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Saving the Planet 101

BY Venus Soberanes

Saving the Planet 101

Practical tips on how to save the environment and change the world!

A booklet by the Environmental Youth Alliance

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Sources

Recycling and composting:

City of Vancouver	city.vancouver.bc.ca
Greater Vancouver Regional District	gvr.d.bc.ca
Recycling Council of BC	rcbc.bc.ca

Saving Energy:

climatechange.bc.ca	climatechangesolutions.com
energy.ca.gov/education	sierraclub.ca

Cycling:

British Columbia Cycling Coalition	bccc.bc.ca
Vancouver Area Cycling Coalition	vacc.bc.ca

Organic Food:

cityfarmer.org	goveg.com
veganstreet.com	proorganics.com
Farm folk/city folk	ffcf.bc.ca

Diapers:

mother-ease.com	dy-dee.com
www3.sympatico.ca/envirotots	mothernurture.co.nz
seattle2000.com/babydiaper/article.html	

Female Products:

<a "="" href="http://pacificoast.net/">pacificoast.net/"	onewoman.com/redspot
eco-logique.com	

Water:

greenbuilder.com/sourcesbook	waterrecycling.com
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Paper:

Dolphineblue.com

Consumerism:

Enough.enviroweb.org	verdant.net
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- **Buy goods that have little or no packaging**, or make your point by presenting the excess to the manager of the shop. Try to buy more durable goods. Avoid advertised products and the feeling of being manipulated.
- **Ethical consumption.** Today, large numbers of people recognize that national governments are less powerful than trans and multi-national corporations. The solution of this would be positive buying, where products are purchased because of their ethical soundness. Examples would include fairly traded goods (giving exploited producers a higher price for their goods) and ethical investment.
- **Buy local.** If you need to buy a product, choose one made locally. That way you will support the local economy, prevent the environmental damage caused by transportation, and boycott large corporations that manufacture products using cheap labour in sweatshops with no proper regulations.
- **Buy used products.** Buying used clothes, furniture and other used products is a way to boycott the trend-oriented lifestyle that promotes the idea that things need to be changed just because there are newer products. If it works, use it!
- **Choices.** When buying something, start from the premise, "What do I need?" not, "What do I want?" The latter attitude is often expressed in the absurd concept of window-shopping. This entails putting yourself into the advertisers chosen territory. The indoor shopping mall represents nothing less than the commercialization of social interaction.
- **Give smart presents.** Love is viewed in the market as a way to sell more products, but you can combat that consumerist idea by giving corporation-free presents. Buy a professional massage for someone, or pay a class for them. Make cookies and brownies to give as presents and include the recipe. Write your own cards and make your own paper. Organize a picnic. Make a donation to a charitable organization in someone else's name as a present. Share quality time. Have a clothing exchange. Show your love by saving the earth.

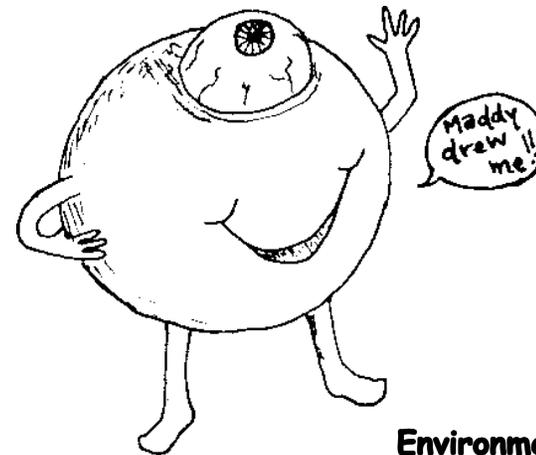
Introduction

This little booklet is a guide for normal people, like me and you, to take action and responsibility about the environment and global climate change. We people usually tend to blame big companies, oil refineries and corporations for not doing anything about the destruction of our planet, but rarely take action ourselves or assume our own responsibility.

We have the power to save the world. First we have to understand that we are severely threatening the ecological balance and destroying the environment with our western lifestyles; being the car drivers, beef eaters, soda drinkers and throwaway consumers that we are. Once we understand this, we have to switch our lifestyle to a more conscious and moderate one. Happy planet, happy you!!!

Never be skeptical about the power of one. There is plenty that one person -you- can do to save the world. And hopefully this little booklet will give you a good idea of how to start.

BY Venus Soberanes (Climate works 2000-2001 Team)



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Recycle

Garbage and Recycling

Waste was responsible for 6 per cent of personal greenhouse gas emissions in 1990.

The key to winning the war on waste is to reduce the rate at which we produce it.

Tips To Reduce, Reuse, Recycle

First of all, we can **reduce** the amount of garbage we produce by buying only what we need and avoiding excess packaging or products that are disposable.

Secondly, we can **reuse** products. This means purchasing reusable and non-disposable items. We can also consider repairing what we already have instead of throwing it out. Avoid using disposable products such as paper towels, paper plates and cups, plastic cup-lids and cutlery, and Styrofoam products. Instead, use products designed for durability and reuse, such as cloth napkins and towels, ceramic mugs and dishes, steel cutlery. Take your own cup to the coffee shop and save a paper cup, plastic lid and cardboard holder every time!

Finally, we can **recycle**: Many materials can be reused to manufacture new products. Always check to see if the products and packaging you buy are made with recycled materials...and the cycle will continue! Recycling is simple and it works.

