



Inspiring Albertans one simple act at a time

January 2013

## Small Green Changes for a Smaller Footprint

'Tis the season of New Year's resolutions and here's an idea for a different approach this year: Commit to one change for each month in the new year. Sometimes it's easier to make New Year's resolutions than it is to stick to them and year-long commitments can seem overwhelming. By making a monthly commitment, you can test out many small green changes to discover what works for you. When the month is over, you can decide if you like the change and wish to continue it. Either way, you can then focus on another challenge for the next month. Below are some ideas for challenges that can be done in any order or you can make up your own.

### Twelve Months, Twelve Places to Start...Pick One

1. Water Use in Bathroom – The bathroom uses 63 per cent of your daily water consumption. It's the first place to look at ways to conserve water. Take a shorter shower or turn the water off when you brush your teeth.
2. Transportation - Commit to one change in how you travel like using public transit, combining errands into one trip or making one less car trip per week.
3. Be Kitchen Efficient – Cover your pots while cooking, use the microwave instead of the oven, place a jug of water in the fridge instead of running the tap, think creatively when using energy and water.
4. Reduce Waste - Waste is created from what we consume...challenge yourself to decrease waste so it fits into a small container. Buy less, waste less.
5. Conserve Energy - Always try to think of ways to conserve energy...turn off switches and be mindful of [phantom power](#).
6. Eat Local – Visit local Farmer's Markets, purchase food in season and ask for it at restaurants.
7. Reuse Month - Think of ways to reuse things before recycling or disposal.
8. Donate – Give your time and donate gently used items to those in need.
9. Harvest Water and Food – Install a rain barrel to collect water and grow a garden.
10. Clean your Clothes Smarter – Hang clothes outside to dry, wash in cold water and invest in energy efficient appliances.
11. Apply the Three Rs for the month – First think of reducing, before reusing and finally recycle as a method of disposal. Make the resources last for as long as you can before they are recycled.
12. Inspire Others – Be the change you want to see in the world. (Gandhi)

It's been said that it takes about a month to develop a new habit. So, for a month, don't take no for an answer. Expect the best from yourself: be diligent, make an effort and follow through.

## Inspire your friends by committing to One Simple Act and sticking with it!

Together, we make a difference, one simple act at a time. Share one thing you do to **live lighter on the Earth** on our facebook page, [www.facebook.com/onesimpleactalberta](http://www.facebook.com/onesimpleactalberta)