

Canadian Environment Week

Canadian Environment Week



Semaine canadienne de l'environnement

Semaine canadienne de l'environnement

ECO-Tips

Taking Action for Our Environment



Energy

- Don't forget to clean your light bulbs (while the power is off). Dust build up can reduce the light intensity by 25%.
- Your appliances need a tune-up too; clean all filters and coils.
- When replacing hard to reach light bulbs, such as exterior porch lights, switch to energy efficient compact florescent bulbs. You won't have to change them for seven years!
- Use your window coverings to help warm or cool your house.
- Wash your clothes using cold water. Many detergents clean just as well in cold water.
- Make your home more energy efficient through improved insulation, caulking and weather-stripping. The less energy you use, the less impact you have on the environment.

- Install and use a programmable thermostat. For every 1° C you lower your thermostat you can save 2% on your heating bill. A reduction of 3° C at night and when you are away during the day provides optimal savings and can reduce your GHGs by half a tonne.
- When buying a new appliance, choose an energy-efficient one.



Earth

- Avoid waste by using reusable cloths and rags instead of paper towels to clean.
- Instead of using chemicals and paper towels to wash your windows, try 125 ml vinegar (1/2 cup) and 1L water (4 cups) and a squeegee.
- If spaced is limited, try growing organic vegetables in containers or window boxes.

- Have a garage sale to help recycle your unwanted items. Someone's trash is another's treasure.
- Donate electronic equipment to specific recycling groups or recycle them. This will help reduce pressure on landfills.
- When buying wooden fencing and garden furniture, consider whether the wood is from a well managed forest. Deforestation is a serious problem in some areas of the world leading to loss of top soil and flooding, amongst other problems.
- When boating, avoid stirring up bottom sediment with propellers. Keep personal watercraft out of shallow areas that are critical habitat for spawning fish, aquatic plants, and aquatic invertebrates.
- Hunters and anglers should use non-lead shot and fishing gear so birds eating spent shot or lost sinkers will not be poisoned.



Air

- Use potpourri instead of aerosol based sprays.
- Buy locally grown produce. It has a lower associated pollution cost from transportation.
- Compost your leaves and brush. Burning them will increase carbon dioxide emissions.
- Buy a push lawn mower. Its good exercise and reduces carbon dioxide emissions.
- Don't blow your leaves - rake them instead. Your ears and your neighbours will thank you, and you will reduce carbon dioxide emissions.
- Make sure your car is properly tuned up and your tires are at the right pressure to ensure optimal fuel efficiency.
- Encourage carpooling when possible! Put a map up in the office to encourage carpooling and make it easier for riders to connect.



Water

- Use a broom rather than a water hose to clean walkways, driveways and sidewalks.
- Collect and use your rainwater for your lawn and plants. It's free and better for your plants.
- Avoid cleaners containing phosphates. When they get into rivers and lakes they cause algae blooms, robbing the water of oxygen and ultimately killing aquatic life.
- Fix that leaking hose and dripping nozzle. It will help keep your shoes and shirt dry and save water.
- Keep the septic system working smoothly! Pour 250 mL baking soda down any toilet or drain once a week. Baking soda creates a favourable pH environment for optimal bacterial action.
- Install water saving showerheads.
- Don't run the water when you brush teeth, shave, wash dishes, or clean vegetables.

For more tips and information:

**Climate change,
and the One-tonne challenge:**

www.climatechange.gc.ca

Clean air:

www.ec.gc.ca/air

Nature:

www.cws-scf.ec.gc.ca

Water:

www.ec.gc.ca/water