

**Urban Sustainability Skills  
Course Outline**

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Register at: [TinyHomestead.ca](http://TinyHomestead.ca)

1 X 2 hours per week

8 weeks

Participants:

This workshop series is open to anyone who would like to learn more about what sustainability means and how to implement it into their daily life. Although the course is held at Concordia, anyone can attend.

Cost:

**Students/recent grads** (within 2 years) sliding scale:

\$70-\$110 + \$15 materials

**Staff/faculty/community members** sliding scale:

\$90-\$130 + \$15 materials

Dates:

Mondays 6-8 pm, running from February 1<sup>st</sup> to March 21<sup>st</sup>

Location:

Room 204.1 at Sustainable Concordia (2090 Mackay, Montreal)

**Course outline:**

1. Intro
  - a. Why urban sustainability skills?
  - b. What will we learn?
  - c. What are the principles of sustainability? (economic, social, environmental)
  - d. How are sustainability and urban skills linked?
  - e. Activity: Designing our sustainable city
2. Eating in season
  - a. What's in season?
  - b. Why eat in season?
  - c. Recipes for unusual vegetables/fruits
  - d. Organic vs. conventional
  - e. Activity: Applesauce
3. Too much bounty
  - a. What to do with too much of a good thing
  - b. Safe techniques for freezing, fermentation, canning, drying, pickling
  - c. Activity: Refrigerator dill pickles
4. Food in the city
  - a. Eating cheaply (buying in bulk, vegetarian meals, making and freezing for later)
  - b. Alternatives to the grocery store (CSAs, bulk stores, co-ops, community gardens)

- c. Beekeeping, urban chickens
  - d. Activity: Sprouts
- 5. Urban gardening
  - a. Benefits/challenges of urban gardening
  - b. How to get started
  - c. Easy to grow vegetables
  - d. Activity: start seeds
- 6. Keeping chemicals out
  - a. What's in our beauty products?
  - b. How can we avoid harsh chemicals?
  - c. What to look for in commercial cleaners
  - d. Activity: make your own face wash and cleaning products
- 7. Composting and animal ethics
  - a. Ethical aspects of using plants and animals
  - b. Why compost?
  - c. What can you compost?
  - d. Where to compost?
  - e. Activity: Explanation of vermi-compost bin
- 8. Economic and Social Sustainability
  - a. What does economic sustainability mean?
  - b. Different economic models (co-ops, sharing, gift economy, nonprofits)
  - c. How to become more economically sustainable
  - d. What is social sustainability?
  - e. Privilege, diversity, colonization, access issues, equity