



#ilfuturosifaadesso
MULTICAMPUS SOSTENIBILE

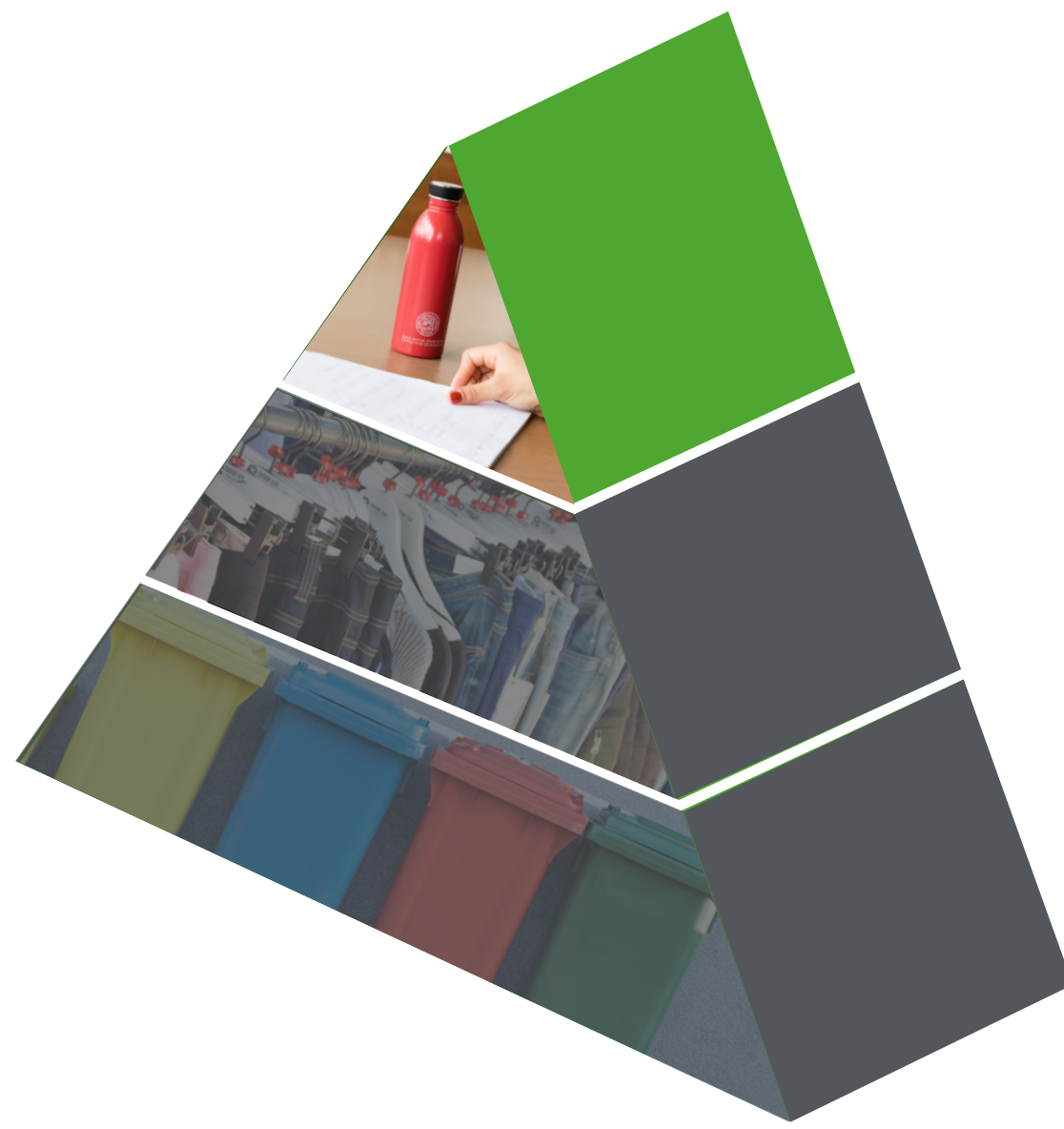


*“STUDENT’S LIFE:
the three “R” to save environment”*

*A quick guide to correct our daily habits
and help the environment*



REDUCE



- **Smart shopping:** we arrive on the fateful day of shopping often without knowing what to buy exactly and we get carried away, buying too many things that we will not be able to consume in time. For this reason, it is wise to **make a planning**, paying particular attention to buying foods with rapid deterioration in the right measure (sauces, dairy products, meat, fish, fruit etc.) being sure of the expiration date. If it is consumed in a few days, it is a clever idea to buy fruit and vegetables that are not perfect to avoid waste!

