



# GREENGUIDE

A handbook to sustainable living in Delft



Greenteam CEG | TU Delft

Making sustainable choices in daily life can give us quite a headache. Is it more sustainable to buy a tomato produced in a greenhouse in the Netherlands or one imported from Spain that grew on the field? Questions like this pop in our heads on a regular basis and too many of them we don't have an answer.

Our world is a complex place and you might feel like there is not much that you can do as an individual. But actually, there is! Every time you go grocery shopping you vote for the products that you want to see in supermarkets, every time you buy a new laptop or t-shirt you create a demand for more products to be made. Thinking twice about your purchases and habits can make a big deal of difference when it comes to combatting climate change.

To make a start and make living in Delft (or anywhere else in the Netherlands) a little easier for you, we have compiled our favorite places and habits for a more sustainable lifestyle. We hope you will like it and remember that.

**'You cannot do all the good that the world needs,  
but the world needs all the good that you can do'**

- Shelby Orme

If you have more specific questions or suggestions for a new edition of the guide, please contact us at [greenteam-ceg@tudelft.nl](mailto:greenteam-ceg@tudelft.nl)



**Wishing you a pleasant reading!  
Greenteam CEG, 2020-2021**

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# FOOD

Food and drinks combined account for **20-30** percent of our environmental impact. So small steps to make conscious choices in your kitchen can go a long way in minimizing your carbon footprint. Here are our simple tips for eating green!

## 01

Shop consciously

## 02

Eat seasonal

## 03

Reduce meat

## 04

Reduce waste



## Eco-conscious shopping

**EkoPlaza** boasts a collection of 100 percent organic products wrapped in plastic-free packaging. From convenience products to fresh meals, they offer a wide range of products that should practically cover all your household needs!

Every Thursday and Saturday, the streets of Delft centre play host to a wide range of stalls in the commodity market. One of the best places to get fresh fruits and veggies for an affordable price. Don't forget to carry your own grocery bag on your way! ;)

WarenMarkt



**Odin** offers a wide range of organic products. It is a cooperative and if you invest in their membership, you receive a 15% discount on their products PLUS your monthly contribution is converted into a shopping credit balance on your membership card.

A one-stop destination for baking lovers! Here you can find baking flour, yeast, baking tins, and much more! The flour is made from organic grains and ground according to the traditional craftsmanship in Molen de Roos.



Located in Delfgauw, **Hoeve Biesland** is a farm shop in the Randstad offering fresh vegetables, bread, milk, and meat. In addition, you can also learn a thing or two about circular agriculture from their super helpful staff!

