



The Dalla Lana School of Public Health Strikes 'greening Work Group'

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Special points of interest:

- Establishment of the *greening* work group
- Lug-a-Mug discounts
- Printing best practices
- Printer setting adjustments
- Next issue

This past February 2008 a group of faculty, staff and students, spearheaded jointly by Prof. Blake Poland and Catherine Maule, established a work group charged with “greening” the Dalla Lana School of Public Health.

In addition to Prof. Poland, the group members are Catherine Maule, Krista Burns, Sandra Lang, Michelle Poirier, Sabra Ripley, Nadia Formigoni and Stephanie do Rego.

Also joining the group in early 2008 was Leah Sumnuath McIntosh, from the University’s Sustainability Office. Sumnuath McIntosh brings a wealth of knowledge and also provides an outside perspective on the School’s environmental performance.

“The Sustainability Office’s long term aim is to create a culture of sustainability at the

University of Toronto,” according to the office’s website, “which will be reflected in its functions and operations, resulting in tangible environmental, economic and social benefits.”

For more information about the Sustainability Office at the University of Toronto, visit the office’s web page at:

The Sustainability Office at the University of Toronto The Sustainability Office was formally established in 2004 with a three year grant from the Toronto Atmospheric Fund and considerable support from various units in the University.



mental plan. This plan sets milestones for policy, action, education, research and evaluation in the areas of solid waste, hazardous waste, paper, indoor air quality, energy, transportation, water, food, caretaking, and public engagement.

According to Sumnuath McIntosh, the Dalla Lana School of Public Health is the first department to engage in this work, meaning *greening* Dalla Lana School of Public Health is blazing a trail at the University of Toronto for work at this level. As such, our work has already generated interest in several quarters.

www.sustainability.utoronto.ca.

At the May 26, 2008 Departmental Meeting, Leah Sumnuath McIntosh and Catherine Maule presented a plan developed by the *greening* group for the upcoming academic year. At this meeting the Dalla Lana School of Public Health unanimously passed a motion to strike a work group to develop and implement an environ-

The *greening* SPH work group is excited for the new academic year, and has many initiatives to introduce involving varied levels of participation and commitment by faculty, staff and students. We meet monthly and we are planning to offer a monthly e-newsletter to keep everyone informed of our progress with our main target areas for the 2008/2009 academic year.



Feature on Paper

We Can Cut Paper Use in Half

The average staff person at the University of Toronto uses 860 sheets of paper a month*. The culprit: a **culture of print** where it is normative practice to conduct the business of knowledge production on printed material: journal articles, student assignments, research grants, newsletters, surveys, consent forms, etc all carry a perception of authenticity when made into a tangible product of ink on pulp.

Some argue that it's a necessity for convenience. Most staff, faculty and students are far removed from the *incon-*

venient processes involved which give us the neat white sheet we feed into our copiers and printers.

Even recycled paper has a carbon footprint. Even with



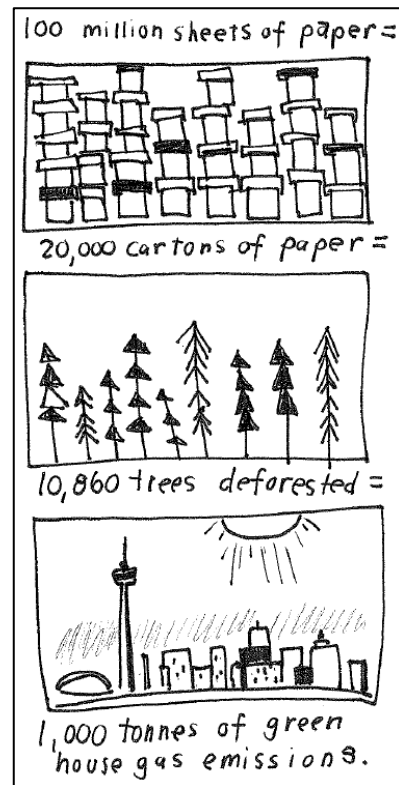
widespread recycling our paper consumption at the University of Toronto is re-

sponsible for deforestation of approximately 11,000 trees, and contributes 1,000 tonnes of green house gas emissions annually.

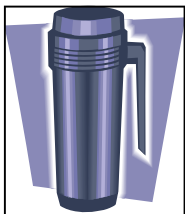
Fortunately this can be avoided by going digital, or reduced by **printing double sided on recycled paper?**

Currently only 4% of print jobs at the University of Toronto are duplexed. The simple act of printing on both sides will cut our paper use in half. Ask us how and we'll help to facilitate a more sustainable practice!

**Figures provided by the Sustainability Office, University of Toronto*



Bring your own coffee mug or travel cup to meetings and to coffee breaks. This will help reduce the number of paper cups that are used.



