

The cover features a decorative border of green leaves in various shades, framing the central text. The leaves are scattered around the edges, with some overlapping.

ELEANOR GREEN OFFICE

presents

Green Guide

2021 EDITION

FOR SUSTAINABLE LIVING IN MIDDELBURG

UCR'S SUSTAINABILITY GUIDE

Note from the Board

Greetings Vikings and Greenmachines!

It was quite a difficult year for all of us in 2020, but we hope that 2021 is full of hope for us. In that vein, we want to introduce to you the Green Guide of 2021, your sustainability companion for your life here at UCR and in Middelburg. Whether you've been here a while, or you're just moving in, we hope that this will help you on your journey to living a greener life.



GREEN GUIDE 2021

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Waste and Recycling



Every year 490 kg of waste are thrown away by a Dutch citizen. And only 58% of the waste is separated for recycling! To minimize our footprint please make sure to shop consciously, separate your waste, and take it to the proper recycling bins. The following scheme serves as a guide:

Does this go in here??



GFT

(organic waste)

YES

Food waste and leftovers, coffee grinds and tea leaves, corks, cheese rinds

NO

teabags from synthetic materials, coffee pads, paper and plastic bags (also bioplastic), earth/ soil, diapers and vacuum cleaner bags, hairs, chewing gum, cat litter, ash and cigarette butts

Paper

YES

paper and cardboard, newspapers, magazines and (note) books, envelopes (also with plastic 'window'), toilet paper rolls and unused tissues

NO

Packages with a plastic layer inside, contaminated paper (e.g. stained pizza boxes, used toilet paper, envelopes with bubble wrap, pictures and receipts, carton coffee cups (plastic layer inside), drinking cartons, baking paper, paper bread bags, diapers, tampons, pads

Plastic

YES

Plastic packages, bottles, bags, drinking cartons (crushed and with lid), aluminium cans (e.g. soda, vegetables, legumes), cellophane, plastic plant pots

NO

Nets around fruit and vegetables, Styrofoam, plastic with layers of aluminium (e.g. chips bags), empty bottles with chemical substances, special gift bags, plastic toys

Glass

YES

All glass packaging, separated by colour (does not have to be perfectly clean, and lid can stay on)

NO

Crystal glass (e.g. wine glasses), heat-resistant glass (e.g. teacups), white- and mirror-glass, lightbulbs, glass from windows and picture frames, pottery, glass vases

Whenever you're unsure if something belongs in a certain bin, and it is not on this overview google is your friend!



Bagijnhof Composting

Bagijnhof Composting is an initiative started in 2019 by a group of passionate UCR students who wanted to make use of organic waste from the Bagijnhof campus location. They collect thousands of litres of vegetable and fruit scraps from 15 different houses and make compost from it to donate to local gardens. In order to ensure the continuation of this decentralized and volunteer-run community, a committee was formed. In 2020, Bagijnhof Composting began to receive support from the Eleanor Green Office.

If you want to get involved and learn how to compost then please contact the team!

E-mail: bagijnhofcomposting@gmail.com

And follow them on Instagram and Facebook: [@bagijnhofcomposting](#)



Clothing Donations



Want to get rid of your clothes? We have some options for you!

You can donate clothes in good condition to second-hand shops such as **Lotus, Terre des Hommes** and **Aanwinst**.

Sell your clothes at the **UCR clothing market** on Facebook.

Store the clothes until the next **Green Office clothing exchange**.

You can also drop off other clothes at the **clothing bins** in Middelburg (one at the Damplein, one near the Jumbo, and one in the main street in front of the library)- all the clothes are donated to the homeless



Sustainable Eating and Cooking

All over the world, almost a third of the food produced for humans is thrown away, enough to feed 3 billion people! In the Netherlands, every person throws away about 47 kilos of solid foods per year.

So how can you reduce food waste? Some of the best ways are by meal planning, meal prepping, and writing grocery lists to ensure that you only buy what you need. This section includes useful tips on how to reduce food waste, and generally be more sustainable when it comes to food.



Food and Cafes



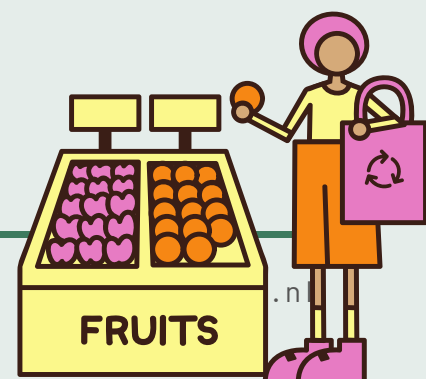
Take care to consume consciously! Middelburg has a selection of eco-friendly shops that will delight your green heart.

