

## ENVIRONMENTAL WELLNESS MONTH

**Environmental wellness** involves leading a lifestyle that is respectful of and in harmony with your environment.

**Environmental wellbeing** involves being aware of the limits of the earth's natural resources, and understanding the impact your actions on the environment.

<b>W</b>	<b>E</b>	<b>L</b>	<b>L</b>	<b>N</b>	<b>E</b>	<b>S</b>	<b>S</b>
<b>Reduce</b> Visit the library or use online library resources instead of buying books	<b>Reuse</b> Purchase a refillable coffee mug	<b>Reduce</b> Purchase digital music/tv/movies online to reduce raw materials	<b>Read</b> Research the "Great Pacific garbage patch"	<b>Reduce</b> Turn down the heat and put on a sweater!	<b>Napkin</b> Linen napkins washed in cold water are better!	<b>Reduce</b> Replace blinds with curtains to retain more heat!	<b>Reduce</b> Turned off devices around my home I am not using
<b>Reduce</b> Lower the temp. at night when you are in bed	<b>Locally Grown</b> Plant your own vegetable or herb garden	<b>Divert</b> Start composting kitchen scraps to keep them out of the landfill	<b>Reuse</b> Purchased a refill for my coffee mug instead of a disposable cup	<b>Reduce</b> Set your work and/or home computer's power settings to use less energy	<b>Think</b> Examine your water use and ways you can conserve	<b>Myth</b> The long-held notion that you should let your car idle in the cold is only true for carbureted engines	<b>Divert</b> Utilize the City of Saskatoon Green-Cart program
<b>Think</b> 18% of greenhouse gasses are caused by livestock. Veggie diets consume less energy	<b>Reuse</b> Used a refillable water bottle instead of a disposable bottle	<b>Reduce</b> Try to only print out documents as a last resort	<b>FREE</b>	<b>Read</b> Visit the UofS Sustainability page	<b>Reduce</b> Walked, biked or used public transit instead of my personal vehicle	<b>Recycle</b> Take old electronics to SarCan for proper disposal and recycling	<b>Locally Grown</b> Purchase produce from a local grower or farmer's market
<b>Reuse</b> Donate old clothes or items	<b>Reduce</b> Car-pool! Use rideshare programs or find a co-worker	<b>Reduce</b> Replaced a burnt-out incandescent bulb with a CFL or LED bulb	<b>Recycle</b> Ensure you use the city's recycling program to its fullest	<b>Learn</b> Dispose of dangerous household waste safely	<b>Think</b> Be conscious of choosing goods with less packaging	<b>Reduce &amp; Reuse</b> Purchase or use a cloth grocery bag for shopping	<b>Reuse</b> Store and use old gift bags for gifting rather than using wrapping paper

Challenge yourself to work on at least one square per day. When you complete the task, check of the square.

Work towards completing at least 17 squares over the course of the month. If you complete all the squares – shout BINGO, give yourself a pat on the back, and take a bow!

