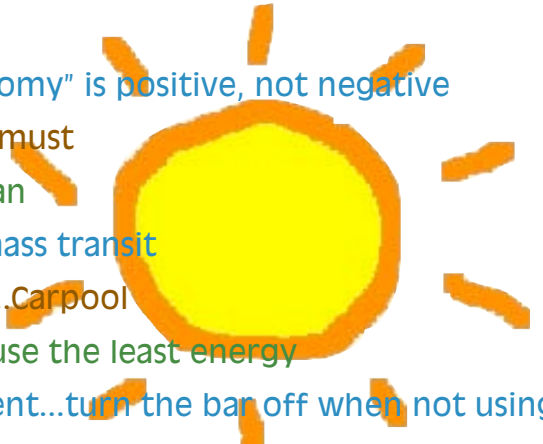


How to Live Sustainably

1. Visualize our Earth from space... *really* understand that it and all life on it are fragile
2. Care about your neighbour next door and your neighbour on the other side of the world
3. Make your home energy efficient and free of toxins
4. Buy Green energy
5. Realize that the connection between "green" + "economy" is positive, not negative
6. Don't drive, unless you really must
7. Walk, cycle, skate, toboggan
8. Demand better, energy-efficient mass transit
9. Use buses and trains...Share cars...Carpool
10. Switch to appliances and technology that use the least energy
11. Use power bars for "phantom load" appliances and equipment...turn the bar off when not using
12. Turn off lights when you leave a room...Use energy-efficient lighting
13. Encourage businesses to turn off most lights at night
14. Encourage municipalities to use energy-efficient street lights
15. Marvel at the night sky
16. Avoid drive-thrus
17. Avoid fast food
18. Don't litter...Collect others' litter
19. Eat fewer (or no) animals
20. Install solar panels...Erect a windmill
21. Build political will for local change
22. Avoid petroleum-derived products, including plastic whenever possible
23. Use refillable, non-plastic containers
24. Share, barter, trade what you have
25. Buy less stuff: examine your *needs* and buy no more than *enough*
26. Re-use before you re-cycle
27. Replace concrete with gardens
28. Lobby for walkable, shoppable neighbourhoods
29. Plant trees...Save forests
30. Garden with plants native to your region
31. Walk in nature...you can't hear, see or smell nature's beauty or creatures from an ATV or snowmobile
32. Use eco-certified or recycled lumber and eco-friendly paints



- 33. Avoid conventionally grown cotton and synthetic fabrics
- 34. Use earth-friendly fabrics such as hemp, and organically grown bamboo and cotton
- 35. Patronize your local thrift shop
- 36. Turn down the temperature on your hot water heater
- 37. Investigate solar water heating and tankless water heaters
- 38. Don't fly, unless you really have to
- 39. Support environment-friendly politicians
- 40. Support neighbourhood small business
- 41. Boycott corporations that exploit people or the environment..."Cheap" has great hidden costs
- 42. Take pride in being resourceful...Share what you learn
- 43. Encourage and support others who are being resourceful
- 44. Put on a(nother) sweater
- 45. Turn off the air conditioner
- 46. Buy tree-free or post-consumer paper
- 47. Use a clothesline instead of a dryer in good weather
- 48. In the winter, dry clothes indoors...save energy and contribute humidity to the dry air
- 49. Avoid household products that are made with artificial ingredients
- 50. Research materials, manufacturing methods and ingredients before buying anything
- 51. Maintain your property in people, animal and insect friendly ways
- 52. Build a compost pile...don't bag, compost autumn leaves
- 53. Eat locally grown organic food...Support organic family farms
- 54. Grow your own organic vegetables & fruit
- 55. Organize a community garden for apartment and single room dwellers
- 56. Support the growing of hemp with its hundreds of eco-friendly uses
- 57. Support an economy based on renewable energy sources
- 58. Close down coal-burning and nuclear power plants
- 59. Demand strict emission controls and fuel efficiency for all vehicles



SLOW DOWN
FIND YOUR VOICE
LIVE SIMPLY, THAT OTHERS MAY SIMPLY LIVE

ONLY WHEN THE LAST TREE HAS DIED
AND THE LAST RIVER BEEN POISONED
AND THE LAST FISH BEEN CAUGHT
WILL WE REALIZE WE CANNOT EAT MONEY
-CREE PROVERB