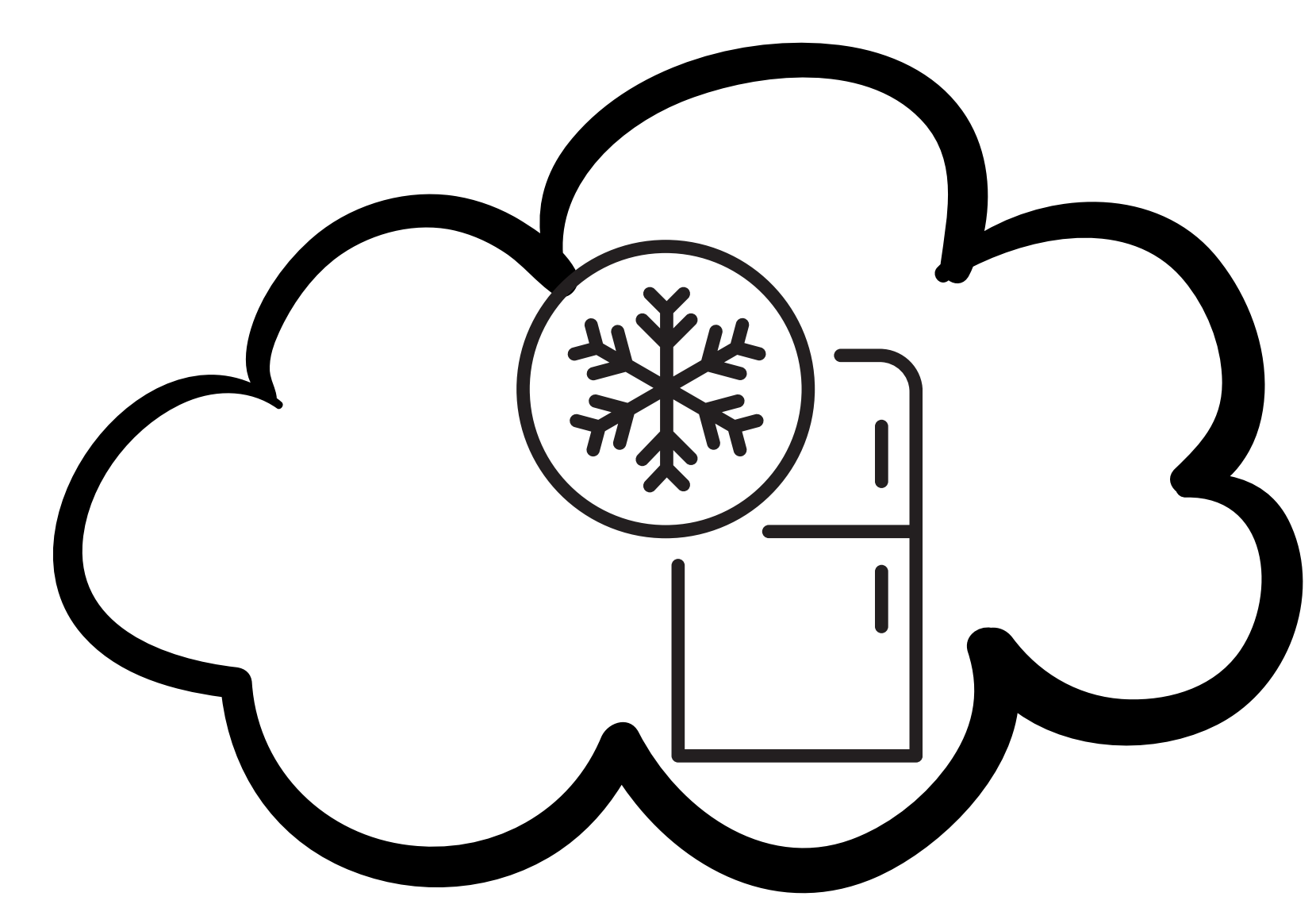
