

GUIDE TO DAILY ACTION

Earth Day Every Day

This Guide is a Resource to:

- **Celebrate** the ways you already improve environmental health and wellness;
- **Learn** where to start for those who are just beginning to make more sustainable choices at home and at work

<p>Join a neighbourhood "buy nothing" group</p> 	<p>Use minimally packaged toiletries</p> 	<p>Use an active mode of transportation to get to work</p> 	<p>Join BC Hydro's Team Power Smart</p> 	<p>Eat a meatless meal at least 1 day/wk</p> 
<p>Put a cloth in the fridge with fresh greens to extend produce life</p> 	<p>Turn down heat to 16°C when you sleep</p> 	<p>Join the Green+Leader program and/or encourage a colleague to join!</p> <p>SIGN UP!</p>	<p>Seal home windows and doors to reduce drafts</p> 	<p>Collect rainwater or shower water for your plants</p> 
<p>Carpool at least once with a colleague</p> 	<p>Upgrade your lights to LED</p> 	<p>Choose your own adventure!</p> 	<p>Only boil the amount of water you actually need</p> 	<p>Eliminate one source of plastic waste by switching products or changing a habit</p> 
<p>Turn off monitors whenever you leave for more than 15 mins</p> 	<p>Unplug your electronic devices or plug them into power bars</p> 	<p>Find an appliance with an Energy Star label (at work or at home)</p> 	<p>Use natural lighting whenever possible</p> 	<p>Hang your laundry to dry</p> 
<p>Fill empty space in your fridge with water filled containers to improve energy efficiency</p> 	<p>Buy locally farmed produce</p> 	<p>Use a reusable bag or box for shopping instead of plastic or paper</p> 	<p>Turn off the tap when you brush your teeth</p> 	<p>Encourage a colleague to take on a sustainable action</p> 

DID YOU KNOW?

Neighbourhood buy nothing groups

Also known as a “sharing economy,” neighbourhood buy nothing groups are a great way to give away items you don’t need anymore to someone who can use them, find an item you need, or share the use of an item like a lawnmower.

Produce

Put a cloth in the fridge drawer with fresh greens to absorb moisture and extend your food’s shelf life.

Transportation

If active or public modes of transportation are not accessible or feasible for you, carpooling is the most effective way to significantly cut environmental and financial costs.

Monitors

Recent studies suggest screen savers use more energy than allowing the monitor to dim. To maximize energy savings, turn the monitor off if you are away for 15 minutes or more. Learn more [here](#).

Fridge

A full fridge is a happy fridge. Having an empty fridge requires more energy to cool the empty spaces. Try filling old containers with water to improve your fridge’s efficiency. The same rule applies to your freezer!

Packaging

Use products that have minimal packaging such as a shampoo or deodorant bar!

Heating

Heating costs rise up to 5% for every degree above 20°C that you set your thermostat, so turn down the heat when you sleep to reduce your home energy consumption and cost! Learn more [here](#).

Lighting

LED lights use up to 95% less energy and last at least 7x longer than regular lights. They also produce very little heat which reduces cooling loads in the summer.

Electronics

The average Canadian home has 25 electronic devices that use standby power which can add up to 10% of household electricity consumption. Plug devices such as a computer, printer, and TV, into a power bar, so you can cut off the supply of electricity.

Food

Know where your food comes from and support the local economy! Visit a local farmers market or look for BC labels on food products. If you're feeling bold, you could speak to staff at your local grocery store and let them know you support and want to see more local food choices.

Active Transportation

Using active modes of transportation (such as walking, cycling, or travelling with the use of a mobility aid) has significant environmental, personal, and public health benefits. Short-term benefits include stress reduction and increased energy, and long-term benefits include reduced risk of developing diseases such as heart disease and diabetes.

Green+Leaders

Join a community of health-care staff volunteers taking action for environmental sustainability and transforming health care for people, place and planet by becoming a [Green+Leader](#). Create healthy workplaces and a healthy planet and become a change-maker and influencer at your work!

Large appliances

ENERGY STAR is an international symbol that identifies energy efficient products. When replacing old electronics such as TV's or appliances, look for devices with this logo.

Reusables

- With plastic grocery bag bans looming, why not get into the habit of bringing reusable bags or totes now? Remember to launder your bags to keep them clean and fresh!
- While getting rid of all plastic waste seems daunting and unachievable, we can easily find a way to use a little less plastic. Try purchasing laundry strips instead of liquid detergent or use a reusable cup when ordering take out beverages!

Energy

Join Team Power Smart to get energy-saving advice, and take advantage of exclusive rebates and offers. Commit to cutting your electricity consumption by 10% over the year, and you can earn a \$75 reward. Learn more [here](#).

Draftproofing your home

According to US DOE, reducing drafts in a home can result in energy savings of between 10-20% annually. See the [BC Hydro's Power Smart DIY video](#) on how to reduce drafts in your home.

Natural Light

A single south-facing window can illuminate 20-100x its area. Turning off one 60-watt bulb for four hours a day equates to \$9 in annual savings. Two 100-watt incandescent bulbs switched off an extra two hours per day could save you \$15 over a year!

Water

- When brushing your teeth, fill a cup half full, just enough to rinse your mouth with, and turn your tap off. Did you know you don't need to wet the toothbrush before you brush either?
- Electric kettles provide one of the most efficient ways to boil water, but our boiling behavior is also extremely important. Americans drink roughly 662 million cups of coffee and tea every day. If we boil a whole pot for each of these cups rather than just the amount we need, we'd use about 4x more energy.

Diet

Better for your health and better for the planet. Meat alternatives such as beans and legumes and tofu are protein rich substitutes and use significantly less water to produce than livestock. They also generate less greenhouse gas emissions.

Lawn Care

The average Vancouverite uses more than 320 L of water per day in their home and in summer that amount can double, due to lawn care!

Laundry

If you do eight loads of laundry a week and air dry your clothes 50% of the time, you could save \$65 a year! While air drying laundry in the health-care setting is not practical, technological advances have helped reduce energy and water consumption for laundry. For example, energy star rated commercial clothes washers uses ~25% less energy and 45% less water than standard models, and oxidation laundry systems reduce the amount of hot water needed for each load of laundry by 85%.

Community

While not as measurable, one of the greatest impacts we can have is to talk to our friends, family, and colleagues to influence and inspire others to take action.

Questions about this tool?

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