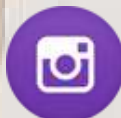


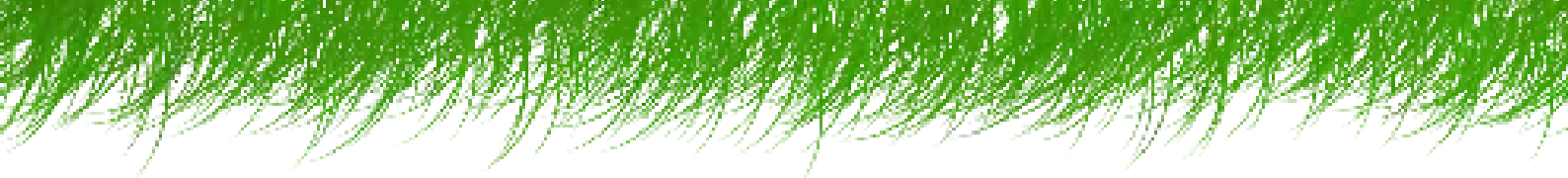
THE ECOLOGICAL HABITS LIST! ONE CHANGE AT A TIME



eco
loco.

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CONSOMMATION RESPONSABLE





Congratulations! You have just taken a big step to improve the ecological impact of your daily life. This is great news!

This list has been created to help you take an overview of the of the green habits you have already acquired and to identify the elements that you could improve.

It is obvious that human beings are an integral part of the environment and will always have an impact on it. It is also true that the environment has an impact on human beings.

Everything is interrelated! However, the impact that we have can be more positive.

The first step to do with this list is to read it and identify the behaviors that you have 100% acquired. Then you have a good basis for identifying some of the habits that need to be improved.

The idea is certainly not to become "perfect" overnight. In order for this change to be sustainable, one element at a time is preferable. It is well known that we change the world one step at a time!

So let's go!





SHOPPING

In fact, it all starts from there, doesn't it? The golden rule here is to buy less and buy better. Less doesn't necessarily mean you get less for your money or that you will necessarily have fewer goods. Less means buying according to real needs. Less also means avoiding over-packaging waste. Less also means limiting transportation...

- Avoid buying things you don't really need.
- Bring reusable shopping bags when you go shopping. We often bring them to the grocery store, but not so much for other but not so much for other purchases!
- Take a reusable water bottle so you won't be tempted to buy one when you go shopping.
- Avoid the individualized packaging that some large chains are clearly adept at.
- Choose to buy food and cleaning products in bulk.

- Avoid buying single-use disposable items such as vegetables packaged in trays and plastic.
- Bring your own food containers when you go to a deli, butcher shop and fish market to avoid the use of disposable plastic.
- Avoid plastic packaging and opt to store food in reusable containers or reusable containers or beeswax-based packaging instead of disposable stretch film (Saran).
- Favour local purchases: household products, foodstuffs, wooden articles, hygienic
- Go to public markets or local farmers' groups for your food. You will avoid food that is unnecessarily wrapped in plastic and ensure that your food is being reasonably transported.
- Buy items with sustainability in mind. It is more cost effective to invest in them than to have to replace them regularly.
- Need to buy appliances? Compare their electricity consumption and buy ones that have an "Energy Star" label.
- Opt for environmentally friendly options that have been accredited such as certified organic products. It is not uncommon to find organic fruits and vegetables at the same price as others.
- Before buying something new, look for second-hand items first. There are several platforms on the Internet to help you (e.g. Kijiji and Facebook).
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AT HOME

- Reuse everything that can be reused: before disposing of any item, ask yourself if it can be used in any other way.
- Recycle everything you can, including plastic aluminum, bottles, cardboard and paper.
- Compost everything that can be composted. Many municipalities now offer this service. If you haven't already done so call them and let them know you want to do so. Otherwise, you can have a compost bin at home.
- Reduce or avoid eating meat. This consumption is considered one of the main causes of climate change.
- Use a cloth instead of single-use paper towels.
- Avoid all battery-operated items. If necessary, buy rechargeable batteries so you can reuse them. They are more expensive to buy, but more durable.