Groceries and food:

- **Fresco** [*Lange Viele 39*] - the beloved ice-cream store of Middelburg! Fresco has many fun ice-cream flavours and serves vegan cakes and treats. Their napkins and cups are made of 100% recycled material as well!
- **Het Koffiepand** [*Korte Geere 19*] - this cosy café is found close to Koestraat, and it has delicious vegetarian and vegan meals and a mean ice coffee to boot. The owner is very conscious of food waste, and the café is a part of Too Good To Go.
- **Stoom Middelburg** [*Kanaalweg 24*] - waiting for a train? This café is a nice place to enjoy some vegan or vegetarian meals and snacks on the go (or in your own time). Also: a lot of the veggies used in the meals are home-grown!
- **De Tuin van Broeder Ludovicus** [*Korte Delft 2a*] - this is Middelburg's very own organic store! It has a bakery, sells fruits and veggies, general groceries, cosmetics, and general household goods sections! If you're a regular shopper, you can get a small stamp card to fill out for a future discount!
- **Weekly Markets** [*Markt*] - every Thursday and Saturday, the market comes to Middie! Get your fruits and veggies, fish, meat, cheese, nuts, and baked goodies here. Need more incentive? They're usually cheaper than the Albert Heijn or Jumbo!

TIP!

When shopping, bring your own re-usable bags! Bring a large one for all your groceries, but also bring smaller mesh bags for fruits, veggies, and baked goods instead of the plastic bags usually offered. These small bags can be bought at the AH for 70 cents. In the case of the larger bags, you'll be saving some money too!



- **De Juf** [*Damplein 20*] - when living in Middy you should definitely pay this cosy café a visit! You will be amazed by their selection of vegan and gluten-free cakes. They also offer vegan lunch options like the falafel sandwich.
- **Honeypie** [*Achter de Houttuinen 50*] - very cute and wholesome café located next to Albert Heijn. There are daily vegan cake options and several vegan lunch dishes. The best thing is that you can enjoy your meal outside sitting on their terrace, which is a boat!
- **Cityhotel Wood.** [*Achter de Houttuinen 8*] - as the name suggests this one is actually a hotel. In their restaurant vegan options are available and seasonal vegetables are being used. And the best thing is that their takeaway packaging is sustainable!
- **Dominos.** [*Pottenbakkerssingel 10*] - whenever you are craving pizza- this is the way to go! Among many vegetarian options, you can find three vegan pizzas on their menu: Pizza Vegan Margarita, Vegan Funghi and Pizza Vegan Veggi! (tip from the board: Korean bbq sauce instead of tomato sauce on the vegan Funghi pizza)
- **Holland& Barrett.** [*Lange Delft 2A*] - you can't miss this store since it is located right at the market square. This chain is all about natural and healthy food like nutritional supplements, dried foods and vegan products. Moreover, you can find natural body care products there.

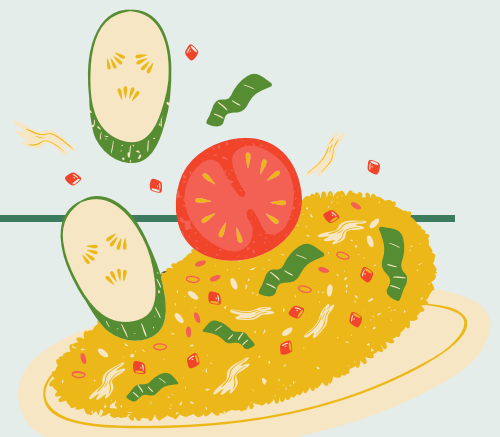
Still looking for other food spots in Middelburg? We've got you covered! You can just check out happycow.net where you can find vegetarian and vegan restaurants wherever you go for free.



Tips for the Kitchen

Currently, enough food is discarded around the world to feed 3 billion people! How can you reduce your food waste? Meal planning, grocery lists, and re-purposing foods are good places to start.

- **Napkins** - get some cloth napkins instead of paper napkins.
- **Local, organic and seasonal** - buy locally and organically when possible. Figure out which foods belong to the season in the Netherlands.
- **Glass containers** - invest in nice glass containers for your home food-storage purposes. You can get them at the Albert Heijn, IKEA, or Casa. Make sure to check that they're microwave-safe for all purposes.
- **Bees Wrappers** - get some bee's wrap instead of plastic wrap if you want to cover up some bowls or jars! You can get the Dutch Babongo brand or the German Waschbär.
- **Reusable cloth bags or boxes** - if are you taking out your food, use reusable cloth bags (with protective inner lining) instead of paper sandwich baggies. Check out WAAR, Bever, or Tante Amalia for the cloth bags. Use Tupperware or stainless steel lunchboxes for other meals.
- **Hot Plates** - Consider investing in induction hotplates instead of the cheaper electrical ones. They're much more energy-efficient. If that isn't a possibility, then try your best to repair, maintain, and prolong the life of an electric hotplate. In addition, use lids when you cook. This saves up to 10% of energy costs per year!
- **Water Bottle** - invest in a good water bottle! Reusing plastic bottles is actually quite hazardous, due to the breakdown of plastic particles once exposed to UV. Instead, opt for stainless steel bottles! Check out Doppo, KleanKanteen, or ReTulp!



