

Green in Cambridge

Food

- A** Arjuna® Wholefoods
- M** Organic Market Stall
- G** Cambridge Health Foods
- D** Daily Bread (fairtrade & cheap!)
- W** Rainbow Cafe (veggie)
- F** Free Press (nonsmoking)
- T** Traidcraft (cafe & stall)

Food for thought

- Y** Amnesty Bookshop
- O** Oxfam

Clothes & Gifts

- J** Frog Trading (Fairtrade)
- K** The Hemp Store (eco-friendly)

Cosmetics

- L** Lush
- K** The Hemp Store

Banks (!)

- E** Abbey National
- N** Nationwide
- P** Co-op Bank

Cycling

- Q** Cambridge Cycle Centre

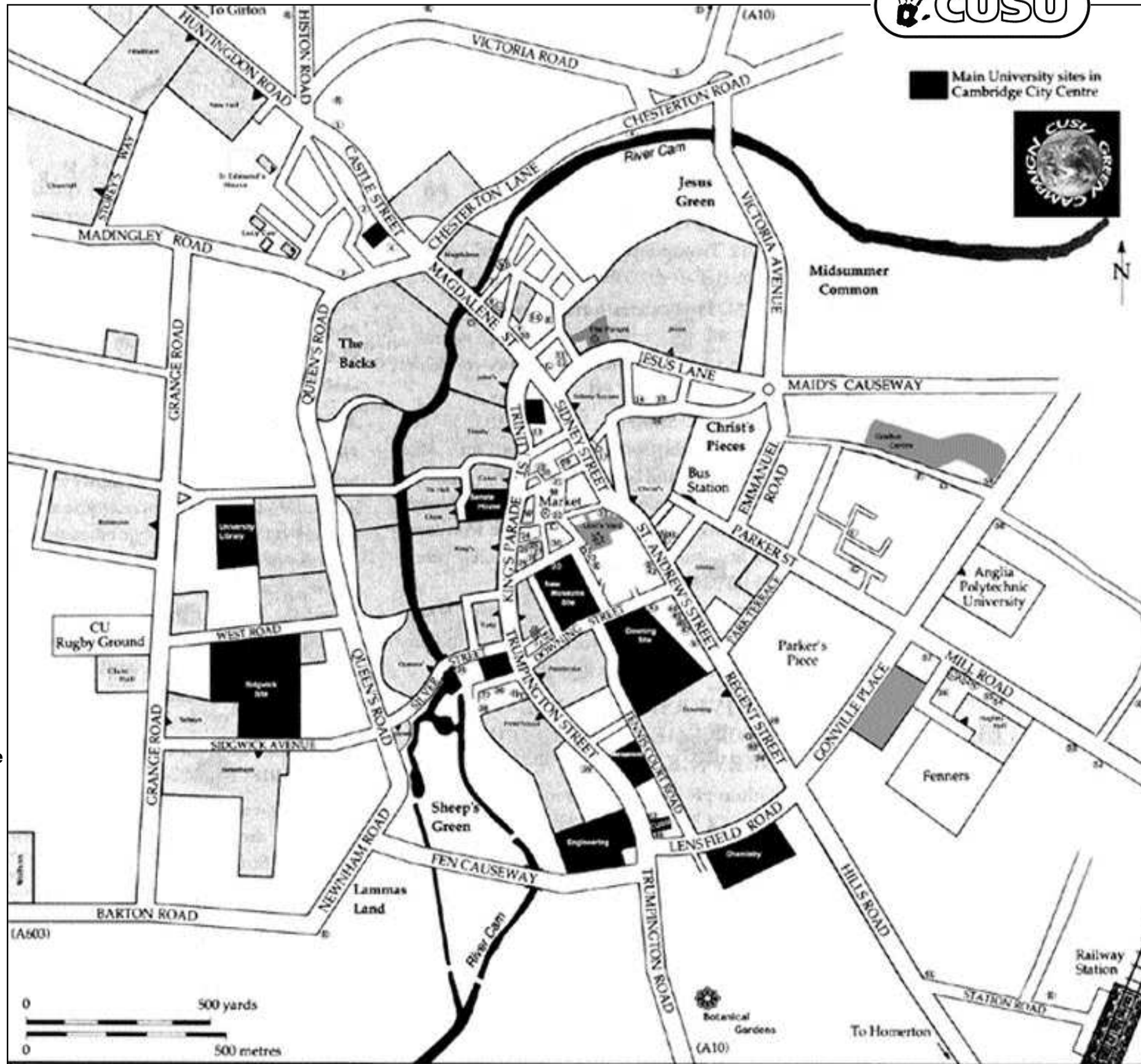
Volunteering

- S** Student Community Action
- V** Volunteering centre

Resources

- H** Harambee Centre
- B** Babymilk Action
- U** Green@cusu
- G** The Green House
- C** Sustainable City Centre

