

Monthly Green Tips for bulletin (Sept. 2018 – May 2019)

2018

Sept. – Save laundry until you have a full load. Use dryer balls (reusable indefinitely) instead of dryer sheets (one-use only). Better still, use drying racks or a clothes line!

Oct. – Avoid driving as much as possible. Walk, bike, take the bus, or carpool. If you must drive, practice trip-linking.

Nov. – Take unused medication back to the pharmacy to be properly disposed. Don't throw it in the garbage or flush it down the toilet – this will harm the marine life.

Dec. – Think “green” this Christmas! Reduce your waste production by avoiding tea lights and tinfoil wrapping paper (both not recyclable). Use reusable or recyclable gift wrap (eg. gift bags, fabric wrapping, newsprint . . .).

2019

January – London Drugs accepts a great variety of recyclables: electronics, lighting, small appliances, packaging (including soft plastic bags, clean Styrofoam), and other items. Check out their website at <https://greendeal.ca/recycling>.

February – Help our parish cut down on landfill materials. The Social & Eco Justice Committee has been working with our custodian Pete to improve signage and reorganize the compost/recycling/landfill bins at Holy Cross. Please check signs and labels, and place your garbage in the correct bin. **Be careful not to put non-recyclable and non-compostable items in the recycling and compost bins, as our Waste Management Company will dump the entire contents of a "contaminated" bin into landfill!** Learn more about recycling at recyclebc.ca or call the office.

March – Spring is just around the corner and it's time to plan our gardens! To help us adapt to increasingly hot and dry summers, the CRD website has great advice on how to create a drought-tolerant garden. See <https://www.crd.bc.ca/education/natural-gardening>. Visit also the Horticulture Centre of the Pacific, which has a drought-tolerant garden with Sedus, Salvias, Echinacea, Santolina . . .

April – The new Canada food guide (<https://food-guide.canada.ca/en/>) recommends a dramatic reduction in meat and dairy products in favour of fruits and vegetables, whole grains, and protein from plant sources. This is also good for the environment, as dairy and livestock productions emit far more greenhouse gases than the cultivation of crops. Better health, better environment!

May – Did you know that 65% of irrigation in yards and gardens is wasted by inefficient watering practices? The CRD's *Homeowners' Guide to Outdoor Water Use* offers good advice on how to correctly water plants and lawns, and suggests other ways of conserving water outdoors. See https://www.crd.bc.ca/docs/default-source/water-pdf/a-homeowners-guide-to-outdoor-water-use.pdf?sfvrsn=eb8c8cc9_4