What to recycle- Blue box

Paper and flattened cardboard
Newsprint, magazines and inserts
Phone books, TV guides
Glass of all colours
Metal cans
Plastic containers with the number 1 or 2



Consumption & Consumerism

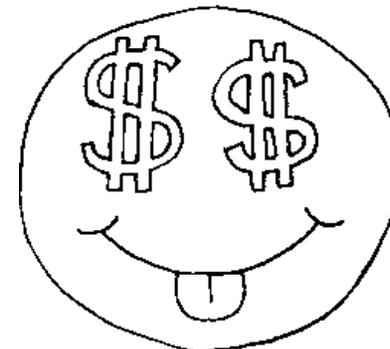
Consuming more things is a harmful way to try to be happy and fulfilled. In a consumer society, you can never have enough. Our acquisition-driven society tells us that the more we have, the happier, freer and more fulfilled we'll be. Instead of encouraging people to have enough to be contented, consumerism encourages us to always crave more, or better, or newer things, no matter what the cost. **Landfills** are full with cheap discarded products that fail early and cannot be repaired. Products are made psychologically obsolete long before they actually wear out. A generation is growing up without knowing what quality goods are. Friendship, family ties and personal autonomy are only promoted as a vehicle for gift giving, communication services and personal acquisition.

20% of the world's population consumes over 70% of its material resources, and owns over 80% of its wealth. This global elite is mainly concentrated in the Westernized, consumerist nations: the US, Canada, Western Europe, Saudi Arabia, Australia and Japan. The USA alone, with only 6% of the world's population, consumes 30% of the world's resources.

Why should I change, if I don't have to?

Trying to convince people of the case for anticonsumerism is not easy. But the environment is being destroyed by natural resource depletion, itself the result of a consumerist attitude towards resources. If you care for the environment you need to think carefully about what you buy. There are many things that you can do to change the consumer-oriented lifestyle:

- **Buy nothing.** Unfortunately this is not an option for most people.
- **Buy Less.** Share things that obviously have a high resource impact, such as cars, lawnmowers, deep freezers, etc.



The following organizations are working to improve the environment as it affects women's health and related issues:

Greenpeace, chlorine-free paper campaign

1436 U Street NW, Washington, DC, USA 20009 (202-319-2444)

Women and Environments Education and Development Foundation

736 Bathurst Street, Toronto, Ontario, M5S 2R4 (416-516-2600)

Women's Environmental Network

87 Worship Street, London, UK EC2A 2BE (0171-247-3327)

Beauty Products

The good majority of beauty products that women (and men) put on their hair and skin everyday are tested on animals, made from animal products, contain small amounts of colouring and other chemicals, and/or are packaged in wasteful or unrecyclable containers. The alternatives are plenty!

Buy consciously! There are thousands of environmentally aware beauty product suppliers out there. Check the Yellow Pages or do an internet search. Be wary of false claims of environmental concern!

Go homemade! Making your own beauty products can be fun and rewarding. Check your local library or the internet for a million recipes. Here's a recipe for a facial cleanser to get you started...

DRY SKIN: Equal parts sugar, honey & veggie oil
NORMAL SKIN: Equal parts sugar & honey
OILY SKIN: Equal parts salt, honey, liquid soap/detergent.

Instructions:

1. Open pores w/ a hot bath or hot cloth.
2. Use a warm, wet washcloth to gently rub the cleansing grains onto the skin.
3. Wait 5 to 10 minutes & rinse well.

All municipalities in the region have multi-material curbside recycling programs. Most have curbside yard waste collection, and multi-family residential recycling programs.

What to recycle- Recycling Depot

- Small quantities of the following materials are accepted free of charge at the City's Recycling Depot:
- Dry Clean Newspaper, Newspaper Inserts
- TV Guides and Magazines
- Corrugated Cardboard, Boxboard, Paperboard
- Computer Paper
- White or Coloured Ledger Paper
- Bond, Kraft, Flyers
- Paper Egg Cartons
- Paper Grocery Bags
- Telephone Directories
- All Colours of Glass Bottles and Jars
- Metals
- Lead Acid Car Batteries
- Rigid Plastic Containers Identified by the SPI Codes 1,2,4,5
- Soft plastic and hard plastic
- White Goods (e.g. stoves, fridges, dishwashers, etc.) - limit of three items per day

Return Your Beverage Containers

In BC, all ready-to-drink beverage containers except milk, milk substitutes and meal replacements have a deposit on them. Return these beverage containers to your retailer or a depot to get your deposit back. For more information, call the recycling hotline.

Recycling system for ready-to-drink containers

Find information on depots, grocers, school programs and recycling contests for ready to drink containers at www.encorpinc.com

Batteries

North Americans use two million batteries a year, about eight batteries per person

Most of the heavy metals (lead, arsenic, zinc, cadmium, copper, and mercury) in household waste come from batteries. These are toxic and can be harmful to humans and wildlife. **Don't throw batteries in the trash.** They need to be taken to a toxic waste disposal area.

Buy rechargeable batteries instead. For disposal of your used batteries call the

Department of Health, Safety and Environment 822-6306

Resources

- BC Recycling Hotline (R-E-C-Y-C-L-E, 732-9253)
- Vancouver Transfer Station & Recycling Depot (323-7737)
377 W Kent, Vancouver.
...Also accepts car tires!
- Burnaby Recycling Depot (294-7210)
4800 Still Creek Ave, Bby.
...Open all the time!
- Greater Vancouver Regional District
www.gvrd.bc.ca
...For recycling depots outside Vancouver
- Recycling Council of BC
www.rcbc.bc.ca
- BC Materials Exchange / MEX (R-E-C-Y-C-L-E, 732-9253)
...One company's garbage is another's gold! MEX encourages the transfer of reusable waste materials between users.

Questions? Call...