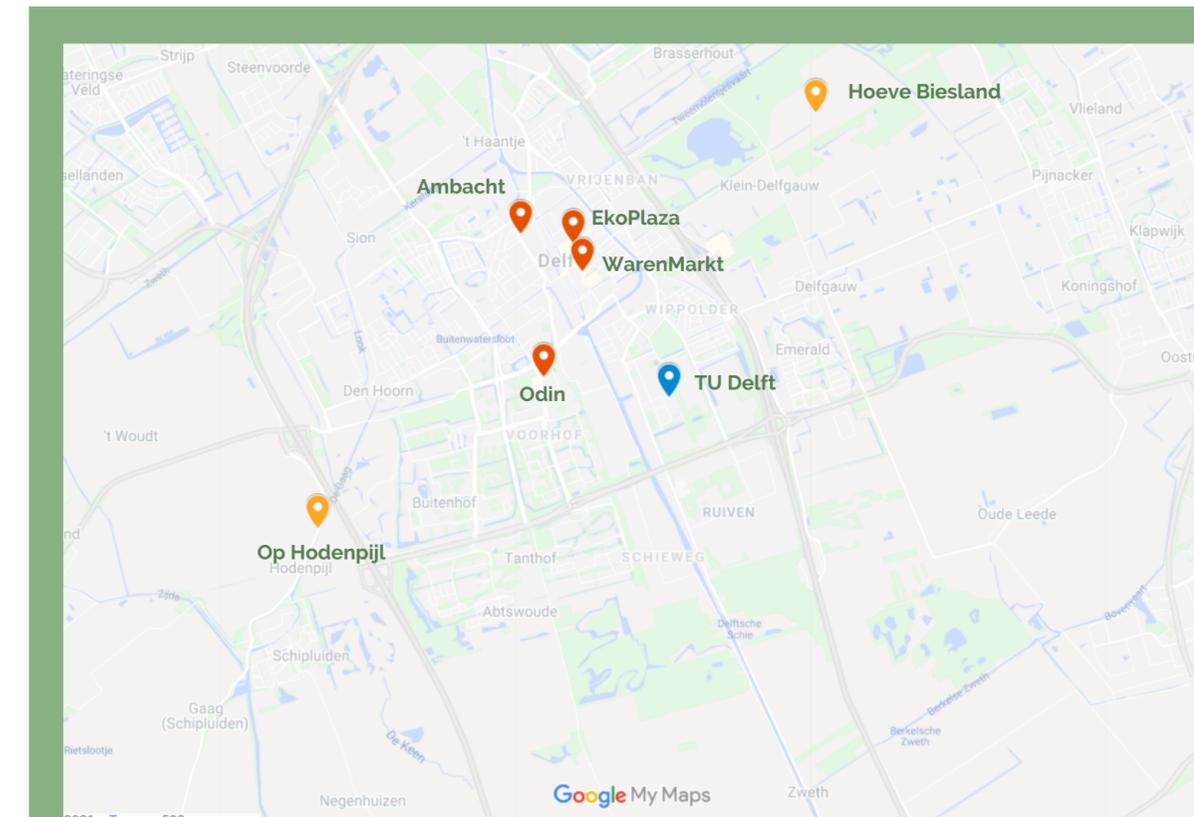


At a distance of around 4km from the Delft centre, the restaurant **Op Hodenpijl** also houses a grocery store at their entrance. Their products include fruits, vegetables, bread, honey, dairy products - everything organically produced and locally sourced.



**Pieter Pot** is the first packaging-free online supermarket in the Netherlands. They deliver your groceries in refillable deposit jars. Is your jar empty? Then they refill it. They collect a small deposit for each order which you can get back after returning the jars.

Click [here](#) to find them on Google Maps



## Eating green

Globalization allows us to enjoy a wide range of fruits and vegetables at any time of the year. However, it takes a lot more resources for the production and transportation of these products. With seasonal produce, there is a low chance that your food comes from a heated greenhouse or a distant country with a huge transport load.

How do you know which products are seasonal? Greontegroente has compiled a [Vegetable Calender](#) for the Netherlands that you can follow to pick your groceries. Unsure what you can cook with them? They've got it covered too, with their comprehensive list of recipes which you can find [here](#).

Adding to the list of eco-conscious places to shop, **crisp** is an app-only supermarket that delivers fresh, seasonal local produce. Collaborating with over 650 small-scale producers, crisp delivers their products directly to consumers. This means you get fresh, high-quality products with a lower carbon footprint.

Dietary changes can go a long way in reducing our environmental footprint. Switching to a plant-based diet even once a week can have a huge positive impact on the environment.

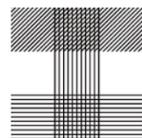
**Switching to a vegan diet just once a week can save 4160 Litres of water, 1 animal life, 3 Sqm of forest area, and 9 Kilos of CO2 emissions**

Check the vegan calculator tool to calculate the amount of water, grains, forest land, animal lives, and co2 emissions you saved.

## Left-overs?

We all have those weeks where we have too much groceries than we can make use of. This often goes to waste. Each year, one-third of the food produced globally goes to waste and this accounts to 6-8% of the total greenhouse gas emissions. We think that this can be easily avoided and so do some other like-minded associations in Delft. Take a look at these initiatives when you have too much to share:

**On average, 34.3 kgs of food is wasted per person in the Netherlands, totaling up to 590 million kilos of food wastage each year.**



The community fridge at IChange is run by FoodSharing Delft- An association committed to reducing food waste around Delft. Every week, the residual waste from Delft supermarkets is collected and stored here for anyone to pick up for FREE! You can also leave your excess material here for others to pick up.



[TooGoodToGo](#) and [OLIO](#) are two mobile applications that aim to reduce food waste through sharing. Based on the set location, a list of areas with surplus food is shown which can be picked up either for a reduced price or for free! You can also share the surplus items you own with a pickup location.



