# SMSS SUSTAINABILITY POLICY

## Table of Contents

**I. Introduction** ..... **2**

**II. Purpose** ..... **2**

**III. Scope** ..... **2**

**IV. Mandates** ..... **2**

**V: Suggestions** ..... **3**

**VI: Accountability** ..... **4**

**VII. Resources** ..... **5**

**VIII. Contact Information** ..... **6**

*Last Revised: March 26, 2025*

# I. Introduction

This policy outlines the actions to be taken by SMSS members to reduce the environmental impact of the SMSS and promote the health and wellbeing of all individuals.

# II. Purpose

The purpose of this policy is:

*2.1* To provide members of the SMSS with guidelines for hosting more sustainable events

*2.2* To bring awareness to the impact the environment has on the health and wellbeing of individuals

*2.3* Highlight the SMSS commitment to reducing its impact on climate change

# III. Scope

These guidelines shall apply to all events, when feasible, where food is served:

*3.1* Majority of events organized by the SMSS Executive and General Council, such as but not limited to:

*3.2* Vice-President External: Financial Literacy lunch talks or SMA presentations

*3.3* Vice-Presidents Internal: Annual and Spring General Members Meeting

*3.4* Social Reps: Welcome Week, Integration Weekend, Fall Formal

*3.5* Student Groups Coordinator: Student Group Roundtable

*3.6* Events organized by SMSS Student Groups, such as but not limited to:

*3.7* Lunchtime Talks

# IV. Mandates

## *4.1 Eliminate the use of single-use plastic and paper products by mandating that students bring their own containers and cutlery.*

*4.1.1* Event hosts (Division leads, Student Group Execs, etc.) must remind students to bring their own materials in the event advertisement if necessary.

*4.1.2* Students that do not bring their own reusable material can refer to Mandate section 5.

### *4.2 Eliminate all styrofoam and plastic cups by mandating that students bring their own reusable cups and water bottles.*

*4.2.1* Donate left-over food to event attendees or to local organizations (see section VII).

*4.2.2* At the U of S, left-over food can be placed in the Health Sciences Student Lounge ("The Quarantine") and a post on the College of Medicine Facebook page can be made to notify SMSS members.

*4.2.3* In Regina, left-over food can be placed in the student lounge and a post on the College of Medicine Facebook page can be made to notify SMSS members.

### *4.3 Advertise events as sustainable.*

### *4.4 Provision of sustainable dining supplies via the Wellness Locker in Saskatoon and the clerk lounge in Regina.*

*4.4.1* The Student Group Coordinator (SGC) is responsible for stocking the Wellness Locker with reusable plates, cutlery, and cups at the beginning of each semester.

*4.4.2* Students that forget their own containers and cutlery may access the Wellness Locker or Regina clerk lounge to ensure they are still able to receive food during (blank) event.

*4.4.3* Students who borrow plates, cutlery, cups, etc. from the locker are required to wash and return said item.

*4.4.4* The combination to the lock will be shared by the Student Wellness Rep in an email and on the College of Medicine Facebook page.

## V: Suggestions

### *5.1 Choose local and sustainable catering options (see section VII).*

*5.1.1* Definition of local: "An independently owned business in Saskatchewan that does not have pan-Canadian locations and aims to use ingredients local to the community/province."

### *5.2 Recommend that students traveling to SMSS events and CFMS events (as delegates of the SMSS) to carbon offset their travels, such as but not limited to:*

*5.2.1* Encouraging carpooling when students are traveling to an alternate site (for example, Regina or Saskatoon).

*5.3.1* Encouraging that students traveling to SMSS events use public transportation.

*5.4.1* Encouraging bus rental for transportation to larger events, such as Welcome Week and Integration Weekend.

# VI: Accountability

## *6.1 Reimbursement Form - Additional Section*

SMSS Council Members and Student Groups will be required to fill out an additional section on the SMSS Student Groups Reimbursement Form indicating if food was purchased from a local business.

## *6.2 Records*

*6.2.1* The Student Group Coordinator Jr. and VP Finance will be required to keep an excel spreadsheet of all events submitted to the Student Groups Reimbursement Form and must record if food was purchased from a local business for each event, verifying the student group sustainability claims with their submitted receipts.

*6.2.2* This spreadsheet will be shared with the VP Internals, the SGC, and the Environmental and Sustainability Representative (ESR) to identify the student groups that meet the requirements to receive the Sustainability Incentive (See section 4.1.2.)

