



OLLSCOIL NA GAILLIMHÉ
UNIVERSITY OF GALWAY



Student



sustainability

Toolkit

Created by Sophie O' Byrne

as part of the University of Galway Student
Sustainability Leadership Award 2021 "Student
Engagement Project"

www.universityofgalway.ie/sustainability



What is sustainability?

Sustainability is the capacity to endure in a relatively ongoing way. Today, it generally refers to the capacity for the Earth and human civilization to co-exist.

Sustainability focuses on meeting our present needs without compromising the needs of future generations.

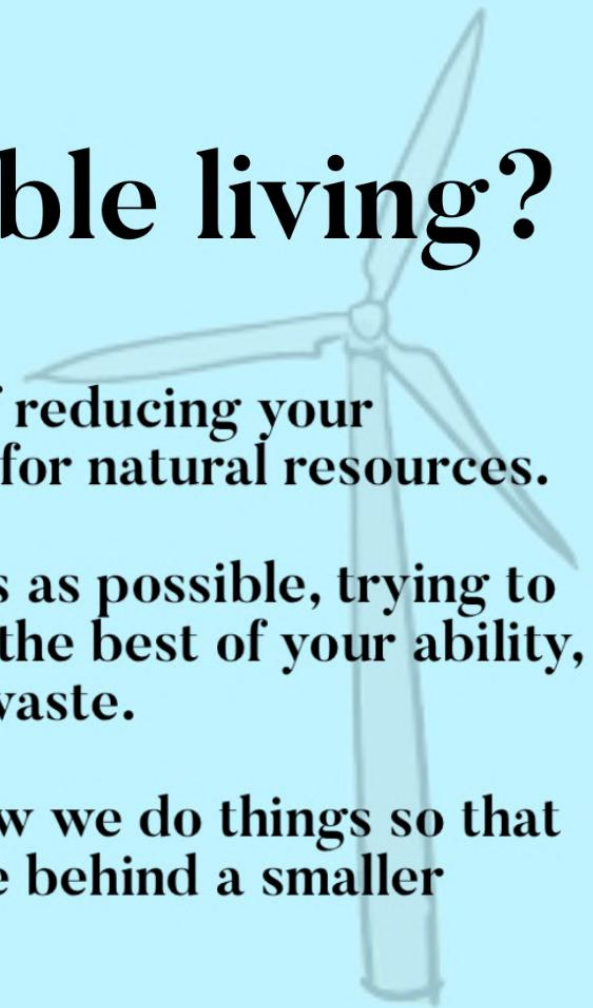
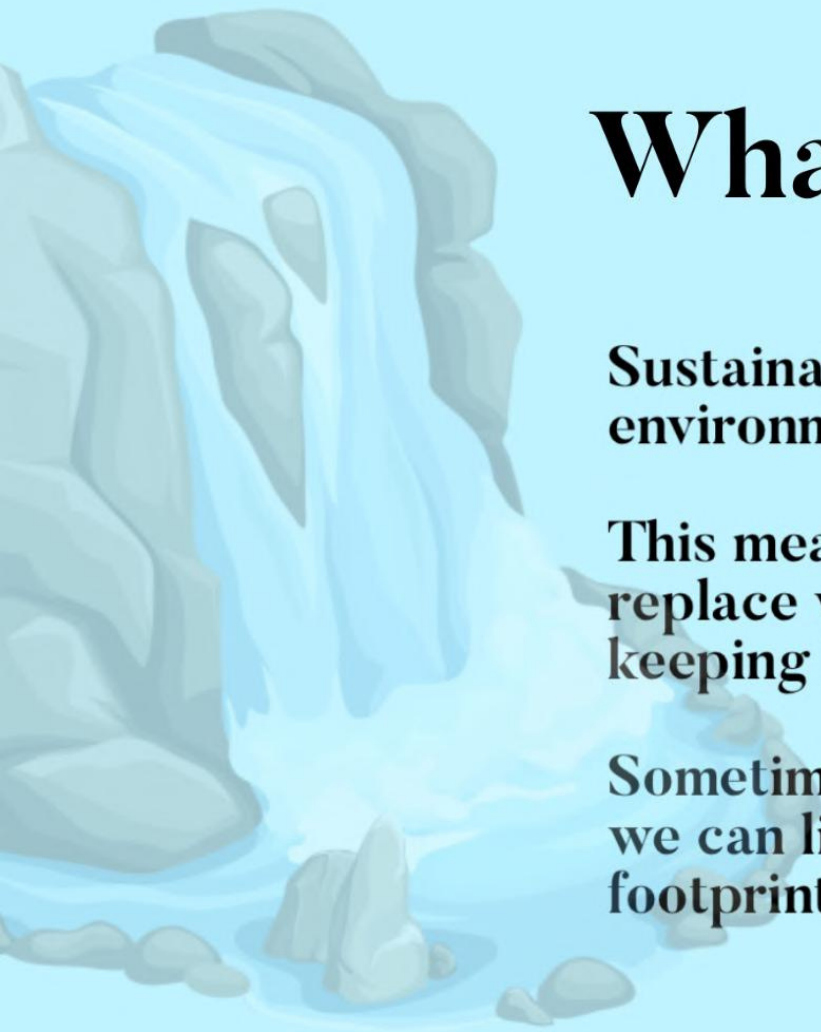


What is sustainable living?

Sustainable living is the practice of reducing your environmental impact and demand for natural resources.

This means using as little resources as possible, trying to replace what resources you use to the best of your ability, keeping healthy and creating less waste.

Sometimes this means changing how we do things so that we can live healthier lives and leave behind a smaller footprint




The aim of this “toolkit” is to provide you with information and resources to move towards a more sustainable way of living

Find out about ...

- Alternatives to single-use plastic**
- Energy saving tips**
- Water saving tips**
- Sustainable shopping tips**
- Eco-friendly cleaning**
- How to recycle**
- How to compost**
- Biodiversity**
- How to avoid fast-fashion**
- Sustainable transport**
- Wellness tips**
- Plant-based recipes**

Every little change counts and you don't need to be perfect!



A stylized globe with green continents and blue oceans is centered in the background. Two hands are shown at the bottom, holding the globe from underneath. The hands are rendered in a light, semi-transparent style.

“We don’t need a handful of
people doing zero waste
perfectly. We need millions of
people doing it imperfectly”
- Anne Marie Bonneau

Why is sustainability important?

Sustainability improves the quality of our lives, protects ecosystems and preserves natural resources for future generations

Our environment and climate are changing rapidly, with global temperatures increasing as a result of human activity like burning fossil fuels



We need to protect the Earth now in order to prevent catastrophic (but possible) changes in the near future such as food and water shortages, rising sea levels, regions becoming uninhabitable, loss of biodiversity and extreme weather events

While the situation is urgent, there is only so much that we can do as individuals to help

However, we certainly can do lots to help, and being informed is the first step!



eco swaps

How to make your everyday life more sustainable



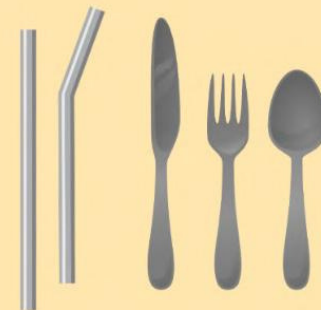
for on the go



Remember to bring your reusable water bottle with you when going out to avoid the need for plastic bottles. There are many water refill stations around campus!



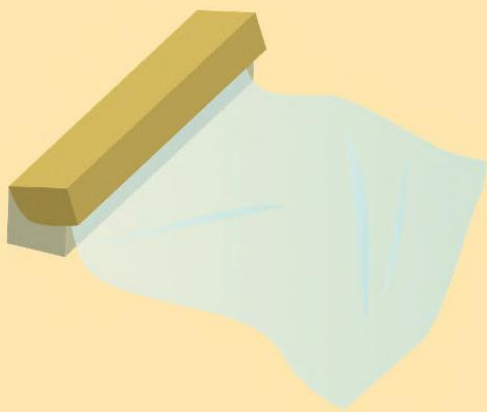
A reusable coffee cup is important to avoid single-use cups (they can really add up!). Some cafés even offer discounts for bringing your own!



