

REDUCE YOUR ECOLOGICAL FOOTPRINT

Household Tips

“Every choice you make contributes to the health of the planet, for better or worse. Even a small reduction in your consumption of natural products can make the difference between what's lost and what's saved.”

Conservation International, 2012.

Energy Tips:

- Turn off lights when no one is occupying a room (and whenever possible).
- Turn off electronics (e.g. computers) when not in use.
- Unplug charged electronics (if possible)
- Program thermostat and air conditioner to reduce energy consumption when the home is unoccupied and at night.
- Use energy efficient bulbs.
- Purchase Energy Star appliances.
- Conduct an energy audit yourself or hire a professional.

Water Tips:

- For cold drinks keep a pitcher of water in the refrigerator instead of running the tap.
- Water your lawn and garden in the morning or evening when temperatures are cooler to minimize evaporation.
- Collect the water you use for rinsing fruits and vegetables, and then reuse it to water houseplants.
- Invest in rain barrels for outdoor water use.
- Check for water leaks indoors and outdoors (e.g. toilets, sinks, water heater, hoses, and sprinklers).
- Turn off the water while brushing your teeth.
- Invest in low-flush toilets (check out your region for incentives to replace old toilets)
- Invest in a water-efficient shower head and reduce your shower time by a minute or two.

Transportation Tips:

- Make sustainable transportation choices:
 - Public transit,
 - Carpool,
 - Ride a bike or walk.
- Keep tires properly inflated, clean your air filters, have your vehicle properly tuned and avoid idling.
- Instead of a second vehicle or if you only require one part-time try AutoShare.
- If you require a new vehicle consider cars with better gas mileage or hybrids.

Food Tips:

- Purchase locally grown foods (they require less processing and transportation).
- Eat less meat and dairy products.
- Eat less processed and packaged food.
- Create a food garden (if possible), try container gardening (on your balcony, porch, or deck), and/or grow your own herbs indoors all-year-round.



Greening Sacred Spaces



TD Friends of the Environment Foundation

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Waste Management:

- **Reduce Consumption**
 - Invest in reusable products such as glass Tupperware, travel mugs, and water bottles.
 - Buy items in bulk and avoid individually wrapped items
 - Make double sided copies when you have to print (adjust printer settings)
- **Reuse Materials**
 - Use reusable bags when shopping
 - Buy second-hand or borrow rather buying infrequently used items.
 - Donate used toys, clothing, furniture, and appliances to charities and non-profit organizations.
- **Recycle** (when you cannot reduce or reuse).
 - Municipalities differ in what can be recycled; visit your regional website to learn more.
- **Compost**
 - Do-It-Yourself and add richness to your gardens or visit your regional website to learn more.

Offset your Ecological Footprint:

- Native tree planting.
- Organize a clean-up event.
- Invest in renewable energy
- Volunteer for or support local environmental organizations.

Online Resources:

- David Suzuki Foundation
 - www.davidsuzuki.org
- Global Ecological Footprint Network
 - www.footprintnetwork.org
- Nature Conservancy
 - www.nature.org
- The Story of Stuff
 - www.storyofstuff.org
- We Conserve
 - www.weconserve.ca

Community Resources:

- EcoSource
 - www.ecosource.ca
- City of Toronto
 - www.toronto.ca/garbage
 - www.cityoftoronto.ca/water
- Live Green Toronto
 - www.toronto.ca/livegreen.index
- Halton Environmental Network
 - www.haltonenvironment.ca

Many thanks to Christina Read, Greening Sacred Spaces Halton – Peel Coordinator for allowing us to adapt this brochure.

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