

# LUG A MUG ... and do your part to create a cleaner Memorial

There are lots of ways employees can quench their recycling thirst right here at work everyday. Whether it's taking your own mug to your daily coffee break ritual or tossing recyclables into the proper bin on our campuses, there are plenty of ways you can do your bit to make Memorial a more environmentally-friendly campus. Here are some examples of easy tips you can do to help keep Memorial clean and beautiful — courtesy of the Sustainability Office.

## Lug a Mug: Suck it up and reuse your cup!

Staff and faculty members are encouraged to stop using disposable cups when ordering a take-out drink and instead grab their favourite mug when heading to a break. "Coffee might be something you need to get you through your day but throwing away precious forest resources and contributing to solid waste every time you get a coffee doesn't need to be a part of that," said Shelley Pardy, Memorial's sustainability co-ordinator.

## Fair trade coffee

The next time you need your caffeine fix (and you've grabbed your own mug, of course) why not purchase a cup of fair trade coffee – a product that's the result of an organized global social movement which promotes standards for international labour, environmental and social policy. On the St. John's campus you can get fair trade certified products at Treats in the University Centre or at a coffee/tea club run Monday-Friday from 8:15-11 a.m. in room EN-4000 by the group Engineers Without Borders. As well, Bitters, the Graduate Student Union pub in Feild Hall, serves fair trade coffee.



For more information on environmental initiatives here at Memorial, contact the Sustainability Office at 737-2637 or e-mail [sustain@mun.ca](mailto:sustain@mun.ca).

## Green drinks

Nope, we're not talking about St. Paddy's Day beverages. The group Green Drinks St. John's was launched on Earth Day 2007. In short, it's a chance for people who work and volunteer in the environmental field to get together in a relaxing (that means no meetings or committees!) setting. The group meets on the last Wednesday of every month from 7-9 p.m. at the Ship Pub in downtown St. John's. There'll be a special gathering on Wednesday, Oct. 24 from 7-9 p.m. at the Breezeway during I Love MUNDays. E-mail [green-drinks.stjohns@gmail.com](mailto:green-drinks.stjohns@gmail.com) for more info.

## Beverage container recycling

Did you know that there are more than 300 recycling bins on the St. John's campus alone with dozens more at the Marine Institute, the Ocean Sciences Centre and at Sir Wilfred Grenfell College? That means there's no excuse for you not to recycle here at work. You should find one of the beige bins located next to a garbage container. If there isn't one, contact Ms. Pardy. Remember, you can throw in plastic drink containers, aluminium cans and tetra packs (juice boxes). Half of the proceeds here at Memorial go to the Campus Food Bank, a worthwhile group!