



Don't let the winter get you down



Lots to do in the great outdoors. There are guided hikes, snowshoeing & festivals. Explore Toronto and the GTA by joining a [TRCA event!](#) York Region also hosts monthly [forest events](#). Embrace the bracing weather.

Detox your house - switch to nontoxic cleaners



Things we need to know

With increases in cancers, allergies, asthma and eczema, especially in children, we need to eliminate as many noxious chemicals from our home environment as we can. Some of the toxins we bring into our homes can be found in drain openers, air fresheners, [fabric softeners](#), [dryer sheets](#), dish & laundry detergents, oven, carpet & bathroom cleaners, metal polishes. [Learn more...](#)

Smart shopper alternatives

Phase out the use of chemical cleaners by trying non-toxic alternatives. They are inexpensive and not harmful to your health.

Natural white vinegar - contains acid that removes grease, kills germs, prevents mould formation, cleans windows and floors, acts as fabric softener and eliminates cling in laundry.

Table salt - disinfects and scours.

Baking soda - use as air freshener; scours, cleanses, deodorizes, removes spots, whitens, softens fabric and unclogs drains when mixed with vinegar. Mix with water for a paste to polish silver.

Oxygen bleach - non toxic alternative for laundry and kitchen cleaning.

Borax - laundry booster; on carpets as a deodorizer, stain remover and freshener.

Canadian companies [Attitude](#) and [Nature Clean](#) can also supply our non-toxic household needs.

Repeal of the Toxics Reduction Act by the Ontario government which encouraged manufacturers to reduce their use & creation of toxic substances will allow polluters to release more toxins, thereby compromising environmental & human health. [Learn more...](#) Provinces are asking for more money for health care. They need to look at all the things that are making us sick such as pesticides & pollution and eliminate them rather than allowing more to enter our ecosystems. While YREA encourages healthy personal lifestyle choices, we are still not done with this far reaching, detrimental issue that needs addressing at the provincial and federal level.

1st Sustainability Symposium in Richmond Hill



Reducing our environmental footprint through sustainable practices

February 9th, 2020 - 1PM to 4PM
Richmond Hill Centre for Performing Arts
10268 Yonge St, Richmond Hill, ON L4C 3B7

**This is a free event and we encourage all to bring your donation for Richmond Hill Community Food Bank

Join me!



HOSTED BY
Richmond Hill
DAVID WEST
Ward 4 Councillor

Sponsored by

CEDS Environmental Care

In other news...

YREA FUNDRAISER FIND THE LEAKS Does your home feel cold and drafty now that winter weather is here? Let a YREA volunteer help you find those leaks. A blower door will be used to depressurize your home. Leaks will be identified, suggestions and techniques will be shared so that you can seal them. Air sealing improves the comfort of your home by reducing drafts and the infiltration of dust, pollens and outside noise. You will save on heating costs, reducing GHG emissions.

An [online donation](#) of \$50 to YREA will cover the cost. Contact our expert [Susan Sigrist](#) for more information and to book an appointment.

POLYSTYRENE – no need for Styrofoam when we have a local source for compostable cups, plates, bowls & food containers at [ECO Guardian](#).

BIOCHAR – US Biochar Initiative has just catalogued all the presentations from 2016, 2018 & 2019 Biochar Conferences making them [publicly available](#).

MOBILE USER SUBSCRIBER ALERT – For those of you who access YREA's newsletter via a mobile device, we wish to inform you that we are not spamming if you receive our news a second time. The Constant Contact program records mobile users as 'did not open' unless 'view images' or a link is clicked anywhere in our email. So in every issue you receive, a simple link click will ensure that you only receive our emails once. We apologize for this inconvenience.

THE DIRTY DOZEN - Because of the heavy use of chemicals & pesticide residues that go into growing these foods - buy only organic.. YREA does not endorse the 'clean 15' because corn, which can be [GMO](#) (genetically modified) and onions, which are [irradiated](#) to prevent sprouting are on that list.

The Dirty Dozen

