



QUEBEC
ENGINEERING GAMES²⁰²⁵

VI - September 2024

Guide on the Ecoresponsibility of Promotional Items

United for the Games | 34th Engineering Games
From January 3 to 7, 2025 | École de technologie supérieure

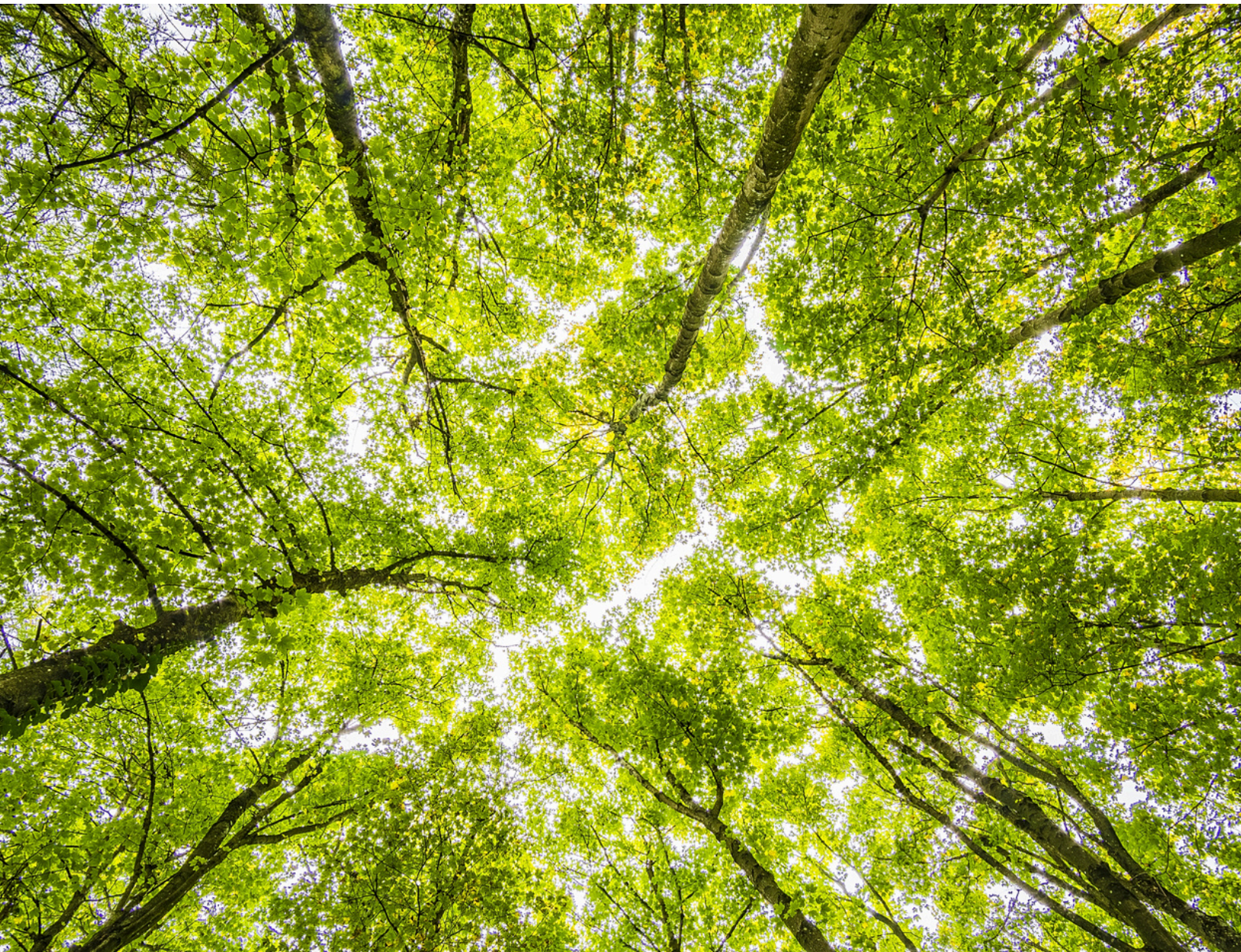


Table of Content

	Page
Introduction	3
1 Event Description Participation in Society – Responsible Purchasing	4
2 What Is an Ecoresponsible Item?	4
3 What Is Clothing Waste?	5
4 What to Do with Unused items?	6
5 Points of Reflection	6
6 Evaluation Criteria	7
6.1 Responsibility levels for promotional clothing	7
6.2 Evaluation	8
6.2.1 Example of an Evaluation	9
7 File Submission	10
8 Questions and Organizing Committee	10
Appendix A Promotional Items in Collaboration with Partners	11
A.1 Exhaustive List of Items	11
Appendix B List of Potential Suppliers	12
Bibliography	14