- Learn which fruits, veggies and other products should be stored in the fridge, and which should be stored in your room:

Apples - last for up to 3 weeks longer if stored in the fridge

tomatoes - hate the cold- they get wrinkly and lose their vitamins

eggs - love the cold and it avoids dirty bacteria

lemons - to be stored on a cool and dark shelf, but not in the fridge

bananas - don't store unripe bananas in the fridge, as it will disrupt the ripening process when they are ripe, however, put them in the fridge once they are to stop them from over-ripening

peppers - don't need to go in the fridge as they taste much better when stored open-air

- Leftovers can still make delicious meals! Here are some tips. For more info check Kliekipedia or ivaluefood.com

banana - you can cut in pieces and freeze it, very ripe ones can be used for banana bread, smoothies or pancakes

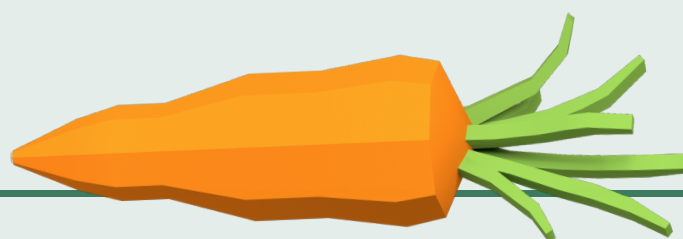
lemon/lime - you can put it in the freezer to grate it later and add to your dishes

bread - can be kept in the freezer and old bread can be toasted or microwaved

potatoes - you can make an omelette (for vegans: tofu and tumeric instead of egg), potato tortilla, frittata, or use them to thicken your soups

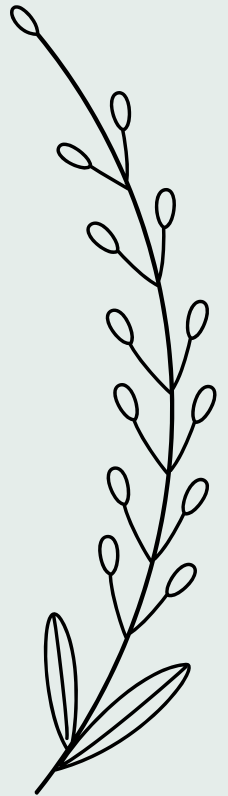
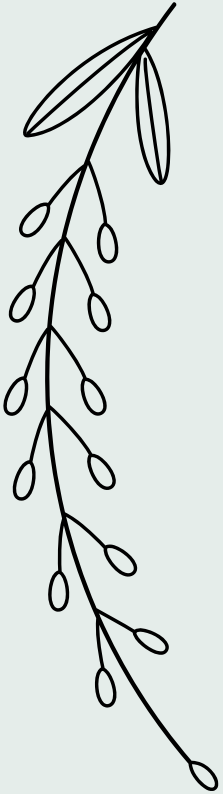
rice- fry it with other veggies or bake rice cookies

- We have to mention it: **meat**. The meat aisle isn't known for being environmentally friendly, nor for being cheap. The meat industry is one of the most polluting production processes on earth today. Skip that chicken, pork or steak every so often and replace it with another source of protein such as **beans, mushrooms, lentils, tofu, tempeh, seitan** etc.



Drinks

Did you know that the plastic water bottle you've been reusing in the name of sustainability should actually only be refilled once or twice? After that, the sun's UV rays start breaking down the plastic so that toxins start mixing with the water you're drinking. Also, tap water is drinkable in the Netherlands and there's really no reason to buy bottled water all the time. So save your body, wallet, and the environment by investing in a reusable drinking bottle! A reusable KeepCup will also help prevent a lot of waste. This is a reusable coffee/tea mug that you can bring with you anywhere! You can buy yours in the Mensa at Elliott for only 5€.



Sustainable shopping

Gift Giving

- **Tante Amalia** (*Sportlan 110*) - This store sells beautiful hand-crafted items made of recycled and discarded materials. Get your sandwich bags, messenger bags, cuddly toys, and pillows here! Furthermore, Tante Amalia employs those with mental disabilities and creates a beautiful and creative community.
- **WAAR** (*Korte Delft 2*) - de Waar is a great place for getting sustainable wares. Get your bamboo wares, chocolate, kitchenware, and cosmetics here!
- **Wereldwinkel** (*Nieuwe Wal 8*) - this store prioritizes fair-trade products from around the world. Much of the profit goes back to the manufacturers in Indonesia, India, or Malaysia for example. Many sustainable items like sustainable laundry detergent and Doppers are sold here too. If you would like to be a volunteer working at a store, you can contact them!



Thrift stores:

- **De Aanwinst** [*Zusterplein 13 + St. Janstraat 20*] - for toys, furniture, and random curiosa. A great place to get random flower pots, teapots, and cutlery. Proceeds partially go to a charity!
- **De Etalage** [*Langevieleweg 69*] - sells antiques, collectables, and curiosa.
- **Lotus 2e Hands** [*Bogardstraat 33*] - a great place to get second-hand clothing, as well as kitchenware and books!
- **Ramsjburg** [*Oude Veerseweg 1a*] - this is the largest thriftstore in Middelie! It has furniture and appliances, art and clothing. It's a great place to visit when moving in!
- **Talent** [*Nieuwe Kerkgang 1*] - lots of clothes!
- **Terre des Hommes** [*Achter de Houthuinen 48*] - this store is close to the Albert Heijn, and uses some of its profit to fight child trafficking and labour in the world. You can find clothes, books, CDs, toys, and random knick-knacks here!