## *6.3 Feedback*

A feedback document is available on the SMSS website for student groups to provide input on any barriers and challenges that were faced in attempting to make their event sustainable.

*6.3.1* The ESR and SGC are responsible for reviewing the feedback document responses once per semester, prior to AGM and SGM, and making changes to the Environmental and Sustainability Policy in conjunction with the VP Internals

## *6.4 Sustainability Incentive*

*6.4.1* Student groups that host 4 sustainable events will be eligible to receive an additional $100 in funding from the SMSS.

*6.4.2* Student groups can only claim the Sustainability Incentive once per academic year.

*6.4.3* **Eligibility Criteria:**

- Food must be purchased from a local restaurant (See section 5.1.1 for definition of a local restaurant)

*6.4.4* Student groups that meet the eligibility criteria will be determined by the Student Group Coordinators, VP Internals, and the ESR.

# VII. Resources

## *7.1 Local and Sustainable Catering Options:*

*7.1.1* Calories Restaurant (Saskatoon) - https://caloriesrestaurant.ca/

*7.1.2* Leyda's Café (Saskatoon) - https://www.leydas.com/

*7.1.3* Citizen Café and Bakery (Saskatoon) - http://citizencafeandbakery.ca/

*7.1.4* 13th Avenue Food and Coffee House (Regina) - https://www.13thavecoffee.com/

*7.1.5* Recharge Café (Regina) - https://rechargecafe.ca/

## *7.2 Local and Sustainable Coffee Shops:*

*7.2.1* Simply Grounded (Saskatoon) - https://www.simplygrounded.ca/product/gift-cards/

*7.2.2* Venn Coffee Roasters (Saskatoon) - https://squareup.com/gift/BPZZ9YHYKEHDG/order

*7.2.3* City Perks (Saskatoon) - https://squareup.com/gift/DQ20HXKETFY74/order

*7.2.4* HomeQuarter Cafe Coffeehouse & Bakery (Saskatoon) - https://www.homequartercoffeehouse.com/order-online

*7.2.5* Citizen's Cafe & Bakery (Saskatoon) - https://squareup.com/gift/CZT8QD001F5W7/order

*7.2.6* Brewed Awakening (Regina) - https://squareup.com/gift/TAZE3BX51X6QS/order

*7.2.7* Our Spot (Regina) - https://our-spot-coffee-shop-ltm.square.site/product/gift-card/145

*7.2.8* The Everyday Kitchen (Regina) - https://squareup.com/gift/H0BJ11BGN3NBG/order

*7.2.9* 33 ⅓ Coffee Roasters (Regina) - https://www.33coffee.ca/product/Gift-Card/17?cs=true

*7.2.10* Happy Hi Coffee (Regina) - https://squareup.com/gift/6NYNKHNH682D7/order

*7.2.11* Naked Bean (Regina) - http://www.nakedbean.ca/menu

*7.2.12* Elle's Cafe (Regina) - https://ellescafe.ca/

## *7.3 Food Donations*

The following companies will accept prepared food that has been cooked in a commercial kitchen and that has not yet been served:

*7.3.1* The Lighthouse Supported Living (Saskatoon) - https://www.lighthousesaskatoon.org/

*7.3.2* EGADZ (Saskatoon) - https://www.egadz.ca/

*7.3.3* Saskatoon Salvation Army - https://www.salvationarmysaskatoon.org/

*7.3.4* Saskatoon Friendship Inn - https://friendshipinn.ca/

*7.3.5* Carmichael Outreach (Regina) - https://carmichaeloutreach.ca/

*7.3.6* Regina Salvation Army - http://sarmy.ca/home.html

## *7.4 Other Resources:*

*7.4.1* https://www.goldstandard.org/take-action/offset-your-emissions

*7.4.2* https://www.saskatoon.ca/services-residents/waste-recycling/waste-wizard

*7.4.3* https://www.regina.ca/home-property/recycling-garbage/index.html#!rc-cpage=wizard_search

*7.4.4* https://learn.eartheasy.com/guides/composting/

# VIII. Contact Information

**Primary Contact:**

SMSS VP Internals smss.vpinternal@gmail.com

vpregina.smss@gmail.com

**Secondary Contact:**

SMSS VP Communications smss.vpcommunications@gmail.com

**Secondary Contact:**

SMSS VP Advocacy smss.vpadvocacy@gmail.com