

# My Personal Green Commitments



I, \_\_\_\_\_, agree to commit to:  
(Print Name)

*Check off all that apply*

## Energy – Reduce energy consumption:



- Use energy efficient lighting, and turn off lights when not in use.
- Set your thermostat to target temperatures: 21°C when home, 16°C when sleeping or not at home.
- Wash clothes in cold water.
- Line dry clothes.
- Use microwave/toaster/electric kettle to heat small meals or boil water.
- Use power saving setting on my computer.
- Plug electronics into a power bar, and turn off electronics when not in use.

## Waste – Minimize unnecessary waste:



- Recycle all paper, plastic, metal & glass.
- Choose items with less packaging or recyclable packaging.
- Choose items of durable quality.
- Compost organic waste or use green bins.
- Safely dispose of hazardous waste - use Ottawa's "Take it back!" program.

## Water – Cut back on water use:



- Don't use my toilet as a trash can.
- Take showers instead of baths.
- Keep showers under 10 minutes long.
- Fill sink or basin with water to do dishes rather than letting the tap run.

## Food – Decrease the environmental impact of my food:



- Grow my own food – use my window sill, balcony, rooftop garden or community garden.
- Choose local food – check out food markets.
- Buy organic and fair trade food when available.

## Transportation – Improve the sustainability of my transportation:



- Walk or bike to get around.
- Use public transportation for short distance trips.
- Join VRTUcar (a car sharing program with many cars throughout Ottawa).
- Don't let my car idle – shut off my car engine after 10 seconds of not driving.

## Health – Maintain a healthy environment:



- Use environmentally friendly cleaning products, or homemade alternatives (ex. baking powder, vinegar).
- Choose non-toxic personal care products.
- Avoid dryer sheets. They are full of harmful chemicals.
- Return expired medications to the pharmacy – don't throw them in the trash.

## Community – Support a diverse, engaged, sustainable community:



- Help CCOC track how we are doing (participate in surveys and share information).
- Join committees.
- Come to community events.
- Get involved in green initiatives with staff and tenants.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Apt. #/Address \_\_\_\_\_

E-mail \_\_\_\_\_