

SDG Action Bingo

Actions

Title and info	Relates to SDG(s)
Energy	
To turn off lights when I'm the last to leave a room, common area or office.	7, 13
To shut down my computer and monitor at the end of each workday.	7, 13
To unplug small appliances (those with displays, chargers and small transformers) when not in use.	7, 13
To keep windows and doors closed when heating or cooling is on.	7, 13
To wear appropriate clothing layers instead of adjusting the thermostat or using a space heater (sweaters, vests, thick socks etc.).	7, 13
To use natural daylight, when possible, instead of overhead lighting.	7, 13
To turn off my vehicle engine when parked to reduce unnecessary fuel use and emissions.	11, 13
To avoid printing unnecessarily and embrace digital workflows.	12, 13
To power down Audio-Visual (AV) and Information-Technology (IT) equipment (projectors, monitors, etc.) after meetings or when not in use in meeting rooms.	7, 13
To avoid using automatic door openers unless needed for accessibility, to help keep heated or cooled air inside.	7, 13
To take the stairs instead of the elevator whenever I can.	3, 11
To do laundry with cold water and only wash full loads to save water and energy.	12, 13
To participate in sustainability campaigns and encourage my community to save energy.	12, 13

Title and info	Relates to SDG(s)
Waste	
To fully read and try to understand the posters at TRU Zero Waste Stations so that I can manage my waste responsibly.	11, 12
To use a refillable water bottle on campus/work, so I don't have to buy bottled water.	6, 14
To implement a system so that I remember to bring my reusable coffee mug to campus/work most days.	12, 14
To use the brown battery recycling bins found in a central part of most campus buildings.	9, 12
To research the importance of 'The Three Rs' of waste reduction: Reduce, Reuse, Recycle.	11, 12
To dramatically cut back on the number of single-use bags by implementing a simple system in my home and vehicle so I can easily use reusable bags.	12, 14
To pick up at least one piece of litter from the ground most days and either put it in garbage or recycling.	12, 14
To only print when needed and try to always print double-sided when I do.	12, 13
To research what the difference is between the 'circular economy', paradigm and the 'take-make-waste' paradigm	9, 12
To try to repair broken items instead of throwing them out and, if I'm unsuccessful, to seek out free Repair Café events around Kamloops to help me.	12, 13
To set up simple and effective zero waste systems at home so that managing my waste responsibly is not a nuisance, but an everyday habit.	11, 12
To donate anything that is still useable instead of throwing it into the landfill.	1, 12
To donate anything that is still useable instead of throwing it into the landfill.	1, 12

Title and info	Relates to SDG(s)
Transportation	
To bike to campus/work at least 2 or 3 times per week	11, 13
To organize a bike riding group to get to/from campus/work.	3, 11
To find a way to commute partially using a bike (e.g. split trip with the use of bike and car/bus).	11, 13
To calculate how much I will save in one month with carpooling (factoring in costs of parking, insurance, gas, maintenance, etc.)	11, 13
To carpool at least once per week for one full month.	11, 13
To walk to and from campus/work at least once a week for one full month.	3, 11
To start taking the bus to campus/work at least one day per week for one full month	2, 15

Title and info	Relates to SDG(s)
Biodiversity	
To support pollinators such as bees and butterflies by planting a pollinator attractive plant. See the City of Kamloops website for planting the right plant for the right space City of Kamloops - Trees, Plants and Gardens.	2, 15
To support pollinators such as bees and butterflies by making a water and nesting site to enhance pollinator habitat.	2, 15
To help protect pollinators by not using pesticides such as insecticides, herbicides and fungicides in my garden or lawn.	12, 15
To volunteer during a TRU Tree Mulching event, since adding mulch to the base of trees helps keep moisture close the roots, keeps weeds down and protects the truck from lawn mowers.	13, 15
To join the TRU Biodiversity subcommittee in order to help biodiversity on the campus.	4, 15

Title and info	Relates to SDG(s)
Food and water	
To conserve water by limiting my showers to five minutes.	6, 14
To conserve water by not letting the tap run unnecessarily while teeth brushing or hand washing.	6, 14
To make a conscientious effort to buy seasonal foods and support farmers in my local region.	2, 12
Whenever possible, to purchase organic foods and to educate myself about the importance of doing so.	2, 12
To not eat meat at least one day per week since meat production generally has much higher carbon emissions associated with it than plant-based food production.	12, 13
To drink Kamloops tap water, which comes from the Kamloops Centre for Water Quality, since I know it is safe, delicious and free. Doing so eliminates the need for buying bottled water, which has a terrible environmental footprint.	3, 6
Whenever possible, to limit the amount of packaging my food comes in, for instance by not using produce bags or other unnecessary packaging.	12, 13

Title and info	Relates to SDG(s)
Social	
To volunteer in my community at least one day per month.	16, 17
To advocate with any level of government for issues I feel passionately about by writing at least two letters per year to government representatives.	16
To start donating regularly each month - with any dollar amount - to a cause I feel strongly about.	3, 17
To try and make my community a better place by doing at least one 'small act of kindness' each month.	3, 16
To join and volunteer for a not-for-profit society in my community that works on social issues I care about.	17
To actively engage in the democratic process at any level of government in my community since I believe a strong democracy is a pillar of a healthy society.	16

Title and info	Relates to SDG(s)
Economic	
To use my purchasing power whenever possible to support companies, organizations or causes I feel strongly about who are trying to work towards a sustainable society.	8, 12
To research how carbon offsets work in order to make an informed decision about whether I want to purchase them for my airplane or other types of high-emissions travel.	13
To pay attention to eco-labels and certifications when purchasing goods or services and try to support those companies and organizations with strong track-records.	12, 13
To purchase energy from renewable energy sources whenever possible.	7, 13