Introduction

It is now time to think about the clothing for your delegation. A variety of garments reflecting the chosen theme will bring color to the different venues of the Quebec Engineering Games. However, selecting the right suppliers can be challenging. Did you know that our everyday purchases can have environmental and social impacts, including the clothes we wear? This is why it is important to make responsible purchasing decisions. To guide you in your decision-making process, this guide offers some points for reflection. It also presents ideas for sustainable promotional items in case your partners offer them.

Over the years, sustainable development has become an integral pillar of the Quebec Engineering Games. Therefore, we impose certain ecoresponsibility standards regarding the choice of clothing to be worn by your delegation.

Please note that this guide is also followed by the organizing committee, which is committed to making responsible choices.

Note: Promotional objects are not evaluated as part of the Participation in Society – Responsible Purchasing competition.

1 Event Description

Participation in Society – Responsible Purchasing

The textile industry has a significant impact on the environment and society. It contributes massively to overproduction and pollution, consuming natural resources and using chemicals that can be harmful. It also generates enormous amounts of textile waste, as clothing is often of poor quality and quickly discarded. Furthermore, some working conditions are precarious, posing health and safety risks. Therefore, responsible purchasing is important for several reasons: reducing environmental impact, ensuring ethical labor practices, supporting the local economy, and minimizing waste.

As individuals, we can all exert a positive influence through our everyday consumption. These are issues you will encounter as future engineers in your profession. Let's start this journey right now!

The competition is based on ecoresponsibility levels ranging from 1 to 3 ([see Chapter 6](#)). Each delegation will need to fill out an Excel document with the following information: item type, country of origin, materials, product website, and assigned ecoresponsibility level. Please complete the form to the best of your ability and be aware that all information will be verified. A higher level will allow you to earn more points. The number of items per delegation will also affect your score. The evaluation is based on an average. Your goal is to achieve the highest average possible to maximize your chances of success in the event.

2 What Is an Ecoresponsible Item?

An item considered ecoresponsible is durable and has been produced with a concern for its environmental and social impact (such as consumer health and labor conditions). The ecoresponsibility of items aligns with a sustainable development perspective that "meets the needs of the present without compromising the ability of future generations to meet their own needs" (Government of Quebec, 2024)

3 What Is Clothing Waste?

Over the years, we accumulate clothes that often gather dust in our wardrobes. Indeed, we wear our garments for shorter periods than before—items that used to be our go-to for special occasions or favorite party outfits. With the rapid pace of fashion changes, we purchase far more clothing than we need. It's no surprise, then, to find brand-new clothes still with their tags in thrift stores today.

During the Engineering Games, we tend to collect those funky outfits that make us the envy of the muggles around us. While they may be appealing, most are of poor quality and not ethically made. Therefore, we must question the impact of the clothing choices we make. Will we really wear these items after the Engineering Games? After our university days are over? Do these garments deteriorate quickly after just a few wears?



Figure 3.1 - An example of an accumulation of clothing over the years within the Engineering Games community



Interesting Fact

The clothing industry is responsible for 10% of the greenhouse gas emissions produced in a year. Globally, 85% of textiles produced end up in landfills within the same year (Radio-Canada, 2022).

4 What to Do with Unused items?

Not sure what to do with that pile of clothes and items you no longer use? Here are some ideas to help you dispose of them responsibly:

- Donate to members of the Engineering Games community (exchanges, donations, bingo, raffles);
- Organizations that reuse clothing for alterations;
- Costume making;
- Clothing collection drives on your campus or elsewhere;
- Thrift stores.

