

EarthWise Solutions

Use less energy. Produce less waste. Save money.

Eco-Info: Pupils, Preparations and Prizes

Get Green on the Way to School

Going back to school is a fresh start. This year make that start even fresher by greening how you get back to school.

Clothes

- Host a clothing swap. Put clothes in piles according to size and gender, then take turns picking.
- Check out children's consignment clothing stores: www.calgaryconsignment.com.
- For new clothes look for those made close to home using sustainable fabrics like organic cotton, bamboo and wool.

Lunches

- Use a lunchbox with reusable containers for sandwiches, drinks, etc. Send a cloth napkin and reusable utensils too.
- Avoid #7 plastics: they may Bisphenol A which could contribute to childhood behavioral problems.
- Buy larger packages and divide into single servings in reusable containers. This uses less packaging.

School Supplies

- Look for school supplies with recycled content, particularly post-consumer recycled content.
- Look for supplies that you can reuse, recycle or compost. For example choose refillable or compostable pens.

Transportation

- Start a walking or cycling school bus: www.saferoutestoschool.ca
- Share the drive to school. Find like-minded parents in your neighbourhood at www.schoolpool.ca.

For more ideas read the [complete article](#).

5 Easy Ways to Get Green this Fall

Living greener doesn't have to be complicated. Take a few steps this fall with these simple ideas.

1. Home Heating
 - Have your furnace inspected.
 - Change your furnace filter; have replacements on hand.
 - Inspect for leaks in the home that might be losing heat.
 - Install a programmable thermostat and set it to lower temperatures when you are asleep and away.
2. Transportation
 - Attach an outdoor timer to your block heater and set it for 2 to 3 hours before you plan to leave.
 - Warm up your car for only 2 to 3 minutes before driving.
3. Food
 - Preserve locally grown produce now. Freeze or can berries, tomatoes and other fruits and veggies.
4. Yard & Garden
 - If you don't compost drop your leaves and pumpkins off to the City of Calgary's seasonal drop off locations.
5. Learn more about your green options in Calgary
 - Hire an eco-coach to help you live a more environmentally friendly lifestyle. www.earthwisesolutions.ca
 - Read *Live Green, Calgary!* to find green products and

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If you want to reduce your family's ecological footprint, let me create a **Customized Home Efficiency Plan** for you. It will show you how to save money by operating a more environmentally efficient home and you'll save time by not having to do all the legwork yourself!

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And the Winner is...

Congratulations to Claire Owens of Garrison Woods who won a copy of *Live Green, Calgary!* by entering at the Calgary Farmers' Market.



services in the city. www.livegreencalgary.com

- Book the presentation “Green Your Life: Where to Start” for your workplace. See it at www.livegreencalgary.com.
- Attend the EcoLiving Fair on September 27, 2008 at Mount Royal College. www.ecolivingfair.ca

For more details read the [complete article](#).



Live Green, Calgary... the second edition!

I am working on a second edition of *Live Green, Calgary!* Please [email](#) me if you know of any green programs, products or services that are not already highlighted in the book.

Contact EarthWise Solutions

If you have any questions or comments please [email](#) me or call me at 403-475-7505.

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