

## Green Lab Tips

Here are some quick ways in which you can reduce waste and energy use in your lab work. Please feel free to add to the list at the bottom.

Check out [McGill's sustainable labs guide](#) for more ideas!

- **Don't use the yellow bin as a regular garbage.** The yellow bin is for biohazardous items to be incinerated. Anything non-toxic or non-biohazardous can usually be rinsed with tap water and disposed of in the regular garbage (or recycling, where applicable). At the very least, paper towels and packaging should not end up in the yellow bin! If you are unsure, you can always review EHS info on [proper waste disposal](#).
- **Turn off the lights** in the lab if you're the last to leave
- **Turn off equipment**, particularly cooled centrifuges, heat blocks/water baths and tissue culture hoods, when not in use and particularly overnight / on weekends.
- **Shut the sash on fume hoods and biosafety cabinets** when they're not in use
- **Wash and reuse falcon tubes** and other plastic reservoirs when applicable, and use glass beakers instead whenever possible.
- Use **ethanol instead of methanol** for your western blot transfer.
- Use **MilliQ water** only when necessary - it is energy-intensive to produce!
- If your **ice** is still fresh when you've finished using it, pop it in a common area where lab **members can pick it up second hand**. If you don't already, save styrofoam boxes to use as ice buckets.
- If you have items in the lab that are no longer used, or accidentally ordered the wrong thing, bring it to our **lab material swap area (Room 655)**, and enter it in our [spreadsheet](#) (larger equipment or chemicals should not be brought to the room, but can be included in the spreadsheet). This is specific to the Neuro - if you're in another building, consider starting up a similar program!
- If your lab receives tail tips from the animal facility for genotyping, **keep the Ziploc bags** and return them for the **next tail tip collection**! The staff at the animal facility have been happy to reuse the bags, but double check with whomever is managing your colony first.

- **Reuse the Ziploc bags** to take your samples to the **Genome Quebec sequencing** centre - you can remove your samples from your bag when you get there!
- **Bring your own containers/plates/mugs** to Cafe Vienne and seminar wine & cheeses.
- Set up **compost collection in your lunch area**, and **collect your own general recycling** in blue bags if you have city street recycling at your building (at the Neuro, pick-up is on Wednesdays on Rue Université, close to the ambulance entrance).
- Look for the **green leaf** next to products on MMP - it means they're (more) sustainable! If the price of a product you're interested in is prohibitive, let us know and we can work with Sustainable Purchasing to put pressure on the company for a discount.
- Reuse (non-contaminated) gloves (stretched over a beaker) to **collect small bench garbage** (ex. tips) or tissue disposal after dissections.
- If you don't already, **pool your items to autoclave** with other labs so as to make maximum use of each cycle.

Add your ideas here:

- (non-lab related) when you buy fruits and veggies in stores, ask if you can return the styrofoam trays they come on - many grocery stores will take them back!