



Earth Day – Eco Tips for April and Everyday!

Earth Day provides the opportunity for us to look intentionally at taking positive action and creating results. When everyone helps, everyone wins.

First launched as an environmental awareness event in the United States in 1970, Earth Day (April 22) is celebrated as the birth of the environmental movement. If you try and follow these simple tips you can do your part to help the environment.

April 1st – Save Water!

By turning off the taps when brushing your teeth, you can save 1200 gallons of water per year! Water supplies are not endless. Everyone can play a part, at home, at school or in the community, to protect and to conserve our water so that it will be sustained for future generations. For more information on what you can do to preserve our water and to calculate how much water your households use visit: www.environmentandresources.ca

April 2nd – Use eco and animal friendly products!

Choosing environmentally friendly products -- and removing toxic ones -- goes a long way towards ensuring a home with fresh, clean air. Clean air renews and rejuvenates; it doesn't pollute our lives or the environment. Living in a less toxic home, removed from neurotoxic chemicals, improves sleep and concentration, makes babies less fussy, and gives a sense of well-being.

Click here to find the top ten ways to go Eco Friendly in your home:

<http://www.care2.com/greenliving/clean-house-top-10-eco-friendly-ways.html>

Check out this site to see what you may be unknowingly using on your skin...there are many healthier alternatives now available. <http://www.cosmeticsdatabase.com/>

April 3rd – Avoid Products with lots of packaging.

In a lifetime, the average North American will throw away 600 times his or her adult weight in garbage. A 68 kg adult will leave a legacy of 40,825 kg of trash.

Natural Resources Canada

Approximately 35% of municipal solid waste is packaging. In the U.S., 5.6% of all steel, 50% of all paper, 65-70% of all glass, 25-30% of all aluminum, and 23.5% of all plastics produced are used for packaging. \$1 out of every \$10 spent on food goes into packaging.

http://www.wrwcanada.com/download_facts.htm

April 4th - Bike or walk for short trips.

Many of our car trips are for distances less than three kilometers - well within the range of an easy bike ride. In just 15 minutes the average person can bike 3.5 km.

Thirty minutes of walking per day cuts the risk of heart disease by up to half, and reduces the risk of some cancers, diabetes, obesity, and osteoporosis.

<http://www.davidsuzuki.org/NatureChallenge/newsletters/Six.asp#cycle>

<http://www.ocfp.on.ca/local/files/Urban%20Sprawl/UrbanSprawl-AirPollution.pdf>

April 5th – Stop that Leak!

Water is our most precious resource. Doing everything in our power to prevent water waste helps to conserve this vital resource while saving money. Two main sources of water waste are leaks and the over-watering of lawns and gardens.

For many properties, the first suspicion of a leak occurs when high water consumption is noticed on the water bill. If the water consumption for the period is over \$200, CRD Water Services will attempt to notify the Customer, on a “best effort” basis, of the abnormal water consumption but accepts no responsibility for failure to notify the Customer.

Always check your water bill for abnormal consumption. The property owner or tenant has no more than thirty (30) days from the billing date to appeal charges on the water bill.

Leaking Toilets

High volume water leaks often come from toilets. They are hard to detect and are usually caused by worn or misaligned parts. A toilet that continues to run after flushing could be wasting 20-40 litres per hour - that's 175,000 to 350,000 litres (175 to 350 cubic metres) per year, enough water to fill a swimming pool. Leaks can cost you up to several hundred dollars per year!

<http://www.crd.bc.ca/water/waterbilling/detectingwaterleaks.htm>

April 6th - Where's the Beef?

Try eating meat-free at least two days a week.

Canadians eat more than twice as much meat as the global average and this has serious environmental impacts. 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.

Source: <http://www.davidsuzuki.org/NatureChallenge/newsletters/Two.asp>

April 7th – Set your thermostat on a timer to lower heating costs

You can save as much as 10% a year on your heating and cooling bills by simply turning your thermostat back 10% to 15% for 8 hours. You can do this automatically without sacrificing comfort by installing an automatic setback or programmable thermostat. It is easy to conserve energy, and thus save money on your heating bill, as well as protect the environment. Roughly 60% of your energy costs are the result of heating and cooling in you home. Consider these energy efficiency measures and watch the savings on your energy bill add up quickly: Reduce the temperature a few degrees at night, and when you are not home. If you begin to get chilly at night, put on some warmer pajamas, or add another blanket to you bed. When you are not home during the day, whether you be at school or work, there is no need to heat a house that no one is in at the time. Install a programmable thermostat with a built-in timer. You can set it to lower the heat by a few degrees at night and when you're away, then you do not have to worry about manually checking and changing the thermostat all the time.

