My Sustainability Checklist

☐ **Visit our Sustainability Stall** where you can meet the Sustainability Team, discover local initiatives and pick up useful resources! Find us in on the Lower Stannary 18-29 September, and in Fox Cafe 2-6 October.

☐ **Grab a free, pre-loved item at our Swap Shop.** Open 15-22 September in the Sustainability Cafe and 25-29 September in Fox Cafe, shop second-hand to help save resources, waste and carbon.

☐ **Take a ride on an electric Beryl Bike!** Download the app to find the hire points near our campuses, and be sure to sign up with your new University email to get a free 30 minute ride!

☐ **Grab a shower timer** from Glasney Lodge on Penryn Campus to help save water and protect local aquatic environments.

☐ **Take some time out in nature.** Track down our four biodiversity signs on Penryn Campus, discover the subtropical plants on Falmouth Campus, or embark on a coastal walk in Falmouth itself.

☐ **Catch the bus to Falmouth and cut carbon!** Buy a 'Day Ticket' to enjoy unlimited journeys for a day in the local area. Be sure to download the First app to buy ticket bundles, saving you money and time.

☐ **Indulge in a plant-based option** from the Stannary or Fox Café, cutting your carbon footprint and delivering a bunch of wider benefits. Keep an eye out for our new climate footprint labels, which can help you make more sustainable meal choices.

☐ **Start recycling your food waste & Tetrapaks.** Set aside a used container for your food waste, bag your Tetrapaks, and recycle them both at our new on-campus drop-off points. Why not encourage your whole flat to get involved too?

☐ **Calculate your carbon footprint** using the 'popular calculator' on **carbonsavvy.uk**

☐ **Join a Green Society.** Your Students' Union has over 15 societies focused around sustainability issues and solutions! Joining one is a great way to meet like-minded people and create change locally!

Complete all these big-impact actions to be in with a chance of winning

one of two zero-waste hampers from Falmouth's 'un_rap' store!

Email a picture or screenshot of your completed checklist to **sustainability@fxplus.ac.uk** before the 31st October to be entered into the competition.