

FALL  
ISSUE  
2021

# Green Zine

## HERITAGE HANDPRINTS

### Vegan recipes

Easy and delicious ideas

### Eco Friendly Holidays

Tips on enjoying an eco-friendly  
holiday season

### Bike vs Car

Comparing different modes of  
transportation

### INSIDE:

Quiz,  
wordsearch,  
pictures  
& more

# Green Word Search

P L H Q F R T D B J A N U E Y C V X E N  
L W F H P E S Q G Q P U E L G U H A E E  
C A L M B N E U P P X L B B M H R D L C  
O D C C P E R R W B C I P A P T R I V Z  
N L C O E W O B Q Y O H L N H A O J J Q  
S O Z R L A F I C D P H U I G S V Q Z T  
E O A D Q B F E I C G N B A R E W O L F  
R P O U P L R V R Z M F I T Z J W I N W  
V R Z A K E E C N J J T H S Z S C A K N  
A A V E V R P T C G B A O U S T B M B O  
T C Y S S Q Z K V H D Y R S R T R U I B  
I Z H I V G R E E N H O U S E N R J K R  
O A T E B Z Z Z D F I R S Z B Q A I E A  
N Y G V G G M T O G K M E T V J D E K C  
G A S E L B A T E G E V E U I H D H C E  
N N A I R A T E G E V D G G S U A L V O  
Z S I J D F E Z Y O D I W H C E R L J Y  
H R L U W I L D L I F E C F B B S F W A  
Y Q P H J J H F O O T P R I N T E P A X  
Z C X U R T J R B C V X P C O M P O S T



bike  
carpool  
earth  
forest  
greenhouse  
recycle  
soil  
vegan  
wildflower

biodiversity  
compost  
flower  
fruits  
local  
renewable  
strike  
vegetables

carbon  
conservation  
footprint  
garden  
ocean  
reuse  
sustainable  
vegetarian



# Smoothie Recipes



## Green Smoothie

- 1 Banana, frozen preferred, or use 1/2 cup more frozen fruit
- 1 cup frozen mango, or blueberries, pineapple, berries
  - 2-3 cups baby spinach, kale or mixed super greens
  - 2 tablespoons hemp seeds
  - 1/4 cup orange juice
  - 1 cup non-dairy milk
- optional: 1 date, pitted, for additional sweetness

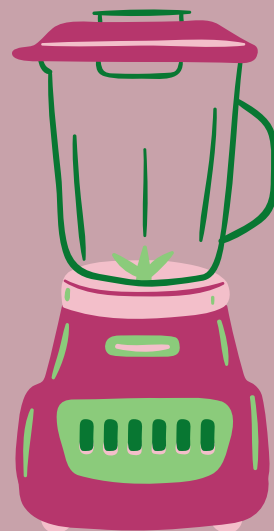
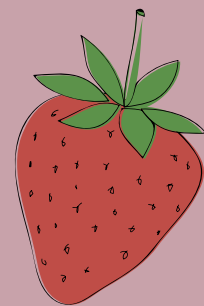
You could also add...a squeeze of lemon/lime juice, 1/4 of an avocado, or protein powder.

From: <https://www.noracooks.com/vegan-green-smoothie/>

## Strawberry Banana

- 2 cups frozen strawberries
- 2 room-temperature bananas
  - 1/2 cup water
  - 8 ice cubes
- Add-ins: cashew or almond butter, or protein powder

From: <https://www.acouplecooks.com/vegan-smoothie-recipes/>



# Deciduous Delight: Maple Trees Planted at Heritage

## A Greener Heritage, One Tree at a Time

Heritage College saw its green spaces grow a little greener this past fall with the planting of two beautiful trees. On Tuesday, October 19th, 2021, two young maple trees were planted on the Heritage College campus by the garden and grassy knoll near the front entrance. The college received these trees from the City of Gatineau and l'Université du Québec en Outaouais (UQO) in the prospect of enhancing a greener environment at school.



The students had a great time planting Bruce and Bernice!

Eager to help, members of Heritage Handprints lent helping hands (and green thumbs) at lunch to dig, plant and soil the budding new maples. With so many members willing to pitch in, the effort took no time at all, and the couple of trees were named "Bernice" and "Bruce".