Source: <http://www1.eere.energy.gov/consumer/tips/thermostats.html>

April 8th - Instead of plastic, use cloth bags for all of your shopping.

Because of the huge number of plastic bags used worldwide, the negative environmental impact is considerable. Plastic bags impact on the environment in a number of different ways.

They are not biodegradable. Reusablebags.com in their "Top Facts - Environmental Impact" section says "Plastic bags don't biodegrade, they photodegrade—breaking down into smaller and smaller toxic bits contaminating soil and waterways and entering the food web when animals accidentally ingest."

They are made from fossil fuel. "Californians Against Waste" estimates that 12 million barrels of oil are used annually to produce the plastic bags used in the USA alone. Extrapolated world wide this is a huge waste of precious fossil fuel and adds considerably to the world's man made greenhouse gas emissions.

They are difficult to recycle. The New England EPA says, "Research from 2000 shows 20 percent of paper bags were recycled, while one percent of plastic bags were recycled." Resuablebags.com in the "Top Facts Section" of their website estimates that "8 billion pounds of plastic bags, wraps and sacks enter the waste stream every year in the US alone"

Read more: "A Green Policy on Plastic Bag Use: Eco Friendly Shopping Can Help Combat Global Warming"

http://wastereduction.suite101.com/article.cfm/a_green_policy_on_plastic_bag_use#ixzz0BFtRx pQo

www.reusablebags.com

April 9th – Use a reusable mug or bottle for your drinks on the go

Stop drinking water from plastic water bottles and fill up reusable containers instead – we are incredibly fortunate to live in a country where we can drink the tap water! We use billions of plastic water bottles each day and most still end up in landfills. About 10% of every one of your shopping dollars is used to pay for packaging of the products you buy. And, it's reported that approximately 30% of municipal waste comes from packaging. If we were to take a travel mug to work with us every day instead of those plastic bottles or paper cups the impact would be enormous!

If we take all the people who read this email and have them share it with one person and each of them are persuaded to sip their morning coffee from a travel mug for one week. Result: Enough trees to fill two football fields will be spared the ax. Can't commit to a week? Switching to reusable cups for just one day will save as much energy as using 1,000 gallons of gasoline." One thousand litres of gasoline, about \$2000.00, – and that's just one day! We took it upon ourselves to call around to various coffee shops in our area, and each one said they'd fill our own personal mugs. Let's face it, some days we just don't have time to wait for the coffee to brew at home. So, dear readers, if you don't drink from a [reusable cup](#), what's stopping you from making the switch?

http://www.treehugger.com/files/2005/08/eco-tip_travelr.php

April 10th - Save trees, do not print out every email.

Some Paper Facts

- If every North American with a home PC (roughly 250 million) received and filed the bills and statements that are already available electronically from their financial institutions and utilities, each would save an average of 700-900 pieces of paper and 200 envelopes per year. *That's 275 Billion pieces of paper!*
- If every Tax Payer chose to Save their return as a PDF and e-file with the government, that would save another *5 Billion sheets of paper!*
- If every e-bay shopper saved their purchase receipt electronically instead of printing it, that's over *1 Billion sheets of paper!*
- If all 26 million weekly online shoppers in North America chose to save their purchase receipt electronically instead of printing it, that would save another *1.35 Billion sheets of paper!*
- Saving 280 billion sheets of paper annually equals 34 million trees saved! (The average pine tree yields approximately 8 333 sheets of standard photocopy paper.)

