

## Everyday Tips for Living Green

HERE IS A SECRET THE GOVERNMENT DOESNT WANT YOU TO KNOW  
**YOU HAVE AN IMPACT**  
YOU CAN STOP CLIMATE CHANGE

**EVERYDAY RADICAL**

**THINK GLOBAL  
ACT LOCAL**

**EVERY ACTION COUNTS**  
SHOW THE HARPER GOVERNMENT  
YOU CARE ABOUT CLIMATE CHANGE



**1. Prepare eco-friendly meals, when possible using locally produced foods, as what we eat also contributes to climate impact. Ask yourself these questions:**

- >How much energy is used to produce the food?
- >How far did the food travel to get to your table? Currently, the average meal travels 1200 km from the farm to plate (David Suzuki)
- >While travel distance is important, so is how the food was grown. Opt for organic and local foods whenever possible!
- >Grow whatever food you can yourself.
- >Reduce your 'packaging' footprint. For example, use reusable containers to pack lunch or buy a large tub of yogurt rather than miniature multi-packs. Plastic waste makes up 12% of our waste stream, and barely 7% is recycled (The Daily Green).
- >Choose fair trade coffee and bring a reusable mug.



**2. Opt for greener alternatives when completing household chores.**

- >Wash your clothes in cold water. Most clothes will come clean without the use of hot water. Reducing the water temperature reduces the energy use of the washing machine. Combine this with an environmentally friendly detergent and you become a total radical!
- >If you are using a dishwasher, turn off the dry cycle. This reduces energy use.
- >Pay bills online. Go paperless with your billing.
- >Make your own household cleaners. Three natural ingredients can nearly do it all: vinegar, lemon juice, and baking soda. Use vinegar as a bacteria killer and baking soda as a deodorizer. Not only are these alternatives better for the environment, they are also inexpensive.
- >Use cloth rather than paper to clean. Become more radical by making rags from old shirts and towels.
- >Replace your furnace filter, which will cut energy use and improve the efficiency of your heating system.
- >When cooking meals, use a toaster oven which uses 50% less energy than a conventional oven.
- >Collect rainwater and use it to water your houseplants and gardens.

**3. Reduce the ecological footprint and time involved in your daily morning routine.**

- >Turn off the tap while you are brushing your teeth or washing your face.
- >Take shorter showers to reduce both water and energy use. Better yet, skip the shower altogether if you can. Use baby powder in your hair if you fear it appears greasy.
- >Place your used green tea bags in a jar in the fridge. The next day use them as cleansing pads for your face.
- >Leave the lights off for as long as possible. Open the blinds and enjoy the natural light.
- >Skip waiting in line at a coffee shop and brew your own at home while you are going about your morning routine.



->Make a pact to refrain from buying new clothes for a year. Shop at your local thrift shop for fun and affordable clothing.

->Refrain from washing your jeans each time you wear them. They preserve better with fewer washes!

->Carpool, car share (check out our 'Local Initiatives' page), use public transportation, or if possible ride your bike to your daily destination



#### 4. Use these miscellaneous tips to take your radicalism to a whole new level!

->Unplug appliances when they are not in use.

->Keep your electronics for as long as possible, and find out where you can recycle them when necessary.

->Use a refillable water bottle. 75% of plastic water bottles are not recycled and end up in landfills (World Watch).

->Switch all of your light bulbs to CFLs (Compact Fluorescent Lamp)

->Use recycled paper to wrap gifts.

->Instead of tossing out dryer lint, put it in your backyard. Birds will collect it and use it in their nests.

->Instead of using a treadmill, take your exercise outdoors when possible.

->Organize a neighborhood cleanup.

->Challenge yourself to a tech free day which reduces energy use.

->Redistribute old magazines to libraries or common areas in public spaces.

->Ask your friends to get involved in a sustainable lifestyle. Not only does this spread the movement, but you will also inspire and challenge one another.