- **Use Solidarity Purchasing Groups:** these are purchasing groups, organised spontaneously, which take a critical approach to consumption and want to apply the principles of fairness, solidarity and sustainability to their purchases (mainly food or consumer products)

<https://e-circles.org/mappa-gruppi-di-acquisto>

- **Conscious eating:** we should prefer a vegetarian diet. The Mediterranean diet provides for a much more limited intake of animal proteins. Red meat should be eaten **at most 2/3 times a week**. Intensive farming has a significant impact on CO² emissions. In addition, it would be preferable to **buy seasonal fruit**, avoiding the purchase of tropical products.



- **Water away from plastic:** it is preferable to avoid buying mineral water in plastic. With the returnable glass formula, water in glass allows you to reduce the load of waste generated and save money. In fact, **glass bottles can be reused up to 25 times**. Alternatively, tap water is a good option whose quality is much better than it may seem, since the alteration of the flavor is often caused by the last stretch to the tap which, for this, should be routinely checked.

- **Use a water bottle:** get used to carrying your own water bottle and you will find that in many places there are fountains or water bottle filling stations, so you will no longer have to buy plastic water.

- **Optimize washing:** washing machines and dishwashers must be used with **full loads** to reduce energy use and water consumption. The washing machine does not need to reach elevated temperatures (which is the most energy-consuming factor) because many detergents also work at temperatures of 30-40 ° C.

- **+ in bulk, - single-use:** packaging technology is constantly evolving, and in this era, biodegradability is the main objective of producers. However, **the best packaging remains the one that is not there**.

The bulk sales method allows to reduce waste due to packaging, especially plastic ones. Legumes, coffee, cereals, fruit, liquid soaps on tap, pasta are just some of the loose products that can be found more easily in the shops.

- **Moving consciously:** walking or cycling are certainly the best methods to eliminate CO² emissions but sometimes you clearly have to choose a means of transport. Optimizing the available seats in cars or buses, even if polluting, is still an effective way to reduce CO₂ emissions.