Want to visit more? Check out kringloop-info.nl for more information or for a more expansive list.

Others:

- **Kledingbibliotheek** [*Nieuwe Vlissingseweg 158*] - a great place for your clothing-related concerns. They reuse old materials to make new clothing, fix existing clothes, and wash/colour items in an eco-friendly manner. If you need to go to a sort of function or special occasion, they also have suits and dresses that you can rent!
- **Repair Café** [*Kruitmolenlaan 129*] - Are your kitchen appliances broken? Having issues with other basic appliances? Don't throw them out! Take them to the Repair Café, where twice a month volunteers fix your items. If you attend, you are only paying for the extra materials needed to fix or replace your broken appliance. Fight the cycle of consumption and replacement!

Want more eco-friendly spots? Visit EerlijkWinkelen (or download its app) to find out more.

Academics

Instead of paper

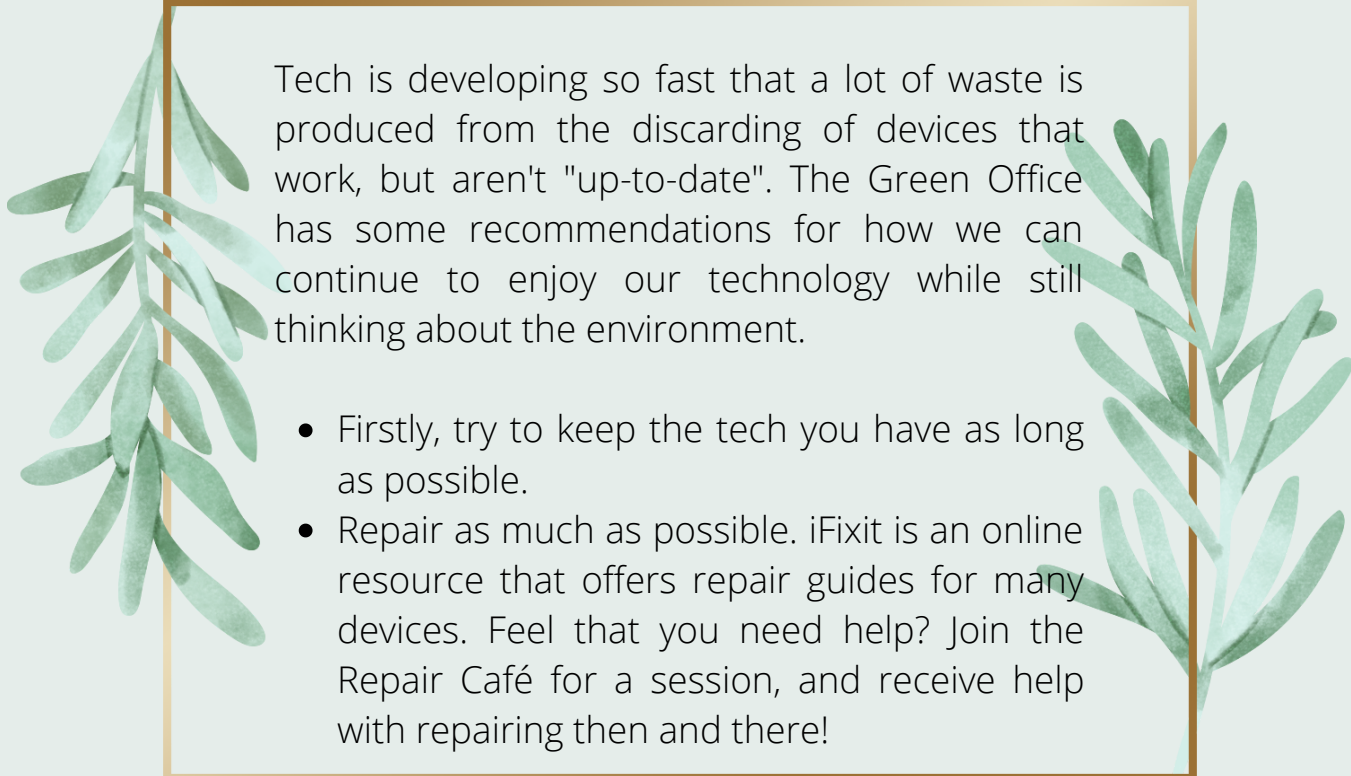
It's always nice when you can live more sustainably without radically changing your lifestyle. So many people feel the difference between writing out their notes and typing them up. Thus, we seek to provide alternatives and recommendations that will hopefully appeal to everyone.

