

My Environmental Checklist

Post a copy of your environmental checklist on your fridge or kitchen bulletin board as a daily reminder of what YOU are doing to make a difference!

- I commit to installing ____ Compact Fluorescent Lights (CFLs) in my home/office. (a CFL uses up to 80% less energy than a standard incandescent bulb)
- I commit to not idling my vehicle for more than 30 seconds, except in traffic. (if everyone in Saskatoon reduced idling by 5 minutes a day we could save over 9,500 tonnes of carbon dioxide from the atmosphere every year)
- I commit to washing more of my clothes in cold water. (90% of the energy used for washing clothes is used in heating the water)
- I commit to using water-conserving showerheads. (saves an average of 2,500 L per month)
- I commit to checking the tire pressure in my car every month. (properly inflated tires can improve fuel mileage by 3.3%)
- I commit to using a programmable thermostat and lowering the temperature in my house in the winter by 5 degrees when I'm not at home. (on average a 5 degree reduction can equate to a 10 percent savings on your energy bill)
- I commit to recycling:
- Tin cans (make sure labels are removed and cans are washed and flattened) (one recycled tin can saves enough energy to run a TV for 3 hours)
 - Newspapers/cardboard (make sure the cardboard is flattened) (recycling one tonne of paper saves 19 trees)
 - Milk jugs/cartons (make sure they are rinsed out and flattened)
 - Plastic/aluminium/glass beverage bottles and juice boxes (it takes 95% less energy to recycle one aluminium can than to create it)
 - Glass and porcelain
- I commit to composting the leaves and grass from my yard. (composting leaves and grass reduces your household's waste going to the landfill by 28% in the summer)
- I commit to taking public transportation, carpooling, walking or biking to work at least once a month / once a week / every day. (a single occupant vehicle produces 0.20 kg of carbon dioxide per kilometre)



think.choose.do.