5 Points of Reflection

When it comes to responsible purchasing, things can quickly become complex. To guide your decision-making process, here are some key considerations to keep in mind when shopping for promotional items:

- **Functionality** (Are these items useful? Will they be discarded? Will we really use them after the Engineering Games?)
- **Materials** (Regular cotton vs. organic, plastic, recycled materials, etc.)
- **Quality/Durability** (Will the item break or wear out quickly?)
- **Origin** (Where do the materials come from? What is the carbon footprint?)
- **Social Aspect** (Are the working conditions respectful?)
- **Aesthetic Appeal** (Is the item visually appealing? Will people want to reuse it in other contexts and occasions?)
- **Certifications** (Is it a product backed by social or ecoresponsible certifications?)



Important

To assist you, a list of suppliers can be found in [Appendix B](#) of this document

6 Evaluation Criteria

6.1 Responsibility levels for promotional clothing

Level 1	No change; regular suppliers / the cheapest option
Level 2	The product stands out in one of the following categories: <ol style="list-style-type: none"> Ecoresponsible materials (e.g., organic cotton, recycled fibers, hemp, bamboo, Lyocell, linen, etc.); Local materials (e.g., short supply chain¹, reduce carbon footprint); Responsible manufacturing (e.g., social aspects, responsible working conditions)
Level 3	The product is second-hand <i>E.g.: embroidery, printing on clothing, thrift store items</i>
Level 4² (not evaluated)	The product belongs to the organization <i>E.g.: replacing single-use volunteer shirts with vests that can be reused each year</i>
Level 5² (not evaluated)	No purchase (idea of clothing is abandoned)

1 Short supply chain: Reduces the number of intermediaries between producer and consumer, minimizing travel distance. For example, a garment worn in Quebec, made in Quebec with materials sourced from Quebec, utilizes a shorter supply chain than a garment made in Quebec but sourced from China.

2 In the context of the Participation in Society – Responsible Purchasing competition, levels 4 and 5 are not evaluated. They are provided for informational purposes to raise awareness. The organizing committee does not require such a level of ecoresponsibility.

6.2 Evaluation

In Table 6.1, points are awarded based on the quantity of clothing and the level achieved by each item. A level 1 garment is purchased from a usual supplier without any environmental or social added value and is worth zero points. Level 2 is achieved if ecoresponsible aspects are included. The more level 2 categories (ecoresponsible materials, local materials, or local manufacturing) an item has, the more points it earns. It's 1 point per category (maximum of 3 points). A second-hand garment (level 3) is worth 4 points. The number of garments also affects your score, which is evaluated on a scale from 1 to 20. For example, if your delegation has more than 20 items, you receive zero points. The final score is based on an average calculated from the score for the quantity of clothing as well as the levels achieved by each item. A specific evaluation is applied for the proportion of garments from 1 to 5, as this could significantly advantage delegations with a small ratio of clothing. The organizing committee reserves the right, in this specific case, to evaluate more subjectively. See the next page for an example.

Furthermore, delegation coats do not need to be declared. For fairness towards all delegations, the organizing committee understands that some delegations purchase a coat only once for all the games, while others buy a new one each year. Clothing acquired during races, such as *J'ai Soif* hats, delegation items (e.g., Laval scarves, Concordia kilts), and patches do not need to be declared.

Table 6.1 - Clothing level and scoring

Responsible purchase	Quantity of clothing	Score
	More than 20 clothes	0
	16 - 20 clothes	2
	11 - 15 clothes	3
	6 - 10 clothes	4
	1 - 5 clothes	Specific evaluation
	Level reached of the clothing	Score
	Promotional clothing - Level 3	4
	Promotional clothing - Level 2 (3 categories)	3
	Promotional clothing - Level 2 (2 categories)	2
	Promotional clothing - Level 2 (1 category)	1
Promotional clothing - Level 1	0	

6.2.1 Example of an Evaluation

Table 6.2 - Example of calculation for responsible purchasing competition

	Number of items	Scoring based on the quantity of items	Items												Points (average)
			1	2	3	4	5	6	7	8	9	10	11	12	
Bishop's University	7	4	1	1	0	0	2	0	0						1.00
Université du Québec à Montréal	12	3	1	1	1	1	0	0	4	4	1	0	0	0	1.23

Bishop's University has 7 items. According to the evaluation scale, 4 points are awarded if the delegation has between 6 and 10 items. Among the 7 garments, Bishop's University has four level 1 garments (0 point), two level 2 garments (1 category: 1 point), and one level 2 garment (2 categories: 2 points). In green, in the table, this corresponds to the points included in the average. Bishop's University finishes with a score of 1.00.