- **Greenbook developed by Greenstory** - a whiteboard in the shape of a notebook. You can erase your notes after writing them, thereby making it a reusable option. There's also a special scanning app they recommend and use to transfer handwritten notes over to your laptop in a matter of seconds. If you love writing your notes by hand, definitely try it out!
- **Pilot 'Bottle 2 Pen'** - sustainable writing gear made from recycled PET bottles!
- **FSC and PEFC certifications** - these are some guarantees that your paper is more sustainable than the average paper. Recycled paper is also a great alternative. However, these options can be considered a lesser evil, rather than a solution.
- **Digital note-taking** - take your notes on your laptop or online. Google Docs, OneNote, Evernote, etc. provide great notetaking options. In addition, you can invest in a tablet, where you can get the feel of writing while still keeping everything on a device. This will minimise what you bring in your bookbag. Furthermore, the ability to sync across devices or upload online helps!
- **Waste-free staplers** - HEMA sells special staplers for 7 euros that bring your papers together without using any waste!
- **Professor printing too much** - Talk to your professors when you think their printing habits are questionable. Or let us know so that we can take action.
- **Second-hand books** - find second-hand books for your courses on the UCR Book Bazaar or on Bol.com.



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Green Technology



Tech is developing so fast that a lot of waste is produced from the discarding of devices that work, but aren't "up-to-date". The Green Office has some recommendations for how we can continue to enjoy our technology while still thinking about the environment.

- Firstly, try to keep the tech you have as long as possible.
- Repair as much as possible. iFixit is an online resource that offers repair guides for many devices. Feel that you need help? Join the Repair Café for a session, and receive help with repairing then and there!

When purchasing... Think second-hand! Companies like ReBuy sell very decent (or basically new) devices for slightly cheaper. Otherwise, eBay, Marktplaats, and Facebook also offer a great variety of second-hand electronics. Make sure that you pay attention to the state of the battery and whether the device is locked (if purchasing from the above sites). Consider purchasing the Fairphone, if you're an android user. Fairphone uses conflict-free and recycled materials wherever possible, and design their products to be user-repairable or upgradeable. For laptops, the most repair-friendly laptop manufacturers are Lenovo, Dell, and HP (which publish their repair documentation for many or all of their laptops).

When discarding... Sell your old tech, or donate it to a thrift shop! This helps prevent the purchase of new products in your circle. If the device just can't be used anymore, don't throw it in the regular trash! Bring it to an electronic waste collection point (e.g. Albert Heijn or Milieustraat). With many products, you can turn in your old device at a respective store for a bit of money.

Health and Well-Being



Menstruation

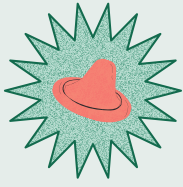
Dear lovely uterus-owners, this section is specially written for you, to make your menstruation a little more bearable, both with regard to the environment and most importantly to your body. On average, bleeders use between 12000 and 16000 disposable sanitary pads in their lifetime. When it comes to the preservation of the environment, disposable MHPs produce a lot of waste since they are not biodegradable (taking around 500 years to decompose) and according to the United Nations Environment Program, 15 million tons of greenhouse gas emissions are created annually by the manufacturing of disposable menstrual hygiene products.

Menstrual Hygiene Products (MHP) such as single-use pads and tampons are not the only solution. There are many different forms that might make you feel more comfortable:

- **a menstrual cup** (can last up to 12 hours preserving the well-being of the vagina, and can be reused for up to approximately 8 years) - both Kruidvat and Holland & Barrett sell menstrual cups.
- **reusable pads and tampons** - the brand Yoni sell period products made out of cotton which is better for your body and better for the planet.
- **period-proof underwear** (they are mostly made of 3 layers, one which absorbs all liquid, a second which is waterproof to avoid leakage and a third made of cotton for comfort and breathability) - some brands for the period absorbent pants are THINX or Modi Bodi.

Sanitary products are expensive, especially in the long run, therefore it is nice to be able to cut down on them and reuse yours!





50 Shades of Green



Something that often slips our mind is the negative environmental impact our sex life can have if we make use of unsustainable essentials. Here is a list of some sustainable options for lingerie, sex toys, lube and condoms:

Condoms

Natural rubber plantations can pose high risks to the local environment in the form of

- deforestation,
- loss of biodiversity,
- loss of soil productivity,
- loss of water quality, and quantity.

Alternative Brands

Einhorn Condoms

- www.Einhorn.my
- 50 Shades of Green Shop

Fair Square

- ecco-verde.nl
- condomerie.com

XO!

- hollandandbarett.com (or in the store at the market square)

Lingerie

Avoid fast fashion - look for organic textiles and fair labour practices

Alternative Brands

Froty Booty

- footybooty.co.uk

Underprotection

- underprotection.eu

Lube

Avoid chemicals and look for:

- Water-based lube (with aloe)
- recyclable/recycled, glass packing

Alternative Brands

YES WB

- Condomerie.nl
- ahyes.org
- Überlube
- uberlube.com

Sex Toys

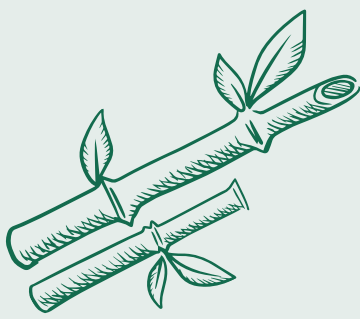
Toys like vibrators often contain or require

- Plastic
- Chemicals
- Energy

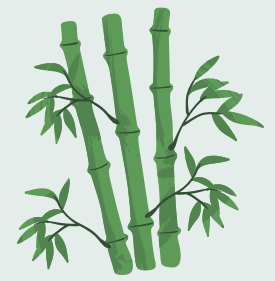
Look for:

- Rechargeable vibrators, reusable batteries or solar sex toys
- made out of recycled plastic, glass or wood
- Biodegradable vibrators





Self-Care



There are many items we use on a daily basis, that we can swap out for a more sustainable alternative. This page serves as your guide to sustainable alternatives in general and where to find them in Middie.

