

SUGGESTED HINTS TO HELP CARE FOR OUR CREATION

(from your AB/Mackenzie Provincial CWL Care Team)

- 1) Consider using a rain barrel.**
- 2) In place of commercial cleaners, use vinegar and baking soda.**
- 3) Don't accept the packaging from stores such as shoe boxes, hangers, plastic covers, etc.**
- 4) Use environmentally friendly wash cloths, towels, cleansers and yard products; e.g. crushed up egg shells in flower beds.**
- 5) Buy used items – sell or give away anything you don't use or need.**
- 6) Ask stores for paper bags or carry a cloth tote bag in your purse for small purchase items.**
- 7) Re-use wax paper bag from cereal boxes wherever you need wax paper.**
- 8) Can or freeze your own fruits and vegetables.**
- 9) Hang clothes outside to dry instead of using a dryer. Hanging clothes inside helps with the humidity in your home.**
- 10) Plant a garden or become involved in a community garden.**
- 11) Walk more, drive less or use public transit or carpool.**
- 12) Do not litter.**
- 13) Pick up garbage on the street/sidewalk when you see it.**
- 14) Use water wisely – reconsider showering every day and use towels and clothes more than once before washing.**
- 15) Buy less "stuff" i.e. don't need newest phone if old one is still working.**
- 16) Put on a sweater instead of turning up the furnace.**
- 17) Consider forming purchasing co-ops to buy in bulk, reducing the need for un-necessary packaging.**
- 18) Use "gray" water for watering plants (gray water is previously-used water).**
- 19) "Military" showers – 3 minutes, turning off the water in between bathing and rinsing (There is an inexpensive shutoff one can buy to place on the shower head.)**
- 20) Buy local foods.**
- 21) Buy second-hand clothing.**
- 22) Replace wipes with wash cloths and rags.**
- 23) Recycle, recycle, recycle whenever possible.**
- 24) Work with the schools to educate young people of the importance of caring for our planet and showing them by our actions.**