- Residential Waste Reduction 436-6801
- Home Composting 436-6803
- Business Recycling 436-6820
- Construction Recycling 436-6818
- School Education 436-6795

Options & Alternatives

In just 40 years, the marketers of disposable menstruation products have convinced women in North America that chlorine bleached disposable pads and tampons are the only option. They are wrong. Most women outside of North America and Europe continue to use cloth menstrual pads - just as our grandmothers did. Switching to reusables encourages a healthier attitude about our bodies, menstruation and the environment.

Where to buy the alternatives...

- **Lunapads** 1-888-590-2299
E-mail: info@lunapads.com
Website: www.lunapads.com
- **Many Moons** 1-800-916-4444
E-mail: manymoos@pacificcoast.net
Website: www.pacificcoast.net/~manymoos
- **Eco Yarn 100% Organic Cotton Tampons**
E-mail: ecoyarnco@ozemail.com.au
Website: www.byteserve.com.au/EcoYarn/
- **Organic Essentials** (806) 428-3486
E-mail: organicesentials@juno.com
Website: www.organicesentials.com
- **Natracare** (303) 320-1510
E-mail: natra@indra.com
Website: www.indra.com/natracare/
- **Gladrags** 1-800-799-4523
E-mail: info@gloadrags.com
Website: PERLINK <http://www.gloadrags.com>
- **Pandora Pads** 1-888-558-PADS
E-mail: pandorapads@pandorapads.com
Website: www.pandorapads.com

Female products

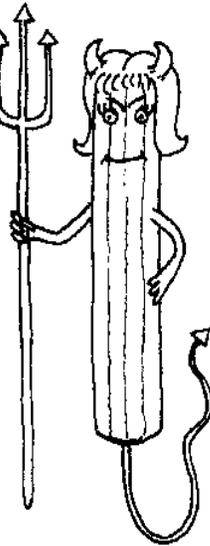
In North America, we throw away over 20 billion disposable menstrual pads and tampons annually - a considerably larger volume than baby disposable diapers! The production of disposable menstrual pads and tampons releases dioxins and other toxic chemicals into our rivers, lakes and oceans. Female products have a very expensive environmental cost because the paper fiber used to manufacture them comes from trees and is bleached with chlorine, and chemicals and plastic are also used in the manufacturing and packaging of these products.

Using washable menstrual pads will make a difference to the amount of garbage and toxins going into our environment.

For Your Body

Most women are unaware of the variety of chemicals (including dioxins) we are putting next to and into our bodies with the use of disposable menstruation products. Research has linked these chemicals to birth defects, reproductive disorders, infertility, depressed immunity, and cancer. Toxic shock syndrome also continues to cause serious illness and death, and is primarily a result of tampon use. Nearly all major brand tampons contain synthetic fibers such as Rayon. Studies have found that Rayon creates an ideal environment for the growth of the *Staphylococcus Aureus* bacteria, which causes *Toxic Shock Syndrome*. Major brand tampons are made of conventionally grown cotton, which can be exposed to synthetic fertilizers, herbicides, pesticides and defoliants.

By choosing to use washable cloth menstrual pads, women can substantially reduce their exposure to these harmful toxins.



Options & Alternatives

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Reducing Garbage

Composting

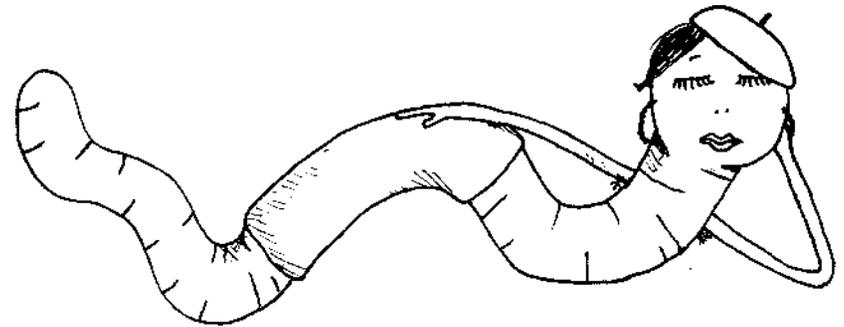
Organic food and garden scraps account for one third of the waste stream of the average household. Composting is an essential component of any waste reduction effort because organic waste, when sent to the land fill, contribute to the build up of methane (a greenhouse gas) and toxic liquids during the decomposition process.

Home Composting

You can compost in your backyard, build a compost bin or purchase a **backyard composter** at half price from the City at the **Vancouver South Transfer Station at 377 West Kent Avenue North** with proof of residency in Vancouver (e.g. driver's license). Cost to the resident for these composters is \$25.00 including taxes. The composters come with an instruction manual.

Worm Composting (for apartments)

If you want to compost, but live in an apartment or don't have a backyard, worm-composting allows you to turn your organic waste into a nutrient-rich soil conditioner for your plants in a small space. The City of Vancouver has a limited number of Worm Composters available at the low price of \$25. The units come complete with the bin, lid and tray, worms, bedding and instructions, and a mandatory one-hour workshop at the Compost Demonstration Garden. To register for the workshops or to get more information, call the Compost Hotline at 736-2250...

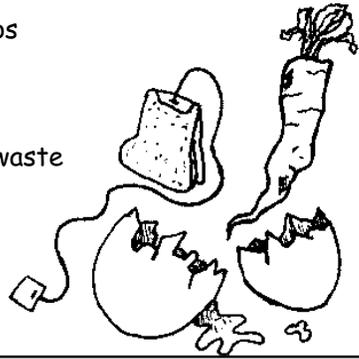


You can compost...

- uncooked fruit and vegetable scraps
- eggshells
- coffee grinds and filters
- tea bags
- plant clippings and shredded yard waste

You can't compost...