UQAM has 12 items and receives 3 points, as they have between 10 and 14 items. The university has five level 1 garments (0 point), five level 2 garments (1 category: 1 point), and 2 level 3 garments (4 points). UQAM finishes with a score of 1.23.

In the responsible purchasing category, UQAM wins the round!



Declaration Form

Link to the promotional clothing declaration form

[Promotional clothing declaration form - JDG 2025.xlsx](#)

Please save the document before filling it out



Penalty

Please fill out the file diligently, as penalties may be imposed in case of discrepancies between the file and what the organizing committee observes during the event 😊.

7 File Submission



Important Date

The promotional clothing declaration file must be submitted by December 23, 2024, to both email addresses listed in [Section 8](#).

8 Questions and Organizing Committee

For any questions regarding the guide on the ecoresponsibility of promotional items and the Participation in Society – Responsible Purchasing competition, please submit them to the social awareness team:

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Appendix A

Promotional Items in Collaboration with Partners

A.1 Exhaustive List of Items

This section is for informational purposes only and is not evaluated.

Here is an exhaustive list of useful and ecoresponsible items if you are working with partners who wish to provide promotional items:

Consider the usefulness of these items... Will you really use them?

- Hiking backpack (or another type of backpack for variety)
- Water bottle
- Bottle for alcohol or coffee
- Warm socks or fun socks
- Notepad and pencil
- Fanny pack
- Lunchbox
- Quality cap
- Buffs (tube scarves)
- Plantable cards
- Food or beverage items
- Pencils
- Can opener
- Keychain
- Temporary tattoos
- Lip balm
- Can koozie
- Mints, gum
- Hygiene products (toothbrush, dental floss, deodorant)
- Patch
- Coaster

Appendix B

List of Potential Suppliers

Suppliers	Information
KOTMO https://kotmo.ca/catalogue	* Quebec-based company * B-Corp certified Location : Montréal Advantages: <ul style="list-style-type: none"> • The company offers products with a greater potential for reuse than some other promotional items from partners. • The company implements environmental "priorities" that show these values exceed the production of the products they sell. • The items are beautiful and of good quality. • Innovation: ciklo
ALTERNA ÉCO-SOLUTIONS https://alternaeco.com/	* Quebec-based company Location: Quebec City (some products made in Beauce) Advantages: <ul style="list-style-type: none"> • Several options in bio/recycled materials • Unionized Quebec manufacturing • Some products are from the Ethica brand (uses up to 5 recycled plastic bottles in the making of each garment) • Ethica promotional clothing is manufactured and labeled under one roof. The entire production process takes place in their factories located in Lac-Drolet, Quebec. • "Our manufacturer financially supports the Béluga St-Laurent Project research program of the Group for Research and Education on Marine Mammals."
WHELK (formely CapTen Hats) https://www.whelkgoods.com/fr/	* Quebec-based company Location: Sherbrooke Advantages: <ul style="list-style-type: none"> • The company was founded by two students from UdeS. • 100% customizable • Uses ecofriendly water-based inks that resist fading • 10% of their profits go to ocean cleanup • Their caps are equipped with Blutech technology (their invention): instead of being plastic, the visor is made from a durable material that accelerates biodegradation. • Packaging: the company indicates what the product will be packaged in (waste production).

<p>C'est beau https://cestbeau.co/</p>	<p>* Quebec-based company</p> <p>Location: Montréal</p> <p>Advantages:</p> <ul style="list-style-type: none"> • Biological and recycled materials • Unionized Quebec manufacturing • Offers a wide variety of customization options • Offsets residual emissions by funding local reforestation projects (Carbone Boréal, UQAC)
<p>Boutique Ethica https://boutiqueethica.com</p>	<p>* Quebec-based company</p> <p>Location: Lac-Drolet</p> <p>Advantages:</p> <ul style="list-style-type: none"> • Unionized Quebec manufacturing • Reuse of scraps • Manufacturing of masks and toques from textile waste • Materials: primarily made with 100% organic cotton or a blend of organic cotton and recycled polyester (rPET) • Each garment containing recycled polyester uses 5 to 15 plastic water bottles that would otherwise have been destined for a landfill.

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