- Take an empty jar and put the batteries that no longer work in it. Take them to a place where they collect them. Most pharmacies do this.
- Go around your pharmacy, look for medications that are expired and take them to the pharmacy (along with the batteries!).
- Make your own cleaning products using baking soda and vinegar.
- Prepare home-cooked meals to avoid disposable plastic containers for take-out.
- Save glass jars and reuse them. They make perfect containers for jams, screws, paper clips...
- If you have to change your toilet, choose a low-flow one.
- Make sure your home is well sealed and insulated. The windows and doors should be checked on a regular basis.
- Get programmable electronic thermostats and make sure you turn down your heat at night or when you are away.
- When using the oven, plan to cook several foods at the same time. This will save you time and energy.
- Turn down your heating or air conditioning by one degree. Your body will adjust, your energy use will decrease and so will your costs too!
- Use LED lighting instead of incandescent lighting. It is proven to last longer and requires less electricity. This also reduces purchases.
- Choose to wash in the shower instead of in the tub.
- Take shorter showers. You can even get wet and wash yourself with the water closed. Just open it again and rinse!

- Install a water-saving shower head.
- Don't let the water run unnecessarily. For example, when you brush your teeth.
- Avoid buying books, magazines and newspapers in paper. There are now electronic alternatives and you can always borrow them from the your local library in your community.
- Put a sticker on your mailbox indicating that you do not want a flyer. Some municipalities also keep a list of people who don't want them. Find out more.
- Contact your various telecommunication and other providers so that they can send you invoices in electronic format.
- Keep all gift bags, gift boxes and ribbons for reuse.
- Use solar-powered chargers for smartphones and for smart phones and pads.
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YOUR WARDROBE

- Preferred clothing purchases that are environmentally friendly. They will be made in made of linen, hemp, bamboo rayon, organic cotton, Tencel, recycled textiles and most of the time biodegradable! The natural fibers are unlike synthetic fibers which are regularly made from made from petroleum.
- Also favor local and ethical purchases. Otherwise, opt for made in countries known for their environmental and labor standards.
- Opt for clothes that you like 100%, otherwise, you risk not wearing them.
- Repair clothes that are still wearable.
- If your clothing is damaged, transform it: a pair of pants can easily become shorts!
- When the garment reaches the end of its life, reuse the fabric that is still in good condition. For example, an old T-shirt can be turned into a rag.

- Avoid washing your clothing without making sure that it is really dirty. For example, underwear and socks should be washed every time they are used. Pants can wait 4-5 uses.
- Wash your clothes with natural and biodegradable laundry detergent. Avoid bleach and fabric softeners. These products are often very polluting, disturb the water, the soil, the fauna and wildlife, in addition to degrading your clothes more quickly without being more effective.
- Only do large washing loads, which are more ecological than small ones.
- Avoid clothes that require dry cleaning. Not only is this polluting, but it will considerably increase the price of your clothing.
- Hang up your clothes instead of using the dryer. This will reduce your energy consumption and keep your clothes looking good longer. *** Dry your knitwear flat instead and put your more delicate clothes on wooden or padded racks.
- Donate or sell your clothes that you no longer wear to a friend, at a swap meet, to a recycler, to a non-profit organization that has a thrift store, on Kijiji or in Facebook groups for example.
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BABIES AND CHILDREN

It is assumed that a baby and a child do not have great material needs.

- You can find almost anything in excellent condition by visiting bazaars, thrift stores, church basements or by using your network.
- Children's room coverings should be designed so that they don't need be changed too quickly.
- Your child is growing fast and extra clothing is not necessary.
- Opt for washable diapers and wipes, not only is it ecological, but it's simple and economical. To moisten the wipes, you simply put them in a container with water, a drop of mild soap and a little olive oil.

- Prepare your own purees, ideally with fresh, organic and local vegetables,
- Get BPA-free bottles, utensils and plates.
- Choose activities over many unnecessary toys.
Borrow games and toys from the library.
- Buy toys from organizations that revamp used ones.
- Choose quality, durable, locally made, plastic-free toys.



