

## **FINANCE SUSTAINABILITY**

### **Tips for Weight Loss, Getting Fit and Saving Money...**



### **DID YOU KNOW: VOLUNTEERING 4 ALL ALLOWS UP TO 5 DAY OFF WORK PER YEAR**

V4All takes on board staff interest in undertaking volunteering and the School's sense of its potential impact and benefit as a rewards and development tool, and develops a generous policy entitlement of up to five working days per year for employees to take on agreed activities. If you want more information on this project:

<http://www.lse.ac.uk/intranet/staff/humanResources/learningAndDevelopment/volunteering4All/volunteering4All.aspx>

### **GET INVOLVED IN LSE SUSTAINABILITY**

There are a number of other Sustainability projects you could get involved in around the school. If you want some inspiration on current projects please use this link:

<http://www.lse.ac.uk/intranet/LSEServices/estatesDivision/sustainableLSE/getInvolved/home.aspx>

If you are interested in becoming a green impact auditor please contact one of the sustainability team or go to the following link:

[http://www.lse.ac.uk/intranet/LSEServices/estatesDivision/sustainableLSE/getInvolved/GreenImpact/Documents/Auditor\\_info-web\\_version.doc](http://www.lse.ac.uk/intranet/LSEServices/estatesDivision/sustainableLSE/getInvolved/GreenImpact/Documents/Auditor_info-web_version.doc)

## **HELPFUL TIPS FOR FOOD & DRINK**

- Did you know one fifth of all carbon emissions comes from food. So why not choose to purchase food that is seasonal, sustainable and locally produced, with minimal packaging.
- If you want tips on eating seasonably please use this link: <http://eatseasonably.co.uk/what-to-eat-now/calendar/>
- Another tip to reduce your food wastage is to make sure you use your leftover meals. Jamie Oliver has a dedicated website full of leftover recipes, get some inspiration on from Jamie's website: <http://www.jamieoliver.com/recipes/category/course/leftovers>

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- At lunchtime why not try one of LSE's restaurants, cafes or bars who offer a fantastic choice of foods, drinks and services together with the opportunity to socialise with friends and colleagues. There are a number of exciting facilities, so no matter what your preferences are, you will find great food and drinks that wets your appetite but doesn't sting your pocket. They cater for vegetarian, halal and kosher diets and offer eat-in and take away options. They also have Fair Trade, Customer First, Investor in People and 5 Star Food Safety Accreditation!



#### **LSE Smart Mug:**

You can purchase a reusable LSE Smart Mug from LSE Catering outlets and the SU Shops. The mug can be used in most LSE outlets, as well as many local cafes and is a really great way to help reduce waste. You will also receive a 10p discount on hot beverages at SU outlets. For more information see [Smart Mug](#)

## **TRAVEL TIPS**

#### **Interest-Free Season Ticket Loan:**

Buying an annual season ticket is generally cheaper than purchasing monthly or weekly tickets, with some rail operators offering an annual ticket for the equivalent price of 40 weekly tickets. LSE offer an interest-free loan scheme for season tickets, more information can be found on:

<http://www.lse.ac.uk/intranet/staff/humanResources/reviewingAndRewarding/staffBenefitsAndPay/seasonTicketLoans.aspx>

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#### **Why Not Cycle to Work?**

##### **Cyclescheme:**

Cycling is a great way of staying healthy, avoiding the stresses of public transport, and being environmentally friendly. To encourage this mode of transport, LSE has more than 300 spaces around campus where you can secure your bike. You also may not know following the refurbishment of Aldwych House we now have secure bike storage, lockers and shower facilities in the basement!

For more information see Cycle to work. Alternatively there are several TFL cycle docking stations located around campus - TFL Cycle. (There are showers and secure bike locking facilities on campus).



##### **Take the Stairs – loose weight and reduce our carbon footprint**

Did you know walking the three flights of stairs in Aldwych House four times a day equals 85 calories. This is the equivalent of 3 pieces of chocolate or (almost) half pint of beer/glass of wine. The Finance Division is only located on the third floor of Aldwych House. The sustainability team encourage all staff members to take the stairs instead of the lift and help reduce our Carbon Footprint!



##### **Are you wearing the right clothes?**

We don't heat the buildings above 24 degrees or cool them below 20, in line with LSE policy. So don't forget during winter you should wrap up warm and have layers you can put on or off. This is also a good tip for the summer months as it will help you to regulate your own temperature without the need to use personal desk fans.

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#### **HELPFUL REMINDERS**

##### **Battery Recycling:**

You can recycle batteries and collect unused stamps, the collection boxes are located in the kitchen



##### **Ideas for Recycling CD's or DVD's:**

You can always give them to family or friends. Another idea is to sell them on websites like eBay, Amazon.co.uk or try MusicMagpie who turn old and unwanted CDs into cash (check the website to find the potential value of your old CDs!). Its not really advisable to give them to charity shops as they aren't likely to be able to sell them which means they are likely to end up in the bin and end up in land fill. Companies like London Recycling or Polymer Recycling will accept them and can guarantee CD's and packaging are 100% recycled.



Ideas for saving energy and greening the office are always welcome – if you have any tips or ideas please let Rebecca, Kristy or Michael know!

