

MAKE EVERY MONTH EARTH MONTH

Let's stop worrying about the environment, climate change, and instead do something about these by taking personal action. The changes we all make collectively to green our choices can add up to a sizeable dent in our carbon footprint. No need to wait until April Earth Month to make a pledge to check off as many of the boxes below as you can –

- I will read labels and choose more sustainable products certified as organic, Energy Star, FSC, Fair Trade, EcoLogo or C2C (cradle to cradle)
- I will consider borrowing, renting, repairing or buying used and refurbished instead of buying new
CLOTHING
- I will ask myself if I really NEED to buy each item I consider purchasing
- I will re-evaluate my wardrobe and avoid impulse purchases
- I will consider more sustainable fibres such as organic cotton and linen, hemp, recycled polyester
- I will first visit a consignment or second hand store the next time I need clothing
- I will recycle all textiles and clothing by donating to charities or at community drop off centres
HOME
- I will get an energy audit for my home
- I will install a programmable thermostat
- I will purchase my hydro, natural gas heating from Bullfrog Power, a green energy provider
- I will convert my lighting to CFL or LED (best choice)
- I will choose zero or low VOC or natural paints to improve indoor air quality
- I will install a 3 litre low flush toilet
- I will install a tankless or solar water heater
HOUSEHOLD CLEANERS
- I will inform myself about the toxic substances that may be in my home
- I will dispose of these at a hazardous waste facility if applicable
- I will read the labels and choose products that will not be bad for my health and home environment
- I will buy cold water unscented laundry detergent
- I will buy phosphate free dishwasher detergent
- I will use white vinegar as a window cleaner and fabric softener
- I will use baking soda as an air freshener, drain cleaner and stain remover
- I will switch from chlorine to oxygen bleach
PAPER
- I will purchase paper products made from post-consumer recycled content
- I will reduce paper use by converting to online newspapers, paperless banking & email communication
- I will use both sides of a sheet of paper whenever possible
AVOID BUYING
- I will avoid buying bottled water, use a refillable container instead and if I have concerns about my tap water, I will install a water filtration system
- I will avoid buying single use batteries and will dispose of used batteries and electronics responsibly

It is a learning curve so if you are interested in knowing more about the cradle to grave of some everyday items you use, view our [SHOP LIKE THE PLANET'S WATCHING](#) presentation. Let's all partner for a greener planet.