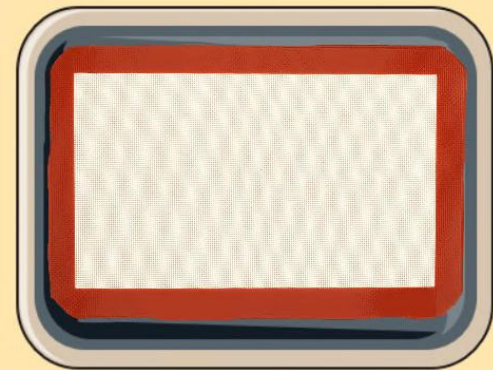
A reusable straw is a good investment, and carrying some cutlery from your kitchen in your bag is an affordable way to avoid single-use plastic ones

Remember to ask for no plastic straw when ordering a drink (you can even drink with no straw if you prefer!)

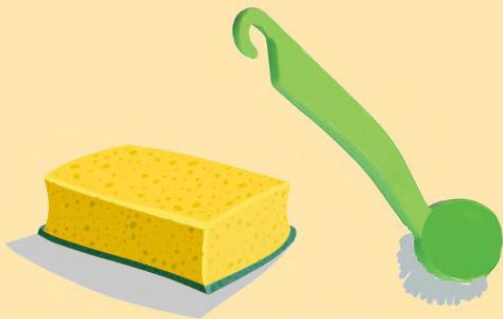
for your kitchen



Instead of using cling film, try saving leftover food in a container, jar or reusable wax wrap



A reusable silicone baking mat is super useful instead of lining trays with foil or parchment



Try using a wooden/bamboo dish brush instead of a plastic one (you can get ones where the head is replaceable & compostable, so nothing goes to landfill!)

Sponges made from plant fibres are also great!

for shopping

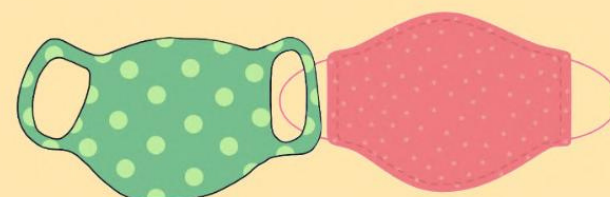


Plastic bags can be easily avoided when shopping by bringing your own reusable bags



Try using reusable fruit & veg bags instead of plastic ones. These are affordable and available in supermarkets such as Lidl and Joyce's!

Alternatively, you can put fruit & veg with thick skins such as butternut squash or bananas straight into your basket (we should be washing our fruit and veg anyway!)



Choose a reusable face mask instead of a disposable one

for your bathroom



Bamboo toothbrushes are becoming more readily available, and really are just the same as using a plastic one

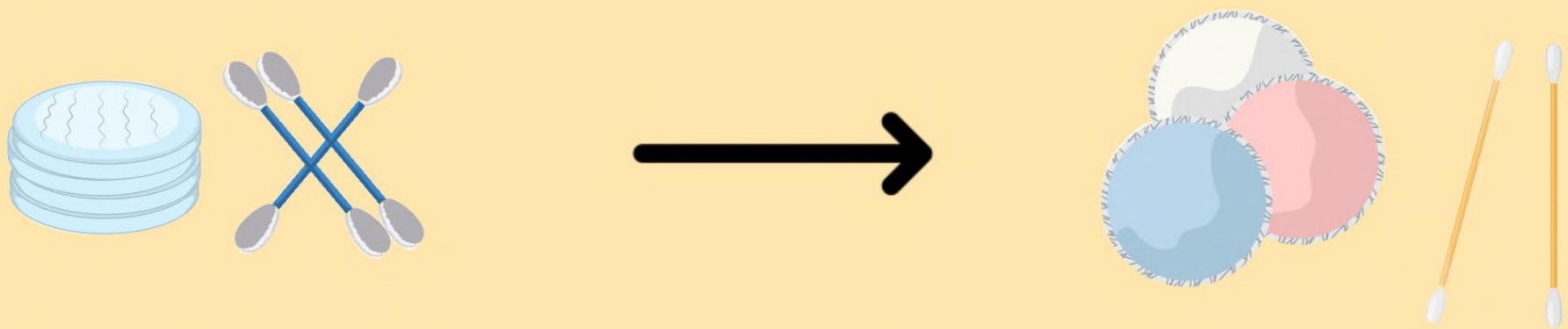


Bar soap is a cheap and plastic-free alternative to body wash. Try a shampoo bar too if you want to go a step further (also great for travelling!)

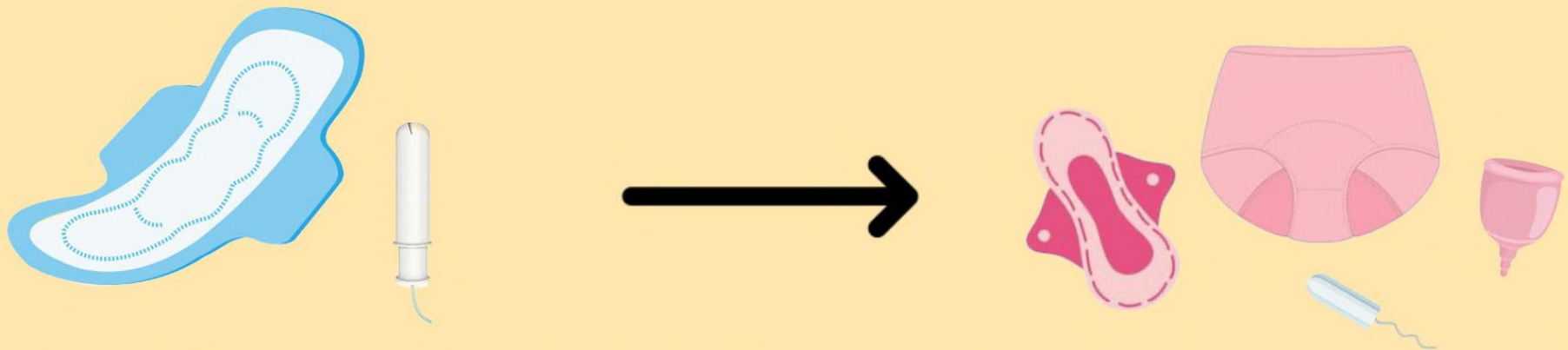


A safety razor is a long-lasting alternative to single-use razors! They're easier to use than they look and you can change the blade as often as you like (blades are super cheap)

for personal care

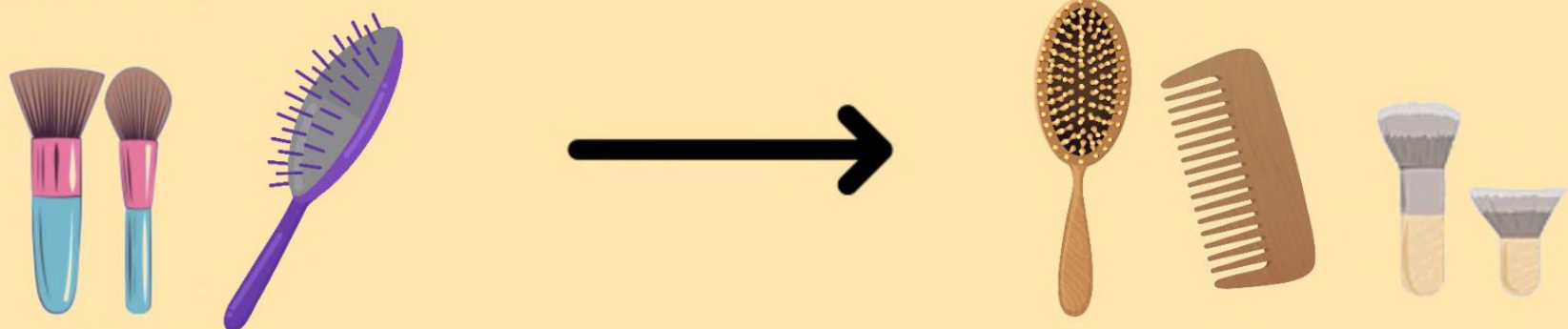


Switch to reusable cotton rounds and plastic-free cotton buds



Reusable menstrual products can dramatically reduce your environmental impact! There are many options available to suit everyone's needs like period underwear, reusable pads and menstrual cups

Even switching to non-applicator organic tampons is much better for the environment



When replacing makeup/hair brushes consider wooden/bamboo options! These can be composted when they need to be replaced

