



Inspiring Albertans one simple act at a time

August 2013

As summer winds down, fresh local fruits and vegetables are ready for picking and pickling. Whether you like to preserve fresh produce or eat it daily, we have a lot of choices for eating local in Alberta.

Pickling is one of the oldest forms of food preservation, discovered at the dawn of civilization, thousands of years ago in Mesopotamia.

You Can do it

Give canning a try. ATCO's [Blue Flame Kitchen](#) has a wide variety of pickling recipes. Imagine opening your own jar of preserves at Christmas dinner. Yum.

Back to School

Getting ready for school? Go green with some tips to save you money, conserve natural resources and reduce your carbon footprint.

At home

- Pack waste-free lunches by reusing containers, utensils and cloth napkins.
- Host a clothing-swap party with friends and neighbors.
- Avoid buying too many supplies by inventorying what you already have.
- Keep a running list of needed items on the fridge, helping you stay organized to avoid multiple, last-minute car trips.
- Have a reusable water bottle for everyone in the family. Tap water is great!

At school and on the go

- Take good care of your pack and school items. They'll last longer and save money in the long run.
- Prevent waste and unnecessary purchases by using pens until the ink runs out, holding on to pencils until they're too short for writing and making use of each blank page in your notebook.
- Shop for back-to-school apparel at thrift stores or garage sales, give gently used clothes a second life.
- Consider purchasing a refurbished computer over a new one. They often cost less, and some come with a warranty when purchased from the manufacturer.
- Choose products with more recycled content – paper with a higher percentage of [post-consumer materials](#), for example – and less or no packaging.
- Look for pens and pencils made with sustainably harvested wood or recycled content. Also think reusable...mechanical pencils, refillable pens.
- Check thrift stores for reusable school supplies such as binders and backpacks.
- Collaborate with others for a carpool to reduce vehicle emissions.
- Explore options to bike and walk safely to school.

Post your green school routine on our facebook page,
www.facebook.com/onesimpleactalberta

www.onesimpleact.alberta.ca

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