



Have you helped the environment today?

Summer is almost here and that means it is time to relax—except on your dedication to the environment. Sometimes it is difficult to think of ways to make your holidays as ‘green’ as possible but fear not! Here is a list of ideas to make sure your relaxation time is just as relaxing for the planet.



- *Explore your local area.* Instead of taking a trip to far off locations explore the area all around you. This might mean visiting a local museum you have never gone to or staying in a near by city and exploring their town. Make your exploration even greener by using public transit, bikes or your own two feet.

- *Try Local.* If you do end up in a new country try local cuisine. Not only will you get to try something new, help the local economy but you will be lowering carbon emissions. Chances are the food that you are used to needs to be flown thousands of miles



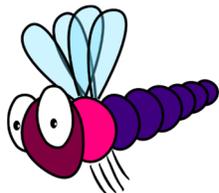
to arrive at your vacation. By eating local dishes you will be supporting meals that can be made with local ingredients.

## Go for Green Week

Come and celebrate Go for Green Week. From July 6th to 12th REAPS will be hosting a children recycled craft from 1-2pm, and Buggy Bingo from 12pm-3pm.

On Wednesday July 10th there will be two free workshops. At 2pm there will be a Composting Workshop and at 3:15 there will be a Vermicomposting Workshop.

For more information please contact REAPS



- *Reuse the sheets.* If you are staying in a hotel make sure that your towels and sheets are not changed every day. By reusing your towels and sheets you can help conserve a lot of water, and energy. Many hotels have a system in place to reuse towels and sheets so if you are unsure make sure to ask.

- *Pack a Water Bottle.* With all of this time you are, hopefully, going to be in the sun make sure you stay hydrated by keeping a water bottle with you. Even if you think you will not need you water bottle having it will ensure that you do not have to buy any bottled water.

