

## **The Top 10 Actions you can take to help the environment:**

### **1. Park It**

Leave your car at home for a day (or a week or a month) and try walking or biking. If work is too far away to walk, take public transit or carpool. One city bus eliminates the emissions of 40 cars.

### **2. Shut Down**

Turn off the lights, the computer and the TV when they are not in use. Using only highly efficient and money saving appliances can reduce the electricity consumption of an average household to one tenth of the US average.

### **3. Where's The Beef?**

Try eating meat-free at least one day a week.

A meat-based diet requires seven times more land than a plant-based diet. Livestock production is responsible for more climate change gasses than all the motor vehicles in the world.

### **4. Eat It**

Choose foods produced organically, locally and in season.

Support your regional farmers & farming industry: buying locally and in season is better for the environment than buying foods that have been shipped hundreds of kilometers to your local market.

### **5. Let It Rot**

Put a compost in your backyard or use your green bin to reduce household waste.

Composting organics has two key benefits: it reduces the amount of waste going to landfills and when added to your garden, helps nourish soil and plants.

### **6. Don't Be Idle**

Turn off your car's engine if stopped for more than 10 seconds.

If every driver of a light duty vehicle avoided idling by five minutes a day, collectively, we would save 1.8 million litres of fuel per day, almost 4500 tonnes of GHG emissions, and \$1.7 million in fuel costs each day (assuming fuel costs are \$0.95/L).

## **7. Keep Your Eye On The Temp**

Set your thermostat above room temperature in the summer and below room temperature in the winter. For each degree you adjust, you can save five per cent on your utility bill and one per cent on your energy use.

## **8. Bright Ideas**

Replace incandescent light bulbs with compact fluorescent bulbs (CFLs). A CFL uses only 25 per cent as much energy as an incandescent bulb and lasts 10 times longer.

## **9. Don't Dump It - Blue Box It!**

The simple act of recycling has more impact on the environment than the average Canadian thinks.

The amount of wood and paper North Americans throw away each year is enough to heat five million homes for 200 years.

## **10. Tell Someone**

This is a great opportunity to brag.

Tell someone what you're doing to make the world a better place. Support the cause. Encourage them to get involved too!

Resources: [www.earthday.ca/pub/resources/top10.php](http://www.earthday.ca/pub/resources/top10.php)