

General Reduction Tips

- Use a lunch box or a washable lunch bag to carry food to work.
- Keep tires properly inflated. Under inflated tires decrease a vehicle's fuel efficiency.
- The biggest factor in car mileage is weight. Remove any unnecessary items from trunks, back-seats and storage compartments.
- Another method of reducing fuel consumed by our cars is to slow down. A car travelling at 80 kph is 10% more fuel efficient than one moving at 95 kph.
- Borrowing books from friends or the public library saves trees compared to buying new copies.
- Instead of cutting down a tree for Christmas, buy a potted one that can be replanted in the spring.
- Use newspaper, comics or reusable cloth bags to wrap gifts and presents.
- Cloth napkins are better than paper towels or serviettes.
- Mulching or composting yard wastes can reduce up to 20% of the waste generated around a home.
- Each year 13 billion pieces of unsolicited advertisements are delivered to Canadians. The amount of junk mail a consumer receives may be reduced by writing to the Canadian Direct Marketing Association (CDMA) and asking to be taken off of their mailing list. Write:

Attention M.P.S
1 Concord Gate,
Suite 604, Don Mills,
M3C 3N6

The consumer's name, address and postal code must be provided. The process will take two to three months and CDMA will not guarantee that its members will honour the request.