

## Pharmacology Green Committee (PGC)

## Newsletter

[PGC Website](#)About  
the PGC

The Pharmacology Green Committee was started in 2009 and has since raised awareness within the department about environmental responsibility and decreased its environmental impact.

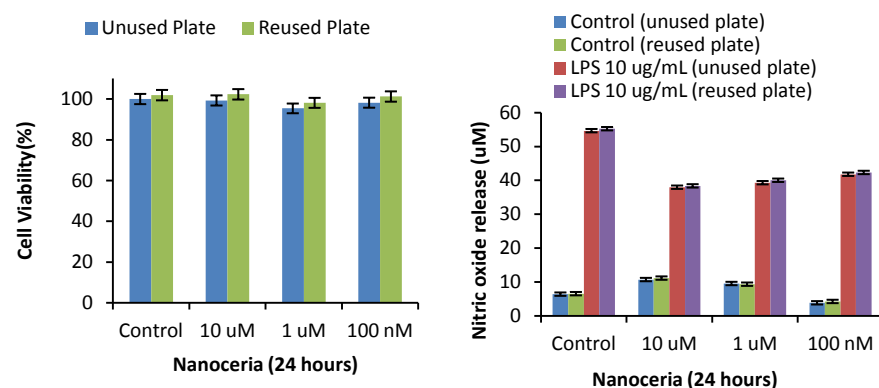
Our goals as a committee are to:

1. Reduce waste production by labs, administrative offices and individuals in the department;
2. Encourage eco-friendly behaviors;
3. Raise awareness about environmental issues and sustainable practices

It encourages any individual or group efforts to reach these goals so that the community as a whole benefits.

Like our [Facebook](#) page and get updates on how to be green

## Simple Advice:

Reusing 96-well plates!

The cell viability assay is a staple laboratory technique. Frequently, viability assays are performed by aliquoting samples from cell culture plates into sterile 96 well plates for spectrometric or fluorometric analysis.

We have tested whether or not we could reduce the use of sterile 96 well plates by replacing them with reused plates. Reused plates were thoroughly washed with distilled water twice and left to dry overnight prior to use. We found no significant difference in the assessment of cell viability using the MTT viability assay between new and reused 96 well plates (Figure 1).

The same was true for the assessment of NO release using the Griess Reagent, a similar 96-well plate based assay (Figure 2). Lab manager Sebastien Boridy stated, "Since we have started reusing 96 well plates for MTT and NO release experiments, we've reduced our orders for this product by over 80%. It has saved our lab money and reduced lab waste significantly!"

Green initiatives at McGillThomson House Gardens  
Sustainability Project

A new organic garden has been created outside the Thompson graduate. Check out the [youtube](#) video.

## The Plate Club

Planning an event on campus. Borrow plates, glasses, and cutlery for **FREE** from the [plate club](#).

## Gorilla Composting @ McGill



"Gorilla Composting is a student group at McGill University which operates at the downtown campus in Montréal, Québec, Canada. It promotes organic waste composting at both *institutional* and *individual* levels." - [Gorilla Composting](#)

3 Sustainable practices

**1.** Winter is coming, and that means heating: higher costs and more energy waste. For roughly \$15 you can buy plastic shrink film at a hardware store, which can be easily applied over windows. This covering **insulate up to 55% of household heat** during the winter.

**2. Just used your oven?** Why not leave the door open and let the left-over heat warm the house? A lovely cake and a warm house.

**3.** Cooking and reheating with a microwave can **save up to 50% of energy** than a conventional oven.

PGC Activities 2011

Keep in touch with your PGC by contacting us by e-mail or on Facebook. We'd love to hear your suggestions! [pgc.mcgill@gmail.com](mailto:pgc.mcgill@gmail.com)

Look out for our lab supply survey coming to a pharmacology laboratory near you. We want to know which products you use the most!

The PGC is looking to reduce paper towel waste in the department by potentially installing Hygienic Reusable Paper Towel Units in the kitchen and in the labs. **Like** this idea [here](#).