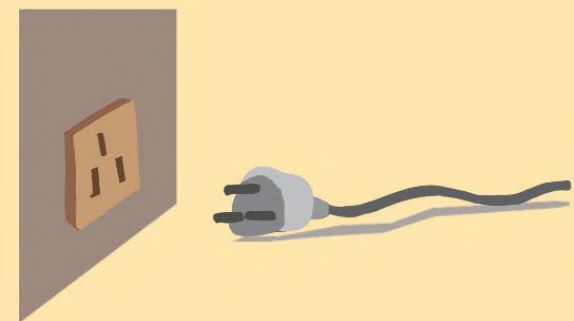
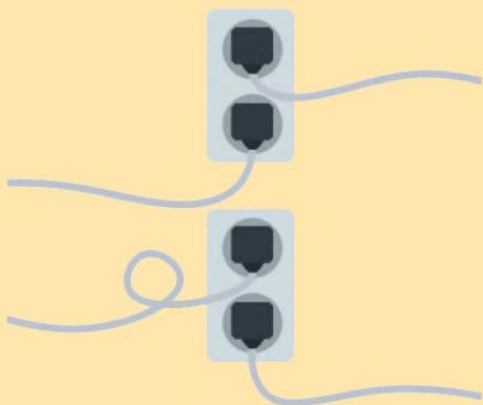
for saving energy



air-dry your clothes instead of using the dryer! Use a clothes horse inside or take advantage of the sun and wind on a good day



switch to more energy efficient lightbulbs (LED and CFL lightbulbs are 85% and 80% more energy efficient respectively)



unplug your appliances when they aren't in use. The average household can save €50 a year by doing this!

for saving water



Use a watering can to water plants or a bucket & sponge to wash your car instead of using a hose



**Take a short shower instead of a bath
(try a water-saving shower head for even better efficiency!)**



Make sure to fill up the washing machine & dishwasher when using them

plastic-free benefits

less waste to landfill

less pollution

cleaner beaches

reduce micro plastics

less incineration

improve health

protect marine life

conserve natural resources

reduce fossil fuel consumption

reduce carbon emissions



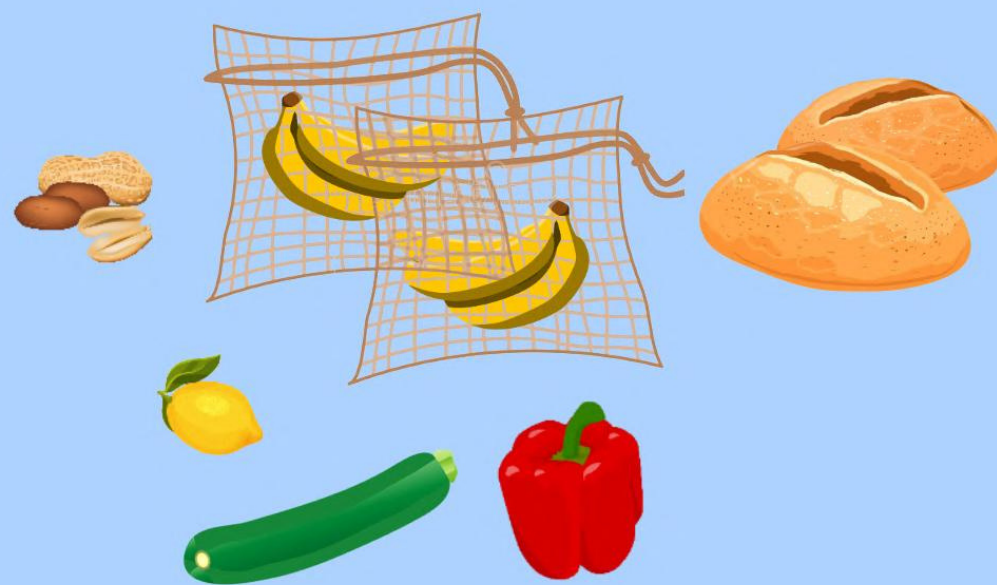
sustainable

Shopping Tips

Buy loose

Avoid unnecessary plastic packaging where possible

Try using reusable fruit & veg bags!



Buy local

Support local businesses!

Minimise the distance your food travels from farm to plate



Buy goods in recyclable/compostable packaging

Choose goods in glass, cardboard, paper or metal first

Tetra Pak and rigid plastics can also be recycled



Buy in bulk

If loose is not an option, buy larger bags of dry goods
(If you know you'll use it)

This reduces plastic waste!

Buy seasonal

Seasonal fruit & veg are cheaper, better quality and don't travel as far to reach our shelves



Buy plant-based

Plant-based foods have a smaller impact on the planet

Meat & dairy have large carbon footprints and are very resource-intensive



Buy just enough

Stop food waste!

Plan your meals and buy only what you need

Just enough, not "just because"





what's in season?



why buy in season fruit & veg ?

- ★ help the environment - seasonal food doesn't travel far to reach our shelves
- ★ support local producers - keep them in business & know where your food comes from
- ★ eat better quality & tastier food - minimal preservatives are needed and seasonal food is harvested when ripe
- ★ save money - food is cheaper in peak season
- ★ stop food waste - over 50% of food waste takes place in the supply chain & during transit

See bordbia.ie or stopfoodwaste.ie for monthly seasonal food calendars!

eco-friendly



cleaning



What are eco-friendly cleaning products?

Cleaning products which do not contain chemicals that cause harm to the environment

Why is this important?

Conventional cleaning products contain harsh chemicals which can cause harm to the environment in the form of water, air and plastic pollution



How does air pollution occur?

Cleaning sprays release chemicals into the air. This affects the quality of the air we breathe and can be hazardous to our health.

Some chemicals such as CFCs in vapourising products can damage the ozone layer.



How does water pollution occur?

Even though our waste water is treated before being returned to the environment, some chemicals escape this treatment and end up polluting bodies of water.

For example, VOCs (Volatile Organic Compounds) such as phosphorus and ammonia, which are a major component of detergents, can lead to the rapid growth of algae in bodies of water. This algal bloom will deplete the water of oxygen and nutrients required for other aquatic species, while also blocking necessary light.

Other chemicals such as phthalates are directly toxic to aquatic species.



What can I do to help?



Choose eco-friendly cleaning products where possible - those that contain biodegradable ingredients or marked “eco-friendly” are best. Avoid those marked with “danger” completely.

Only use what you really need - sometimes a little elbow grease can do the job of harsh chemicals

Opt for refillable cleaning products or those in recyclable packaging (The Filling Station in Galway sells refillable cleaning products)

Try making your own cleaning products - a simple all-purpose spray can be made from water, vinegar and essential oils



Benefits of eco-friendly cleaning products:

- ★ **Reduced pollution & harm to the environment**
- ★ **A safer & healthier home - some chemicals are hazardous to our health**
- ★ **Better air quality and reduced chemical odours**
- ★ **More affordable - especially if you make your own products**
- ★ **Reduced fuel costs - cleaning products from major manufacturers may travel long distances before reaching our shelves**
- ★ **Fewer antibacterial agents - overusing these chemicals leads to antibiotic resistance. Furthermore, Triclosan (a common antibacterial agent) can interfere with human hormones**
- ★ **A good clean! - eco friendly cleaning products can be just as good if not better than conventional cleaning products, without the harm**





recycling



What is recycling?

Recycling is the process of turning waste materials into new useful items.

Why is recycling important?

Recycling reduces the amount of finite resources being used, conserves energy and reduces pollution of land, water and air.



What can I do to help?

You play an important role!

You can:

- recycle as much waste as possible
- educate yourself about what can/cannot be recycled
- make sure your recycling is correctly sorted.

(Recycling that is mixed with non-recyclable items or is contaminated with food can end up in landfill)

Taking a couple of minutes to correctly sort your recycling can avoid sending unnecessary waste to landfill to last hundreds of years!

What can be recycled?

- * Paper
- * Cardboard
- * Rigid Plastics
- * Tetra Pak
- * Tins & cans
- * Aluminium foil (clean & rolled into a tight ball)
- * Anything that states “recyclable” or “widely recycled” on the packaging



All of these items must be **clean, dry & loose**

What can NOT be recycled?

- * Food waste
- * Items contaminated with food e.g. soiled pizza boxes, butter foil
- * Soft plastics e.g. plastic bags, cling film
- * Items composed of mixed materials e.g. toothpaste tubes
- * Laminated cardboard e.g. coffee cups
- * Items that cannot be properly cleaned e.g. pens
- * Pyrex glass
- * Porcelain, pottery & ceramics



Recyclable items that can NOT be put in the recycling bin:

Bring **glass** to your local bottle bank

Bring **batteries, light bulbs and electricals** to your local drop off point (see weeeireland.ie)

Bring **clothes & textiles** to a clothing bank or charity shop

composting

what is composting?

Composting is the breaking down of organic materials (anything that was once living) such as food scraps into nutrient-rich soil

The components are returned to the earth to form new life (nutrient recycling!)

Compost can be used to spread on plants and used as fertiliser



why should we compost?

In order to decompose, organic waste needs moisture and oxygen.