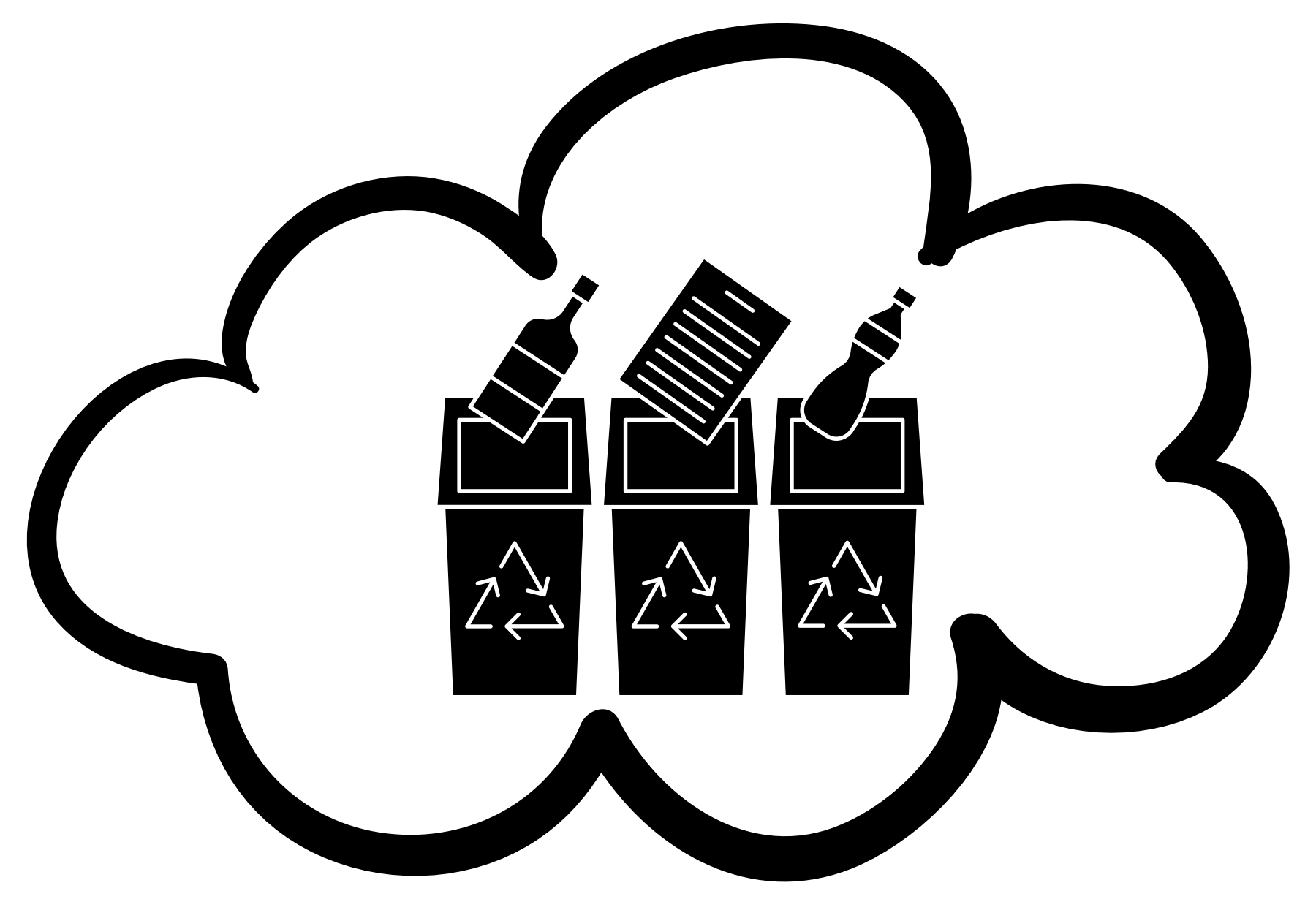
