



Be a hero in everyday life. Consume more responsibly, throw out less.

Our current lifestyle encourages the purchase of a very large quantity of products of all kind such as food products, clothing, furniture, magazines, or various electronic devices. Consuming more responsibly is one of the many ways to develop environmentally-friendly habits. As a consumer, you can help reducing solid waste at the source in making slight changes in your purchasing behaviour. Remember that from an environmental point of view, the best waste is no waste.

A few examples of environmentally responsible measures to reduce waste production at the source

Shopping	Evaluate the product usefulness before making a purchase. Do you really need it? How long will you use it? Could you borrow it from someone else instead of buying it?
	Choose sustainable products with minimal maintenance, which can be repaired, reconditioned, recycled or improved. Although the price is higher, this is a better choice than short-life-cycle products.
	Use reusable bags for your shopping errands
	Avoid products with overpackaging
	Choose bulk products
	Avoid single-use containers such as bottled water and opt for beverage sold in refillable bottles (if available)
	Minimize your purchases of individual size products and choose family size items
	Buy concentrate products (dish soap, all-purpose cleaner, detergent)
	Limit your purchases of disposable products
	Buy second-hand products
At home	Replace disposable products such as razors, pens, cameras, lighters, utensils, with reusable and recyclable products
	Use permanent coffee filters
	Replace your paper towels with washable rags and use fabric napkins instead of paper napkins.
	Say no to advertising mail by contacting The Canadian Marketing Association
	Put a sign on your mailbox refusing flyers
	Drink tap water instead of bottled-water
	Use energy-efficient long-life bulbs
	Use rechargeable batteries
Practice herbicycling (leaving the freshly cut grass trimmings on the lawn) and make your own compost for your garden	
At work	Bring your lunch in reusable containers
	Do not use paper cups; bring a reusable mug or glass
	Practice recycling at work
	Reduce the usage of paper by using two-sided printing, e-billing, banking on the Internet
	Use both sides of a paper sheet before you put it in the recycling bin
	Avoid additional paper copies
	Use telephone, electronic message board, or emails to send messages and memos
Use spell checking and print preview functions before printing a document	
On a regular basis	Bring unused material to resource recovery centers
	Exchange, rent, share or borrow any article that you do not use often
	Repair appliances, clothing, shoes, and furniture instead of throwing them away or buying new ones
	Share magazines and books with friends