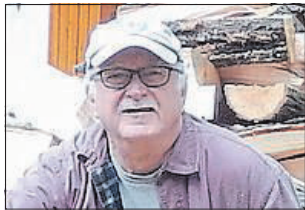


HOW TO BE AN ENVIRONMENTAL CHAMPION

RIDING A BICYCLE IS A MAJOR WINNER, WRITES TONY COTE



TONY COTE
Column

Electric cars aren't for everyone. They are expensive and in short supply, so while they are a favourite to combat climate change and environmental damage they are not the only way to do your part.

At the very least start eating more vegetables and try and grow them yourself. Container gar-

dening works inside and outside of the house.

If you can't live without meat and, realistically that's most of us, then use the butcher counter in your favourite grocery store. Your purchase will be wrapped in waxed paper and not foam containers and plastic wrap. Or bring a container from home and let the butcher fill it.

Riding a bicycle is a major winner. With the cost of gasoline hitting unheard-of numbers just think how much can be saved by using a bike for short-haul trips within town and city limits. Bikes are relatively cheap to buy, you can fix them



yourself, they don't spew dangerous carbon monoxide into the atmosphere and changes to one's health will be noticeable.

In Denmark, for instance, more than 90 per cent of the population rides a bicycle. More bicycles commute into Copenhagen every day than cars. People are healthier and have saved more than one million sick days a year. And the biggie -- bicycles don't produce carbon monoxide — one of the worst contributors to climate change.

Bottled water. It's difficult to think of anything that is good about the industry. In 2020, it is estimated that Canadians drank out of more than two billion plastic bottles, each of which ended up in the garbage or ditches or our waterways. It is also estimated that this year, the bottled water industry will sell \$4.46 billion of water in plastic containers and that the profit on those sales can be as much as 200 per cent.

Safe and healthy tap water costs a fraction of that and reusable bottles can be purchased for under \$10. The bottled water industry makes no sense for consumers and the planet.

And while there are dozens of ways to reduce your carbon footprint cheaply and easily, it costs

nothing to write about your concerns and send them to your MPP, MP and municipal councillors.

Find out what the candidates in June's Ontario election believe.

Support the candidate with strong climate and environmental concerns.

Changing eating habits to a more vegetable-based diet will help, as will riding a bike, turning on a tap rather than opening a bottle of store-bought water, and doing away with plastics as much as possible.

Many of the changes you can make will also save money and improve

one's health.

It's a win-win situation.

Here are 101 more things you can do to be an Earth Champion: <https://archive.curbed.com/2017/6/7/15749900/how-to-stop-climate-change-actions>

Tony Cote is a retired journalist with 40 years of experience in Toronto and Ottawa. He has served on the boards of the Rideau Environmental Action League and the Friends of Foley Mountain and now volunteers with Climate Network Lanark. He lives outside of Perth, Ont.

YOU OPINIONS

SIGN UP FOR OUR
WEEKLY NEWSLETTER AT
THEIFP.CA

ShelfGenie®

EVERYTHING WITHIN REACH®

a neighbourly company

TRANSFORM YOUR HOME AND UPGRADE YOUR STORAGE



FREE Design Consultation:
(289) 514-2325 | shelfgenie.com