Shampoo and conditioner - instead of a plastic shampoo bottle, multiple companies are making shampoo bars. In Middelburg, you will find NatureBox bars in Kruidvat, in addition, Dille & Kamille sells their own shampoo bars, as well as in Holland & Barret and in Waar.

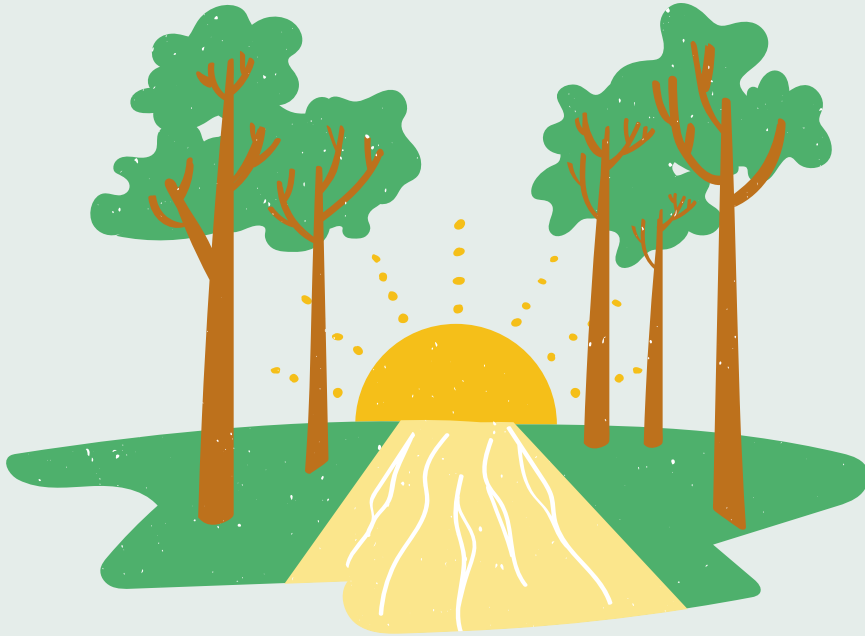
Toothbrush - the average toothbrush is made of plastic as well as packaged in plastic. Luckily, many companies have come forward with more innovative bamboo toothbrushes. Next time you need a new toothbrush, buy your bamboo one at Kruidvat, Albert Heijn, or any other store really. Once your bamboo toothbrush is up for renewal, you can compost the handle (not all bristles are biodegradable, so check the packaging for the correct information)!

Toothpaste - this product is probably one of the items with the most packaging that can easily be avoided. Holland & Barret and Waar both sell alternatives to plastic toothpaste tubes. Either a glass jar instead of a tube or toothpaste pills instead of liquid toothpaste.

Razor - throughout your life, you can go through many razors if you shave regularly. Therefore, it is important to know that there is a sustainable alternative for razors that will last you many decades. These razors are called safety razors and are made out of steel. Your safest bet at the moment is to order one online after reading through some reviews.

Dishes and clothing - for your material self-care, it is important to look into some alternatives as well! For your dishes, you can buy a dish soap bar. Currently, you can buy them online for the best prices. Companies like Ecover provide sustainable powders and liquids for washing your clothes, without polluting the water unnecessarily.

Leisure



Sustainability is a broad term that also applies to the things you do in your free time. We have some suggestions on how you can spend your free time in meaningful ways. Our usual busy lifestyles tend to be focused on efficiency and production. As a change try to look into non-materialistic activities which are not harming the environment.



Green spots

Plantaardig (*Zusterstraat 10*) - a.k.a heaven for all you plant enthusiasts. Plantaardig is a cute and luscious little jungle of a plant shop where you can adopt small plant babies or bigger ones. They also count with a plant hotel for owners who are away for a while

Speelhof Hoogerzael (*Seispark 2a*) - this is an amazing common garden that was built by the Middelburg community over a former parking lot and is currently sustained by volunteers. Here you can find lots of workshops and initiatives and it is also a great place for birthday parties, picnics or a small get-together. If you are a volunteer for a longer time you get a small piece of land where you can grow your own veggies!

Start with Dirt - this is another cute plant store in the heart of Middelburg! You can buy plants but also join workshops for you to create your own terrarium.

Groenrijk - this is like the Walmart of plants. This is a large store outside of the centre, next to MediaMarkt. It is an impressive building where you can look at all the plants and even pet some bunnies to de-stress.



Parks

Bolwerken - 4km round trip around the town, nice for jogging or for long walks.