Small steps to greener courses

The opinions of this author do not represent a new 'policy'. Students must follow the current course syllabus and assignment guidelines presented by their instructor.

If switching your course work completely to an electronic system may be the environmental ideal, but if it is not feasible for you right now, why not take small first steps to a more environmentally friendly course?

In the past it has been widely accepted to hand in your assignment double spaced and single sided. It may be the norm, but it is not environmentally friendly.

Many students want the option

of submitting assignments electronically. You may still have a line in your syllabus stating that "papers should be single-sided and double-spaced". Instruc-

"The ideal is to have all papers submitted and marked electronically, this would eliminate the need to use any paper whatsoever."

tors may want to consider removing or changing the course outline to allow for electronic submission or to at least allow assignments to be double sided and single spaced.

The **ideal** is to have all papers

submitted and marked electronically; this would eliminate the need to use any paper whatsoever.

The *greening* Work Group understands that the 'ideal' may be some distance in the future.

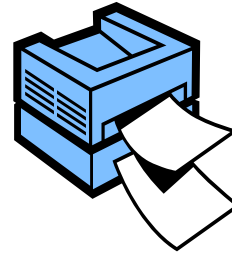
We would like to hear success stories from course instructors who have used an all electronic method of paper submission. Please email the group at greening@sph.utoronto.ca.



Be sure to look for next month's special issue on Energy!

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How to 'tip of the month:






Key Links & Resources

Default Printer Settings


It's no secret that printing double-sided documents can cut your paper use in half. The large copiers on the 5th and 6th floor of the Health Sciences Building are capable of double-sided printing as well as printing multiple pages per sheet. However, many people don't know the procedure for changing your default printer settings and changing settings for a specific document.


To change default settings:

Click on  and select  (printers and faxes). Then choose the printer you want to change and 'select printing preferences'. Ensure that the 'set-up' tab is selected and change the 'duplex settings' to display 'open to left' and then press  to save your options.

This will need to be repeated for each printer that has duplex (double-sided) printing capability.

To temporarily change settings: If you want to temporarily change the setting back to single-sided printing to print a particular document in any program, the process is similar.

Select File and  to print your document. Then select the printer to be used, and hit 'preferences'. Click on the 'set-up' tab and change 'duplex settings' to 'off'.

Some of our copiers and printers are capable of stapling your documents as well as printing more than one page per sheet. 

David Suzuki Foundation:

<http://www.davidsuzuki.org/default.asp>

Worldwatch Institute:

<http://www.worldwatch.org/>

University of Toronto's Sustainability Office:

<http://www.sustainability.utoronto.ca:81/>

Do you know an excellent environmental resource that the group should review?

Send us an email to:

greening@sph.utoronto.ca



Forest Friendly Nose Wiping

With cold & flu season soon upon us those of us in Public Health can pass on two nuggets of wisdom: (1) wash your hands and (2) use a handkerchief or forest friendly tissue products to blow your nose.


Every year the logging industry cuts down over 290,000 hectares of forest in Quebec, 185,000 hectares in Ontario and 67,000 hectares of forest in Alberta. This means that an area of forest larger than Prince Edward Island is lost every year in these three provinces alone.

These 10,000 year old Boreal forest ecosystems are being cleared to create consumer products such as toilet paper, office paper, books and catalogues. You can reduce your own contribution to this problem by purchasing tissue products made from 100% recycled paper.

For a list of Forest Stewardship Council (FSC) certified products visit Greenpeace Shopper's Guide to Ancient Forest Friendly Tissue at: <http://tissue.greenpeace.ca>

Did You Know?



The School is participating in a pilot project on Organic recycling at the University. There are green bins in the kitchens, student lounge and in some of the units where you can discard tissues, banana peels, tea bags, coffee grounds, and many other types of food/paper waste. 

Our People Special Thanks

The *greening* Work Group would like to thank outgoing member Katharine Hagerman and Kate Thorpe, who left the Dalla Lana School of Public Health at the end of September. Good luck Kate, and thanks for all your hard work and dedication this summer.



Welcome

The *greening* Work Group would like to welcome two new members to the team. Nadia Formigoni and Sabra Ripley are new students, and will be working with the group to help implement all our initiatives over the year. Welcome!



We also want to welcome Dr Dionne Gesink Law who will be replacing Blake Poland as the faculty representative on the working group, while he is on sabbatical leave starting in January 2009. Welcome!