**Quick Tip:** For longer shelf life, store your fruits and vegetables at a temperature of 4 degrees in your refrigerator!

## Vegan recipes

Plant-based cooking is not just healthy but can also be very delicious and comforting. If you're new to vegan cooking, there are several resources online that can help you get started. Below we have listed a couple of our favorite recommendations.

[Groenteboertje](#), [Happy Pear](#), and [rainbowplantlife](#) are some of our all-time favorite places for vegan recipes. You can check their website or follow them on Instagram for everyday inspiration.

You can also take a look at the [sustainable cooking guide](#) published by GreenTU or follow us on Instagram at [GreenTeam-CEG](#) for our meatless Monday posts.



# EAT-OUT

“The Dutch are the biggest consumers of vegan meat substitutes in Europe.”

NL Times. (2021, May 10). Dutch are biggest consumers of meat substitutes in Europe. <https://nltimes.nl/2021/05/10/dutch-biggest-consumers-meat-substitutes-europe>

Studies show that more and more Dutch are refraining from eating meat. The percentage of the vegetarian community in the Netherlands has risen from 6 percent to 12 in 2020. With this changing trend, restaurants serving plant-based food are also increasing. While Delft might not exactly be a haven for vegans and vegetarians, we've listed down a few great places that can satisfy your cravings.

## HUMMUS

With sustainability at its heart, **Hummus** provides a variety of middle eastern delicacies that will leave you wanting more! Don't believe us? Check out their review or even better, give it a try yourself. What's better is that it's only a 5-minute bike ride away from the university!



**WildGroei** is an intimate vegan lunchroom is located in the heart of the Delft center. Having partnered with them previously, we can vouch that this place will not leave you disappointed. Their vegan cheesecakes are our personal favorites!



**Hills & Mills** offers a perfect fusion of Indian and western cuisine. While this may not be a fully vegan restaurant, they offer a wide range of vegetarian and vegan dishes which are quite popular.



**THUIS by Ladera** is a one-stop destination for baking lovers! Here you can find baking flour, yeast, baking tins, and much more! The flour is made from organic grains and ground according to the traditional craftsmanship in Molen de Roos.



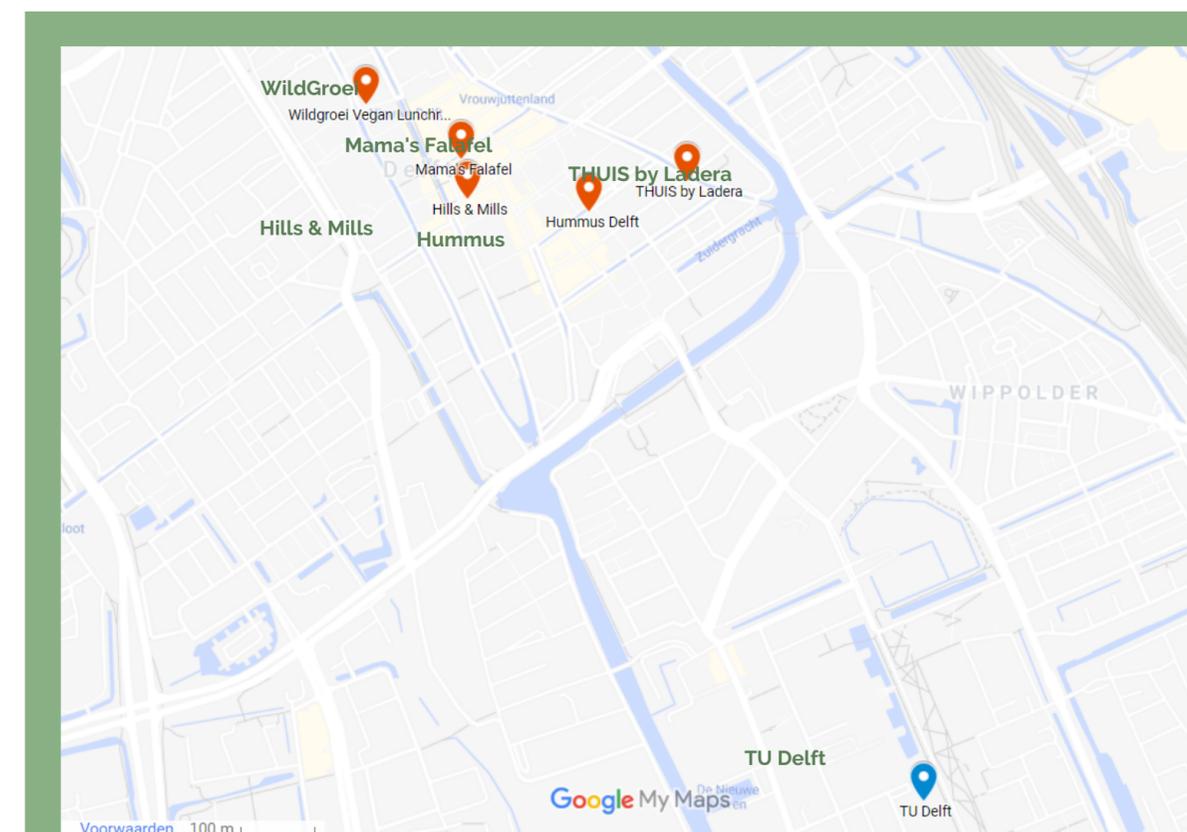
Located at walking distance from Delft station, **Mama's Falafel** is a new vegetarian restaurant in the city. With their fresh ingredients and delicious homemade recipes, the place is rapidly gaining popularity.



