

# Your Green Living Guide

Small choices we make every day affect the health of the planet we share. This guide provides practical information and tips you can implement at your own pace and then grow with, to contribute to a healthier environment. Go ahead, get your green on!

Keep it handy!

Find out more by visiting [greenactioncentre.ca](http://greenactioncentre.ca)

Let's Go! →	Get Started	Step It Up	Go for Green	Dig Deeper
<h2>In the Home</h2> <p>Your home may be the best place to begin to educate your family about making sustainable choices. At home, the biggest impact we have on the environment is through the use of energy and water.</p> <p>→</p>	<p><b>Electricity</b></p> <ul style="list-style-type: none"> <li>Set your computer to sleep mode</li> <li>Unplug appliances or use a power strip bar</li> <li>Switch to compact fluorescents bulbs - install dimmer switches</li> <li>Unplug chargers as soon as device is charged or when not in use</li> </ul> <p><b>Heating and Cooling</b></p> <ul style="list-style-type: none"> <li>Use a programmable thermostat</li> <li>Turn water heater to 120°F/49°C</li> </ul> <p><b>Water</b></p> <ul style="list-style-type: none"> <li>Only run washing machine or dishwasher on full loads; use cold water if possible</li> <li>Turn off water while brushing teeth, soaping hands and shaving</li> <li>Avoid mid-day watering and mowing</li> <li>Air dry clothes</li> </ul>	<p><b>Electricity</b></p> <ul style="list-style-type: none"> <li>Buy carbon free electricity like solar and wind</li> <li>Use the energy save cycle on your dishwasher; let dishes air-dry</li> </ul> <p><b>Heating and Cooling</b></p> <ul style="list-style-type: none"> <li>Caulk and weather strip leaky windows, baseboards, &amp; doors</li> <li>Insulate attic and basement</li> <li>Clean refrigerator condense coils twice annually</li> <li>Change furnace filters monthly</li> </ul> <p><b>Water</b></p> <ul style="list-style-type: none"> <li>Install low-flow fixtures and sink aerators</li> <li>Install low-flow or dual-flush toilets</li> </ul>	<p><b>Electricity</b></p> <ul style="list-style-type: none"> <li>Install solar water heaters, and geothermal heat pumps</li> <li>Replace old appliances with energy-efficient appliances – look for the Energy Star label</li> </ul> <p><b>Heating and Cooling</b></p> <ul style="list-style-type: none"> <li>When buying a home or remodeling, consider green architecture</li> <li>Install energy-efficient windows and doors</li> <li>Landscape for summer shading and natural water heating</li> </ul> <p><b>Water</b></p> <ul style="list-style-type: none"> <li>Explore possibilities for gray water use and rainwater capture like a rain barrel</li> <li>Landscape for water efficiency</li> </ul>	<p><b>Think Green</b></p> <ul style="list-style-type: none"> <li>Adopt an energy-efficient mindset; the cleanest energy is the energy you don't use</li> <li>For economic incentives for many energy-efficient devices, visit the Manitoba Hydro website</li> <li>Recycle everything you can including old electronics, paint, and rubber</li> <li>Use as many recycled products as possible; look for the EcoLogo when purchasing household cleaning and personal care products</li> </ul> <p><b>CHALLENGE!</b></p> <ul style="list-style-type: none"> <li>Get an energy audit, set water and energy reduction goals, and work to meet them.</li> </ul>
<h2>At the Store</h2> <p>When you're shopping, your impact on the environment may not be as easy to assess. Here's what to watch for while you're shopping – whether it's the grocery store or the farmers' market.</p> <p>→</p>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li>Buy organic – look for the Canadian or USDA Organic label; organic refers to agriculture that does not use pesticides, fertilizers, growth hormones, antibiotics or artificial additives.