

OFFICE OF SUSTAINABILITY

NEWSLETTER

MONTHLY SUSTAINABILITY THEMES

**JULY: Reduce Plastic Waste Month**

By choosing reusable items, reducing single-use plastics, and recycling properly, we conserve resources, reduce emissions associated with plastic production, and help prevent pollution.

**AUGUST: Sustainable Events Month**

By making thoughtful choices such as using reusable items, minimizing food waste, and sourcing locally, we create events that are both memorable and responsible.

**SEPTEMBER: Good Health & Well-Being Month**

Good health and well-being are essential to building healthy, resilient communities. This means supporting both physical and mental health while creating environments that make healthy choices accessible to everyone.

*Up next...***OCTOBER: Low-Impact Eating Month**

UPCOMING ...

- **OCTOBER 9: Clothing Swap (1-5pm at MAP Crush Space (Riddell Entryway))**
 - Help us keep good clothes out of landfills and in our community. Three free clothing items per person. Want more items? Bring clean clothing donations in good condition (no bathing suits or undergarments) and/or follow us on social media!

WAYS TO MAKE A DIFFERENCE

Explore sustainable transportation:

Walk, bike, take transit, or carpool. Unsure where to start? Here are a few links to information on sustainable transportation in Regina:

- [Bus routes and schedules](#)
- [City of Regina Multi-use Pathways](#)
- [Bike Regina Bike Valet Service](#)



Get involved :

- Follow our Instagram @ur.sustainability and join our mailing list
- Volunteer with our office
- Be a champion for sustainability on campus!



Use resources thoughtfully:

Small actions like reducing food waste, conserving water, and being mindful of energy use all add up.

 Cans, Bottles, & Beverage Containers	 Mixed Recycling	 Landfill Waste
Aluminum cans #1 plastic bottles Juice boxes Tetra Pak containers Milk cartons	Paper & plastic cups #2-7 plastic containers Aluminum foil Newspaper & magazines Cardboard Envelopes Computer paper Soft cover books	Food Wrappers Chip bags Coated cups Plastic cutlery Styrofoam Plastic bags Waxed paper
Keep Out Foods & liquids Plastic & styrofoam containers Dishes, glassware, & ceramics Unstamped plastics	Keep Out Milk cartons Used paper plates Dirty pizza boxes Soiled paper	Keep Out Anything recyclable

Think before you toss:

Use the correct waste and recycling bins, bring reusable items when possible, and avoid unnecessary single-use products.



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NEW STUDENT ORIENTATION



On August 21st we met new first-year students at their orientation. We had the opportunity to talk about how University is about more than classes and exams. It is a chance to meet people, try new things, explore community, and help shape the campus we want to be part of. We hope sustainability can be part of that journey for students in all programs!

We encouraged students learn more about the University by taking part in a mini sustainability scavenger hunt on campus, finding information on EV charging stations, waste sorting, campus libraries, and much more.

We also had the opportunity to learn about the sustainable habits that students already practice, recording their responses. These responses will be turned into an art project. Keep an eye out for the finished product on campus!

JOIN OUR EMAIL LIST

Curious about what we are working on? Want to hear about upcoming events and activities? Interested in opportunities to win prizes? Looking for ways to volunteer, get involved, and make a difference on campus?

If yes, our email list is for you!

Whether you are interested in waste, energy, food, water, transportation, nature, climate action, or simply finding ways to make a difference, there are lots of ways to get involved.

Sign up today and stay connected!



SCAN THE QR CODE TO JOIN



Connect with us!



Email Us
sustainability@uregina.ca



Visit Our Website
uregina.ca/sustainability



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