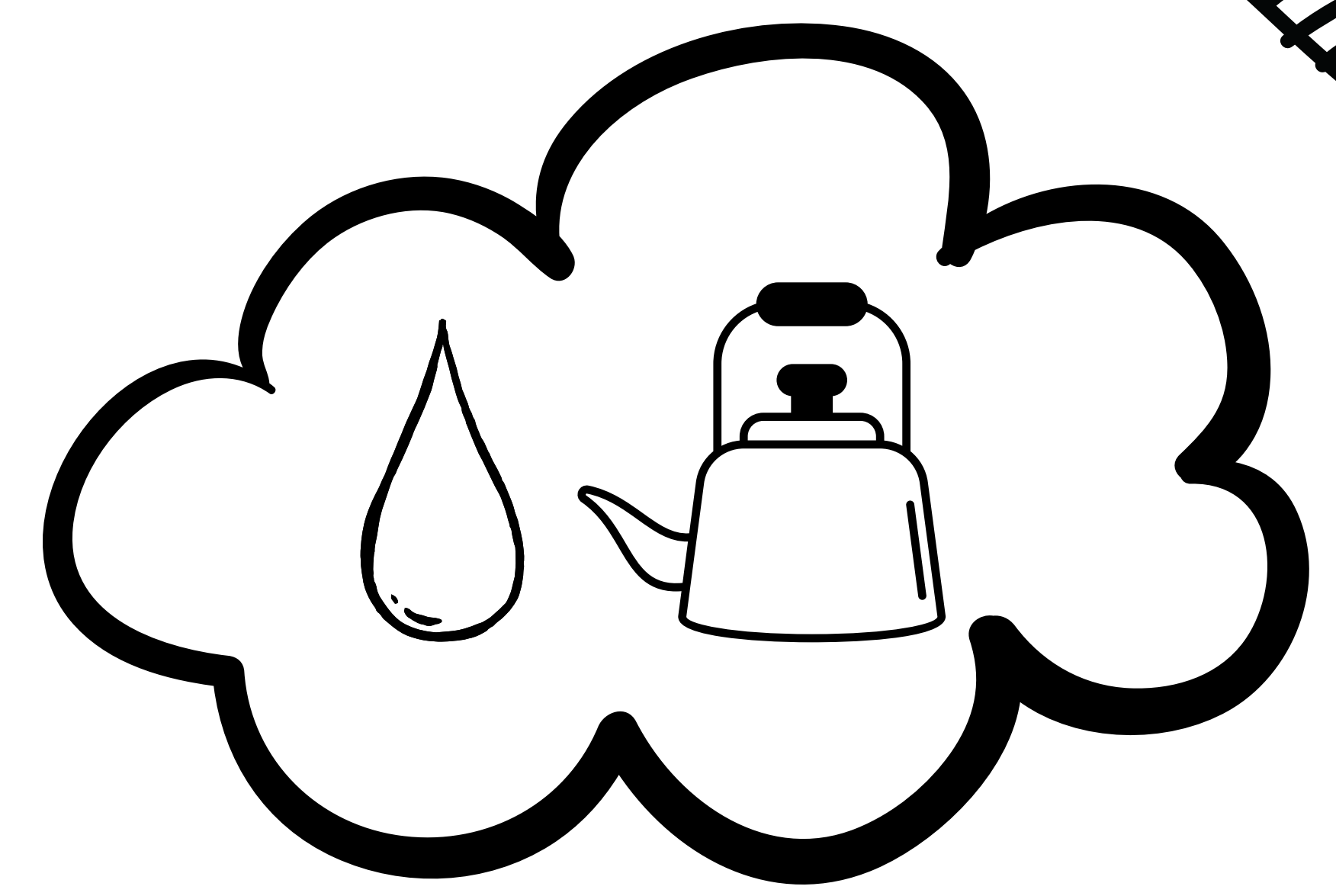
