

## GILL'S TOP 10 CHECKLIST TO HELP YOU GET "GREEN FOR LIFE"

### 1. BUY LOCAL FOOD

Find a farmer's market near you ([farmersmarketsontario.com](http://farmersmarketsontario.com)) and start enjoying the bounty of the season. At the grocery store, choose produce that has travelled the shortest distance. And try to buy less meat!

### 2. DRIVE LESS

Create a carpool at the office. Walk your kids to school. Buy a bike—with a basket so you can carry groceries or your briefcase. Take public transit. Choose a gym closer to your office or home. Walk to the corner store. Leave your car at home at least one day a week.

### 3. INSULATE YOUR HOUSE

Check for air leaks using a stick of incense or a candle. Add caulking and weather-stripping wherever you notice a draft.

### 4. USE LESS HOT WATER

Set a timer in the shower, aim for 5 minutes. Install a flow-adaptor switch to stop the flow while you lather, shave, etc..., or simply shut off the tap.

### 5. USE NATURAL CLEANING PRODUCTS

Buy a box of baking soda and a jug of pure white vinegar. Tear up old towels and ripped T-shirts for rags, stop buying paper towels.

### 6. LIGHTEN YOUR LAUNDRY LOAD

Wash in cold water. Buy natural soaps. Add Borax to boost detergent so you'll need to use less. Invest in front-loading machines to save money on energy and water use. Whiten with hydrogen peroxide. Empty the lint trap. Hang dry as much as possible.

### 7. NO MORE BOTTLED WATER

Invest in a stainless steel water bottle. Carry it with you everywhere! Lobby the boss to get a water filter at the office sink and some glasses.

### 8. BRING YOUR OWN BAGS

Invest in a small portable reusable bag ([reusablebags.com](http://reusablebags.com) or [envirosax.com](http://envirosax.com)) to carry with you. Commit to saying NO to petroleum derived plastic bags. Invest in shopping bins to keep in your car for large shopping trips.

### 9. FLICK OFF YOUR COMPUTER

Power down when you leave your desk for more than 20 minutes. Turn off lights every time you leave a room. Put stickers on the light switches in the boardroom and other public areas to remind everyone to Flick Off. Create a culture of No Waste at the office (paper too!)

### 10. LOSE THE PLASTIC

Bring lunch to work in reusable containers, stainless steel or glass are best. Take any Styrofoam back to the restaurant and ask them to dispose of it—put the onus on them to recycle or use biodegradable packaging.

*Put big check marks on every one of your new habits. Challenge your colleagues and friends to do more. Create a competition at the office to see who can green the best!*

*For more great greening tips, check out Gill's book, *Green For Life*. [www.gilldeacon.ca](http://www.gilldeacon.ca)*