- dairy products
- meat, fat or bones
- cooked foods
- grains and breads



Get your lawn and garden off drugs

Fertilizers are made from fossil fuels, and release nitrous oxide into the air. Nitrous oxide is another powerful greenhouse gas causing climate change. Keeping lawns trimmed also uses energy. In fact, gasoline-powered lawnmowers are one of the most polluting devices around, contributing to climate change and smog as well. Landscaping with the environment in mind means planting lots of perennials and shrubs and minimizing the use of grass and sod.

Grasscycling

Mow higher, mow more often and leave the clippings on the lawn. Raise your mower height to 3 inches. This allows the grass to develop deeper roots and crowds out weeds. Leaving the clippings makes lawns healthier and does not cause thatch. Try to mow late in the day so the clippings settle overnight. Use a sharp mower blade and mow when the grass is dry.

Grass clippings can also be collected and spread on your weeded flowers and vegetables. Clippings make natural mulch, preventing moisture loss, adding important nutrients and providing natural weed control.

Baby's Health

With all the focus on environmental issues, babies often get overlooked in a discussion of cloth versus disposable diapers. There is serious concern about the toxic chemicals present in disposable diapers. Dioxin, which in various forms has been shown to cause cancer, birth defects, liver damage and skin diseases, is a by-product of the paper-bleaching process used in manufacturing disposables, and trace quantities may exist in the diapers themselves.

Have you ever noticed little beads of gel on your baby's skin during a diaper change? This is a material called sodium polyacrylate. This very substance was banned from tampons in 1985 for its direct link to toxic shock syndrome. There are no studies as of yet on the long-term effects that this substance has on our babies!

Community Health

Finally, there is the threat of contamination from disposable diapers because of human sewage going into landfills. The disposal of human waste in residential garbage is technically prohibited. Parents using disposables are supposed to shake out any fecal matter into the toilet before disposing of it; but this is rarely done. Live viruses in the feces, such as polio can live in landfills for a long period. A community's drinking water could potentially become contaminated if ever there was a leakage.

Cloth diapers are the healthiest and most environmentally friendly choice. 100% cotton are the best choice for health, absorbency and durability, and organic cotton is the best option for the environment. If you don't have the time to launder cloth diapers, there are services available that pick-up, wash and deliver clean diapers to your door. Look in your local phone book to contact diaper services.

Options & Alternatives

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Diapers

Environmental Impact

In Canada and the US 20,000,000,000 disposable diapers are discarded into landfill sites each year. It is estimated that your baby will have had 6,000 diaper changes by the end of their diapering period. Each disposable diaper has a life of a few hours, and yet each one takes five hundred years to decompose! Every parent who buys disposable diapers for a baby creates about a ton of garbage. Using cloth diapers prevent disposable diapers from lingering in our landfills for the next five hundred years.

Potty Training

The average diapering period for babies in cloth diapers is 24-30 months while the average period for babies using disposables is 36-42 months. This is due to the fact that babies in cloth are aware of the uneasy feeling of being wet, and learn the cause and effect much quicker. Potty training is a crucial milestone, one that gives your child a sense of self. Earlier potty training means increased self-confidence, not to mention it is better for your budget and convenience. Studies have revealed that you will take ten months off of your baby's diapering period by using cloth diapers.

Diaper Rashes

Some diaper rashes are due to wet skin. Disposable diapers have been acknowledged to keep the skin dryer. However, diaper rash is caused by numerous factors ranging from food irritations to soaps used on the baby's skin. The number one factor in preventing this is frequent diaper changes. Cloth diapers, by the nature of the product, are much friendlier to sensitive skin. They are more breathable, and it is easier to tell when they are wet, so you are apt to change your baby more frequently. Parents who use disposables have the tendency to leave the diapers on longer, because they feel dry. However, bacteria from the urine is still present in the baby's diaper, and still comes into contact with the baby's skin.

Yard Trimmings Collection

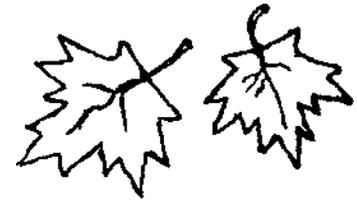
The City of Vancouver has a yard trimmings collection program for single-family and smaller multi-family dwellings that currently receive standard City garbage collection.

They will take...

- Leaves, grass clippings
- Plants, small brush, hedge clippings
- Christmas trees
- Small tree limbs, under 6 inch diameter
- Dry seedpods (e.g. pine cones)

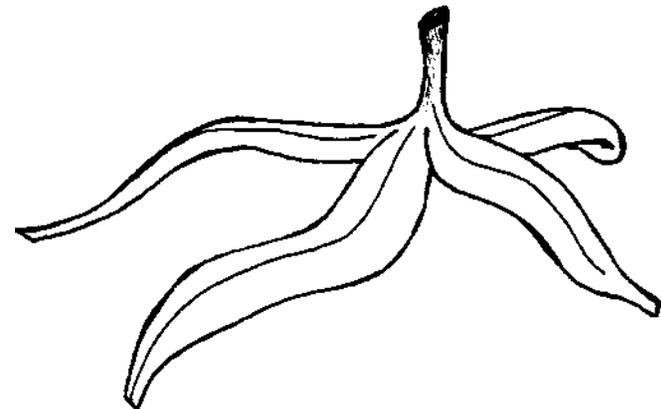
They will not take

- Dirt, sod, stumps, stones
- Food waste of any kind
- Any non-organic material



Resources

- Compost Hotline... 736-2250
If you have questions about yard trimmings, composting or grasscycling call the **Regional Compost Hotline** and ask for the "Lawn Care Made Easy" booklet.
- Contact www.cityfarmer.org for compost problem solving, organic food gardening, grasscycling workshops and much more!



