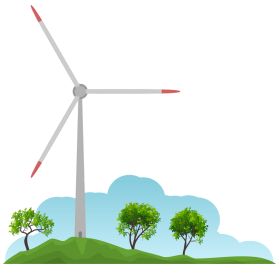maynooth
green
campus

Maynooth Green Campus
would like to wish you
Merry Christmas
&
a Happy New Year

Please see some suggestions for a sustainable holiday season

UNPLUG

- Unplug and switch off sockets, don't just leave them on standby. PCs, printers, lights, kitchen appliances, including departmental teaching rooms
Let's not waste energy!

SWITCH

Time to switch to a renewable energy supplier or a community-owned supplier https://communitypower.ie/
It is an easy to do but tangible step!

SEAI

- Is Ireland's national sustainable energy authority
They work with householders, businesses, communities and the government to create a cleaner energy future
Check https://www.seai.ie/
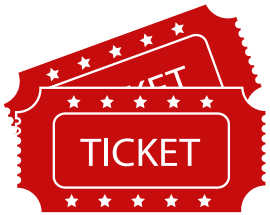
7 AFFORDABLE AND CLEAN ENERGY

REDUCE, REUSE & RECYCLE

- Avoid buying new decorations, jumpers, lights, clothes for every occasion
- Revamp your JUMPERS, buy 2nd hand, swap with a friend or go to your local charity shop. St. Vicent's De Paul have some
- DIY your CARDS/TAGS: Try e-cards, reuse old card for tags If you must shop, do it locally

GIFTS

- Consider locally made items, gift experiences such as cinema/theatre/concert tickets or a nice dinner out
- Make a 'voucher' to help your family & friends out in the garden, DIY something...
- Plan a spa day, a walk in the park, go climbing or plan a camping trip. They will appreciate the time spent together

WRAP IT!

- Get creative! Old magazines come in handy when wrapping gifts and let's not forget about brown kraft paper
- Get creative with Japanese tradition called 'Furoshiki', which uses fabric to wrap presents, so it can be reused infinitely! Most wrapping paper is not recyclable

12 RESPONSIBLE CONSUMPTION AND PRODUCTION

DINNER TIME
- Shop local and seasonal.
- Be mindful of food portions, try to avoid unnecessary packaging and plan your meals to avoid food waste
- Know the difference between 'Use By' and 'Best Before'
- Perhaps this year you would like to try a vegetarian dish?

SPENT TIME OUTSIDE
- Connect with nature in simple ways, do some grounding exercises, go for a dip in the sea! Research suggests our anxiety and stress will be (nearly) instantly reduced

DIGITAL CLEAN UP
- Unsubscribe from unwanted emails, newsletters... and DELETE, DELETE DELETE... it feels good and does good!
- Data Centers need lots of energy and use TONS of water to keep them cool, you can reduce your carbon footprint

maynooth green campus

3 GOOD HEALTH AND WELL-BEING

GET INVOLVED!
Join global & local organisations such as FOE, Stop Climate Chaos,
Trócaire and thousands more.
We are in this together and we are billions of people making a change

'Never doubt that a small group of thoughtful,
committed, citizens can change the world.
Indeed, it is the only thing that ever has'
Margaret Mead

We call for strong leadership on Climate Action. Nevertheless, personal choices make a difference and by reducing wastage (energetically or otherwise) we are helping our environment and making a stand on the changes we want to see on campus and beyond

Go raibh maih agat