

Paper

Canadians are among the world's largest consumers of paper products, using six million tonnes of paper and paperboard annually.¹ In order to create one tonne of printing and writing paper, an average of 24 trees need to be cut down.² Paper manufacturing is the third largest user of fossil fuels worldwide, and approximately 324,000 litres of water are needed to produce one tonne of paper.³ Considering all the environmental implications of paper production, practicing the three Rs when you use paper is a simple way to significantly reduce your impact.

What You Can Do

The three Rs – **reduce, reuse and recycle** – are the golden rules of sustainable paper use. They represent a hierarchy of actions to guide us towards conserving energy and resources consumed for paper production and use.

Reduce

- Set your printer to automatically **print double-sided**.
- Write notes and notices on a **communal whiteboard**.
- Take notes on a **laptop or tablet** instead of paper.
- Distribute **memos via email** or post one copy to a bulletin board.
- Send, request, store, circulate, edit and file **electronic copies of documents** and assignments instead of paper versions.
- Create an **electronic mailing list** for newsletters and notices.
- Add the following **signature to your outgoing emails**:
"Please consider the environment before printing this email."
- Eliminate junk mail by **removing yourself from mailing lists** (*visit reddotcampaign.ca to learn how*).

Closing the loop

To fully support recycling programs, resources must be given a continual life which can only occur when products with recycled content are purchased. This is called "closing the loop".

- **Maximize paper use** – if you have to distribute information where the text takes up less than one half of a sheet, copy and paste the text as many times as possible per sheet. After printing or copying, cut the sheets apart.
- **Submit your work by email** or other electronic delivery systems if applicable, like Google Docs, Dropbox, eClass Moodle, or uLearn.
- Getting a print job done at a professional printer usually involves using a large sheet of paper, which is commonly referred to as a mother sheet. Try to size your finished project so it **maximizes the use of the mother sheet**.

For example:

- *Printing for a finished size of 8.25 x 10.5" on a 23 x 35" mother sheet generates 12 per cent waste.*
- *Printing for a finished size of 8.5 x 11" generates five per cent waste.*

Reuse

- Purchase paper with **100 per cent recycled content** that is **third party certified** (*see below*).
- **Use printed paper as scrap** or packing material.
- **Share print copies** of documents, manuals or directories.
- Keep pieces of paper that have been printed or written on and write notes or **print drafts on the blank side**.
- Purchase **used books**.

Recycle

- Create a place for all the non-reusable paper to be gathered, and **make sure it is recycled properly**.
- **Use the paper/cardboard recycling stations** located at various locations around campus
- Get to know the City of Edmonton blue bag system and **recycle all clean, dry paper** at home.

Did you know?

Manufacturing recycled paper produces 74 per cent less air pollution and 35 per cent less water pollution, as well as using 58 per cent less water and 64 per cent less energy than making paper from virgin wood pulp.

– Recycling Council of Ontario

Sustainable Paper Choices

Recycled Content Paper

Recycled content paper is made from previously used paper. Using recycled content paper reduces the percentage of virgin (or in-tact trees) that are harvested. Grand & Toy offers post-consumer recycled content paper with 30-, 50- and 100 per cent recycle content. This paper is 100 per cent guaranteed.

Third Party Certified Paper

Forest Stewardship Council (FSC)

The Forest Stewardship Council (FSC) is an international certification and labeling system that guarantees that the forest products you purchase come from responsibly managed forests and verified recycled sources. Under FSC certification, forests are certified against a set of strict environmental and social standards, and fiber from certified forests is tracked all the way to the consumer through the chain of custody certification system. The end result is products in the marketplace carrying the FSC 'check-tree' logo.



Sustainable Forestry Initiative (SFI)

The Sustainable Forestry Initiative (SFI) is another example of an independent, internationally recognized third-party certification program that performs rigorous audits to ensure that wood and wood products are derived from responsible and legal sources. SFI certification occurs in four key areas: forest management, chain-of-custody certification, fiber sourcing, and certified sourcing. Since an estimated 90 per cent of the world's forests are not certified to credible standards, the SFI exists to provide a credible certification program that promotes social responsibility, while upholding trusted standards of practice for utilizing forest resources within the supply chain.



Did you know?

One tonne of recycled paper saves 3,700 pounds of lumber and 24,000 gallons of water

– Recycling Council of Ontario



Paper Use at the U of A

Here at the university, we used about 60 million sheets of office paper between May 2010 and April 2011, equal to 7,000 trees. If everyone at the UAlberta made the commitment to reduce their paper use, print double sided and to purchase paper with recycled content, approximately 3,500 trees would be saved annually.¹

Where to buy used books

On campus:

- **U of A Bookstore** (SUB)
- **SUBtitles** (lower level SUB)
- **The Bookcellar** (HUB mall)
- **Augustana's Students' Association bookstore** (Students' Association Office L1-010)

In Edmonton

Wee Book Inn weebookinn.com

10328 Jasper Ave 780.423.1434

Alhambra Books

10115 81 Ave 780.439.4195

Old Strathcona Books oldstrathconabooks.com

8104 Gateway Blvd 780.436.2665

Never Without a Book Ltd. neverwithoutabook.ca

592 Hermitage Road 780.756.6922

The Bookseller thebookseller.ca

9562 82 Ave 780.496.9193

Online

Facebook groups

Kijiji.ca

chapters.indigo.ca's Used & Rare Shop database

Did you know?

Paper and cardboard recycling at UAlberta diverts the equivalent weight of five blue whales from landfill each year.



Sources:

1. Campus Sustainability Coalition. (2009) Paper Cut: A Contribution to Campus Sustainability. Retrieved from www.sustainabilitycoalition.ca/Download/Paper_Cut_Final_Report_2009_June_23.pdf
2. Conservatree. (2012.) Trees Into Paper. Retrieved from: conservatree.org/learn/EnviroIssues/TreeStats.shtml
3. iD2 Communications. (2009) Facts about Paper and Paper Waste. iD2 Communications. Retrieved August 25, 2009 from www.id2.ca/downloads/eco-design-paper-facts.pdf