

## **Monthly Green Tips which appeared in the Holy Cross bulletin (Oct. 2016 – Sept. 2017)**

### October 2016

Whether in church or at the parish centre, please deposit garbage into the appropriate receptacles (eg in the washrooms, drop used paper towels into the marked container next to the garbage bin; in the church kitchen, compostables go in the white bin on the counter).

### November 2016

“Purchasing is always a moral – and not simply economic – act.” (*Laudato si'*, par. 206). This Christmas, help people in need by choosing a “gift of hope” from a catalogue (eg. Chalice, Plan International, FINCA Canada) or by donating to a charitable organization (eg. Mennonite Central Committee, Development & Peace) on behalf of a loved one. These gifts are always environmentally friendly!

### December 2016

In winter weather conditions, offer a ride to fellow parishioners to come to mass and church activities. Then make carpooling a habit for the rest of the year!

### January 2017

In the average Canadian household, one in four produce items gets thrown in the garbage (about \$600 worth in one year). In Toronto, single-family households discard about 275 kilos of food waste each year. Let's buy and cook only what can be reasonably consumed: it'll be better both for the environment and for our pocket book!

### February 2017

Eat local and in season (eg. more root vegetables in the winter). This will help reduce the energy used in hothouse production, and carbon emissions during the transportation of produce from afar.

### March 2017

Keep Fridays (and even other days) meatless beyond Lent. Not only is this beneficial to our health, it is also more eco friendly if we eat plants rather than animals that feed first on plants. Moreover, livestock farming creates a significant amount of methane emissions (greenhouse gases), which contribute to global warming.

### April 2017

Replace one-time coffee filters and pods with reusable ones. Bring your own containers to restaurants if you expect to take home leftovers.

### May 2017

To cut down on paper waste, share newspapers and magazine subscriptions in print format with a neighbour or friend.

June 2017

Make your own environmentally friendly cleaning products. See <http://www.womensvoices.org/avoid-toxic-chemicals/diy-recipes/>.

July 2017

Support organizations that work to protect the environment like **Some of us** ([www.sumofus.org](http://www.sumofus.org)) and the **Council of Canadians** (<https://canadians.org/>).

August 2017

Use cloth rather than paper napkins, and glass food containers instead of Tupperware.

September 2017

Do you really need those extra plush bath towels that wrap around you twice? Smaller, thinner ones will dry you just as well, and take up less space in the washer/dryer.