</li> </ul> <p><b>Meat and Dairy</b></p> <p>Choose:</p> <ul style="list-style-type: none"> <li>Grass-fed</li> <li>Free-range and cage-free</li> <li>No antibiotics or hormones</li> </ul> <p><b>Seafood</b></p> <ul style="list-style-type: none"> <li>Think sustainable when buying seafood; Visit <a href="http://seachoice.org">seachoice.org</a></li> </ul> <p><b>Minimize Waste</b></p> <ul style="list-style-type: none"> <li>Buy products with recyclable packaging</li> </ul>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li>Shop at stores/restaurants that buy local and organic</li> <li>Plan your meals in advance of shopping to avoid food waste</li> </ul> <p><b>Meat and Dairy</b></p> <ul style="list-style-type: none"> <li>Buy meat/dairy directly from producers and ask how it was grown</li> </ul> <p><b>Minimize Waste</b></p> <ul style="list-style-type: none"> <li>Carry a reusable coffee mug or water bottle</li> <li>Buy foods that minimize processing and packaging</li> </ul>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li>Eat seasonal produce</li> <li>Buy local or direct at farmers' markets</li> <li>Grow your own food</li> </ul> <p><b>Meat and Dairy</b></p> <ul style="list-style-type: none"> <li>To reduce meat consumption, set a goal (e.g. eat 50% less meat, adopt meatless Mondays)</li> </ul> <p><b>Minimize Waste</b></p> <ul style="list-style-type: none"> <li>Compost waste with a backyard or vermicomposting system</li> <li>Take reusable bags for all of your shopping</li> </ul>	<p><b>Find a local source</b></p> <ul style="list-style-type: none"> <li>Food</li> <li>Meat</li> </ul> <p><b>When buying food, ask:</b></p> <ul style="list-style-type: none"> <li>Where was it produced? Think: local economy, carbon emissions from transport, freshness and quality</li> <li>How was it produced? Think: pesticides, antibiotics, wild caught fish, Fair Trade, and monoculture</li> </ul> <p><b>CHALLENGE!</b></p> <ul style="list-style-type: none"> <li>Eat seasonally; try being a locavore or join a Community Support Agriculture (CSA)</li> </ul>
<h2>On the Road</h2> <p>We all have busy schedules and we all need to get around. But the way we travel really matters, because our greatest impact on the environment may be when we're on the road.</p> <p>→</p>	<ul style="list-style-type: none"> <li>Maintain proper tire pressure</li> <li>Change oil and air filter regularly</li> <li>For fuel efficiency, don't speed on the highways and freeways</li> <li>Accelerate and brake smoothly</li> <li>Track your gas mileage</li> <li>Turn off engine when idling for long periods</li> <li>At low speeds, open windows; at higher speeds, use air conditioning when necessary</li> </ul>	<ul style="list-style-type: none"> <li>Drive less</li> <li>Carpool</li> <li>Try a local car share program like Peg City Car Co-op</li> <li>Drive a fuel-efficient car, such as a hybrid or small car</li> <li>Consolidate errands and shop close to home</li> <li>Travel during off-peak hours; being stuck in traffic isn't fuel efficient</li> <li>Vacation locally or regionally</li> <li>Bike, walk, or take public transit</li> <li>Telecommute to work</li> <li>Consider transit options when buying a home or choosing a job</li> </ul>	<p><b>Take Further Action</b></p> <ul style="list-style-type: none"> <li>Talk with your public officials about transit technologies (light rail, bus, rapid transit)</li> <li>Talk with your public officials about installing stop lights rather than stop signs at busy intersections</li> <li>Talk to your employer about commuting incentives</li> <li>Learn about alternative fuel sources</li> </ul> <p><b>CHALLENGE!</b></p> <ul style="list-style-type: none"> <li>Walk 0-1 miles</li> <li>Bike 2-10 miles public transit or carpool &gt; 10 miles</li> </ul>	<p>Green Action Centre is a non-profit, non-governmental organization, based in Winnipeg and serving Manitoba. Its mandate is to promote greener living through environmental education and by encouraging practical green solutions for homeowners, workplaces, schools and communities.</p> <p><b>Learn More, Contact Us</b>  <a href="http://greenactioncentre.ca">greenactioncentre.ca</a>          204-925-3777</p> <p> </p>

## How to use the card

Each column contains recommendations base on how easy the changes are to implement and on the magnitude of their potential benefits.

Get Started with easy lifestyle changes, Step It Up when you're ready to do more, and Go For Green to have the greatest impact.

## Instructions

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