



31 Things to do for the Environment

DIMACHE • SUNDAY	LUNDI • MONDAY	MARDI • TUESDAY	MERCREDI • WEDNESDAY	JEUDI • THURSDAY	VENREDI • FRIDAY	SAMEDI • SATURDAY
<p>Change your lightbulbs. Compact fluorescent lightbulbs use less energy and last longer than conventional bulbs.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Ride your bike to school or work.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Turn off the water when brushing your teeth.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Turn off your computer monitor when they it is not in use. Even in “hibernation mode” your computer is consuming energy.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Leaf blowers are used to collect leaves and grass clippings, but cause unnecessary pollution. Rake your leaves, get exercise and lighten your ecological footprint.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Learn more about the recycling programs in your community. More things can be recycled than we realize.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Avoid pesticide use. Water your grass only once a week and only if necessary. Water your garden once the sun has gone down.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>
<p>Car pool or walk to church.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Buy locally grown food as much as possible. On average, our food travels 2500 kilometers to get to us. Buying local foods supports local economy and limits the consumed in transportation.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Water is easier to conserve than we think. Take a five minute shower; every minute in the shower uses 15-30 litres of water.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Recycle your electronic gadgets. Natural Resources Canada estimates that Canadians send 272,000 tons of computer equipment, televisions, phones, stereos and small appliances to landfills every year.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Only run the dishwasher when it’s full. Open the dishwasher door after wash to air dry.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Use rain water for plants.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Consider buying “green energy” from your energy provider. It’s more expensive than other kinds of energy, but it also comes from renewable energy sources that have less impact on the environment.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>
<p>When grocery shopping, take reusable shopping bags with you. Avoid using plastic bags which end up in landfills.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Eat more veggies and less meat. The international meat industry generates roughly 18% of the world’s greenhouse-gas emissions—even more than transportation.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Take the bus or subway to school, work or church.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Un-wrap the problem. Don’t buy products that use excessive packaging.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Ten is better than one. It’s hard to change things on your own. Talk to neighbours and community members to see if there are others who want to learn more about energy conservation and reduction.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Don’t buy bottled water. Canadians buy three quarters of a billion litres of bottled water annually. Annually, 1.5 million tons of plastic are used to meet the global demand for bottled water.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Raise community awareness. Get involved in (or plan your own) Earth Hour Event (March 28, 2009) or plan your own Earth Day (April 22) event.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>
<p>When preparing your morning cup of coffee or tea, use reusable coffee filters and tea steepers to reduce waste.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>30% of Canada’s greenhouse gas (GHGs) emissions come from the transport industry. If you can, leave the car at home.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Install a water conservation shower head.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Laundry machines use a lot of energy. Don’t use excess water in your loads of laundry. Use big loads instead of many small ones. Wash on warm or cold instead of hot settings.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Use a shovel instead of a snow-blower.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Home heating and air conditioning units use a lot of energy. Reduce this by turning up your thermostat in the summer and down (wear a sweater), in the winter.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Turn down the water heater. A water heater is the biggest energy hog in most homes.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>
<p>Buy rechargeable batteries.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Flying is the # 1 thing we do that has a detrimental effect on the environment. Limiting our flights is a helpful way to lighten our ecological footprint.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>	<p>Turn off the lights when you leave a room, both at work and at home.</p> <p>read <input type="checkbox"/> action taken <input type="checkbox"/></p>		<p>Parents and caregivers are encouraged to participate with children and youth to keep each other accountable.</p>		



read



action taken



read



action taken



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