GARDENING AND GROUNDS MAINTENANCE

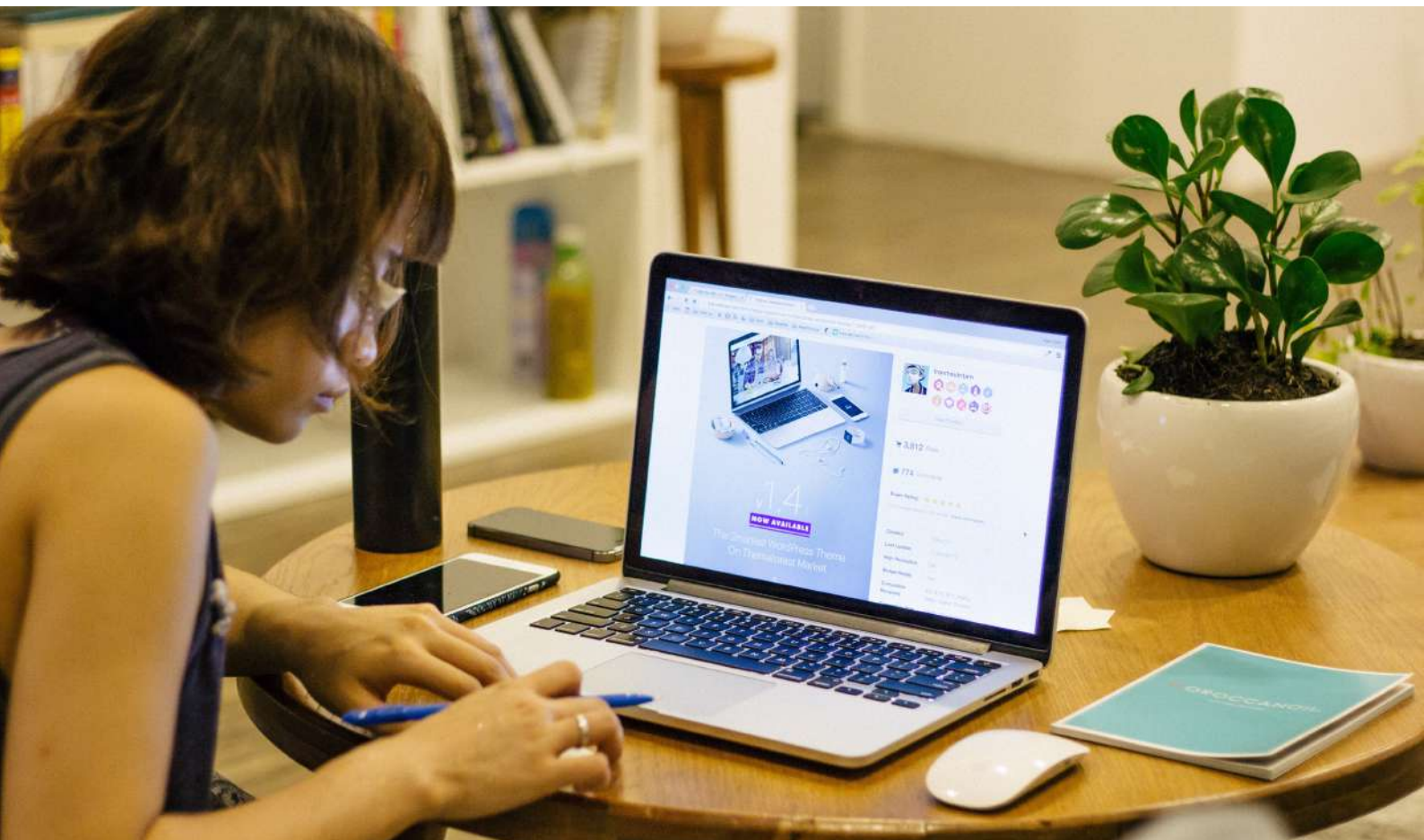
- Grow your own herbs, fruits and vegetables. You don't need to have a huge plot of land to do it! Even on a city balcony it is possible to grow them in bins!
- Avoid synthetic fertilizers and pesticides and learn how to grow your garden organically. If necessary, use organic fertilizers such as compost (ideally domestic).

- Use beer traps to catch slugs instead of using insecticides or sprinkle your garden with eggshells: they will have a hard time sneaking in.
- Pull weeds manually.
- To help temper your home in hot weather, plant a tree on the south side. It will create the shade and coolness you are looking for.
- Check with your municipality to find out if you are allowed to have chickens. Our experience in this regard is simply magical!
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PERSONAL CARE

- Use 100% natural body and face products that have been proven to be proven to be safe.
- Avoid single-use disposable face wipes. Use washable wipes instead.
- Choose reusable menstrual products such as menstrual cups, sanitary pads and panty liners.
- Opt for soap and shampoo bars that don't have plastic packaging.
- Coconut oil is a valuable ingredient both as a deep conditioner for hair and as a facial cleaner.
- Grow aloe vera and use its gel as a moisturizer, aftershave and burn relief.



