

EARTH HOUR “Everyday”

SUGGESTIONS

- Leave my car parked and walk to school, to the store, or visiting.
- Only drive when I have a substantial distance to go, if I am transporting something heavy (like groceries), or if the weather is nasty.
- Frequently offer rides to others so that I am not driving alone.
- Save my recycling until I have a car full and then drive it to the recycling depot.
- Seldom buy new clothing or other items, preferring to purchase gently used items from thrift stores or yard sales to save money and reduce waste.
- Throw away very little food, using things like vegetable and fruit peelings or fish heads and tails to make stock for soups, stews, or in place of water when I cook rice. This reduces waste, bumps up the nutritive value in food, and the discards can still be composted.
- Hanging clothes to dry on a drying rack or over the woodstove.
- Plugging electrical appliances into power bars to kill the "phantom power" draw of our ancient TV, VCR, DVD player, modern computer, and cell phone chargers when they are not in use.

- Plugging the car in for a maximum of 2 hours when the temperature is very cold (-10 or less) - not over night, because that's all it takes for the block heater to warm the engine, any longer than that is wasted energy.
- Replacing the microwave with a toaster oven, which can also be used when the normal oven is larger than necessary.
- Turning lights and appliances off when not in use.
- Weather stripping doors to ensure a good seal.
- Using CFL light bulbs where appropriate (i.e. Outside and long use locations) as the wasted energy from conventional light bulbs is heat, and we typically heat the house anyway.
- Freezing food during the summer when it is in season to consume over the winter in small energy star truck-style freezer.
- Cleaning the cooling coils on the fridge regularly.
- Keeping the house cool in summer by effectively using blinds, windows, and fans; not air conditioning.
- Installing an efficient woodstove (in place of our old inefficient fireplace) into our living room which heats our house without having to turn on our furnace.
- Not leaving lights on.
- We have a high efficiency wood stove fueled by wood from our property; we turn the wood stove down low at night (pile on the blankets!) And during the day while we're away.

- Have short showers and low-level baths and don't wash our hair every day.
- We only have 1 (4 cylinder) vehicle, ride our bikes or walk whenever we can, we use transit when it's convenient.
- Dad is in a carpool for his work in Kitimat.
- Try and do all of our errands in one trip downtown.
- Try and do only 3 loads of laundry each week (and hang clothes to dry in summer).
- Turn the power bar off on our energy-consuming electronic devices.
- Turn things off when they are not being used.
- Support the farmers' market and buy locally grown (or at least BC) produce, honey, etc, and have our own garden and greenhouse.
- We are conscious about how we live and the choices we make, not just to save money, but to genuinely consume less resources while still remaining active and involved with our kids and in our community.
- Use environmentally friendly cleaners such as vinegar and baking soda whenever possible.
- Live in a very small house which reduces my carbon footprint.
- Turn down the heat at night and whenever I leave the house, as well as turning off lights when I leave a room.
- Use lap blankets and sweaters so as to be able to keep the heat down.
- Shower more often than bathing, to conserve water.
- Only do laundry with cold water.