



Stan & Fran's Health Hints



April 2008

"Going Green"



REDUCE, REUSE, RECYCLE; we are all familiar with this phrase. Let's keep our environment healthy for our children, tomorrow's generation.



April 22 is EARTH DAY—Seven Tips on Going "Green"

- Park it**—Look for alternate ways to get around (bike, walk, carpool, public transit).
- Shut down**—turn off lights, computers, video games and other things that use electricity when they are not in use.
- Let it rot**—Put a composter in your back yard to reduce household garbage such as vegetable and fruit waste.
- Don't be idle**—When waiting in the car for an extended period of time (longer than ten seconds) turn the car off.
- Keep your eye on the temperature:**
 - In the winter—turn your heat down at night or when you're not home.
 - In the summer—turn the air conditioner down when you're not home.
 - For each degree you adjust the thermostat, you can save five percent on your utility bill and one percent on your utility use.
- Use cloth grocery bags.**
- RECYCLE!**

HOW TO PACK A "GREEN" LUNCH:



- Use reusable containers to pack food.
- Try to use lunch kits rather than one-time-use paper or plastic bags.
- Use a thermos or reusable water bottles instead of juice boxes.



WHERE DOES YOUR FOOD COME FROM?

Packing a "green" lunch means more than using reusable containers! It's easy to forget or not even know where your food is coming from. Foods shipped in from far away are not good for the environment. When you are shopping for food ask: Where was this food grown? Did it have to be shipped in by plane, boat, or big truck? How was the food grown?

What can you do to take part in being "green"?

- Look for foods that have been grown or made close to where you live.
- Do your shopping at the farmer's market!
- Buy your fruits and vegetables from local growers.
- Support local business and food manufacturers who make everything from jams and honeys to hot sauces and bakery items.
- Take your children with you when you grocery shop. Tell them why you are buying the foods you are, or ask them to look for foods in the store that have been grown close to home.

For more Info:

www.earthday.ca