Are none of these places close to where you live? Well, we've got you covered too! Do check out **Happy Cow**, which is an online guide to sources of vegan and vegetarian food around the world. They also have a free app compatible with all devices.

If you find a plant-based restaurant/ cafe which is not listed yet, you can add it yourself and help others discover these places!

Click [here](#) to find them on Google Maps



# TRAVEL



## A Cycling Nation

Cycling is an integral part of the Dutch DNA. According to a 2018 study, an average resident of the Netherlands covers roughly 13.3 billion kilometers annually on bikes! So if you are looking for ways to blend into the Dutch culture, this is a good start!

It is estimated that there are 22 million bikes in the Netherlands for a population of 18 million! So you will have no trouble finding a beautiful bike to suit your needs. We have listed down a few environmentally friendly choices available around Delft, that can help you save the planet, one bike at a time!

## Purchase & repairs



Facebook Marketplace

There are several groups on Facebook such as 'Student Bike Sale' Delft that allow you to purchase or sell unwanted bikes. They usually have a wide range of options in the summer months so keep an eye out!



BikeRecycle

Part of the Stunt foundation, BikeRecycle is a training company for refurbishing bikes. Spare parts from abandoned bikes confiscated by the municipality are reused and the refurbished bikes are sold in a price range of 75-150 EUR.



fietscyclette

Fiets Bicycleette at Brabantse Turfmarkt is a budget-friendly store for bicycle repairs and secondhand purchasing. Their prices start from 75 EUR and the bicycles come with a receipt and theft registration.



J.J. Cloosterman

Since 2005, J.J. Cloosterman has been repairing and selling used bikes for a student budget. Any bike with a purchase price above 75 EUR also comes with a three-month free service period.

**"Switching from a car to a bicycle saves 150 g of CO2 per kilometer"**

Netherlands Institute for Transport Policy Analysis, KIM. (2018). Cycling Facts. Ministry of Infrastructure and Water Management.

