

Home & GARDEN LAWN & GARDEN

The "healthy home" provides enlightened solutions

(NC)-In light of our growing awareness of the importance of the environment to our health, the Canada Mortgage and Housing Corporation (CMHC) has expanded on the concept of the "healthy home" - practical solutions that make your home healthier without compromising on comfort. In fact, quite the contrary...

Healthy choices!

The "healthy home" concept says that renovations and construction should keep "health, comfort, environment, energy savings and financial savings" at the forefront. Your RONA advisor can help you make the right choices here.

Starting from this definition means choosing building materials and accessories that will have a direct and positive effect on your health at a lower cost. Choose low-emission paint and materials, and easy-care floor coverings that don't need chemical cleaning products. Add a ventilation system that removes stale air and humidity, reducing the risk of mold and helping curb allergy symptoms. These are just a few examples of the positive effects you can incorporate into the design of your home.

Save energy...

Fridge, water-heater, lightbulbs: suddenly there are a great many high-performance, low-consumption products on the market to help you save energy...and money. Planning a high-performance, low-consumption home or addition can really provide a great return on your investment.

...and go green

Saving money is great, but saving our environment at the same time is even better! Low-flow plumbing will not in any way deprive you of comfort or convenience. Products like these are a logical choice that combine performance and water savings.

Rewarding actions

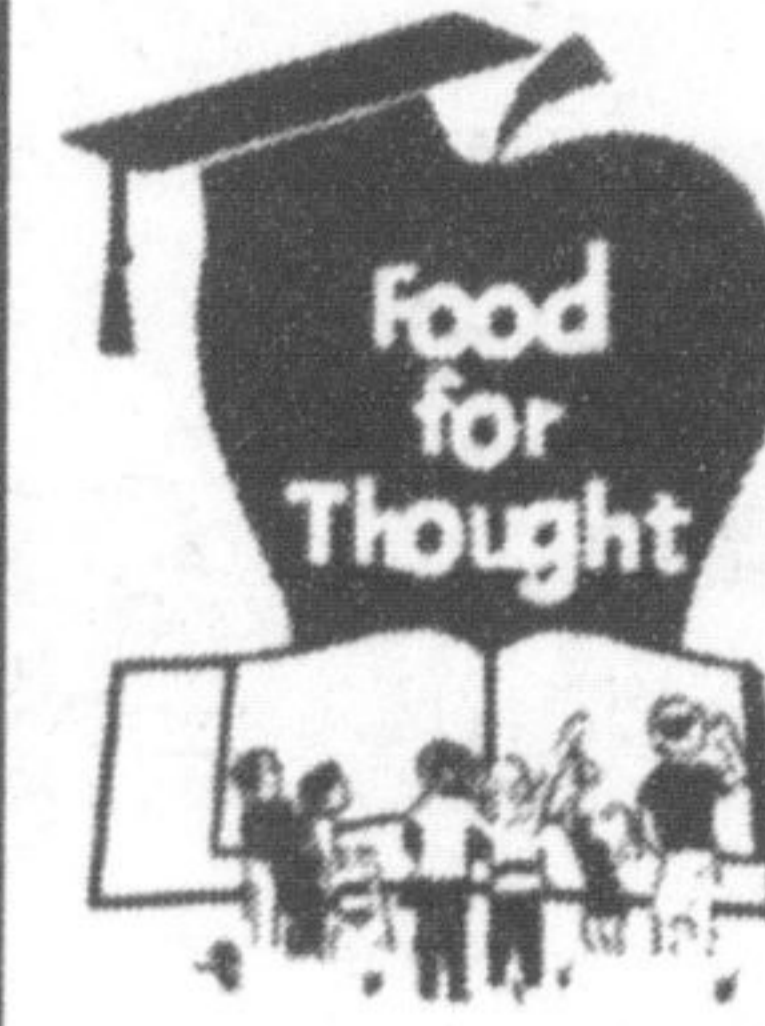
At RONA, we've developed the "healthy home" concept so it's easy to follow without making radical changes to your lifestyle. Reasonably priced green products, durable easy-care construction materials and coverings, and effective insulation options are choices that everyone can adapt to their needs and means.

Want more information? Contact your local RONA expert. We'll be more than happy to help you find the answers to all your questions. Or go to www.rona.ca for practical advice and lots of handy tips.