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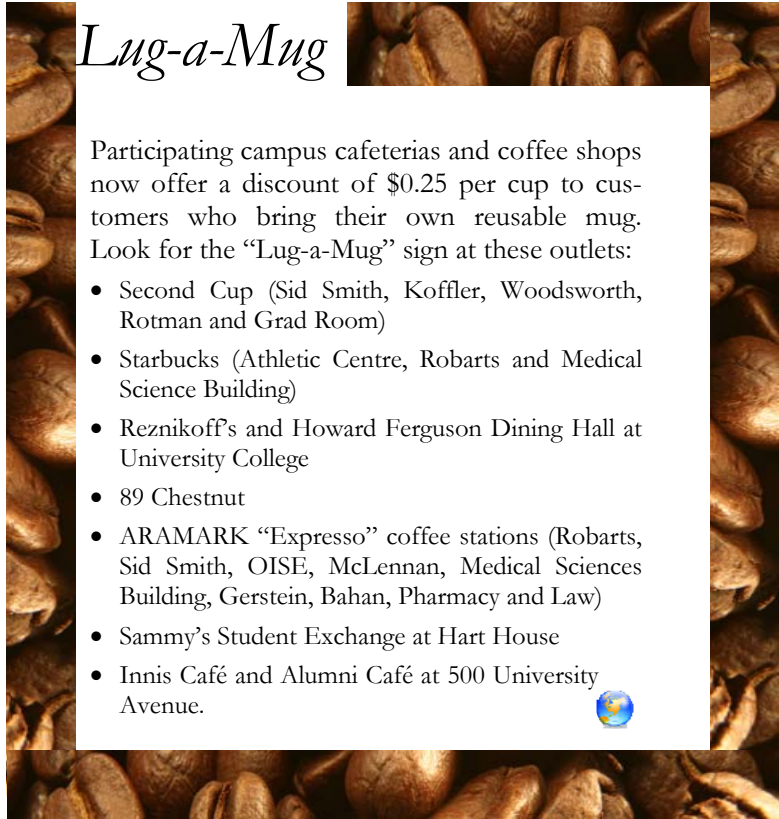
News and Events

NVRNMNT The University of Toronto Sustainability Office, in collaboration with the University of Toronto Art Centre, will be hosting “NVRNMNT”, an exhibit of environmentally-engaged artwork running from October 16 to November 7. Submissions are encouraged from students, faculty, staff, alumni, and outside exhibitors in a wide variety of media.

The title of “NVRNMNT” draws upon conventions of cellular text messaging to emphasize the need for new methods of communicating ecological responsibility. In keeping with this theme, the show will examine how artists are currently innovating in their efforts to bring their work and environmental ideologies to non-environmental audiences. More importantly, the show hopes to further a dialogue around the various means of encouraging public participation in issues of sustainability.

When: October 16 to November 7. More Information visit: www.sustainability.utoronto.ca for more information.

Do you have a “green” themed event that you would like to share? Email it to greening@sph.utoronto.ca and we'll put it in the newsletter!



Lug-a-Mug

Participating campus cafeterias and coffee shops now offer a discount of \$0.25 per cup to customers who bring their own reusable mug. Look for the “Lug-a-Mug” sign at these outlets:

- Second Cup (Sid Smith, Koffler, Woodsworth, Rotman and Grad Room)
- Starbucks (Athletic Centre, Robarts and Medical Science Building)
- Reznikoff's and Howard Ferguson Dining Hall at University College
- 89 Chestnut
- ARAMARK “Expresso” coffee stations (Robarts, Sid Smith, OISE, McLennan, Medical Sciences Building, Gerstein, Bahan, Pharmacy and Law)
- Sammy's Student Exchange at Hart House
- Innis Café and Alumni Café at 500 University Avenue.

One Easy Thing

Say no to Plastic Bags

Simple changes that can make a big difference

This article is dedicated to providing “One Easy Thing” that people can do to become more eco-friendly.

Each year an estimated 500 billion to 1 trillion plastic bags are consumed worldwide, billions end up as litter. According to the Environmental Protection Agency over 380 billion plastic bags, sacks and wraps are consumed in the United States each year.

Why is this a problem? Plastics don't biodegrade, they photo degrade (breaking down into smaller toxic bits contaminating soil and waterways and entering the animal food system). Most plastic bags don't get recycled, they end up in landfill and sometimes end up blowing away.



In fact, Plastic bags are among the 12 items of debris most often found in coastal cleanups, according to the nonprofit Center for Marine Conservation.

Why not bring your own reusable bag. There are many bags to choose from.

A couple of places to purchase these bags are: www.reusablebags.com or www.ecobags.com.

On campus reusable bags are available at the bookstore for \$0.99.

Contact Us!

For questions, information or to participate in our group please contact the work group at: greening@sph.utoronto.ca



The greening Work Group at the Dalla Lana School of Public Health established in May 2008. The mandate of the Work Group is to implement the Dalla Lana School of Public Health environmental plan.



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