Rooted in their new home, there is no doubt Bernice and Bruce have made Heritage College a little bit greener—one step closer to a cleaner, more ecofriendly school.





# Vegan Recipes

## Peanut Butter-Fried Tofu:

### Ingredients:

- 1 packet extra firm tofu
- just under ¼ cup soy sauce
- ¼ cup maple syrup
- 1 tbsp sesame oil
- 3-4 tbsp peanut butter

### Instructions:

Cube tofu and fry in a large frying pan.

Add all ingredients into a bowl and mix with a whisk or a fork.

Once the tofu is crispy and golden brown add the peanut sauce and sauté on medium-low heat until the tofu has absorbed the sauce



## Pumpkin Chocolate Chip Cookies:

### Ingredients:

- ½ cup melted coconut oil
- ½ cup pumpkin puree
- ¾ cup brown sugar
- ¼ cup white sugar
- 1 & 1/3 cup all purpose flour
- 1 tsp pumpkin spice
- 1 tsp salt
- ½ tsp baking soda
- ¾ cup chocolate chips

### Instructions:

In a large mixing bowl, whisk together the melted coconut oil, pumpkin puree, and the brown & white sugar. Then add all the dry ingredients into the wet and combine, lastly add the chocolate chips. Place the batter into 2 inch ball forms and flatten them a bit with your hand, then bake in the oven at 325F for 12-15 minutes



# Banana Bread

## Ingredients:

- 1 & 1/3 mashed ripe bananas
- 2 tbsp ground flaxseed
- 1/3 cup non-dairy milk
- 1/3 cup melted coconut oil
- 2 tbsp pure maple syrup
- 2 tsp vanilla extract
- 6 tbsp granulated sugar
- 1/2 cup rolled oats
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 1/2 all-purpose flour

## Instructions:

Preheat oven to 350F

Stir the mashed banana, ground flaxseed, milk, melted coconut oil, maple syrup, and vanilla in a large bowl

Add in the dry ingredients one at a time in this order: sugar, oats, baking soda, baking powder, salt, and flour

Prepare a loaf pan with oil and parchment paper

Spoon the batter into this loaf pan

Bake for 45-55 minutes or until lightly golden and a knife comes out clean when inserted into the loaf

Let the banana bread cool for 30 minutes and enjoy!



# Pancakes

## Ingredients:

- |                          |  |
|--------------------------|--|
| -1 cup flour             | -1 cup non-dairy milk                  |
| -1 tbsp baking powder    | -2 tbsp olive oil                      |
| -1/4 tsp salt            | -1 tsp vanilla extract                 |
| -2 tbsp granulated sugar | -Vegan butter or oil to grease the pan |

## Instructions:

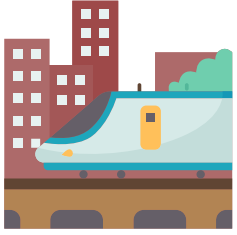
Mix dry ingredients together in a large mixing bowl (flour, baking powder, salt, sugar,)

In a separate bowl, whisk non-dairy milk, vanilla, and olive oil. Pour the wet ingredients into the dry ingredients and mix until just combined and contains a few lumps (don't overmix batter)

Let rest for minimum 5 minutes before cooking in a non-stick pan on medium heat



# GREEN TRANSPORT



## Bike



Emits no greenhouse gases apart from fabrication  
Travels on average 15-25 km/hr  
Costs from \$5-\$500 per year  
Improves your fitness and mental health  
Harder to bike in winter  
Distance constraints

You can leave on your own schedule

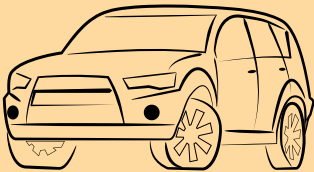
Much cheaper than driving

A way to get from one place to another

Emits 4600 kg of CO2 per year  
Average speed of 60 km/h  
Carpooling can help reduce the environmental impact of driving  
Costs \$10 000 per year for a minivan  
More dangerous than a plane

No physical exercise required  
Can travel in winter

You're confined to the bus schedule  
Costs on average \$1500 per year  
Emits fewer greenhouse gases than a car but more than a bike



