

Have you helped the environment today?

Did you know that REAPS offers **more than 30 FREE presentations**? If you would like a full list with details about our presentations, you can email us at garden@reaps.org or download one at www.reaps.org or give us a call at 250-561-7327. We look forward to hearing from you!

Have you made any New Year's resolutions?

If you're looking for inspiration, consider the following four environmentally-friendly resolutions. Any one of these can help make 2017 your greenest year yet!



Cut the carbon and drop some tonnes by going on an “energy diet”. If you're still rocking incandescent light bulbs, consider switching to more energy-efficient LEDs or compact fluorescents. Turn off your lights when you leave the room, and make sure you turn your computers, televisions, and other electronics off when you're done using them. Finally, consider lowering your thermostat by 1 or 2 degrees—especially at night, when you're nice and cozy in bed. You probably won't even notice, but your carbon footprint will!

1.



2.

Join the **Meat Free Monday** campaign! If you or your family aren't vegetarians, switching to one meatless meal a week will reduce your carbon footprint, and could also improve your health AND save you a little bit of grocery money. Check out www.meatfremondays.com for more information, interesting articles, and meat-free recipes.



3.

Now that we have curbside recycling, everyone's getting familiar with what can and can't be recycled... but did you know that you can take glass, styrofoam containers, and soft plastics (like grocery bags, bread bags, produce bags, and clear plastic overwrap like the stuff that covers toilet paper) to the recycling depot? If you're not already recycling all of the above, now is a great time to start.

4.

Put those vegetable scraps to use! Consider starting a backyard compost (or, if you're short on outside space, an indoor vermicomposter). If composting isn't for you, try saving your vegetable scraps (including carrot peels and leftover pieces, onion pieces, celery tops and bottoms, broccoli stems, etc.) in an ice cream bucket in the freezer. Once it's full, throw them in a pot with water and a little seasoning to create your own vegetable stock! Great way to use those leftover bits and pieces, as well as any wilted veggies that were forgotten in the back of your fridge or produce drawer.