## To Rent

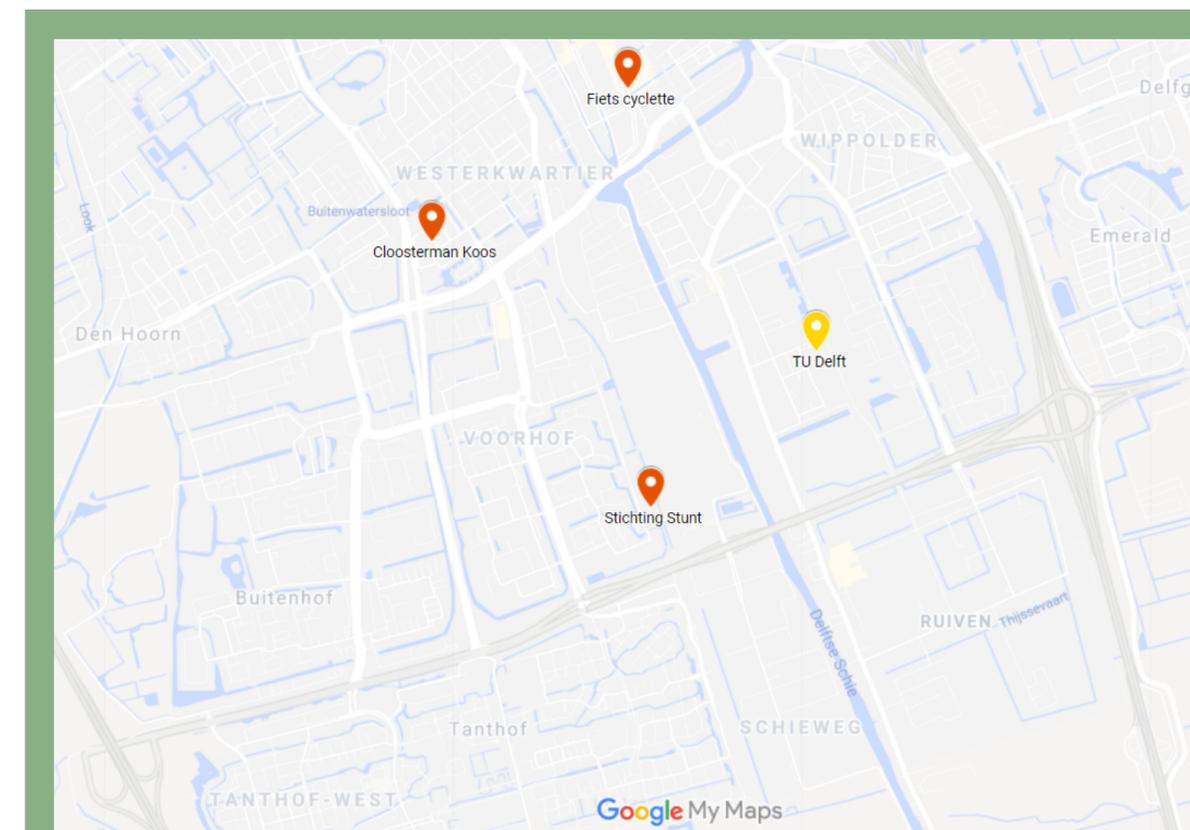


OV Fiets is the public bike-sharing program offered by NS, throughout the Netherlands. It is ideal for short-term renting needs and is available at most public transport stations. You only need your personal OV Chipkaart to rent. More information can be found [here](#).



If you need to rent a bike for the long term, look no further than Swapfiets. With a fixed monthly price depending on the deal, they deliver a fully working bike to any location of your choice. In the event of a breakdown, you get a hassle-free replacement within 2 days! You can find that available deals in Delft [here](#).

Click [here](#) to find them on Google Maps



# Public transport

The public transport system in the Netherlands is well-maintained, reliable, and easy to use. OV Chipkaart is the smart card payment system for using public transport in the Netherlands. With this, you can use any of the public transport services across the country.

You can either get an anonymous card that can be used by anyone or a personal card. Using a personal card, several discount plans can also be purchased. More information can be found [here](#).



**“A single person who switches from 20-mile commuting alone by car to existing public transportation can reduce their annual CO2 emissions by 20 pounds per day.”**

Authority, K. C. A. T. (2021). Environmental Benefits of Public Transit | The Environment | About KCATA | KCATA. KCATA. [https://www.kcata.org/about\\_kcata/entries/environmental\\_benefits\\_of\\_public\\_transit](https://www.kcata.org/about_kcata/entries/environmental_benefits_of_public_transit)

## Long-distance travel

There are several great destinations around the Netherlands that make up for a perfect weekend trip or summer vacation. While plane travel might seem attractive, it comes with a huge price on the environment. Plus, it is **NOT** always the cheapest or fastest option either!

[Here](#) is a **Train zone map** by the green office of Utrecht university that shows the list of destinations that can be easily reached by train from the Netherlands. You can also check the CO2 emissions for different transport modes for each destination.



Interrail offers global travel passes to cover 33 European countries by train. Besides the budget-friendly deals, their website also presents a good overview of connectivity to various European destinations, availability and prices of night trains etc.