R Recycling points



Main University sites in Cambridge City Centre



- | | |
|---|--|
| <p>Dancing</p> <ul style="list-style-type: none"> 59 Boat Race 23 Cindy s 18 Fez 33 Kamar 17 Life 12 PoNaNa's 51 Q Club 32 Toxic8 <p>Eating & Drinking</p> <ul style="list-style-type: none"> 45 All Bar One 14 Bun Shop 54 CB1 58 CB2 44 Dome 60 Henry s 47 Regal <p>Thinking</p> <ul style="list-style-type: none"> 8 Bridges 16 Clowns 61 Curry King 36 Dojos 50 Gandhi 19 Gardenia's 49 Gulshan 25 Indigo's 53 Kohinoor Tandoori 42 Lunch-Aid.com 40 Martin's 52 Madal Bal Cafe 41 Savino's 34 Trockel Ulmann 22 Van of Death 21 Van of Life 15 Yippee Noodle Bar <p>Renewing</p> <ul style="list-style-type: none"> 57 Computer Resale 20 Cambridge Complimentary Medicine | <p>Drinking</p> <ul style="list-style-type: none"> 35 Anchor 13 Bar Ha-Ha 7 Bar Coast 9 Baron of Beef 28 Bath Ale House 2 Castle Inn 29 Eagle 38 Grad Pad 6 Graduate 48 Hogshead 1 Isaac Newton 37 Mill 10 Mitre 5 Portland Arms 43 Rat & Parrot 3 Town & Gown 31 Red Cow <p>Eating</p> <ul style="list-style-type: none"> 11 ADC 46 Arts Cinema 27 Arts Theatre 55 Brownes Bookstore 56 CDC 30 Corn Exchange 39 Fitz Museum 4 Kettle's Yard 26 Playroom 24 SPCK Bookshop |
|---|--|

For further green information, contact green@cusu.cam.ac.uk

www-green.cusu.cam.ac.uk

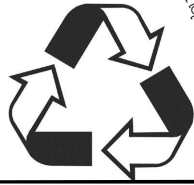
The views in this CUSU Green publication are not necessarily those of CUSU as a whole.

H E L P L I N E S

CUSU Welfare Support
 CUSU Offices (ask for welfare) (3)33313 / 356454
 Lesbigan Phonline (Tues 8-10pm) 740777
 Bee Line (Sat, Sun 3-5pm) (3)33179
 Eating Disorders (Mon, Wed 8-10pm) 740555

Other Welfare Support
 Disability Resource Centre (University) (3)32301
 Cambridge Victim Support 329000
 University Counselling Service (3)32865
 Linkline (7pm - 8am termtime) 367575 / (3)31122
 Rape Crisis Centre 358314
 Samaritans 364455

Minimise your environmental footprint by following the 3 Rs.



Reduce

Sustainability demands a reduction in consumption. A void packaging by buying refills-it's cheaper!

Reuse

Reusing items like envelopes and clothes is more efficient than recycling.

Recycle

Recycle paper, glass and textiles, most colleges have recycling facilities. Buy recycled.

Think about avoiding...

Esso - Esso (Exor/bvbl) supports the oppressive regime in Burma, and was complicit in widespread repression in Indonesia. Esso also pressured Bush to reject the Kyoto agreement.



HSBC, Barclays, Lloyds

TSB and NatWest - for holding third world debt, funding the arms trade, investing in environmentally destructive projects, and supporting oppressive regimes. Of the High Street banks, only the **Co-op, Abbey National and Nationwide** currently have clear ethical policies, as does the e-bank **smile.co.uk**.

Nestlé - for its continued irresponsible marketing of breast-milk substitutes.

Nestlé Products include:
Nescafe, Perrier, Shreddies, Cheerios, KitKat, Polo, Aero, Yorkie, Smarties, LionConcitate on the flagship brands, such as **Nescafe** and **KitKat**

Tell the company that you are boycotting them - send them a letter or an email - you might even get a smarmy reply!

Simple Truth: Boycotts Work

A boycott of Barclays forced them out of South Africa during the apartheid era, while the Pepsi campaign in the 1990s made them cease their operations in Burma. Choosing to boycott a company has a direct impact on its profits and image.

THE HEMP STORE
 Cambridge Market
 Tuesday thru Saturdays inc
 Beautiful clothes
 Hard wearing rucksacks
 Satchels and bags
 Soaps, cosmetics and more
 All made using the ancient eco-friendly and dead cool hemp plant
 Quality green goods fairly traded
 www.thehempstore.co.uk

Cambridge Cycle Centre
 8 Rosolup Lane, Cambridge
 Tel: 01223 307114
 SAME DAY REPAIRS
 Servicing, Spares, Accessories and Spares
 No job too small.
 We also have a good selection of used cycles

12 Mill Road, Cambridge
 Tel: (01223) 364845
 Mon - Fri 9.30 - 6.00
 Sat 9.00 - 5.30

Join the ethical consumers! Support your local, wholistic workers co-operative, selling Cambridge's best range of organic and vegetarian foods and wines, take-away fruit and veg, fairtrade coffees and chocolate, green cosmetics and cleaners.
 Events, posters, leaflets and notice board.