Here are some more tips we can do here at work:

- *Set up an Outlook filing system for your emails* so they can be filed electronically rather than printed for your hard copy files. Just right-click your Inbox folder and select "new folder".
- *Buy recycled paper stock for your printers.* Don't be fooled by the myth that recycled paper is way more expensive. Grand and Toy offers large boxes of "environmentally responsible" paper for only pennies more than the price of its regular paper.
- If you're one of the many people that print out emails and draft word documents to proofread, try this trick. *Change the font type before you proofread* on screen. This tricks your eyes into thinking that it is reading something new. You are more likely to catch an error this way, and you won't need to waste paper by printing it.
- Print on used paper or *reuse printed paper.* Use waste paper to print your draft documents. Also cut up paper destined for the recycling bin for taking telephone messages.
- If you're *sending a memo to other staff, print one copy only.* At the top include all the readers' names so that the memo can be passed around so each person reads it.

www.recycling101.ca

http://www.earthday.ca/pub/resources/media_releases/2009-03-03_filing_for_dummies/

April 11th – Shop Locally & Buy Organic

Freeze on Farmers Markets

Don't stop going to the farmer's market! Freeze or preserve local produce when it is abundant and affordable and bring the farmer's market to your kitchen year round. There is a local farmers market in your neighborhood...with fresh breads, meats and produce you can shop locally to support not only your family's health but the local economy as well.

www.simcoecountyfarmfresh.ca/ (find farms or markets near Barrie)

Today, when the average person sits down to eat, their food has traveled more than 1,500 miles to reach their plate.. Source: 100milediet.org

It is hard to imagine, but before the age of truck shipping and global farm operations, people found their food in their community. Many grew some or most of their own food products in a "kitchen garden" or by raising chickens and cattle.

Visit any grocery store these days and you'll find snow peas from China, asparagus from Peru and tomatoes from Mexico. Sound exotic? It isn't, these crops are grown in Ontario too. Produce from far off lands is picked before it ripens, often by underpaid labourers. It is then plopped on a diesel truck or heavy plane and heads towards Canada traveling for many miles. By the time it reaches the grocery shelf it has helped to pollute the air and water we rely on while also contributing to global warming! That is a lot for a simple vegetable isn't it?

www.barriehillfarms.com

<http://100milediet.org>

<http://www.sierraclub.ca/national/programs/health-environment/food-agriculture/organic-food.shtml>

April 12th – FIGHT THE LIGHT!

Turn lights off! - If you are leaving the room for more than 5 minutes, turn the light off! Where possible replace burnt out bulbs with those cute curly compact fluorescent bulbs; they use 1/4 the electricity and last for years! If there is a light that everyone forgets to turn off ... leave sticky notes with "Don't forget - Lights Out!" or "Fight the light" or "Don't forget - flick the switch!" Use timers and motion sensors wherever possible. Dine by candlelight more often...

http://saving-energy.suite101.com/article.cfm/saving_energy_with_cfl_light_bulbs

<http://energyquest.ca>

April 13th – Litterless lunches!!

Reuse containers and reduce waste. *Did you know that one child's average school lunch generates 67 pounds over a year?* There are lots of ways you can cut back on lunch waste (and save money).

When you go to the grocery store: buy cookies, crackers, applesauce, carrots, yogurt, cheese, soup, and other food in bulk, not single-serving packages; buy juice in large bottles, not small boxes or pouches; and don't buy plastic sandwich bags, plastic water bottles, disposable utensils, paper napkins, or paper lunch bags. (And don't forget to bring your own reusable grocery bags to the store.)

Make baking a part of your Sunday routine and get the kid's involved... Bake up a batch of cookies and muffins, freeze them and then throw them in your lunch each morning...yummy, more affordable than store bought and better for you and the environment!

When you pack your lunch: put sandwiches, small fruit, snacks, and other food in reusable containers; put juice or water in a reusable bottle; and put metal utensils, a cloth napkin, and your food and drink in a long-lasting reusable lunch bag or box.

<http://www.ecocycle.org/atschool/greenstarschools.cfm>

<http://green.cbc.ca/Act.aspx?actID=116>

April 14th – Turn off your engine!

Unnecessary vehicle idling is a big problem in Canada – it wastes fuel and money, and damages the environment. But small actions can have a big impact – and one person can make a difference. For example, if every driver of a light-duty vehicle in Canada stopped idling for just five minutes a day, collectively, over the year, we would save over 680 million litres of fuel and prevent more than 1.6 million tonnes of greenhouse gas emissions from entering the atmosphere.

Don't wait - launching your own personal idling campaign is as easy as turning off your engine.

<http://oee.nrcan.gc.ca/transportation/idling/material/tool-kit-introduction.cfm>

April 15th – Say no to Pesticides...

