



Let's stop worrying about the environment, climate crisis & 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 and check off as many of the boxes below as you can –

- I will read labels & 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 & 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, linen, hemp & recycled polyester
- I will first visit a consignment or second hand store the next time I need clothing
- I will recycle textiles & 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 or dual 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 & choose products that will not be bad for my health & 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 & stain remover
- I will switch from chlorine to oxygen bleach

PAPER

- I will purchase FSC paper products or paper with 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 & if I have concerns about my tap water, I will install a water filtration system
- I will avoid buying single use batteries, disposing of used batteries & electronics responsibly

It is a learning curve so if you are interested in knowing more about some everyday items you use visit <http://yrea.org/campaigns/shop-like-the-planets-watching/> on our website where you can view SHOP presentation. **LET'S ALL PARTNER FOR A GREENER PLANET.**