Saving Energy

Research shows that the average Canadian home produces 6.5 tonnes of carbon dioxide every year. Wondering how to reduce the GHG emissions of your residence? Here are some ways to reduce emissions, make your home more comfortable and save money.

Turn it off!

Appliances and lights were responsible for 3 per cent of our personal greenhouse gas emissions in 1990. Electricity is made in many provinces using coal, fuel oil and natural gas. Even provinces that use water to generate electricity, like Ontario, Quebec and British Columbia, use natural gas or coal to make electricity during peak-hour periods.

- Turn off lights, appliances, televisions and computer when they're not needed.
- Seal all leaks around doors, windows and cracks where heat escapes - and save up to 20 percent on your heating bill.
- Do the atmosphere a favour: do full loads of laundry, run the dishwasher when is full and run both in non-peak-hour periods such as early morning or late evening.

Buy energy-efficient appliances...

Check the EnerGuide label. When buying new household appliances, room air conditioner or a vehicle, the EnerGuide label can help you select the most energy-efficient model that meets your needs. It may be more expensive in the up-front cost, but it will save money on the hydro bill and be more environmentally friendly.

Buy energy-efficient lights...

Compact fluorescent lights use 75 percent less energy than regular bulbs, and last 10 times longer, keeping 125 kilograms of carbon dioxide out of the atmosphere over their lifetime. Think of them as an appliance and their higher initial cost seems more reasonable.

Reduce your paper use

- Use as little paper as possible!
- Edit your work directly in the computer!
- Print on both sides of the paper before recycling!
- Make all photocopies double-sided!
- Reuse envelopes by opening carefully and using labels!

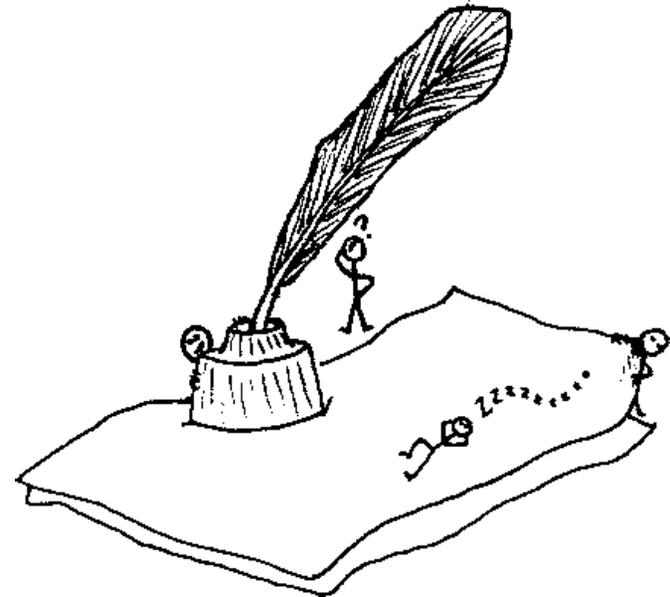
Recycle

If every American recycled their newspaper just one day a week, we would save about 36 million trees a year. You can save a tree for every four feet of paper you recycle. It takes half as much energy to make recycled newspaper as it takes to make fresh newsprint from trees.

- Recycle your old paper. See the recycling section of this book for information on what to recycle.

Alternative paper products

There are many local companies that distribute chlorine free, recycled and tree free paper. The easiest way to find the one closest to you is to look in the internet under tree-free paper or alternative paper.



Bleach

Paper traditionally has been bleached using chlorine. For many years, the industry used elemental chlorine to process and bleach paper. In recent years, the interaction of chlorine gas (Elemental Chlorine) and fiber from trees has been shown to produce toxic by-products such as dioxin. Many paper companies are now switching from chlorine gas to compounds of chlorine that lessen these toxins. Cotton and other tree free papers, bleached with compound chlorine, have never been shown to produce dioxin. However, the compound chlorine is harmful for the environment.

Elemental Chlorine-Free: papers made without using chlorine gas, but with a chlorine compound.

Process Chlorine-Free: papers whose recycled or recovered content is not bleached, or, are bleached without chlorine chemistry. Any virgin fibres in this paper must be totally chlorine-free.

Totally Chlorine-Free: This is paper made from fibres that are either unbleached or bleached using non-chlorine chemistry (Hydrogen Peroxide). Recycled papers can't be totally chlorine-free because the original paper was undoubtedly bleached with chlorine.

The case for tree free papers

The paper you choose can convey a powerful message about your commitment to a better environment. Paper has been around for more than 2,000 years. Until recent times, all paper was made from cast-off textiles and annual crops such as cotton, flax and hemp. It wasn't until the 1860's that trees were cut down to make paper in North America. Wood fibre would soon come to dominate the paper industry. In recent years, there's been a resurgence of interest in tree free papers, as concern for the future of our forests grows, and as our farmers search for new alternative crops.

What was true then, is true today: **tree free papers are sustainable, they are readily renewable and they make great paper. They also promote a healthier environment.**

Don't Heat the Street!

North Americans use twice as much energy as necessary to heat their homes.

Heating your home uses more energy than any other household activity and was responsible for 33 per cent of personal greenhouse gas emissions in 1990. Heating with electricity is the least efficient (and generally most polluting). If you're thinking about renovating your home - think efficiency. Energy-efficient windows, doors and extra insulation will make a big difference. If you are thinking about changing your heating system, your best option is a high-efficiency natural gas furnace. Efficiencies of between 85 and 95 per cent can reduce carbon dioxide emissions by 2,250 kilograms a year, compared with a conventional furnace that emits 6,100 kilograms of carbon dioxide.