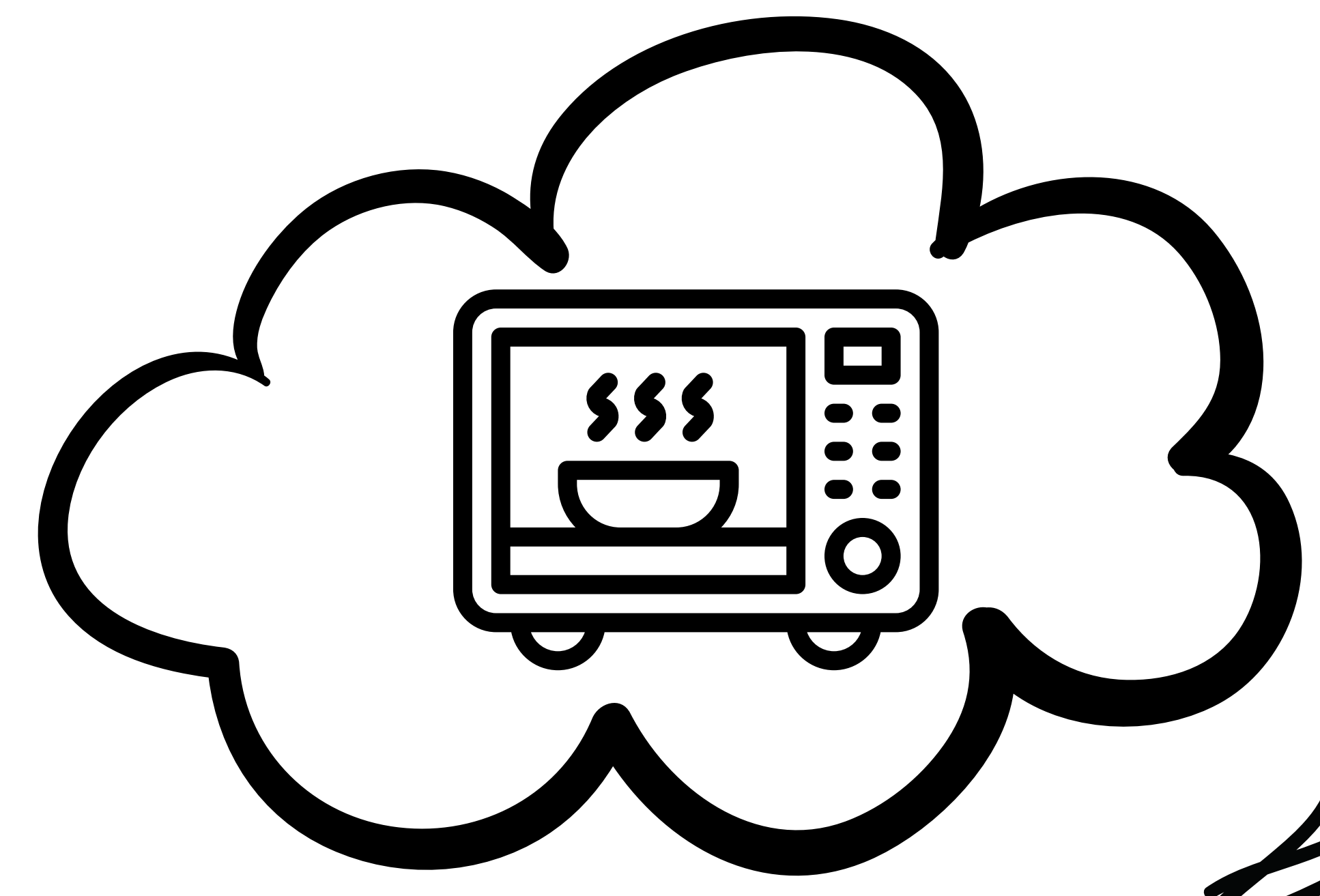


 Know your campus!