If we put food in the black bin, it goes to landfill where there is no oxygen.

In the absence of oxygen, food breaks down to produce methane (a greenhouse gas over 20 times more potent than CO₂)

Not only do we not benefit from the compost, but this is much worse for the environment as methane is detrimental in terms of global warming

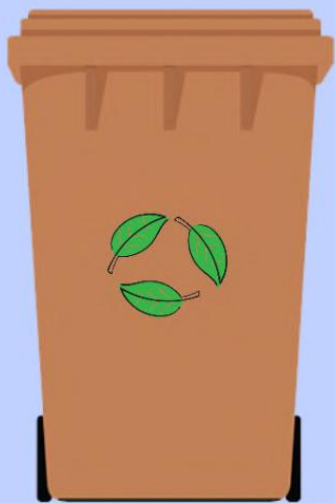


what can I put in the compost bin?

- all food (fruit/veg/carbohydrates/meat, cooked or raw, whole or scraps)
- tea bags
- coffee grounds
- bones and egg shells
- paper coffee filters
- soiled napkins/cardboard e.g. pizza boxes
- newspaper
- grass clippings
- certified compostable plastic

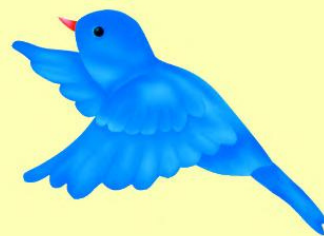


what can I NOT put in the compost bin?



- plastic
- glass
- stones
- metal
- animal waste
- nappies
- coal/ashes
- medical waste
- oils

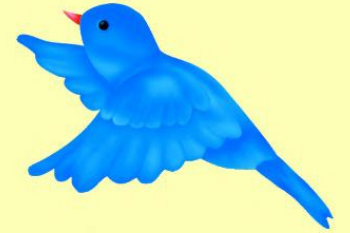
Tip:
**If it once grew,
it can be
composted!**



biodiversity



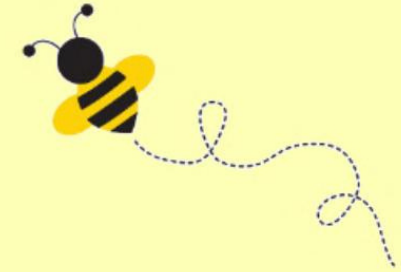
What is biodiversity?



Biodiversity is the **variety of life on Earth**

It refers to diversity within species, between species, and of ecosystems.

It is essentially every form of life interplaying together to create ecosystems



Why is biodiversity important?

Biodiversity plays an important role in the **functions of ecosystems**; supporting, regulating and providing for other life forms.

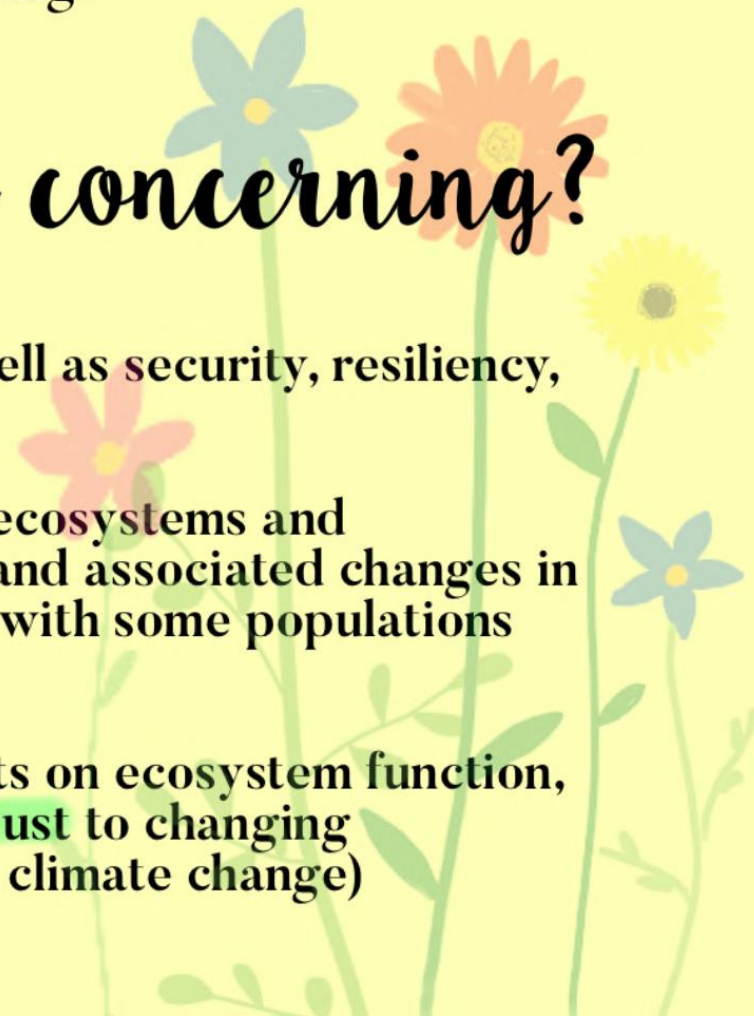
These functions are **essential for human life & well-being**.

Why is a loss of biodiversity concerning?

Biodiversity contributes to materials and livelihoods, as well as **security, resiliency, social relations, health, and freedoms and choices**.

Although humans have benefited from the exploitation of ecosystems and biodiversity, at the same time these losses in biodiversity and associated changes in ecosystems have caused a **decline in well-being** for some, with some populations being driven into poverty.

Even if losses of biodiversity have small short-term impacts on ecosystem function, these losses may **reduce the capacity of ecosystems to adjust to changing environments** (a problem that may prove detrimental with climate change)



What we are doing at University of Galway to protect biodiversity.

University of Galway boasts Ireland's most biodiverse campus, and we continue to promote biodiversity through our organic gardens, bee apiary, wildflower sites and more.

Our Biodiversity Trail on campus showcases the biodiversity present

Our new Biodiversity Action Plan 2021-2025 aims to increase and protect biodiversity across the university campus



What you can do to help biodiversity.

Plant! Flowers, vegetables, shrubs - give bees and pollinators a chance to thrive

Give care to natural habitats - keep to paths and avoid stepping on wildflowers

Leave dandelions alone - it is the most important food plant for pollinators in spring

Buy local fruit & veg - farms play a role in conserving biodiversity

Reduce, reuse, recycle - pollution can spoil habitats

Visit your local botanical garden - help them continue to protect & promote biodiversity

Educate yourself & others - increasing awareness about biodiversity is important to help us care for the environment



fast fashion

what is fast fashion?

The mass and rapid production of low quality, cheap and “disposable” clothing, designed to replicate catwalk trends.

This includes clothing retailers on the high street, as well as online retailers of affordable & “trendy” fashion



why is it a problem?

The clothing industry accounts for 8-10% of global carbon emissions (more than all international flights and shipping combined)

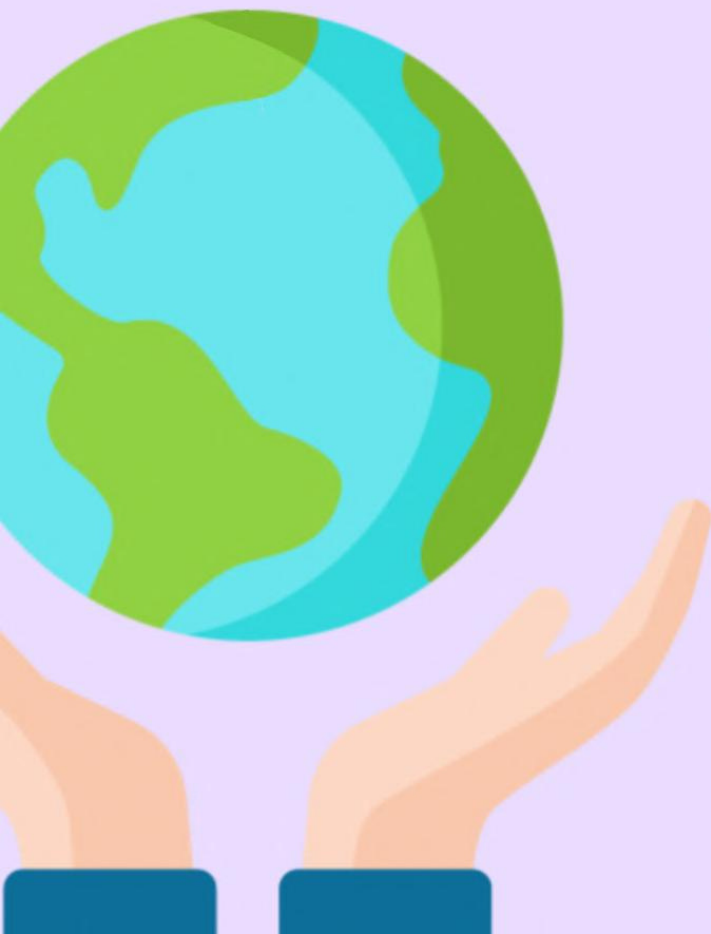
3 out of every 5 fast-fashion items end up in landfill

Dyes & solvents from the industry account for 1/5 of water pollution

63% of textiles are derived from petrochemicals, which give rise to CO₂ emissions

93% of workers in the fashion industry are not paid a living wage

The poor quality of these garments leads to more expense for consumers in the long run



what you can do to help:

Shop less - only buy what you need

Shop your own wardrobe - we all have clothes we have forgotten about or can style in a different way!