Ontario protects health and the environment through pesticide ban

March 4, 2009 OTTAWA – Ontario has set a new standard for protecting citizens and the environment against harmful lawn and garden pesticides. Hundreds of toxic chemicals will be pulled off store shelves by this spring thanks to regulations announced today under the Cosmetic Pesticide Act.

Help support this important movement ...check out David Suzuki's site for more details.

http://www.davidsuzuki.org/health/food/Ontario_Legislation.asp

Pesticides are not worth it! Pesticides are among the most widely used chemicals in the world, and also among the most dangerous to human health. They are a leading cause of poisonings here in Canada and have been estimated to account for thousands deaths each year globally.

There is also convincing evidence that pesticides play a role in human cancers. For example, epidemiologic studies have linked exposure to insecticides in the home to development of brain cancer and leukemia in children.

The NPTN has fact sheets on specific pesticides <http://www.cape.ca/toxics/pesticides.html>

April 16 - Replace your bulbs with energy efficient light bulbs

According to Energy Star, "if every American home replaced just one light bulb with an ENERGY STAR qualified bulb, we would save enough energy to light more than 3 million homes for a year, more than \$600 million in annual energy costs, and prevent greenhouse gases equivalent to the emissions of more than 800,000 cars." These light bulbs use about 75% less energy than standard light bulbs, resulting in over \$30 in savings per bulb in its lifetime. Why not switch today?

For more info, check out:

http://www.energystar.gov/index.cfm?c=cfls.pr_cfls

<http://oee.nrcan.gc.ca/residential/personal/new-home-improvement/home-energy-saving-tips.cfm>

<http://www.greenpeace.org/canada/en/campaigns/climate-and-energy/solutions/energy-efficiency/12-steps>

April 17 - Use wind power to dry your clothes on the line instead of the dryer

Spring is here and with skyrocketing energy prices, every kilowatt that you can save is money you get to keep. Did you know that the clothes dryer is the number two energy guzzler in your home, after the refrigerator? Each load of laundry that you dry is worth at least 3-4 kWh, which can add up quickly if you do even one load of laundry a day. Consider installing outdoor and indoor drying lines or racks – there are lots of options on the market - and keep that money in your pocket!

Websites with more information:

http://www.energy.gov.on.ca/index.cfm?fuseaction=english.news&news_id=169&body=yes

<http://www.greenpeace.org/canada/en/campaigns/climate-and-energy/solutions/energy-efficiency/12-steps>

<http://www.consumerenergycenter.org/home/appliances/dryers.html>

<http://www.csmonitor.com/2007/0824/p01s03-ussc.html>

<http://www.nytimes.com/2007/04/12/garden/12clothesline.html?pagewanted=1&r=1>

April 18 - Unplug electronics when not in use

Home Electronics – Residential electricity use by consumer electronic products is responsible for more than 25% of household electricity use.*

Save Energy, Save Money – Home electronic products use energy when they're off to power features like clock displays and remote controls. Those that have earned the ENERGY STAR use as much as 60% less energy to perform these functions, while providing the same performance at the same price as less-efficient models. Less energy means you pay less on your energy bill.

Help Protect the Environment ... Simple actions can make a big difference. The average home has roughly two TVs, a VCR, a DVD player and three telephones. If these items were replaced with ENERGY STAR models, it would save over 25 billion pounds of greenhouse gas emissions, the equivalent to taking over 3 million cars off the road.

http://www.energystar.gov/index.cfm?fuseaction=find_a_product.showProductCategory&pcw_code=HEF

http://www.energystar.gov/ia/business/bulk_purchasing/bpsavings_calc/Calc_computers_bulk.xls

April 19 - Recycle Ink Cartridges

Everyday, thousands of empty printer cartridges are disposed of in landfills across the country. In Canada, less than 5 percent of the 30 million cartridges used are actually recycled. Recycling programs not only redirect waste from landfill they help reduce carbon emissions, and conserve our natural resources.

http://www.diabetes.ca/section_services/recycleink.asp

The plastic used in a typical cartridge is made of engineering-grade polymers and takes at least 1,000 years to decompose. Additionally, the process required to make a new OEM cartridge requires the burning of fossil fuel (oil or natural gas). Approximately three quarts of oil are burned to make each new cartridge shell.

The typical used toner cartridge weighs about three pounds and is composed of 40% plastic, 40% metal and smaller percentages of rubber, paper, foam and toner. About 97% of these combined components can be recycled. Approximately 120 million tons of recyclable material can be diverted from landfills each year just by participating in cartridge recycling programs.