Mapping Queen Square Institute of Neurology

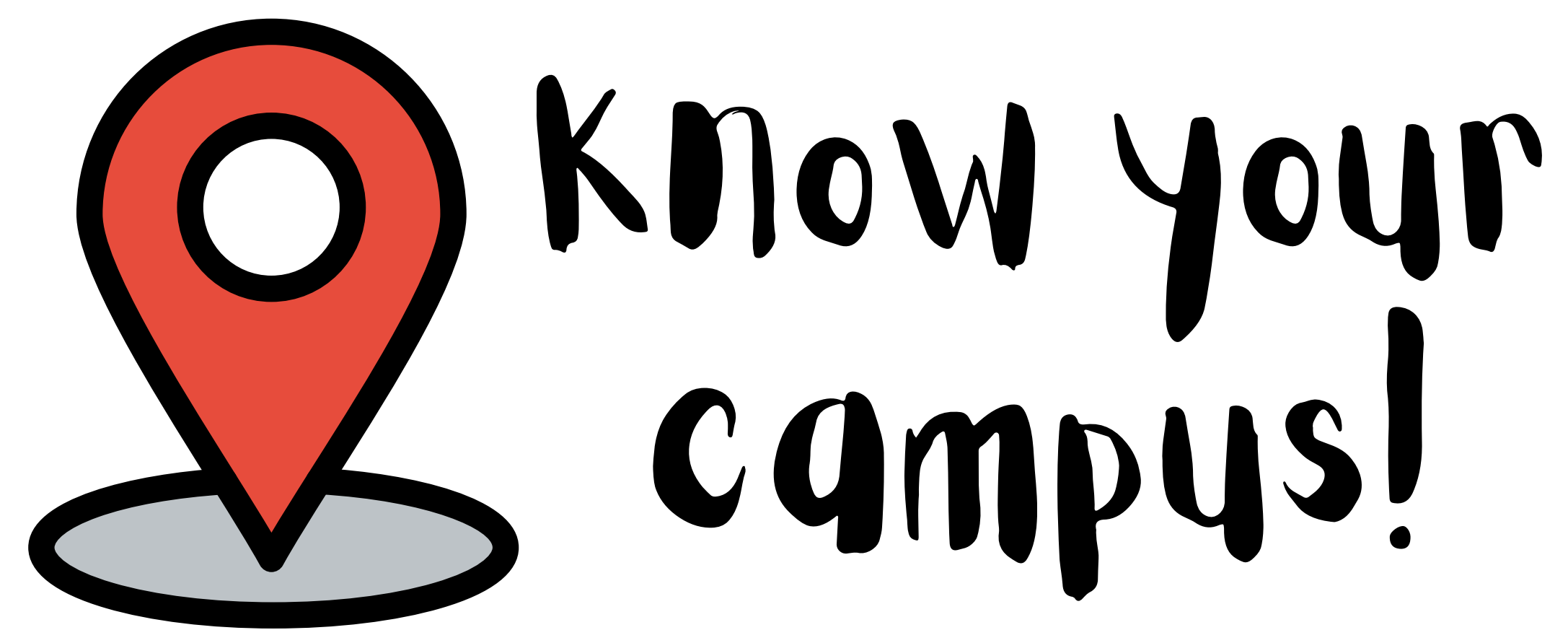


Facilities to help you reduce waste & save money!



Map adapted from:

- [UCL \(2022\) Stay hydrated on campus. Library Services.](#) (Accessed: 20 December 2023)
- [UCL \(no date\) University Maps. UCL.](#) (Accessed: 20 December 2023).



References



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- UCL (2020b) The Loop, Sustainable UCL. (Accessed: 19 December 2023).
- UCL (2022) Waste and Recycling, Sustainable UCL. (Accessed: 19 December 2023).