- Seal all the leaks in your doors and windows, and save up to 20% on your heating bill!
- Close your fireplace. An open fireplace damper can let eight per cent of your heat escape through the chimney!
- Install a programmable thermostat to automatically change the temperature of your house at different times of the day. For every degree you lower the heating level, you'll save two percent on your heating bill.
- Clean your furnace filter regularly and keep your furnace properly tuned. A well-maintained unit uses 10-15 percent less energy.
- Keep your curtains closed on cold, cloudy days to block the cold air out. Also, keeping the curtains closed on very hot days keeps the cool air in!

Think cool!

Cooling your home also uses a lot of energy and the coolant inside of the air conditioner is a very powerful greenhouse gas.

- Always ensure that your air conditioner is in good repair and that all coolant is captured. Never vent coolant to the atmosphere! - this holds true for car air conditioners too.

Don't throw that old refrigerator away! Coolants used in refrigerators deplete the ozone layer and are very powerful greenhouse gases. Always ensure that the coolant in your refrigerator is captured for recycling and/or destruction. It's your responsibility. Even the new coolants that are replacing CFCs (chlorofluorocarbons) are potent greenhouse gases.

- A better way to cool your home is to use ceiling fans
- Plant trees around your house. Strategically planting trees so that evergreens act as wind breaks in winter and leafy trees provide shade in summer can reduce the energy needed to heat and cool your home. Trees also create habitat for birds and provide shade for children playing outside.

Save Water

Heating water takes a lot of energy Water heating was responsible for 7 per cent of personal greenhouse gas emissions in 1990.

- Rent or buy an energy- efficient hot water heater. Solar water heaters can provide between 35 and 75 per cent of your hot water needs; solar water heaters also work well for swimming pools.
- Install low-flow showerheads, which use up to 60 percent less water than conventional showers.
- Fix leaky faucets immediately. At one drop per second, a single leaky washer wastes the equivalent of 16 hot baths every month.



Paper

A Guide To Environmentally Responsible Paper

To make paper, plant fibres (cellulose) are added to large amounts of water and spread over a screen to evenly distribute the fibres. The water is removed to form a sheet of paper. Papermaking operates at an environmental cost. There are significant differences among papers when it comes to their individual impact on the environment.

The following information will assist you in making conscious and informed selections...

Virgin Fibre: The vast majority of paper is made from virgin wood fibre from trees, which may come from privately managed forests, tree farms that have replaced natural ecosystems, and our national forests. Papers bearing the Crane name have never been made from trees. Crane's virgin fibres come from annually renewable farm crops such as kenaf and hemp.

Recycled Fibre: post-consumer and/or recovered materials.

Post-Consumer Fibre: materials that have been used by consumers and have been separated to be recycled.

Recovered Fibre: materials that have been separated from the solid waste stream but have not been used by consumers. Tree free papers usually contain tree-free recovered fibres, most notably scraps from the manufacture of cotton T-shirts and blue jeans. Papers labeled as "recycled" should have post-consumer materials and should include the percentage of post-consumer content in its labeling. If a paper does not list this percentage, you cannot assume it is truly recycled, even if it uses the recycled symbol.

Tree-Free Paper: made with fibres from sources other than trees. Most recycled papers are not tree-free, because their post-consumer fibres originally came from trees. Tree free papers can be made from agricultural fibres, textile scraps, crop residues or recycled post-consumer paper not originally from trees.

- **Green Earth Organics** 708-5969
E-mail: info@greenearthorganics.com
Website: www.greenearthorganics.com
Delivers to: Lower Mainland, beyond by special delivery
- **Ladybug Organics** 825-8621
E-mail: bugus@ladybugorganics.com
Website: www.ladybugorganics.com
Delivers to: Langley, Surrey, Abbotsford
- **Nathan Creek Organic Farm (CSA)** 291-4355, 857-7584
E-mail: inorthwo@sfu.ca
- **Organics Delivery BC** 1-877-671-2642
Delivers to: Far and wide in the lower mainland.
- **Organic Planet** 984-0330
Delivers to: North Shore.
- **Rainbow Organics Delivery** 522-1775
E-mail: stacy@rainboworganics.com
Delivers to: Tri-City, Burnaby, New Westminister, Surrey, White Rock, Cloverdale, Langley.
- **Small Potatoes Urban Delivery** 215-7783
E-mail: spud@small-potatoes.ca
Website: www.spud.ca
Delivers to: Far and wide in the Lower Mainland.
- **Sqweez** 244-1722
E-mail: sqweez@home.com
Website: www.sqweez.com
Delivers to: Vancouver, Richmond, Burnaby.
- **Urban Organics** 255-2004
E-mail: info@urbanorganics.com
Website: www.urbanorganics.com

Transportation

Passenger transportation is responsible for 18% of Canada's total greenhouse gas emissions (GHG). It also represents 45% of the GHG emissions produced by the average Canadian family. Environment Canada estimates that each of the 18 million cars in Canada produces about four tonnes of airborne pollutants per year.

The costs

Canadians are addicted to cars. In Canada, there is roughly one car for every two people! Cars impose significant economic costs on society. If you drive a car, you only see about 42% of the total costs of driving your car. Not including the hidden cost of air pollution, on average it costs \$7800 per year to own and operate a car! (based on The Canadian Automobile Association (CAA) data for a two year old car driven an average of 20,000 km) but the real cost to you and society is actually much more when costs such as road infrastructure and environmental damage are considered.