Molenwater park - close to Bagijnhof, ideal for skating.

Vogelpark - skatepark, surrounded by water and futuristic buildings.

Erasmuspark - next to the channel that leads to Vlissingen.

Amaliapark

Het Meiveld - next to Lidl, small football field and skate park.

Toorenvliedt - a mansion, ponds and 11 bunkers can be found here.

Eco-friendly activities

Mushroom Farm

We started a small scale Mushroom Farm including lions mane and Reishi. We always need more volunteers so we can upsize the farm.

Biking

In case you don't have your own bike to cruise around or go to the beach you can always borrow one from the Green Office! For a deposit of €20, you can borrow a bike for up to three days. Just send us a message with the date and the number of bikes you need (we have four in total).

Gardening

Take a look at the **Anna Garden** which is a creation of an on-campus shared garden for students and faculty, located in the Anna parking lot. The six plant boxes allow the UCR community to freely garden and enjoy the fruits of their labour. There are also 90 min gardening sessions on Saturday in the community garden of our local Centre for Asylum Seekers (**AZC Garden**) you can join!

If you are interested in growing some flowers or your own vegetables, feel free to contact us on Facebook or via email.



Do it yourself

Enjoy making your own products? Want to make sure there are no weird chemicals in them? Want to save some money? Do it yourself! This section contains a few recipes for household items that you can easily make yourself. If you want even more recipes, the internet is full of helpful guides. Let's get crafting!

Laundry Detergent

Ingredients:

- 5l water
- 80 grams grated bar soap
- 80 grams of soda
- essential oil (optional)
- large container

Put the soap in 5 L boiled water and stir until it has dissolved. Put the soda in as well, along with the essential oil and let it cool for a bit. Pour it into a container. It will thicken once it cools off completely.

Laundry Softener

Use vinegar ("natuurazijn")

Cleaner

Ingredients:

- bottle of natural white vinegar
- peels of about 4 oranges
- essential oil (optional)
- large mason jar

Add the orange peels to a jar and cover it with vinegar. Put the lid on and leave it for 3 weeks to ferment out of the sun while in a relatively warm spot. After it is done, remove the peels and compost them, mix the vinegar 50/50 with water and add essential oils if you like. Use it for cleaning your countertops, kitchen, desk etc.

Make-up remover

Use coconut oil



Deodorant

Ingredients:

- 1/4 cup baking soda
- 1/2 cup coconut oil
- 25-30 drops of essential oil

Melt the coconut oil and mix in the essential oils. Add the baking soda and stir it until the mixture is smooth. Store in an airtight container.

Shampoo

Ingredients:

- 4 grams of grated bar soap
- 250 ml water
- essential oils (optional)

Boil the water and add the soap. Stir until the soap has melted, add oils and let it cool.

Conditioner

Ingredients:

- 1 cup solid coconut oil
- 1/3 cup avocado oil
- essential oils (optional)

Mix the oils to the mixture is light and fluffy. Store in an airtight container before use.

Toothpaste

Ingredients:

- 1 (1/2) tsp baking soda
- 2 tbsp coconut oil
- 25-30 drops of essential oil

Mix the ingredients until you have a smooth paste. The extra 1/2 tsp baking soda is for intensive cleaning but not suitable for sensitive teeth.



Sustainable Banks

When thinking about your finances, you should consider more than just your direct spending. The money you have in your bank account is used by banks to invest in projects and businesses of their choosing. Because of this, your money could be used to fund logging, fossil fuel industries, or any other unsustainable industries without your knowing! Make sure to check the investment portfolio of your bank.

For Dutch banks, go to <https://eerlijkegeldwijzer.nl/bankwijzer/>. They explain exactly how you can switch banks, which is quite an easy process. Insurers also invest, using the premiums you pay them. Check out how different insurers act on issues of sustainability on the website <https://eerlijkegeldwijzer.nl/verzekeringwijzer/>. The website even has some comparative case studies.

Use your money wisely, even if you're not the one spending it.



Apps

Think Dirty

Self-conscious and unsure about the ethics of your beauty products? Fret no more! The Think Dirty app provides you free and simple access to information on the products you are using on a daily basis and whether or not they contain harmful ingredients.

Too Good To Go

Another great way to fight food waste is using the TooGoodToGo app. TGTG partners with stores, bakeries and restaurants in order for them to provide "Magic Boxes" consisting of a large amount of food that would otherwise go to waste. The products are still in great condition, and you can get them for very low prices. New locations all around the world are added regularly, and Middelburg is on the list of participants as well.

Forest

Did you know you can help the environment AND stop procrastinating, all with one very cute app? Forest is a concentration app that blocks your phone or certain websites for a certain amount of time. During that time, a little tree is planted. In the end, you'll be rewarded with coins. You can use these coins to pay for an actual tree!

Ecosia

Ecosia is a search engine that works just like Google, the only difference being that they use the profit made from ads from your searches to plant trees. Since their funding in 2009 they've planted more than 48 million trees already. It is completely free, and every time you access Ecosia to browse the web you can see your tree count.

