

10 WAYS TO MAKE 40 HOMEWOOD GREENER

1. **Reduce “vampire power”**. Vampire (or standby) power is electricity consumed by devices when turned OFF. Unplug those DVD players, phone chargers etc. when not in use. Up to 15% of electricity can be saved by putting the bite on vampire power.
2. **Make the switch from inefficient incandescent light bulbs to CFLs** (Compact Fluorescent Lamps). They use 75 per cent less energy. (Note: they must be CSA or UL approved).
3. **Fix your leaks and drips!** If your taps are dripping or your toilet is running on, please act responsibly. Get the problem looked after. If you need a plumber, ask your neighbours or the Management Office for a referral. There is also a list of plumbers and handymen on the 40 Homewood website, www.40homewood.org. Here’s an astounding stat: One constant drip can waste up to 182 litres of water per week. If a **HOT** water tap is dripping it is double trouble: a waste of water and a waste of the energy used to heat it. (Waste = \$\$\$\$\$)
4. **Reduce energy-gobbling dryer usage.** Reduced minutes saves wear and tear on your clothes, saves energy for the environment and saves on **our energy bills**. Better yet, purchase an indoor clothes drying rack (check out Canadian Tire) and let your clothes air dry en suite.
5. **Check out Environmental Defence “Toxic Nation” web site:** www.toxicnation.ca. Find out how every day products are affecting your health and what you can do about it.
6. **Buy environmentally friendly laundry detergent and other cleaning products.** Green products can be found in many mainstream stores. Look for them. Choose them.
7. **Take you own cup to the coffee shop.** Use your own stainless steel water bottles for water. They’re cool. Make a fashion and environmental statement all at the same time! Note: paper coffee cups may be recycled by the franchise. The City of Toronto does NOT recycle these cups. Keep them out of our blue bins. (Tim Horton’s recycles their own cups if placed in their in-store recycling receptacles. Starbucks does not recycle their cups, although they say they are looking into the issue). Both Tim Hortons and Starbucks offer a 10 cent discount if you take your own mug!!

8. **Google “toxic plastic”**. Find out what we now know about long term plastic usage. Educate yourself on the alternatives. Protect yourself and your loved ones. Live green. Live healthy.
9. **Buy something organic**. Organic food is readily available. Become familiar with the “dirty dozen”: the top twelve produce items containing umpteen chemicals you **really** don’t want to be ingesting.
10. **Say “NO!” to junk mail**. The Green Committee supports a “no junk mail policy”. Place one of the coloured cards (available from the office) in your mailbox to indicate you do not want junk mail delivery. If you continue to receive junk mail, please notify the Management Office.

Did we say **10** ways to make 40 Homewood greener? As the saying goes—“so much to do, so little time.” Here’s a few extras!

- **Do “Meatless Mondays”**. It’s a winning combination. Not only are you reducing your impact on the environment but you are also reducing the impact on your cholesterol numbers and fat intake. Feeling really ambitious? Try the Veggie Challenge and go meat-free for a whole week! Sign up at www.veggiechallenge.com and receive recipe ideas, meal solutions, nutrition info and tips to help you eat well and healthy.
- **Check out the Green Committee board** on a regular basis for upcoming events and green living tips.
- **Visit the Green Committee** by e-mail to make comments and suggestions. Or ask questions about recycling, hazardous waste, reducing energy consumption etc. Our e-mail address is: 40Hgreencommittee@gmail.com. See the Green Committee page on the website: www.40homewood.org.

Ending on an inspirational quote: “We did not weave the web of life. We are merely a strand in it. Whatever we do to the web, we do to ourselves.”

- Chief Seattle