How can you reduce your GHG emissions with regard to transportation? There are many options available, many of which will also save you money. Alternative modes of transportation and vehicle choice can also have significant implications for GHG emissions. Other actions that work to improve the efficiency of your car include decisions around driving behavior and vehicle maintenance. Finally, your choice of transportation fuels can help protect the climate.

The best action you can take is not to use a car. Choose to walk, use public transportation, and if you need to use a car, avoid single occupancy vehicles and carpool with other people. Consider cycling. Cycling is fun. Cycling is healthy. Cycling is low impact exercise. Cycling is practical and cost effective. Cycling is good for the environment.

Cycling is fun. People cycle for many reasons. Riding your bicycle allows you to feel active and energetic, feel your fitness improving, and to enjoy the surroundings of the natural environment. Cycling provides independence, free from the constraints of motor vehicles. British Columbia's climate also allows many of us to ride all year long.

Cycling is healthy. Incorporating exercise into your lifestyle has many health benefits. It can strengthen your immune system, lower blood cholesterol, reduce stress, strengthen the heart, and increase energy levels. Cycling can improve personal health and a healthier population can ease pressure on health care costs.

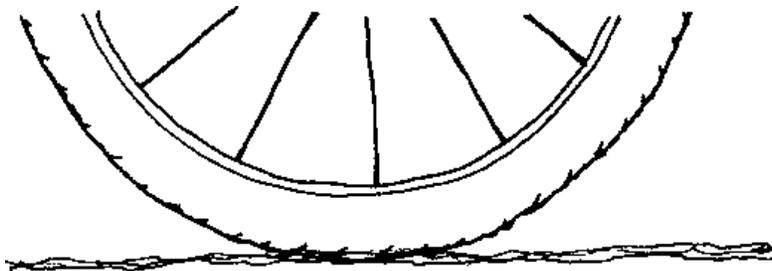
Cycling is low impact exercise. It is easy on your joints because it is a non weight-bearing form of exercise. It can be done at any level of intensity, which makes it suitable for people of all ages and levels of fitness.

Cycling is practical and cost effective. It is often just as fast as a car or a bus in city traffic and it makes it easier to avoid traffic jams. There are no gas tanks to fill and parking is usually free and available next to your destination. Once you have the basic equipment, cycling is an extremely economical.

Cycling is good for the environment. Cycling produces no air pollution, greenhouse gases or noise. It also reduces traffic congestion, deterioration of road surfaces, and land requirements for roads and parking lots.

Can you leave the car or truck at home?

Public transit is the most energy-efficient way to get to work or to shop. Living close to work minimizes your need for a car; if you live in the suburbs, can you carpool? A person taking public transit produces eight times less carbon dioxide than someone driving their car; each new carpool saves an average of 2,000 litres of gasoline a year.



Buy food that's grown locally

Canadians import almost 50 per cent of the vegetables they eat and up to 90 per cent of their fruit. Almost all of it is transported long distances by trucks that burn large quantities of polluting diesel fuel. Buying locally reduces emissions that cause climate change, acid rain and smog, and saves local agriculture jobs.

Go vegetarian

Raising animals has serious environmental impacts. Cattle produces methane, a very powerful green house gas. Cattle also requires long extensions of pasture, and in many countries forests are being clear-cut to grow pasture. Raising animals for food requires more water than all other uses of water combined, causes more water pollution than any other activity, and is responsible for soil erosion.

Many environmental groups, including the National Audubon Society and the Union of Concerned Scientists, have recognized that one of the most important steps you can take to save the planet is to go vegetarian.

Organic Food Stores and Delivery Services

- **Blue Moon Organics** 469-3003
e-mail: kelly@bluemoonorganics.com
website: www.bluemoonorganics.com
Delivers to: Coquitlam, Port Moody, Port Coquitlam, Maple Ridge, Burnaby, Pitt Meadows
- **Circling Dawn** 255-2326
E-mail: organickali@excite.com
Website: www.organicssdelivered.com
Delivers to: same day to Vancouver; next day to outskirts
- **Glacier Organics** 892-9754
- **Glen Valley Organic Farm (CSA)** 857-0017
E-mail: alyson@intergate.bc.ca
Website: gvofa.fraser-valley.net
Delivers to: Pick-up in East Van.

Food

In the market for food

Groceries are Good, but No Bag is Better!

Only about 700 paper bags can be made from one 15-year-old tree. A large grocery store can use that many bags before lunch.

Plastic bags start out as either oil or natural gas. Oil and natural gas are non-renewable resources. Also, manufacturing these bags adds a lot of pollution to the environment. Once plastic and paper bags are used and go to landfills, they stay there for hundreds of years!

What you can do

If you have only a few items, ask the clerk not to give you a bag.

Take your own plastic bags with you or a permanent cloth bag. Some stores offer discounts for people who use their own bags. For every bag reused, they give money back, usually five cents for each bag.

The food you eat

The way we eat has a significant effect on what we will eat tomorrow. Every meal is a vote for a particular way of producing, processing, and distributing food. Buying organic confirms your commitment to safe food and a cleaner environment.

Why Buy Organic Foods

Organic foods are nutritious and taste great! Organically grown foods are produced without the use of greenhouse gas producing fertilizers, pesticides, herbicides, hormones or antibiotics. Organic certification is the consumer's guarantee that foods are grown and handled according to strict standards that are verified by independent organizations. Certified Organic foods are not irradiated and do not contain genetically modified organisms. Organic farmers work with nature to replenish the soil for a sustainable future.

Slow down!