LUSH
 Lion Yard, Cambridge
 01223 352 881
 Natural handmade soaps, bubble bath, haircare, skin-care and much more.
 (Free sample with every purchase)

FROG TRADING COMPANY
 Exclusive accessories and jewellery.
 Beautiful home furnishings from around the world.
 The Shipping Forum
 17-22 Jesus Lane, Cambridge CB5 8HH
 Tel: 01223 340645

FAIR TRADE

Browne's Bookstore
 We stock a large range of textbooks new and secondhand. During October we offer a 10% student discount on all new textbooks.
 56 Mill Road

Bridges
 Patte d'oie with Noodle Bar
 Cambridge

SANDWICHES MADE TO ORDER ALL DAY
 - ROLLS, BAGUETTES, BAGELS, NODDLES & RICE
 - HOME MADE SOUP
 - FINGER BUFFET & OFFICE LUNCHEON
 20 Bridge Street, Cambridge

THE WINE BAR - TRADITIONAL COCKTAILS, A FANTASTIC CHOICE OF WINES (BY THE GLASS OR BOTTLE) AND THE FINEST CHEESE BOARD SELECTION IN ENGLAND.

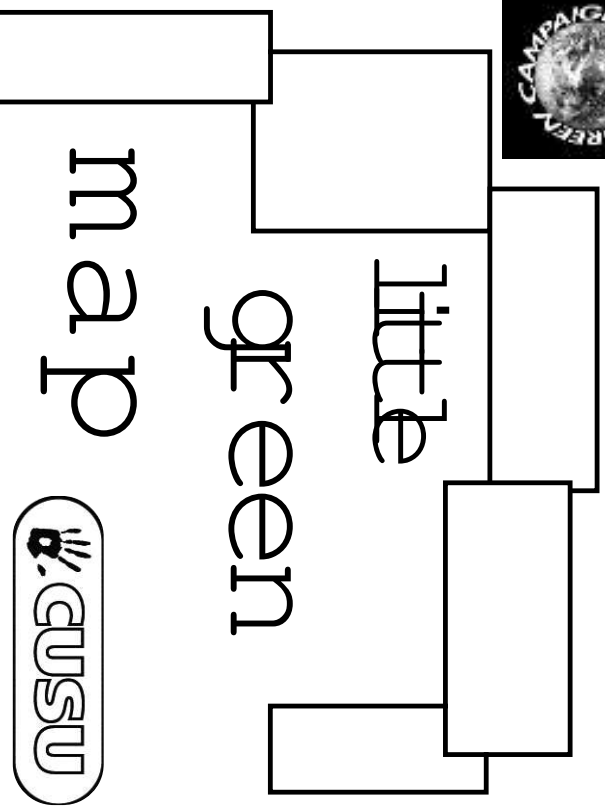
THE TAPAS BAR - AUTHENTIC SPANISH TAPAS IN AN INFORMAL ATMOSPHERE.

NUMBER 1 KING STREET

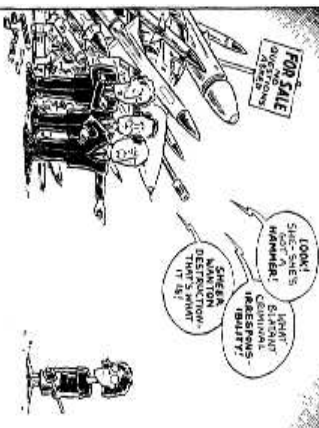
TRADITIONAL BAR - REAL ALES, IRISH BEERS, TRADITIONAL BREAKFAST, LUNCH & SUPPER SERVED IN AN INDEPENDENT, VIBRANT, IRISH SETTING.

- avoid plastic
- buy in bulk
- buy Fair Trade
- buy local produce
- buy organic
- buy recycled
- minimise packaging
- reuse shopping bags
- use the market

ethical shopping: a simple matter of responsibility



www.green.cusu.cam.ac.uk



Tired of the mainstream media? Feel that they aren't telling the whole truth and wonder whose agenda they are subject to? For an independent look at world events, go to: www.medialens.org.

For environmental information and resources in Cambridge visit the **Sustainable City Centre** in the Guildhall.

Further Resources:
 Check out CUSU's **Little Green Book** or the CUSU green website at www.green.cusu.cam.ac.uk; email the CUSU green officer on green@cusu.cam.ac.uk or talk to your college green officer.

