

WHY GO GREEN?

Incorporating simple green actions into your lifestyle can make a big difference in the large scheme of things. The things we do everyday have significant impacts on the environment. To make a change, don't wait for someone else to do it, start with yourself!

No action is too small, so start with things that you can easily incorporate into your lifestyle. Soon enough, the small changes will become second-nature, and you can gradually add more things to your 'green repertoire'. Teaching your children is important too, so they can learn early!

Being green can be incorporated into most aspects of your lifestyle, including waste reduction, electricity and water use, shopping, and eating. Even at home, you can 'clean green'! Here are some ideas as to how you can go about doing that.

Making these changes builds toward a healthy environment for the future generations.



CLEANING

Many of the products that we use to clean our homes find their way into our water ways and pollute them. Statistics show that people who clean their own homes with toxic cleaners have a 54% greater risk of getting cancer than those who don't. There are many natural cleaners that clean just as well as their chemical counterparts.

- **All-purpose cleaner:** Mix 65ml baking soda, 125ml white vinegar and 2 litres warm water. Apply with a sponge.
- **Laundry Tip:** Add a tablespoon of vinegar to rinse to keep the colours bright.
- **Oven cleaner:** Combine equal parts of baking soda and salt and mix these with enough water to form a paste. Use a copper scrubbing pad to apply the paste.
- **Drain cleaner:** Pour 125ml baking soda down the drain. Follow with 125ml vinegar. Let stand 15 minutes. Flush with boiling water.



REAPS
RECYCLING & ENVIRONMENTAL
ACTION PLANNING SOCIETY

Location: Growing Knowledge Community Compost Garden Campus Ring Road (UNBC) Prince George

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Tips for a

GREEN LIFESTYLE



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COMPOSTING

Composting means diverting organic waste from landfills, which contribute to greenhouse gas emissions, and take up unnecessary space. Compost is also great for your plants!

Vermicomposting (composting with worms) is also an option for apartment-dwellers, or people who don't have access to a yard.

Come to our Compost Demonstration Garden at 1950 Gorse Street to see first-hand how easy it is to backyard compost.

You can bring your yard waste to any of these locations: Foothill Blvd Regional Landfill, Quinn Street Transfer Station, Vanway Transfer Station.

RECYCLING

There is growing concern about what to do with the garbage generated by households and businesses as some of Canada's landfills reach their capacities. As a result of public pressure and high capital costs, it is becoming increasingly difficult to build new landfills. Recycling reduces the amount of waste entering our landfills, helping to conserve natural resources, saving landfill space and reducing the quantity of methane, a greenhouse gas, produced in landfills.

Check our Waste Reduction Directory available on our website to see where to recycle your household products!

SHOPPING

- Bring your own **reusable cloth bags**, and recycle/reuse plastic bags if you get them.
- Buy products that have **minimal packaging**, or are available in bulk.
- Seek out products made from **recycled materials**, like paper, toilet paper, and stationary, or sustainable clothing made from fast-growing plants like bamboo/hemp.
- Try to buy products that are **made in Canada**, or in countries nearby.
- **Shwopping** – donate the item before you replace it.
- Avoid **spur of the moment** purchases. Take a few days to think about the necessity of the item before you buy it.

EATING

- Buy **organic products** – decreasing demand for fossil-fuel based pesticides, herbicides and fertilizers.
- **Eating seasonally** is more in tune with natural systems, which is better for both your body and the planet.
- **Eat locally-produced food** that used less fossil fuels to get to you, and is fresher!
- Try not to **food shop** when you're hungry, as you will buy more food than you need.
- **Plan out** what your meals will be for the week in advance to minimize food waste.
- In Canada, **\$31 billion** worth of annual food is wasted; that's 40% of Canadian-produced food ends up in landfills and composts.
- Since agriculture uses about 70% of the fresh water supply, **1/4 of total** fresh water consumption is used to produce wasted food.

ELECTRICITY USE

- **Avoid the dry cycle** on your dishwasher, just open up the door to dry!
- **Unplug your appliances** when you're not using them, or plug them into a power bar and turn it off. Televisions especially are known as "power vampires" and use electricity even when they're off.
- When you're on holiday, put your lamps on **timers** to turn on for a few hours so they're not constantly on.
- During the summer, do your **laundry** in the morning or at night when it is cooler, and less electricity is needed to cool your house.
- Use efficient **compact fluorescent light bulbs**, using 75% less electricity!

WATER USE

- **Turn off the taps** when you brush your teeth.
- Invest in a **low-flow showerhead**.
- **Shorten your shower** by a minute or two and you'll save up to 150 gallons per month.
- Make your toilet at home into a **low flush toilet!** Simply fill a plastic container with rocks, gravel or water, place it in the tank, and voilà! Your toilet will now use less water per flush.
- Water your **lawn and garden** in the morning or evening when temperatures are cooler to minimize evaporation.

Fresh water is a precious resource, with less than 1% of the planet's water being accessible and fresh, we need to make sure to not waste it.