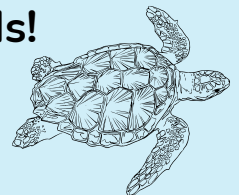
## Car



## Bus

# Help Reduce Mask Pollution

In *Ocean Asia's* 2020 report, researchers concluded 1.6 billion disposable face masks wound up in our oceans in 2020. Further, it takes 450 years for one mask to decompose. The Heritage Handprints team urges you to dispose of non-reusable face masks properly by recycling them in the school's multiple TerraCycle zero waste boxes. The used masks are then broken down to a rubberized powder which can be used for flooring tiles, playground surface covers and even athletic fields!



*"We don't need a handful of people doing zero waste perfectly, we need millions doing it imperfectly" -Annie Marie Bonneau*

# I'm Dreaming of a Green Christmas

## Tips on how to enjoy an eco-conscious holiday season



### Buy Less

BUY EXPERIENCES AND  
INSTEAD OF INDIVIDUAL  
PRESENTS, TRY A SECRET  
SANTA

EX: FOREST SKATING IN  
LAC-DES-LOUPS



### Alternative Wrapping

EX: FABRIC, NEWSPAPER,  
CLOTH BAG



### Thrift Store Finds

SHOP SECOND HAND AND RE-  
USE OLD GIFTS



### Local Goodies

LOOK FOR ECO-FRIENDLY AND  
FAIRTRADE PRODUCTS TOO



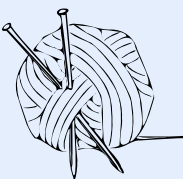
### Sustainable Decor

MAKE HOMEMADE  
DECORATIONS OR BUY  
ONES THAT WILL LAST



### DIY

DO IT YOURSELF GIFTS  
EX: CARDS, BAKED GOODS,  
JEWELRY, ART



### Less Meat Please

INCLUDE PLANT BASED  
DISHERS TO THE HOLIDAY  
FEASTS



### Use 100% Beeswax or Soy Candles

"NORMAL CANDLES" ARE  
DERIVED FROM PETROLEUM





# Beware of Greenwashing!



**Greenwashing is when a company gives misleading information about just how environmentally friendly their products are, as well as their company as a whole.**

When shopping, it is important to be on the lookout for green washed products as this phenomenon is becoming widespread. This is used as a marketing tool, tricking the customer into being proud of the purchase. This tactic impedes necessary change and hurts other companies who maintain ethical and environmental standards. Sourced from the International Energy Agency, the fashion industry is more polluting than maritime shipping and international flights combined. This demonstrates how dirty the industry is and how urgently it needs to be reformed. Keeping this in mind, if buying brand new is the only option left, here are some things to watch out for:

1. Fluffy language ; "natural", "eco-friendly" or "sustainable"
2. Vague facts; "shop and protect the environment"
3. Emphasizing a small part of the company as environmentally conscious is not great because the bulk of their profits are sourced through unsustainable products.



## Un-Certified Labels



**General Products**



**Clothing Specific**

Welcome to

# THE FOREST FOLKS



## A LEAVE NO TRACE QUIZ

1. When going on a hike, should you be in...
- a. Small groups
  - b. Big groups

2. You are hiking in a national park and find a historical structure, should you climb it?
- a. Yes
  - b. No
  - c. If you have the right shoes

3. How should wildlife be observed?
- a. By making noise to get their attention
  - b. Lured in with food to get a closer look
  - c. From a safe and respectful distance

4. While hiking, you find a beautiful rock and want to take it home, should you?
- a. Yes
  - b. No

5. What is the most important rule of bringing pets into the wilderness?
- a. Pick up their feces
  - b. Bring them a ball to fetch
  - c. have them on a leash at all times
  - d. Let them fight the sneaky skunk behind the tree

For more questions and information, check out the link tree in our Instagram bio! @Heritage\_Handprints





# About Heritage Handprints



**We are a club committed to making our school and community as green as possible. This Green Zine is the first of its kind at Heritage, made with considerable contributions by Clea P, Leah P, Anna M, Liam G, Claire D, Georgie P, Alex B, Maisie H-A and Mathilda H. Make sure you follow us on Instagram for more primo content @heritage\_handprints !**