**Sustainability Tips**

by Science Staff

**Order Lab Supplies in Bulk**
To reduce plastic associated with postage
- Emily Wilson

**Wrap Your Sandwiches**
In greaseproof paper and pack in a paper bag; reuse both
- Rena Friswell

**Support Retailers on Campus**
Who give discounts for BYO takeaway containers and cups
- Rochelle Johnston

**Use the Return and Earn**
Behind Physics!
- Kim Lapere

**Bring Your Own Bowl and Cutlery When Eating Out on Campus**
- Lisa Williams

**Ride Your Bike**
To work
- Blanka Golebiowski

**Pack Lunch**
To avoid the takeaway plastic trap
- Tierney Marey

**Take Coffee Grinds Home to Compost**
Or to use for body scrub
- Soo Woon Chong

**Avoid Helium Balloons**
And use sustainable decorations
- Olga Pitt

**Turn Off Lights and Air Conditioning**
When locking up
- Caterina Manea Ward

**Try the Rule**
‘No Keep Cup, No Coffee’
- Inka-Maria Bane

**Catch Public Transport**
To campus
- Tanya Mason

**Leave Communal Mugs**
Outside offices and labs for people to grab on their way to buy a coffee
- Rom Bouveret

**Use a Reusable Drink Bottle**
For water
- Divya Jacob

**Turn Off Office Lights**
If the weather is good
- George Yang

**Carry a Cloth Shopping Bag**
In your work bag in case you need to pick up supplies
- Sue Min Liu

**Take the Stairs**
For four flights or less
- Jessica Jones

When you attend a conference, hold on to your name tag and reuse it
- Phillipa Sprott

**Bring Fresh Flowers and Foliage**
Into common areas to bring nature inside
- Lucy Zhang

**Buy Fruit and Vegetables**
From the thoughtful food co-op on campus
- Amanda Hayes

**Wash and Reuse**
Takeaway container that you get from retailers
- Michael Lai

If your eyesight allows, print two pages on each side of a sheet of paper
- Pejman Keshvaroudust