Good On You

As greenwashing is not a rare phenomenon sometimes it's easy to get confused whether a brand is only pretending to produce under fair conditions to jump on the sustainability trend or if it is actually an ethical brand. To get some clarity this app rates brands and can serve as a guideline for consumers.

Ourgroceries

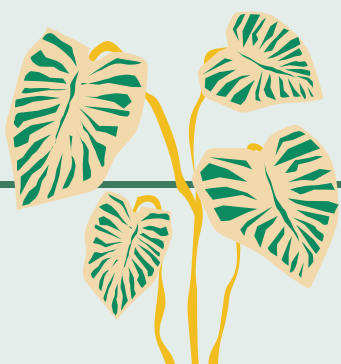
This is ideal if you live in a multi-person household and share a fridge together. So actually perfect to introduce to your family at home! Ourgroceries is a shared shopping list in sync with the newest changes from every member. That way miscommunication can be avoided which often leads to two people buying the same food at the supermarket. Because food waste should be avoided at all costs!

PlantNet Identification

The plant-lovers out there might know the situation that you are in nature and spot wild plants or flowers but have no clue what their names are. By simply taking a picture this app can help you with their identification. Very useful when you don't have a botanist at hand! That way you can quickly find out more about the world surrounding you or if you should really eat that berry.

21-Day Vegan Kickstart

A great way to get started on a plant-based diet is to start small by posing yourself the challenge to try out veganism for a short amount of time. This app keeps you on track for three weeks by providing delicious vegan recipes, meal plans, nutrition tips and daily videos. It has been designed by nutrition experts and is available for free!



There you go!

A complete guide to a sustainable life at UCR. We hope that a green college life seems a bit less daunting now because as you have read; it is actually a lot of fun. From buying beautiful veggies, to compostable pens; your actions may seem small, but their impact is not to be underestimated.

We wish you the best of luck with your semester and your very own green journey. And when things get stressful around here, just remember; Keep it cool, keep it green!

Love,
The Eleanor Green Office



Sources

Waste and Recycling

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Compost - <https://www.apartmenttherapy.com/how-to-make-your-own-indoor-compost-bin-138645>

Waste separation quiz - www.milieucentraal.nl/minder-afval/welk-afval-waar/

Waste separation in Middelburg -

www.middelburg.nl/Inwoners/Afval/Afvalscheiding/Overzicht_scheiding_afvalsoorten

Amount of waste per Dutch inhabitant - <https://nl.times.nl/2019/06/27/dutch-produce-500kg-garbage-per-year-recycling-nears-60>

Middelburg

EerlijkWinkelen - <https://eerlijkwinkelen.nl>

Fresco - <https://www.facebook.com/Fresco-Middelburg-313848758822285/>

Kledingbibliotheek - <https://www.kledingbibliotheekmiddelburg.nl>

Koffiepand - koffiepand.nl

Plantaardig - <https://plantaardigmiddelburg.nl>

Repaircafé - <http://www.repaircafemiddelburg.nl>

Speelhof Hoogerzael - <https://www.speelhofhoogerzael.nl>

Stoom - <https://www.facebook.com/stoommiddelburg/>

Tante Amalia - <https://www.facebook.com/TanteAmalia>

Kringloopwinkels in Zeeland - <https://www.kringloop-info.nl/kringloopwinkels-provincie-zeeland/>

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WAAR - <https://ditiswaar.nl>

Wereldwinkel - <https://www.wereldwinkelmiddelburg.nl>

Food

Babongo - www.babongoshop.nl

Voedsel verspilling - <https://stopwastingfoodmovement.org/food-waste/food-waste-facts/>

KeepLeaf - <https://keepleaf.com>

Kliekipedia - <https://www.voedingscentrum.nl/restjes>

LunchSkins - <https://www.lunchskins.com>

DIY

Cleaner - <http://www.greenify-me.com/2018/02/zero-waste-cleaning-orange-peel-vinegar.html>

Conditioner - <https://littlediyou.com/homemade-hair-conditioner/>

Deodorant - <https://zerowastecartel.com/blogs/news/zero-waste-bathroom-essentials>

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Toothpaste - <https://zerowastecartel.com/blogs/news/zero-waste-bathroom-essentials>

Laundry detergent - <https://www.greenevelien.com/blog/wasmiddel-maken>

Green Tech

iFixit - <https://www.ifixit.com>

Fairphone - <https://www.fairphone.com/en/>

Milieustraat - <https://www.middelburg.nl/Inwoners/Afval/Milieustraat>

Repaircafé - <http://www.repaircafemiddelburg.nl>

Shift - <https://www.shiftphones.com/en/>

Smartphone repairs Middelburg

- R. A. Telecom

- Tweek en Tweekfix

- Bless Apple Support & Repair

- Smart Apple Service

- Amac

Computers (/other tech)

- LowBudgetPC

- BG Computerservice

- Cetin Computers

- Service centrum Christiaanse

- Bless Apple Support & Repair

- Amac

- Tweek en Tweekfix

Finances

Bank comparison – eerlijkegeldwijzer.nl/bankwijzer/

Insurance comparison – eerlijkegeldwijzer.nl/verzekeringswijzer/