

SPRING CLEANING

SOCIETY OF CONSERVATION BIOLOGY, KINGSTON CHAPTER

Out with the old, in with the new!
Spring is finally here, with longer days
and warmer weather!

Whether you are moving into a new apartment or want to spruce up your space, here are some things to keep in mind during spring cleaning!

REUSE,
REDUCE,
RECYCLE



When cleaning, look into what items around your space you may no longer use.

1. Donate your old clothes:

- [Queen's Collective Closet](#) on campus
- there are many thrift stores in Kingston which accept donations
- set up a clothing swap with your friends!

2. Swap out your consumable products for more sustainable alternatives:

- don't throw your containers out just yet! A lot of product can be stuck at the top of tubes, cut them open to get the most of your soap, shampoo or makeup.
- [The Keep Refillery](#) downtown offers multiple different soaps and body products in bulk so you can re-use the same containers

3. Repair more expensive items:

- old furniture can be repaired using screws or wood glue
- many students are selling second-hand furniture for cheap before moving out



THE IMPORTANCE OF "DE-INFLUENCING"

With the amount of consumerism being pushed by today's media, it is encouraging people to buy unsustainably. Although "de-influencing" is still a form of influencing, it is encouraging people to think a little more about if you need something or only want it because it is popular.

Make sure that if you are considering a purchase, especially online, think about if you really do need that new makeup product or cool gadget you saw online.

Not only will you help reduce the amount of waste caused from buying a product you will only use once, but you'll save money too!



ECO FRIENDLY CLEANING TIPS

When cleaning your living space, you can be more sustainable by:

- using more long-lasting tools
 - swap paper towels for reusable cloths, extra points if you re-use old clothing!
 - you can also re-use old toothbrushes to clean tough-to-reach spots
 - try exchanging sponges for longer-lasting compostable bristle brushes like [this one](#)
- buying multi-purpose cleaning products, or making your own
 - vinegar, baking soda and lemon are all natural ingredients which can be used for cleaning around the house
 - [The Keep Refillery](#) also sells multi-purpose cleaning products to refill if you're out!



IMPROVING AIR QUALITY

Did you know that plants not only brighten up a space and look good, but can help improve air quality as well?



Low-maintenance plants such as snake plants and succulents can be a great way to improve your space with very little effort!



COMING UP WITH THE SOCIETY OF CONSERVATION BIOLOGY IN KINGSTON

- Look out for our exec hiring for the 2023/24 year!

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