Remanufacturing saves money, minimizes waste, conserves energy, prevents pollution and is economically efficient. So if you care about the world your children will inherit, want to protect the beauty of nature, or simply want to produce less garbage, please recycle your printer cartridges.

Source: <http://www.recycleink.com/environment.php>

April 20th - Use Rain Barrels to Water Your Plants and Flowers

Collect rainwater to help conserve water by using it on your lawn and gardens, especially during dry months. The rain barrel will assist you in saving money and protecting our precious natural resource. "You don't know the value of water until the well is running dry".

<http://rainbarrelguide.com/>

April 21st – Buy in Bulk Whenever Possible

Instead of buying foods in individual sized disposable packaging, buy larger sizes and create your own snack sizes by using reusable small containers; better yet, try bringing your own container and buying in bulk; by using your own container you won't have to throw anything out and you will ultimately be saving on recycling, fossil fuels and your grocery bill. Our goal should be zero waste and therefore we should do our best to minimize or eliminate all packaging.

http://sustainablechoices.stanford.edu/actions/at_the_store/packaging.html

http://greenliving.suite101.com/article.cfm/lower_household_carbon_footprint

April 22nd – Celebrate Earth Day and share your action with a friend

Plant a tree with your friends or family members on Earth Day. Environmental benefits of tree planting:

- For each tree you plant, you will reduce 13 pounds CO₂/year (for each tree) in the atmosphere
- On average, an acre of trees can store 2.6 tons of carbon (pollution) annually and generate enough oxygen daily for 18 people. A mature leafy tree produces as much oxygen in a season as 10 people inhale in a year.
- Trees provide relief by softening the harsh texture of concrete buildings and landscape.
- In city areas without tree cover, streets and parking lots can raise air temperatures to 35 degrees Celsius. Such "heat islands" can cause cities to be five to nine degrees warmer than surrounding areas.

Any time is a good time to give the gift of Green and trees make the perfect gift.

Trees:

- improve air quality
- provide habitat for wildlife
- reduce the need for air conditioning in the summer
- reduce storm water run-off
- increase the value of real estate

If you live where you cannot plant a tree (like in an apt), you can find an event where you can plant trees. Look on the Earth Day website.

<http://www.earthday.ca/pub/index.php>

April 23rd – Turn off the TV and spend time with family and friends

Why do we need to turn off the Screens? It saves 9.3 KW hours / month X 1 19" TV X average of 3 per household = 28 KW hours / month

Time spent watching TV and videos games takes away from opportunities for children to engage in physical activity, social interaction, learning to read and being creative. Spending excessive amounts of time watching television has been linked to childhood obesity which in turn increases a child's chances of experiencing health problems such as diabetes, hypertension and heart disease.

Canadian children and youth watch up to 26 hours of TV per week.¹ By the time they have graduated from high school they will have spent more time on the couch watching TV than they have spent learning in class.²

Together you could:

- Build a snowman in the backyard or go skating
- Take the dog for a walk.
- Go on a bike ride around your neighborhood.
- Play Frisbee in a local park.

Calling all couch potatoes! Are you warming up more than your sofa cushions?

Learn how you can green your TV without adjusting the color knob by taking our newest online quiz: *How Green Is My Screen?*

Source www.sierraclub.org

April 24th – Check out your local thrift store...give and get!

Every time you choose to donate your unwanted clothing or household items instead of discarding them in the trash - you are **Thrift Cycling**. *What does this mean?* Think of it as the **complete circle of benefits to people and planet** when we reuse and recycle responsibly.

Value Village, The Goodwill and the Salvation Army are just a few examples of organizations where you can donate your used items and shop for great deals!

<http://www.valuevillage.com/recycling/thriftcycle.php>

April 25 - Creative gift wrapping

- consider Hemp gift wrap and ribbons
- consider wrapping as part of the gift - towels, flower pots, clothing etc.
- reuse old wrapping paper, old maps, sheet music, kids artwork, gift bags or clothes
- give e-cards
- give a unique gift by adopting an animal for the world wildlife federation, give a kilometer of the TransCanada trail, or shop UNICEF etc.