Shop second-hand (you don't have to stop shopping completely!) - charity & vintage shops or Depop are great places to start



Shop smart - invest in quality, staple pieces and don't follow trends. This will allow you to build a timeless wardrobe that will last

Shop sustainably - consider brands who are transparent about their sustainable practices e.g. Patagonia, Veja, Reformation, Organic Basics

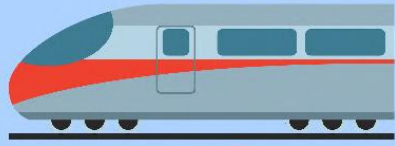
Share, sell, swap or donate your old/unwanted clothes - one person's trash is another's treasure!

Don't throw clothes in the bin - even heavily worn or soiled textiles can be disposed of in clothes banks where they can be repurposed



Remember: you vote with your money!

sustainable



Transport

What is sustainable transport?

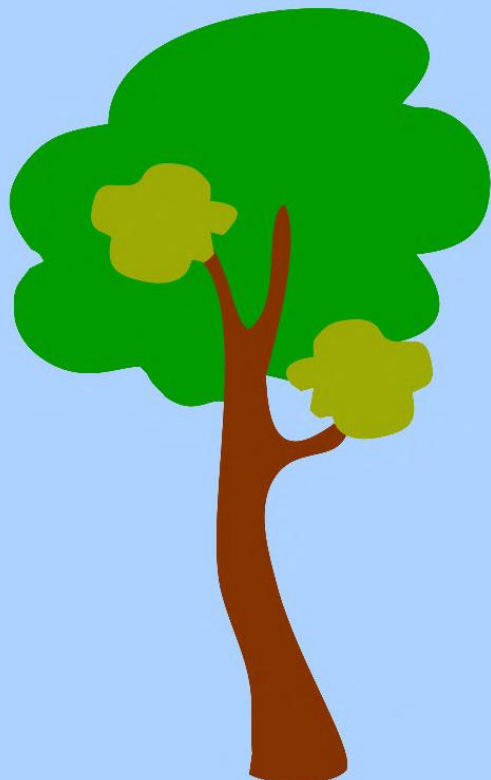
Transport associated with a minimal environmental impact

In Ireland today, this means reducing our high reliance on the private car



Why is sustainable transport important?

Private cars are a major contributor to air pollution and greenhouse gas emissions. Furthermore, cars are associated with road traffic accidents, reduced health & well-being, a lack of physical activity and traffic congestion

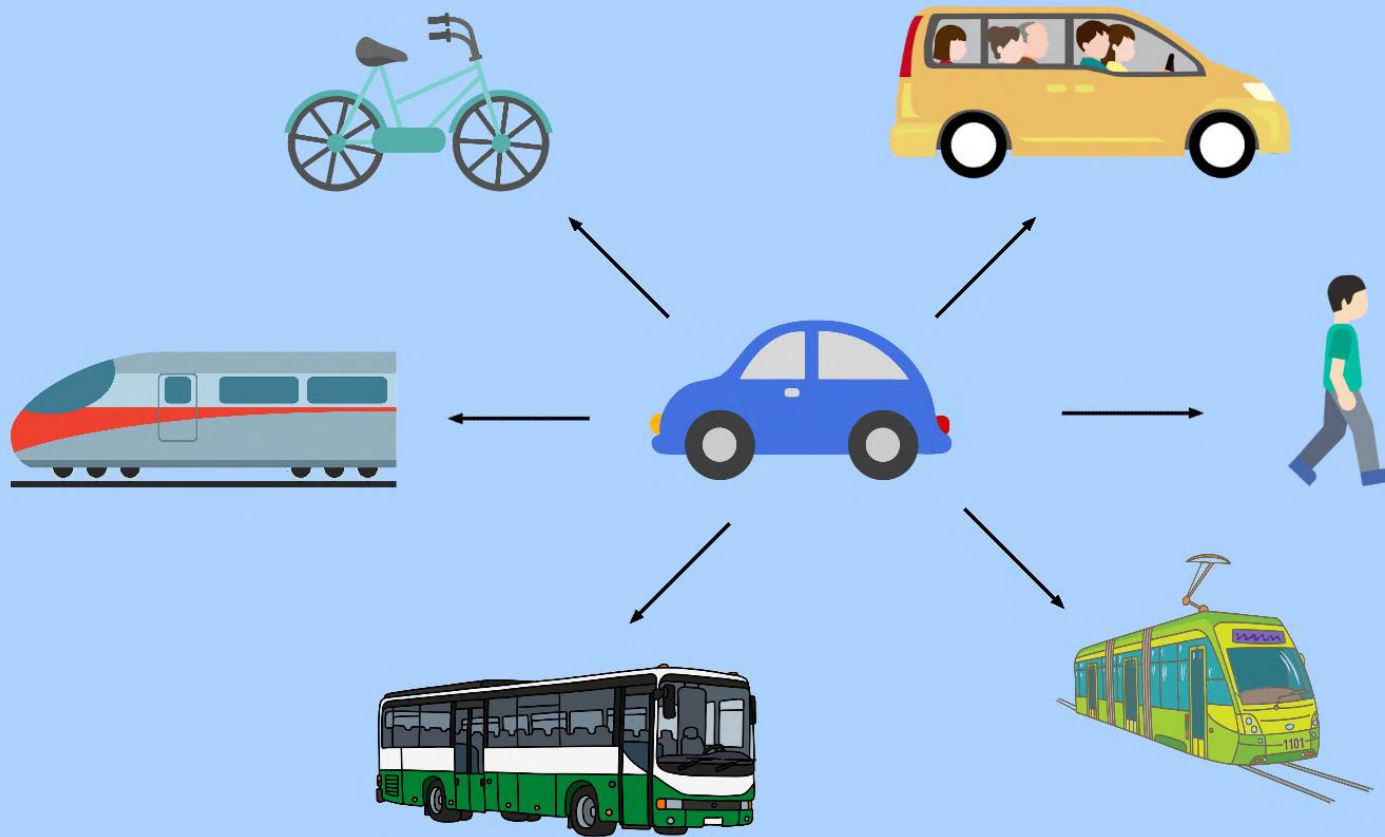


Benefits of sustainable transport:

- * Reduced carbon emissions
- * Reduced traffic and congestion in cities
- * Reduced costs - you can save on fuel and parking costs
- * Improved health & well-being (associated with cycling/walking)
- * More available parking spaces
- * More available land (formerly used for parking)
- * More efficient use of fuel

How you can travel to work/college more sustainably:

- walk
- cycle
- use public transport (bus, train, tram)
- carpool
- only travel when necessary e.g. consider working remotely when possible



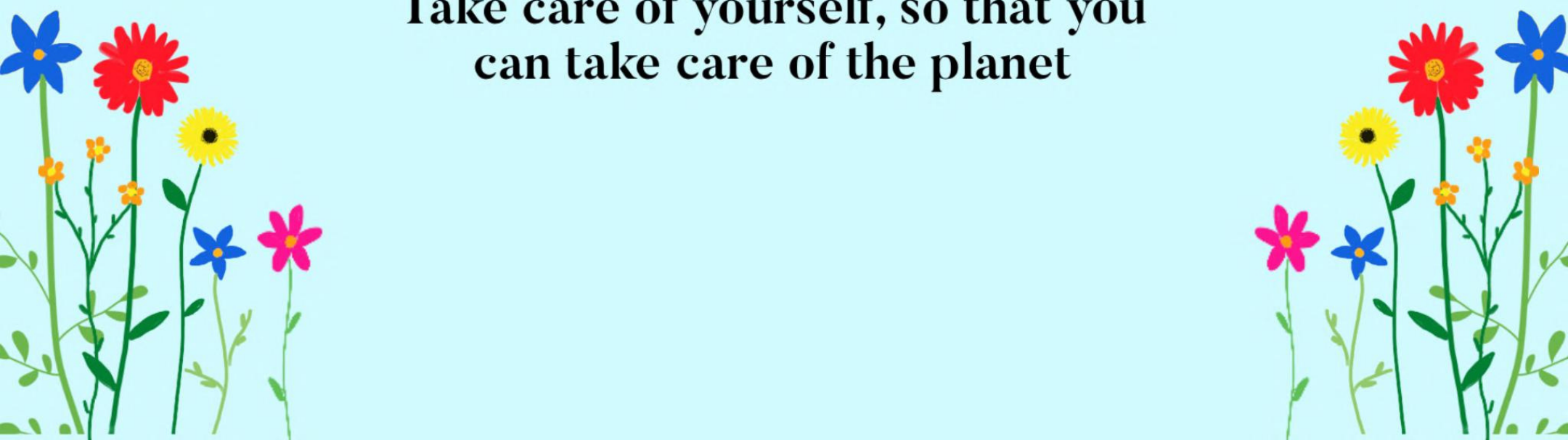
Why not incorporate more walking into your routine for short journeys like going to college, visiting friends or for “top-up” shopping?