FlixBus is the largest and one of the cheapest service providers for bus travel within Europe. Through collaboration with atmosfair, they also give the customers an opportunity to compensate for the CO2 emissions of the trip.

# TRAVEL



## Car sharing

If public transport services cannot fulfill your transport requirements, consider an e-Bike for shorter distances before using a car. When traveling in groups, instead of individual vehicles carpools can help reduce the impact on the environment.

**TravelElectric** is the first electric taxi service in Europe. Currently, they provide integrated services for all modes of electric transport. Every quarter they send their customers a report of the journeys made, kilometers, and thus reduction of CO2, NOx, and PM10 emissions.

There are several other car pooling options you can opt for, such as [Greenwheels](#), [Sixtshare](#), [Borent](#), [MyWheels](#) or [Snapcar](#).

# FASHION

About 102,261 tonnes of textile waste is generated in the Netherlands annually. That is around 6kg per inhabitant.

Fashion waste index. (2020). LABFRESH. <https://labfresh.eu/pages/fashion-waste-index?lang=en&locale=en>

About 10% of humanity's carbon emissions come from the fashion industry. And what's worse is that a huge part of this produced textile goes to waste every year. But we can minimize our carbon footprint through conscious decision-making in purchasing and here's how.

First, don't buy something that you do not need. Make sure to keep track of the clothing you own and use it as much as possible. Youtube channels such as 'How to slay Omas Kleiderschrank' or 'BlueprintDIY' can help you repair or upcycle clothing.



Singer, H. (2021, May 19). 7 sustainable clothing brands to look for. Wholey Haley. <https://wholyhaley.com/7sustainablebrands/>

## Sustainable fashion hierarchy

If you need clothes for certain occasions, try to rent or borrow from your friends. This is especially true for clothes worn only once. When none of these options are viable, check local second-hand or online stores such as [Vinted](#) and [Swapshop](#). Great initiatives that help you save money and the planet, one piece of clothing at a time! You can also drop off clothing that you don't use anymore at these stores.

[Vinted](#)



If they do not sell, you can drop them off for free at Kringloop instead of disposing of them. If you do want to dispose of some fabric, remember to do it in the specific containers marked for clothing and not in the Restafval. The location of these clothing bins can be found [here](#).

We can not completely avoid purchasing, but we can be mindful of the products we consume and the brands we support. If you want to make informed choices and minimize your carbon footprint, take a look at the following e-services.



[GoodOnYou](#) is a leading online platform for sustainable brand ratings. Their database includes thousands of fashion brands that are rated based on their impact on people, the planet, and animals. On their website, you can also find several [tips and guides](#) to sustainable fashion.



A Dutch startup, [Dayrize](#) is an eCommerce platform for sustainable products. Each product listed on their website is given a sustainability score based on five environmental impact indicators. The product score against each of these indicators can be accessed by customers.

“In the Netherlands, an average person purchases 46 new items and throws 40 garments away each year”

Amsterdam Economic Board. (2019, July 18). From discarded textile to new thread. <https://amsterdameconomicboard.com/en/news/van-afgedankt-textiel-naar-nieuwe-garens>

## Secondhand furnishing

If you were not lucky enough to find a fully furnished place, then this is for you! Home furnishing can be quite tiresome and expensive. But Delft hosts quite a few thrift stores that can cater to all your household needs. We have listed a few below.

**Kringloopwinkel Delft** **Kringloopwinkel** is a non-profit organization with employment and environment at its core values. They collect a wide range of reusable goods including bicycles, electrical appliances, and furniture. They keep their sale prices to the minimum and therefore, are highly recommended for students! They also offer delivery and pickup services within a 20km radius from their location.



One of the largest thrift stores in the Netherlands, RataPlan hosts an extensive range of reusable goods. They also have a second-hand bicycle sale and repair store at the back of the shop. It is located behind the faculty of Aerospace engineering, and quite close to the campus.

**De Flintstones** **Kringloopwinkel** **The flintstones** have a great collection of secondhand finds ranging from washing machines to stuffed toys. They also have offer delivery service for FREE.



## Cleaning products

The online websites [Levenzonderafval](#) or [ecomondo](#) can help you find all the cleaning supplies you need to keep your home sparkling. [Ekoplaza](#) can also provide you with cleaning products but make sure you check the [CodeCheck](#) app before buying anything that might contain ecologically harmful ingredients.