AT THE OFFICE

- Maintain a "paperless" environment whenever possible. For example, encourage communication via email.
- Use a scanner instead of delivering or faxing a document.
- Buy recycled paper for the printer. Check to see if pieces of paper can be used as scrap paper. Use the back of a previously used sheet of paper for the printer or personal notes.
- Implement a recycling program for paper, cardboard, glass, aluminum and printer cartridges.
- Encourage people to use their own cups and glasses rather than disposable ones.
- Bring a lunch without pre-packaged individualized portions.
- Encourage staff to turn off all electrical items at the of the day including computers and lights.
- If laptops are not in use, make sure they are quickly switched to a low power are quickly switched to power-saving mode

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TRANSPORTATION

- Walk or bike whenever possible.
- Take public transit.
- Carpool to work or other places if it makes sense.
- If you need a car, the next time you buy one, choose the most environmentally friendly vehicle you can afford. There are more and more hybrid and electric cars and more and more fuel-efficient cars.
- Make sure your tires are inflated at all times as this affects fuel efficiency.
- Keep your car well maintained for maximum fuel efficiency.
- Turn off your engine when you are waiting.
- Avoid overheating your car in cold weather.



ON THE ROAD AND WHILE TRAVELING

- Avoid plastic straws when ordering drinks in bars and restaurants. At home, you can use washable straws.
- Don't accept disposable utensils and plates.
- Say no to Styrofoam.
- Make sure you bring your own reusable coffee cups, water bottles and hygiene products to avoid disposable items.
- Instead, consider borrowing the items you need on an occasional basis on an ad hoc basis. Examples include camping or beach items and tools such as power saws.

- Be sure to pick yourself up, especially when visiting natural sites. It's a shame to visit natural areas such as shorelines, rivers and find litter.
- Choose eco-friendly accommodations. Ecotourism is gaining in popularity for the environmentally conscious traveler and eco-friendly facilities are becoming more common.
- Don't leave towels lying around in your hotel room as the staff will wash them. Who here gets out of the dirty shower?
- Go bike touring.
- Whenever possible, use public transportation rather than renting individual cars.
- If you travel by plane, know that you can offset your emissions. Most airlines offer this option.
- To facilitate the time travelling with your children, make green and nature-friendly riddles. Open up discussions on the subject
- Don't buy things you don't need. The most precious memories are in our memory and in (digital) photos.

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PERSONAL AND SOCIAL INVOLVEMENT

- Become a member of an environmental organization. You can be a member who supports the organization financially and/or or who is actively involved in its activities.
- Make a donation to environmental organizations. This really helps support the important work they do.
- Write to your Member of Parliament if you have green ideas to promote. Share your green knowledge with your family and friends so that they become more aware and implement changes.

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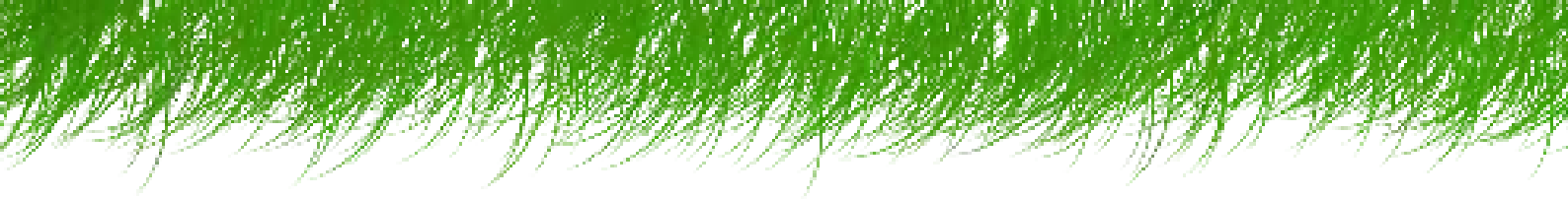
YOUR IDEAS

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We have made a list that touches on many areas of life. However, we know that it is not exhaustive. If you have any great green ideas that aren't listed here, we'd love to hear about them and add them to the list. Send them to us by email at info@ecoloco.ca.

If you need information on many of the topics in this book, we invite you to visit our blog. We have a multitude of posts that will help you to deepen your knowledge and accompany you in your ecological steps.

It is important for us to stay in touch with people who care about sustainable development, especially for future generations. Help us raise a movement by staying connected with us:

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