The environment and your health will thank you!



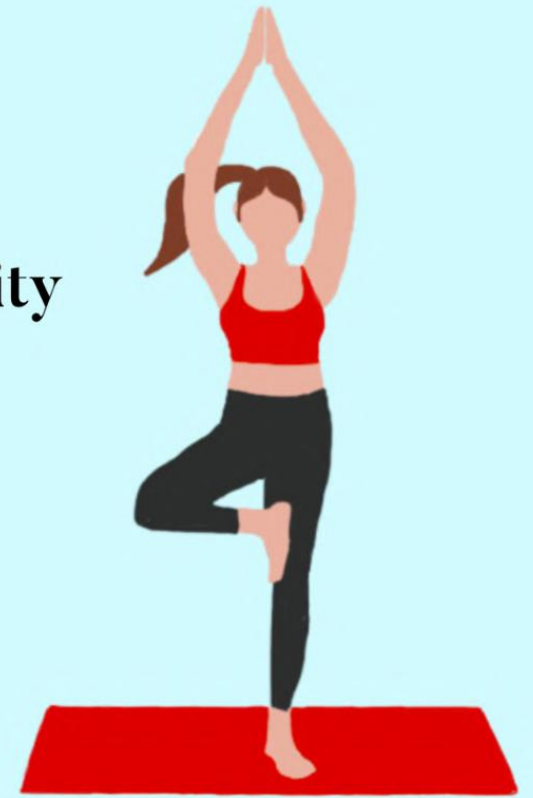
Wellness Tips

**Take care of yourself, so that you
can take care of the planet**



5 benefits of yoga:

- ★ Improved strength, balance, posture & flexibility
- ★ Improved heart health & immune system
- ★ Improved mental health & mood
- ★ Higher energy levels
- ★ Improved stress management



Benefits of drinking water:

- ★ Carrying nutrients & oxygen to cells (energising)
- ★ Aiding digestion
- ★ Removing waste from the body (perspiration & urination)
- ★ Maintaining blood pressure & electrolyte balance
- ★ Cushioning joints
- ★ Preventing dehydration (low energy, fatigue, dizziness, confusion, headache)



How to look after your mental health:

- ★ Get outdoors - enjoy the fresh air and being in nature
- ★ Move your body- exercise releases endorphins which make us feel good
- ★ Drink water - it's important to stay hydrated in order to feel energised
- ★ Eat healthy food and enough food - foods high in vitamins & minerals such as fruit & veg will help us feel our best and eating enough carbohydrates (not skipping breakfast!) will keep our energy levels sustained all day long
- ★ Try meditation - mindfulness practices can help us to feel grounded and calm feelings of anxiety
- ★ Meet a friend - it helps to stay connected and talk to others about our feelings



5 benefits of quality sleep:

- ★ Improved mood & energy
- ★ Improved focus & work performance
- ★ Improved hormonal balance - will improve satiety
- ★ Healthy immune system
- ★ Prevents diseases such as obesity, diabetes & hypertension



5 healthy eating habits:

- ★ Eat breakfast - this will help to resist unhealthy choices during the day by keeping your blood sugar stable
- ★ Drink water - water makes up 60% of our body weight and is an essential nutrient
- ★ Eat less processed foods - whole foods are higher in nutrients and lower in salt & unhealthy fat. Eating a variety is key!
- ★ Cook at home - this will allow you to know exactly what's in your food, and to include more nutrient-rich ingredients
- ★ Eat more plant-based foods - plant-based diets are associated with longevity and the prevention of diseases such as stroke, cancer & high blood pressure



5 benefits of regular exercise:

- ★ Boosts energy & improves mood - exercise promotes the delivery of oxygen to tissues & the release of endorphins in the brain
- ★ Prevents excess weight gain - helps prevent obesity
- ★ Combats health conditions like stroke, heart disease & depression
- ★ Improves sleep - regular physical activity helps you fall asleep faster and deepens your sleep
- ★ Is enjoyable! - promotes social interactions, time outdoors or a chance to engage in exciting activities

Get involved

in sustainability



at University of Galway

Interested in sustainability?

- ★ Join one of our flagship societies e.g.:
 - University of Galway Environmental Society
 - University of Galway Energy Society
 - University of Galway Vegan Society
 - University of Galway Organic Gardening Society
 - University of Galway Botany Society
 - University of Galway Young Greens Society



- ★ Join "Eco Students University of Galway" - a sustainability working group
- ★ Follow us on Twitter @GaillimhSustain and Instagram @uniofgalwaysustainability !





Plant - based



Recipes



**Eating less meat is a small change that you can make
with a big impact in terms of the environment**

Why not give some of these plant-based recipes a try?

Why plant-based?

The production of meat is really harmful to the planet



One of the main reasons is because animals such as cows release methane which is over 20 times worse than CO₂ in terms of global warming



Meat production is linked to deforestation

Large areas of rainforest are being destroyed to provide land for farming (both for animal grazing and for production of animal feed)

This is leading to a biodiversity crisis, CO₂ emissions from the burning trees and the loss of CO₂ sequestration by these trees

Meat production uses a lot of water

In Ireland, it takes on average 8,391 L of water to produce 1 kg of beef
That's the equivalent of filling 27 bathtubs or 84 10-minute showers
Cutting out meat reduces your water footprint by almost 60%



You don't have to cut out meat completely, but including even a few plant-based meals a week can make a big difference in terms of your carbon footprint!

veggie burritos

Difficulty: 4/10

Taste: 10/10

Serves: 4-5 hungry people!



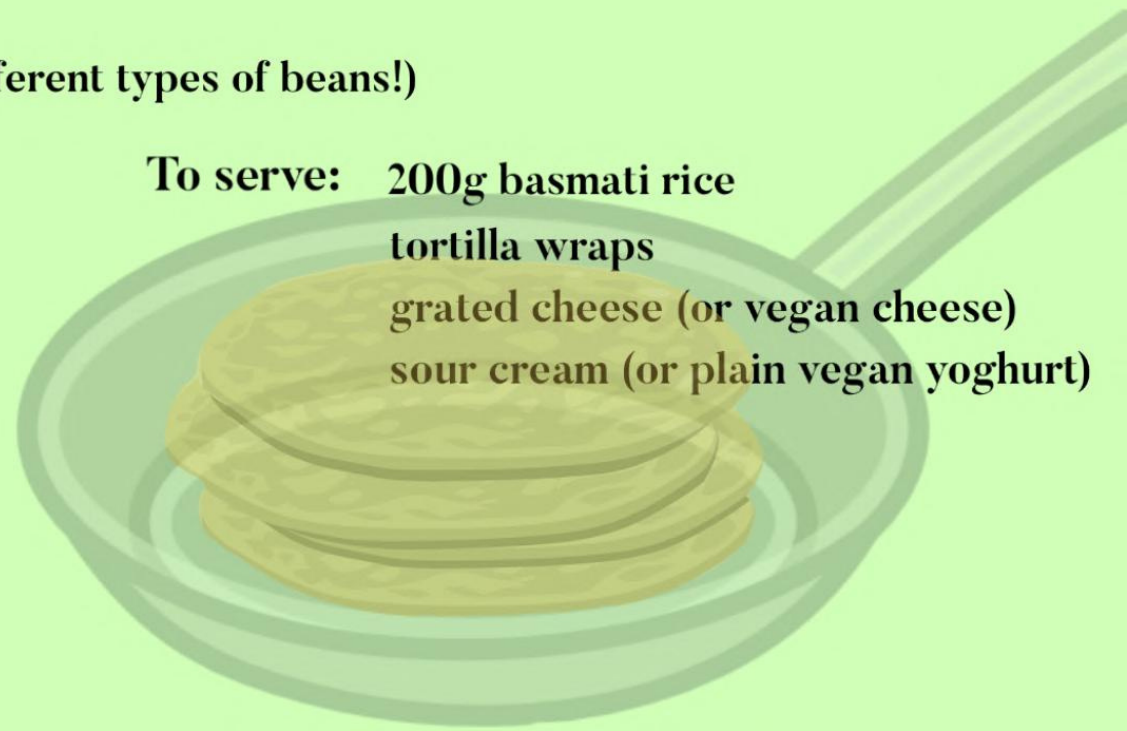
Ingredients:

Filling: 3 medium onions
3 cloves garlic
Tin of plum/chopped tomatoes
Juice of 2 oranges
1 tsp ground coriander
1 tsp cumin
1/2 tsp chilli flakes
3 tins black beans (get creative with different types of beans!)