Cars are made to run most efficiently at 90 kilometers an hour. Driving at 100 kilometers an hour uses 10 per cent more gasoline; for every kilometer above 100 km/hour, the fuel loss is 1 per cent. Congestion, and long periods of idling really increase greenhouse gas emissions. If you're stopped for a minute or more, turn the car off.

Information on biking, biking maps and routes, safety and regulations, dos and don'ts, tips in case of accidents and more:

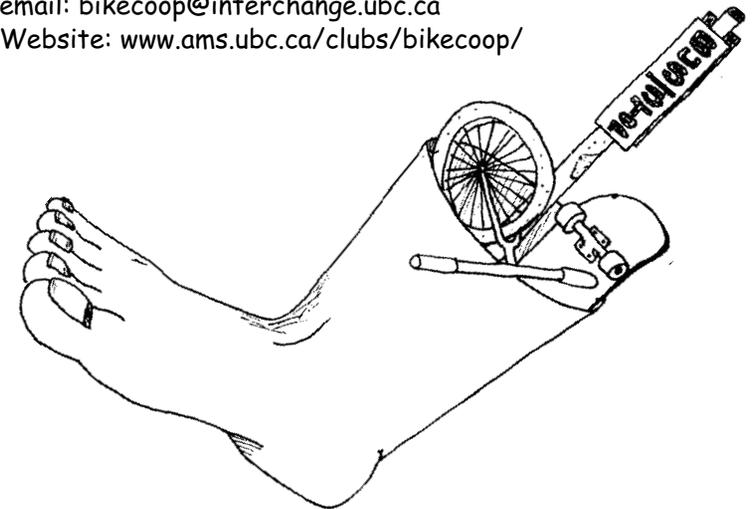
- Bicycle People 736-8194
- Cycling British Columbia 737-3034
Website: www.cycling.bc.ca
- British Columbia Cycling Coalition
Website: www.bccc.bc.ca
- Vancouver Area Cycling Coalition
Website: www.vacc.bc.ca
- Bike Map Websites: www.bikemap.com and www.bikeways.com

Alternative transportation and planning with the City of Vancouver:

- Better Environmentally Sound Transportation (BEST)
822-510 W. Hastings 669-2860 (Fax: 669-2869)

Low-cost bike repairs and advocacy groups:

- Our Community Bikes (OCB) 879-2453 3283 Main St.
- UBC Bike Kitchen 827-7333 (82-SPEED)
- AMS Bike Co-op 822-2453 (UBC-BIKE)
email: bikecoop@interchange.ubc.ca
Website: www.ams.ubc.ca/clubs/bikecoop/



Water

About 75 percent of the water we use in the home is used in the bathroom. (About five gallons to seven gallons with every flush!)

What you can do to save water:

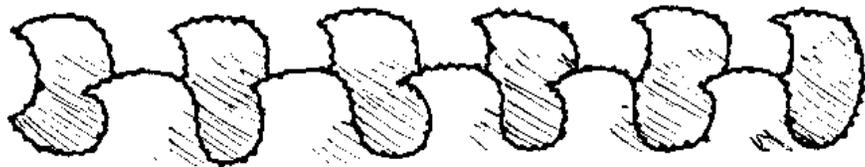
- Fix leaky taps. *A water tap dripping once every second wastes 720 liters per month - that is enough water for 16 baths!*
- Use a broom instead of a hose to clean off the driveway - this will save hundreds of gallons of water each year.
- Do the dishes by hand.
- Install low-flow showerheads and flow reducer devices on taps.
- If you go away turn the water heater to the "pilot" setting.
- Run washing machines with full loads, and rinse with cold water.
- Use dishwasher only when fully loaded, and use "energy saver" cycle if available.

Keep our water clean!

- Use water-based paints in stead of oils and enamels and recycle used paints.
- Dispose hazardous waste such as paint, oil, solvents, batteries, pesticides, fertilizers and chemicals at your local Hazardous Waste Depot.

Solvent and flammable liquid deposits:

- | | |
|--------------------------------|------------------------------------------------------------------------------|
| • Go Green Depot and Recycling | 7 East 7 th Ave, Vancouver |
| • Paint & Product Care | www.paintandproductcare.com |
| • East Van Bottle Depot | 2605 Kaslo St. Vancouver |
| • Joe's Bottle Depot | 227 East 28 th Ave. Vancouver |
| • Recycling Council of BC | 732-9253 |



More tips on how to keep our water clean:

- Use biodegradable soap. Try VIP for your laundry.
- Buy VIM concentrate, it's made of natural minerals.
- Create homemade cleaning products

Homemade Cleaning Product Recipes

ALL-PURPOSE CLEANER

Mix 1/4 cup of baking soda, 1/2 cup of white vinegar, and 2 liters of water. Add 1/2 cup of ammonia for especially dirty areas.

WINDOW CLEANER

Mix 2 tsp. Vinegar and 1 liter water. Dry with newspaper.

FURNITURE POLISH

Varnished: Mix 1 part lemon juice and 2 parts olive or vegetable oil.

Unvarnished: Mix 15 ml (1 tbsp) lemon oil and 1 liter of mineral oil.

AIR FRESHENERS

Boil cinnamon or cloves. Burn naturally scented candles. Use an aromatherapy oil burner.

INSECT BITES, SUNBURN, WINDBURN, RASHES AND MINOR BURNS

Mix baking soda with water into paste and apply. It really works!

INSECT SPRAY FOR PLANTS

Blend 6 cloves of garlic (crushed), 1 minced onion, 1 tbsp. dried hot pepper, and 1 tbsp. pure soap in 4 liters of hot water. Let sit 1-2 days; strain and use.

There are a million different recipes out there for homemade remedies and cleaners that often work much better than store-boughts! Check out your local library!