REUSE

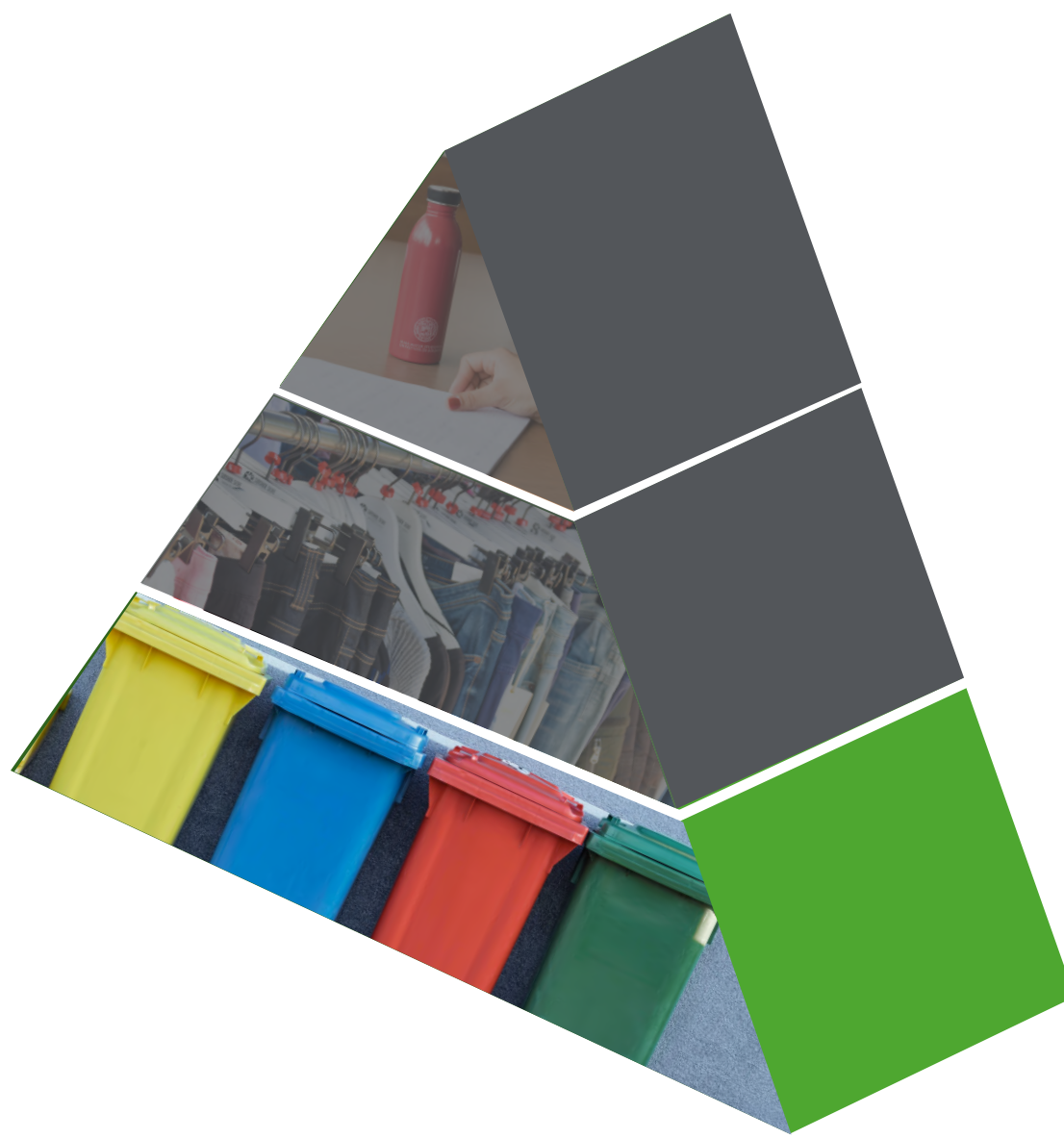


- **Vintage is beautiful...also for the environment:** your favorite jeans are broken, but they certainly do not deserve to be thrown away! Repair them and maybe they will become even more trendy. In case you do not like them anymore, there are many sales channels for used clothes easily.
- **Ingenuity at the service of nature:** creativity is the keyword for protecting the environment (and for saving money). Specially in the kitchen you can reuse what would otherwise become waste: freeze what you cannot consume in time or that is in excess such as coffee, milk, aromatic herbs, fruit; exhausted jars of jams or honey, can be used to make infusions or cocktails instead of being thrown away; the cooking water for pasta or vegetables can have a thousand uses, one of these is the watering of domestic plants. These are just some of the many reuses that can be adopted by being guided by a little of wit!
- **Use reusable grocery bags:** Reusable grocery bags can be used for a lot more than carrying groceries. A nice reusable bag is essentially a structured tote bag, and can be used for many of the things you would use a tote bag for. You can pack your lunch in them, use them to carry snacks on a road trip, take books to and from the library, etc.



- **Buy used:** you can find everything from clothes to building materials at specialized reuse centers and consignment shops. Often, used items are less expensive and just as good as new.

RECYCLE



- **Avoid the indifferentiable material:** the circular economy of waste is based on their re-evaluation, thus overcoming the concept of the end of life of a material. Consciously choosing recyclable products is the first eco-sustainable action to make. In fact, the destiny of non-recyclable waste is landfills or waste-to-energy stations which, in any case, produce CO² emissions. It is time to consider waste as a resource that we can no longer afford to waste.
- **Differentiate a lot and well:** when we find ourselves differentiating, we must do our best by reducing the volume of the waste and removing the various parts that compose it. For example, a common mistake is to reuse biodegradable bags as bags for wet waste: it is a good practice, but you have to **pay attention that there is no receipt attached to the bag as it constitutes indifferentiable waste.** Furthermore, some materials such as multilayer packaging, are differentiated differently according to the municipality to which they belong and for this it is always necessary to know the current provisions.



- **Recycle at the University:** University of Bologna has made significant efforts in recent years to have baskets in each of its rooms (classrooms, libraries, laboratories, etc..) to carry out undifferentiated collection. Therefore, it is right to undertake to differentiate in the best way, by looking for the appropriate baskets at the university premises.

If you notice that in a highly frequented place, there are no baskets and you cannot make the proper separation, you must notify the staff present.

- **Ban the stubs:** in Italy billions of cigarette butts end up in the environment every year.. These are alarming numbers for one of the most toxic and recalcitrant wastes to degradation. **Proper disposal is in the undifferentiated collection** in which they can constitute a new resource or at least safeguard the environment.