Nutrition Notes

Did you know...

1 in 5 Canadian children are not getting the recommended five servings of fruits and vegetables they require daily.



Halton Food for Thought
Contact Program Coordinator
905-845-5597 ext. 201
foodforthought@cogeco.ca

Emerald Isle Home Decor

Childrens Furniture
selected items
30% off



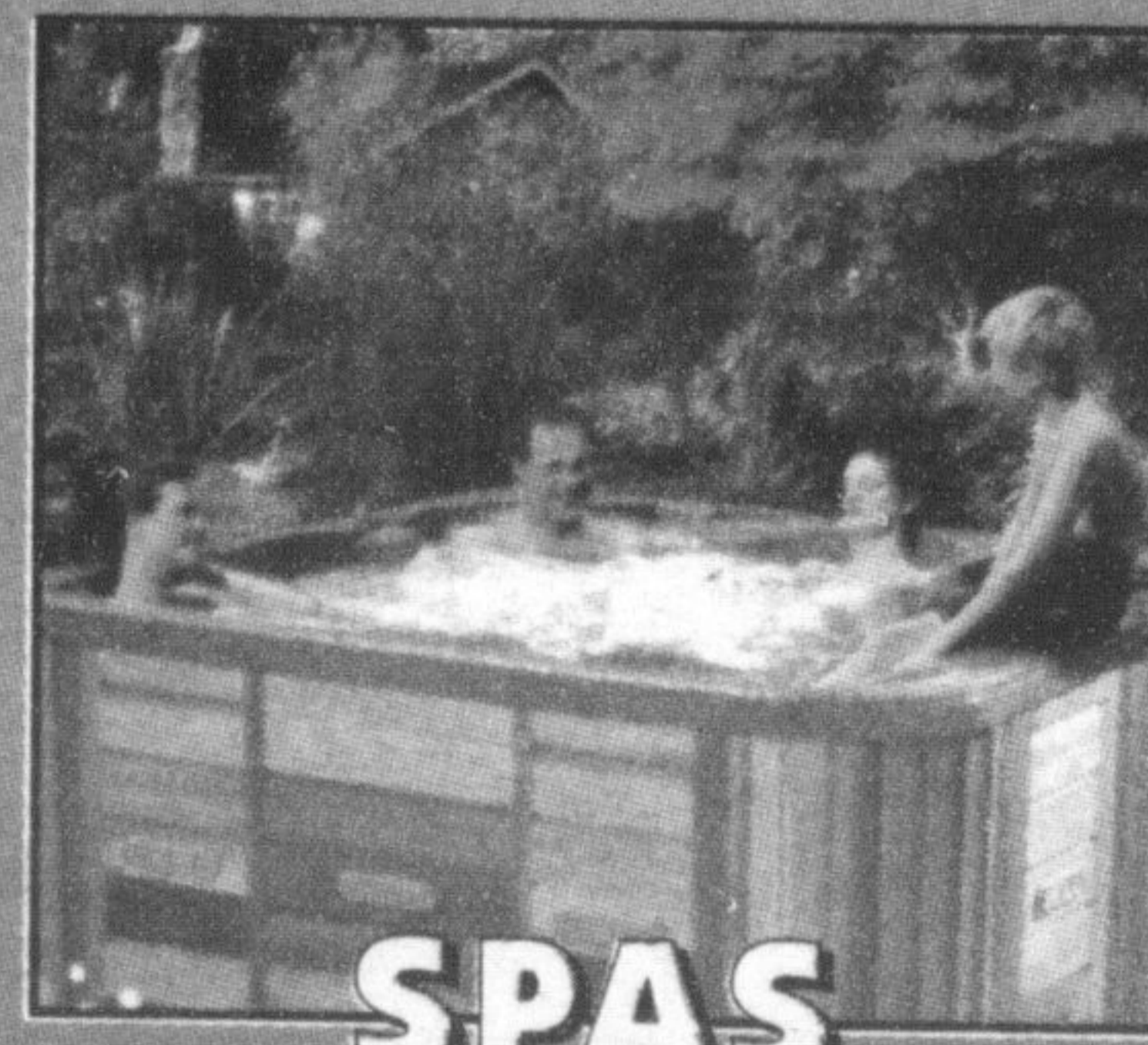
BEDROOM SUITE

Single Bed
Armoire
Bachelor's Chest
Computer Desk & Chair

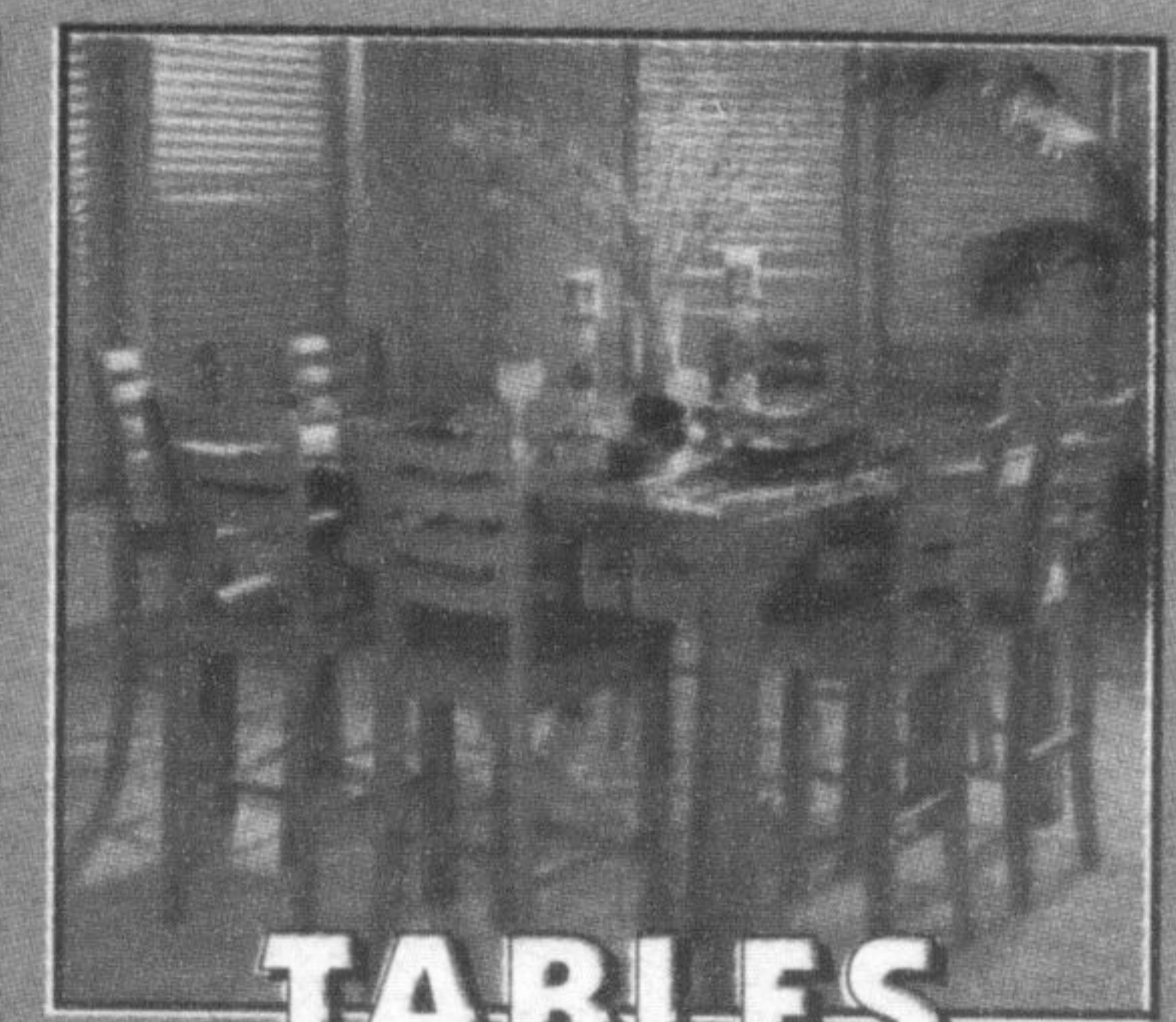
**Re-Decorate
over the Summer
Holidays**

**Summer Linens
Tableware & Accessories**

20% off



SPAS



TABLES

**Bring clarity
to your finances.**

Making the right choices in the confusing world of finances requires clarity. That's where I come in. As your Clarica advisor, I'll work together with you to develop a plan that's clearly right for you.

There's a lot to be said for clarity.



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