Salsa: tin of tomatoes
1/2 green pepper
1/2 onion
1/2 tsp cumin
1 tsp salt
handful of fresh coriander
chilli flakes (optional)

Guacamole: 3 mashed avocados
juice of 1 lime
1 clove of garlic (crushed)
handful of fresh coriander (chopped)
1/2 tsp salt

To serve: 200g basmati rice
tortilla wraps
grated cheese (or vegan cheese)
sour cream (or plain vegan yoghurt)



Method:

Time: 30-40 mins

1. Add the onions (diced), garlic (crushed), spices and orange juice to a pot and cook for a few minutes on medium heat.



2. Add the tin of tomatoes and black beans to the pot. Cook and allow the liquid to reduce for 20-30 mins. The tomatoes should become less acidic.



3. Make the salsa by blending all of the ingredients together.



4. Make the guacamole by mashing the avocados and stirring in the other ingredients.

5. When the filling is almost ready, boil/steam the rice.

5. Warm the tortillas for 30-60s on a hot pan.



6. Assemble the burritos by layering the rice, filling, salsa, guacamole, sour cream and cheese onto the tortilla. Fold and enjoy!



stir fry with crispy tofu

Difficulty: 4/10
Taste: 10/10
Serves: 2 people

Ingredients:

2 tbsp sesame oil
1 large red onion
2 cloves of garlic
1 5cm piece of ginger
juice of 1/2 lemon
2 tbsp soy sauce
1 tbsp maple syrup
100ml water

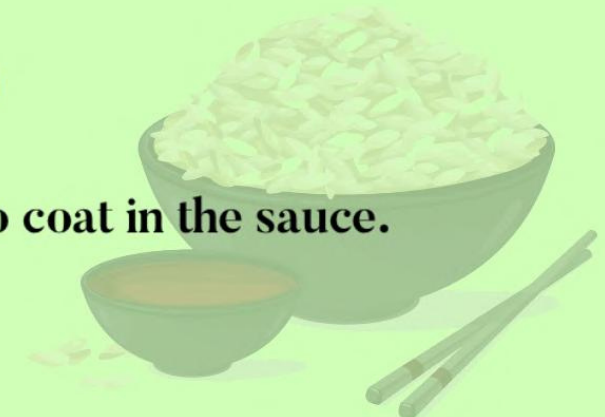
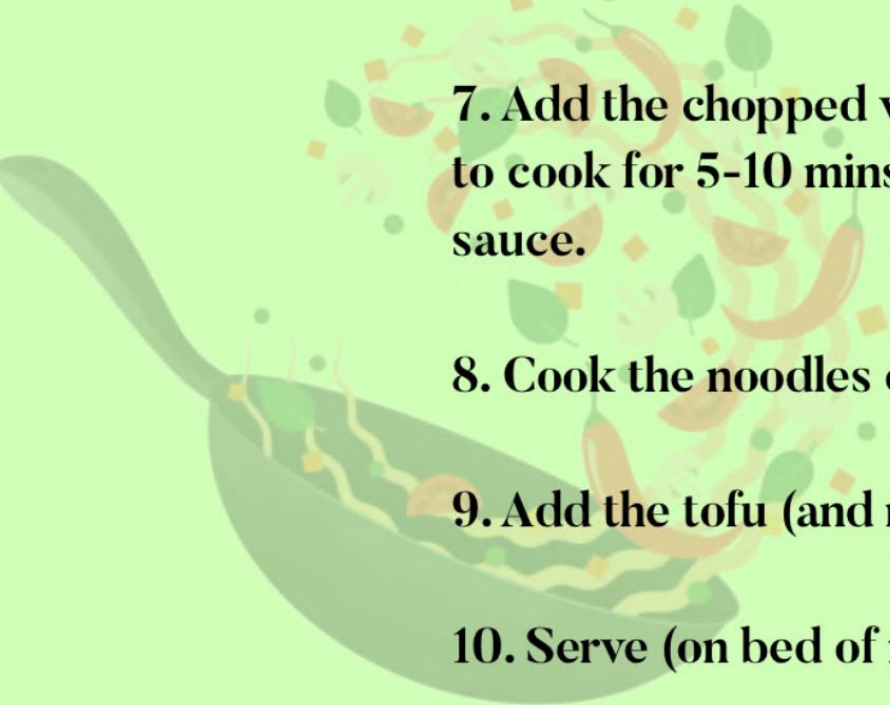


300g tofu
2 tbsp corn flour
1 bell pepper
2 carrots
1/2 head of broccoli
(Get creative with what vegetables you add!)
150g wholewheat noodles / 200g basmati rice



Method:

1. Chop the tofu into small cubes and add to a container.
2. Add 1 tbsp sesame oil and 1 tbsp soy sauce. Put the lid on the container and shake lightly to distribute the mixture. Leave to marinate for 30 mins.
3. Preheat the oven to 200°C (180°C fan)
4. Add the cornflour to a bowl and coat each piece of tofu before placing them on an oven tray.
5. Cook the tofu for 20-30 mins until brown and crispy.
6. While the tofu is cooking, add 1 tbsp sesame oil to a pan along with the chopped onion. Add the crushed garlic and grated ginger. Add the lemon juice, soy sauce and maple syrup.
7. Add the chopped vegetables to the pan (peel carrots into ribbons) and allow to cook for 5-10 mins. Add the water as needed to add more liquid to the sauce.
8. Cook the noodles or rice (personal preference!)
9. Add the tofu (and noodles) to the pan and stir to coat in the sauce.
10. Serve (on bed of rice if no noodles) + enjoy!



BBQ side dishes



1. Garlic & rosemary potato wedges

mix 3-4 cloves of crushed garlic with 1/4 cup olive oil, massage onto chopped potato wedges, add chopped fresh /dried rosemary and mix, cook for 30 mins at 200°C

2. Leafy salad

mix your favourite lettuce/salad leaves with chopped tomatoes, cucumber, bell pepper, avocado ... get creative!

3. BBQ tofu

marinate thinly sliced tofu in bbq sauce for 30-60 mins, fry for 3-5 mins each side in a non-stick pan



spaghetti bolognese

Difficulty: 3/10

Taste: 10/10

Serves: 4 people

Ingredients:

1 large brown onion

1 courgette

250g mushrooms

3 cloves garlic

1 tin peeled plum tomatoes

2 tbsp tomato purée

1 tbsp soy sauce

1 tsp balsamic vinegar

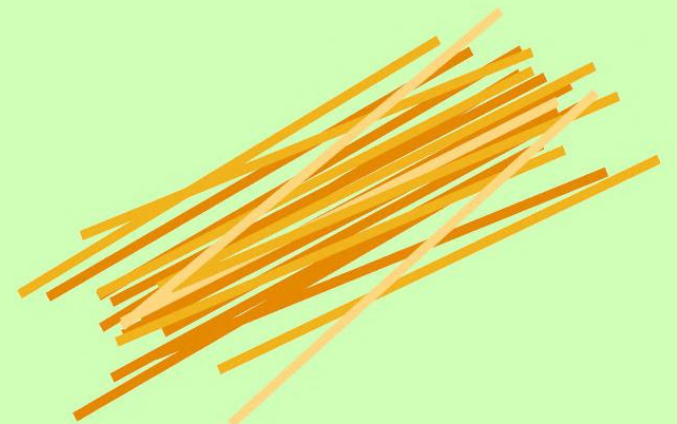
1 tsp Italian seasoning/ handful chopped fresh basil

100-200ml water

salt & pepper

220g lentilles vertes

240g spaghetti



Method:

Time: 30-40 mins

1. Rinse the lentils and then boil for 20-30 mins until cooked

2. Dice the onion, courgette and mushrooms (the chunks should resemble mince when cooked)

3. Add the chopped onion to a big pot with 1 tbsp oil or a splash of water. Add the garlic once the onion looks translucent.