And lastly, consider using old T-shirts to make cleaning rags and add another level of reuse before they are thrown away.



## Sanitary products

Did you know that sanitary pads consist of 90% plastic and can take up to 600 years to decompose? If you are shopping for menstrual products, consider switching to cups or reusable fabric pads, or period-proof underwear such as Thinx.

For toilet papers, consider the [GoodRoll](#) brand. They offer 100% sustainable toilet paper and donate 50% of their profits to building toilets in developing nations.

## Coffee

There's nothing like a good cup of coffee to keep us productive throughout the day. But did you know that about 13.2 tonnes of waste is generated at the TU Delft campus from coffee cups alone? You can do your part in bringing this number down by getting yourself a nice reusable coffee cup! Tip: This can also be a great idea for gifts!

Try to limit your caffeine consumption and drink no more than you need. When you are not using your coffee machines, don't forget to switch it off.

## Miscellaneous

When studying try printing as few pages as possible and always print with the duplex setting in greyscale. Textbooks can be purchased in ebook format or second-hand. Items like laptops and electronics can be bought used on [Coolblue](#), [Rebuy](#), or [UsedProducts](#).

# ENERGY

If you have the option of choosing the energy provider for your home, take some time to look at your available options and how sustainable they are. **Greenpeace** rates the different providers in the Netherlands based on the impact they have on the environment. Pure Energie, Vrijopnaam, Energie VanOns, om | new energy and Powerpeers are some of the best rated energy suppliers.

Even after choosing the right provider, there are things that you could do to help reduce your consumption of gas and electricity. Consider using induction/electric stoves in place of gas as they are more efficient.

**“One degree lower heating can save no less than 6% CO2 emissions and 6% energy consumption per day.”**

<https://www.warmetriendag.nl/informatie>

You could put on a sweater and reduce the thermostat setting by 1 degree. This simple gesture can do wonders as celebrated on warmetriendag a.k.a the Dutch version of Warm Sweater Day. In the summer you could cool your room down by hang drying your clothes instead of using the dryer.

# WASTE

Segregating waste is required in Delft. Plastic, Metal and Drink Kartons (PMD), Glass, Paper, and Fabrics are recycled and should therefore be disposed of in the appropriate bins. Do not dispose of these items in the Restafval. More information about the waste segregation system and the map of containers in Delft can be found [here](#).

Although not necessary please try bringing Groente, Fruit, and Tuinafval (GFT) waste to compost bins. This can help create biodegradable compost for agriculture. Glass or PET bottles from beverages purchased from supermarkets such as Jumbo or Albert Heijn can be returned back to them and you can get the deposit price of 10 cents back!

Old furniture and other large items can be sold or given away for free so that they are given a second lease at life. Several apps like OLIO can help you find takers or bring the items to Kringloops. If you bought your furniture from IKEA, you can also return it back to the store and get some value back in the form of IKEA coupons.

Pharmaceuticals and medications can be brought to the Apotheek where they are sustainably disposed of. Do not flush it into the toilet where it can contaminate the water. Electronic Appliances and old Batteries can be brought to recycling stations at Albert Heijn and Jumbo where they are recycled to have a lesser impact on the environment.

# WATER

**“About half of our everyday water consumption goes into showers. That is about 62.7 Litres per person each day.”**

Average water use. (2021). Waternet. <https://www.waternet.nl/en/service-and-contact/tap-water/average-water-use/>

The average person in the Netherlands consumes 134 L of water every day. Almost 75% of this is used in the shower and toilet. Water-saving showerheads can be kinder to the environment as well as your wallet!

The next biggest portion of daily water consumption goes into washing machines. Preferably use the machine only when the drum is full to minimize the number of usages. Use the eco cycle option on your machine to lower your water and energy consumption.

**“It takes 8000 L of water to produce a pair of jeans.”**

Personal water footprint. (2018). Waterfootprint. <https://waterfootprint.org/en/water-footprint/personal-water-footprint/>

And lastly, the kind of food you eat and lifestyle choices can have a huge impact on your water footprint. For example, the water footprint of beef is about 10 times more than any average fruit or vegetable. If you want to learn more about your personal water footprint and how to reduce it, take a look at this [WaterFootprint101](#).