Sources: www.easyearth.com, www.jenniferswanson.com, www.wwf.ca,
www.tctrail.ca, www.shopunicef.ca

April 26th – Dispose of batteries & other hazardous waste appropriately

Batteries are a unique product comprised of heavy metals and other elements that make things "portable". Some of these toxic heavy metals include nickel cadmium, alkaline, mercury, nickel metal hydride and lead acid. It is these elements that can threaten our environment if not properly discarded.

Batteries may produce the following potential problems or hazards:

- Pollute the lakes and streams as the metals vaporize into the air when burned.
- Contribute to heavy metals that potentially may leach from solid waste landfills.
- Expose the environment and water to lead and acid.
- Contain strong corrosive acids.
- May cause burns or danger to eyes and skin.

In 1996, the Battery Act was signed into law to address two fundamental issues according to the United States Environmental Protection Agency: to phase out the use of mercury in batteries and to provide collection methods and recycling/proper disposal of batteries. Batteries that end up in landfills and incinerators eventually leak into the environment and end up in the food chain, causing serious health risks to humans and animals.

Source: <http://earth911.org/>

April 27th – Choose the most energy efficient appliances

Dishwasher Energy Tips

- Check the manual that came with your dishwasher for the manufacturer's recommendations on water temperature; many have internal heating elements that allow you to set the water heater to a lower temperature.
- Scrape off, don't rinse off, large food pieces and bones. Soaking or prewashing is generally only recommended in cases of burned-on or dried-on food.
- Be sure your dishwasher is full, but not overloaded.
- Don't use the "rinse hold" function on your machine for just a few soiled dishes. It uses 3 to 7 gallons of hot water each time you use it.
- Let your dishes air dry. If you don't have an automatic air-dry switch, turn off the control knob after the final rinse and prop the door open a little so the dishes will dry faster.

Refrigerator / Freezer Energy Tips

- Look for a refrigerator with automatic moisture control. Models with this feature have been engineered to prevent moisture accumulation on the cabinet exterior without the addition of a heater. This is not the same thing as an "anti-sweat" heater. Models with an anti-sweat heater will consume 5% to 10% more energy than models without this feature.
- Don't keep your refrigerator or freezer too cold. Recommended temperatures are 37 to 40 degrees F for the fresh food compartment of the refrigerator and 5 degrees F for the freezer section. If you have a separate freezer for long-term storage, it should be kept at 0 degrees F.
- To check the refrigerator temperature, place an appliance thermometer in a glass of water in the center of the refrigerator. Read it after 24 hours. To check the freezer temperature, place a thermometer between frozen packages. Read it after 24 hours.

- Regularly defrost manual-defrost refrigerators and freezers. Frost buildup increases the amount of energy needed to keep the motor running. Don't allow frost to build up more than one-quarter of an inch.

http://www.ecokids.ca/pub/eco_info/topics/energy/energy_efficient/index.cfm

<http://oee.nrcan.gc.ca/energystar/english/consumers/index.cfm>

April 28th – Start Composting

- On average, 25%-35% of your trash can be composted
- Paper products alone make up roughly 33% of the waste stream
- Yard waste and kitchen scraps make up almost 30% of the waste stream
- All organic matter eventually rots. In other words, compost happens.
- www.greeningschools.org

April 29 – Turn off your air conditioners

Does air conditioning keep us comfortable at the expense of our environment? All too often, the answer is yes. Here's the irony. We use our air conditioners to protect us from the effects of hot, smoggy days. BUT ... by running our air conditioners, we are making these days even more likely. That's because the pollutants released during the production of electricity contributes to climate change and other forms of air pollution.

It creates a vicious circle of smog. Air conditioners can put an enormous strain on our power supplies. They're the reason the risk of power shortages is greatest in the summer. If you have an air conditioner, it can account for as much as half of your energy use on hot summer days.

For tips on eco-friendly alternatives check out

<http://www.ene.gov.on.ca/en/myenvironment/home/ac.php>

April 29th – Take Action...Write a letter (or an email to save paper☺)

Public Action: As individuals, we can green our homes, schools and offices and have a huge impact. But we also need policy movers and shakers to step up to the plate – with incentives for fuel efficient technologies, legislation banning toxic chemicals and strategies to protect endangered species (to name just a few things).

You can make a difference at so many levels in your community – by hosting meetings, organizing letter writing campaigns to legislators and media outlets, and drumming up support for action on all levels. [Here's how.](#)

http://www.davidsuzuki.org/NatureChallenge/What_is_it/

