



MAKE EVERY MONTH EARTH MONTH

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)

FOOD

- I will buy organic food & support local organic CSA (community supported agriculture)

CLOTHING

- I will ask myself if I really NEED to buy an item & I will avoid impulse purchases

- I will consider sustainable fabrics - organic cotton, linen, hemp, lyocell & 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 purchase my hydro, natural gas heating from Bullfrog Power, a green energy provider

- I will install an Energy Star air source heat pump for heating & cooling my home

- I will add solar panels to my roof & a solar swimming pool heater

- I will install Energy Star windows or thermal blinds to quell heat & cooling loss

- I will only purchase Energy Star devices-computer, phone, TV, light fixtures, appliances

- I will delete, unsubscribe to needless emails, cloud data & apps & limit AI searches

- I will adopt an animal rather than going to a breeder, should I consider a pet

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 choose products that are not bad for my health & home environment

- I will buy cold water unscented laundry detergent

- I will use natural vinegar as a window cleaner and fabric softener

- I will use baking soda or vinegar as an air freshener, drain cleaner & stain remover

- I will switch from chlorine to oxygen bleach

RIDE

- I will choose EV or hybrid for my next vehicle, ride share & plan to reduce # of trips

- I will take public transit, choose active transportation by walking or cycling when possible

PAPER

- I will purchase FSC paper products or paper with post-consumer recycled content

- I will reduce paper use, converting to online newspapers, paperless banking & email

- 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

LET'S ALL PARTNER FOR A GREENER PLANET