4. Add the tin of tomatoes and chop them up with your spoon in the pot (whole plum tomatoes hold their flavour better than chopped!). Add the chopped courgette and mushrooms. Add the soy sauce, tomato purée, balsamic vinegar, Italian seasoning and some water. Bring to the boil and then leave to simmer for 20 mins.

5. Once the lentils are cooked, drain and rinse before adding them to the bolognese mixture. Season with salt & pepper to taste.

6. Cook the pasta in salted water until al dente.

7. Serve the pasta with a spoonful of bolognese and enjoy!

Tip #1: Top with fresh basil/ vegan parmesan/ nutritional yeast for extra flavour!

Tip #2: Serve with garlic bread (easy to make my mixing vegan butter with crushed garlic, spread on your favourite bread and bake/grill for 5 mins) or (most “own brand” garlic bread is actually vegan and costs approx 20c)



Lasagne



Difficulty: 5/10

Taste: 10/10

Serves: 4 people



Ingredients:

1 batch of our bolognese recipe

Lasagne sheets

400ml non-dairy milk

1/2 cup nutritional yeast (or vegan cheese)

Salt & pepper

1-2 tbsp corn flour

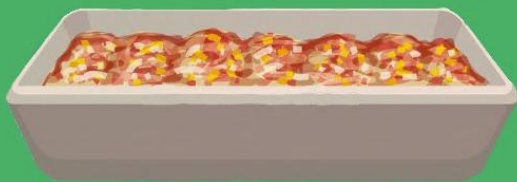
Optional vegan cheese to top



Method:



1. Preheat your oven to 180°C.
2. Mix the cornflour with a little cold water to dissolve.
3. Add the milk to a pot, add the corn flour mixture and nutritional yeast and heat. The sauce should gradually thicken (add more dissolved cornflour if required). Season with salt & pepper to taste.
4. In a deep oven dish, begin to assemble the lasagne. Layer the lasagne sheets, bolognese and white sauce in thin layers until the dish is almost full. Top with white sauce and grated cheese.
5. Cook for approx 30 minutes (until bubbly and crispy on top!)
6. Serve & enjoy!



Tip: Serve with garlic bread

- **Homemade:** mix vegan butter with crushed garlic, spread on your favourite bread and bake/grill for 5 mins
- **Buy:** most “own brand” garlic bread is actually vegan and costs approx 20c

veggie burgers

Difficulty: 4/10
Taste: 10/10
Serves: 4 people



Ingredients:



100g mushrooms
1 small brown onion
1 tin black beans
2 cloves garlic
3 tbsp oil
1 tbsp ground flaxseeds
3 tbsp warm water
20g cashews
20g breadcrumbs

50g cooked rice
1 tsp tomato purée
1 tsp balsamic vinegar
handful fresh parsley
1/2 tsp cumin
1 tsp paprika
1 tbsp nutritional yeast
salt & pepper

To serve:
4 burger buns
Lettuce
Sliced tomato
Sliced cucumber
Vegan mayonnaise
Bbq sauce

Method:



1. Preheat your oven to 200°C. Finely chop the mushrooms and place on a baking tray. Drain & rinse the black beans and add to the tray. Roast for 20 mins.

2. Add 1 tbsp oil to a pan. Add the onion (diced) and garlic and cook until soft. Add the balsamic vinegar, cumin, paprika, tomato purée, salt & pepper. Cook for another 2 mins then remove from the heat.



3. Combine the warm water and flax seeds. Stir then set aside.



4. Add the roasted beans and mushrooms to a food processor once cool, along with the cashews, parsley, nutritional yeast, breadcrumbs, flax mixture and cooked rice. Add the onion mixture and pulse until combined (not until smooth).

5. Divide into 4-5 equal portions and shape into patties.

6. Heat 1-2 tbsp oil in a pan over medium heat. Add the burgers and cook for approx 4 mins on each side, until brown, firm and heated through.



7. Serve in burger buns and top with lettuce, tomato, cucumber & your favourite sauce (we like vegan mayo & BBQ sauce)



★ Side suggestion: potato wedges

Chop potatoes into wedge shapes and add to a bowl. Add oil, paprika, onion powder, salt & pepper and mix to combine. Spread on a baking tray and cook for 30 mins at 200°C.

Sources:

<https://blueandgreentomorrow.com/environment/how-exactly-cleaning-supplies-affect-environment/>

<https://bluglacier.com/why-is-sustainability-important/>

<https://chariotenergy.com/blog/how-long-until-plastic-decomposes/>

<https://cleanclothes.org/fashions-problems/waste-and-pollution>

<https://croplife.org/news/top-10-ways-you-can-protect-biodiversity/>

<https://fashionchecker.org/>

<https://goodonyou.eco/fast-fashion-facts/>

<https://greyhound.ie/brown-bin-dos-donts/>

<https://plasticoceans.org/the-facts/>

<https://repak.ie/recycling/what-can-i-recycle/>

<https://stopfoodwaste.ie/resource/5-reasons-to-eat-local-seasonal-food>

<https://trinaure.com/7-Major-Benefits-of-Eco-Friendly-Cleaning-in-Your-Home>

<https://www.almostzerowaste.com/reduce-plastic-waste/>

<https://www.aspenclean.com/blog/the-environmental-dangers-of-using-cleaning-products>

<https://www.babame.com/are-cotton-wool-pads-bad-for-the-environment.html>

<https://www.bbc.com/news/science-environment-24021772>

<https://www.biodiversityireland.ie/biodiversity-irelands-top-10/10-ways-to-help-biodiversity/>

<https://www.bnmrecycling.ie/home/what-goes-in-my-bin/organic-bin/>

<https://www.care.com/c/7-benefits-of-green-cleaning-2>

https://www.citizensinformation.ie/en/environment/waste_and_recycling/domestic_recycling_services.html

<https://www.conserve-energy-future.com/15-ideas-for-sustainable-living.php>

<https://www.electricireland.ie/news/article/the-story-of-the-light-bulb>

<https://www.epa.gov/facts-and-figures-about-materials-waste-and-recycling/plastics-material-specific-data>



<https://www.epa.ie/our-services/monitoring--assessment/circular-economy/food-waste/>
<https://www.everydayhealth.com/diet-nutrition/scientific-benefits-following-plant-based-diet/>
<https://www.futurelearn.com/info/blog/eating-meat-bad-for-environment>
<https://www.greenfacts.org/en/biodiversity/1-3/2-biodiversity-synthesis-report.htm#0p0>
<https://www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink>
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep-the-foundation-for-healthy-habits/art-20270117>
<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/5-key-habits-of-healthy-eaters/art-20270182>
<https://www.mentalhealthireland.ie/five-ways-to-wellbeing/>
<https://www.mywaste.ie/what-to-do-with-my-recycling/>
<https://www.mywaste.ie/what-to-do-with-textiles/>
<https://www.nationaltransport.ie/smarter-travel-workplaces/smart-modes/>
<https://www.natracare.com/blog/turning-the-tide-on-plastic-period-waste>
<https://www.nrdc.org/stories/single-use-plastics-101>
<https://www.organicup.com/environmental-reasons-to-switch/>
<https://www.oxfamireland.org/blog/impact-fast-fashion-our-climate>
<https://www.peta.org.uk/blog/10-shocking-stats-about-water-and-meat-eating/amp/>
<https://www.saveonenergy.com/learning-center/post/why-save-energy/>
<https://www.sciencedaily.com/releases/2021/03/210310122431.html>
<https://www.sciencedirect.com/science/article/pii/S0959652618305985#bib39>
<https://www.seai.ie/home-energy/take-climate-action/save-energy-at-home/>
<https://www.sustainabletravelireland.ie/6-facts-food-waste-ireland/>
<https://www.systra.ie/en/services/article/sustainable-transport-environment>
https://www.teagasc.ie/media/website/publications/2018/6190_TechnologyUpdae_JohnUpton_WaterConservation.pdf
<https://www.trvst.world/climate-change/importance-of-saving-energy/>
<https://www.unep.org/news-and-stories/press-release/un-alliance-sustainable-fashion-addresses-damage-fast-fashion>
<https://www.water.ie/conservation/conserve/>