

17 SDGS OF THE SEASON

1 NO POVERTY



Take time to volunteer at a shelter or donate to a local charity helping those who are less fortunate. **North Bay's Santa** Fund is a great opportunity to **volunteer** or **donate** to those in need.

2 ZERO HUNGER



Canadore has its own student **food bank**, which accepts non-perishable food items, hygiene products, and cash donations. **Nipissing University Student Union** (NUSU) and the **North Bay Food Bank** are accepting donations.

3 GOOD HEALTH AND WELL BEING



Start the holidays off right – get outside and enjoy our beautiful **trails** which are now included as part of **Trans Canada Trails**.

4 QUALITY EDUCATION



Sit down, relax, and enjoy a new book. To be even more sustainable, borrow or purchase a book from a used bookstore, such as North Bay's **Allison the Bookman**.

5 GENDER EQUALITY



Period Poverty is a major issue around the world. Help locally by donating sanitary products to one of the local food banks listed above.

6 CLEAN WATER AND SANITATION



Avoid single-use plastics. Better yet, give the gift that keeps on giving by purchasing one of our **Fill it Forward** bottles. With each refill and QR scan, a small donation is made by the organization to several charities.



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7 AFFORDABLE AND
CLEAN ENERGY



Be mindful of decorations and power usage this holiday season. We all love seeing the Christmas lights on a snowy evening, but please consider using an automatic timer or manually turning them off during the daytime.

8 DECENT WORK AND
ECONOMIC GROWTH



Shop local or source your gifts from responsible companies. Locally, **Earth in a Nest** provided a list of local businesses committed to Eco-Age friendly practices. Other labels to look out for when purchasing can be found [here](#).

9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



Support companies that prioritize people and the planet. When dining out during the holiday season, look for restaurants that have reusable products and menus with locally sourced options.

10 REDUCED
INEQUALITIES



Give back to those in need. The **North Bay Santa Fund** is a great way to spread joy over the holidays. The City of North Bay also provides a [list](#) of community organizations looking for support.

11 SUSTAINABLE CITIES
AND COMMUNITIES



Think about carpooling to a social gathering or using public transportation when shopping. Give back through many of the amazing opportunities organized by our thoughtful staff and community partners.

12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



Before recycling, reduce and reuse. Be cautious of waste over the holidays. Serve only what is needed, and enjoy the leftovers. Prioritize quality over quantity; reuse gift bags or newspapers to wrap gifts. Choose eco-friendly paper that can be recycled.



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13 CLIMATE ACTION



Consider the climate friendly food options linked [here](#). Make lists to avoid repeated trips and carpool where feasible. If you are renting a vehicle or flying, most agencies provide an option to offset trip at a minimal cost.

14 LIFE BELOW WATER



Serving fish over the holidays? Choose sustainably caught or farmed varieties. Be aware of purchasing gifts or decorations that are or come heavily packaged in plastic. Much of that material, sadly, ends up in our oceans.

15 LIFE ON LAND



Unsure of what to buy someone? Consider experiences over material items. Shows, concerts, sporting events are a great way to enjoy a memorable experience.

16 PEACE, JUSTICE AND STRONG INSTITUTIONS



Christmas is not celebrated by all. Take the opportunity to learn more about other cultures and practices to better understand their customs and traditions. Embrace the diversity on our campuses and in our community.

17 PARTNERSHIPS FOR THE GOALS



Sustainability prioritizes environmental, social, and economic well-being. Following this list gives you a head start on how to contribute in meaningful ways. Learn more about Canadore's commitment to the SDGs and carbon neutrality to improve the college and community [here](#).

