New Year's resolutions

Help reduce your 'waste' and conserve 'energy' in 2009

"This year, I'll exercise more and quit smoking." We've all made many New Year's resolutions that we end up breaking around noon on New Year's Day. Ambitious resolutions may have the best intentions, but small changes are more likely to stick.

That's why some of Canada's leading home care brands like Bounty, Cascade, Charmin, Downy, Duracell and Tide created Future Friendly, a program to help Canadians reduce waste, packaging and energy consumption. They've teamed with Canadian Energy Efficiency Alliance, canühome and the Recycling Council of Ontario to provide some New Year's resolutions that won't require an iron will.

1. Down with drafts

Snow doesn't mean it's too late to weather-strip the homestead. The Canadian Energy Efficiency Alliance says caulking cracks, insulating windows and other steps to ensure your home is as airtight as possible will keep you warm this winter.

2. Appliances can be lean, green machines

Use your appliances efficiently. Reducing energy consumption in the laundry room can be as simple as cold-water washing.

Washing in coldwater gives you great cleaning, and washing in cold water helps you save energy.

In the kitchen, ensure the dishwasher is full before running it. Many dishwashers also have an energy-saving cycle you can take advantage of.

3. Slim down your waste

It's easier than toning the tummy. The Recycling Council of Ontario suggests bringing your own reusable shopping bag to the overs in the landfill with reusable containers.

Choosing products with reduced packaging can also shed pounds from your waste. Concentrated laundry products often use INGREDIENTS less material in the packaging.

Finally, holiday entertaining often means wining and dining. Leftover wine can be 1/8 teaspoon vanilla extract frozen into ice cubes and saved for your next 1 pinch salt

culinary masterpiece.

More information can be found online at www.futurefriendlybrands.ca,

www.rco.on.ca, www.energyefficiency.ca and www.canuhome.com.

- News Canada

store. And when packing a snack, avoid packaging and plastic wrap becoming left-overs in the landfill with reusable containers. Fortune Cookies

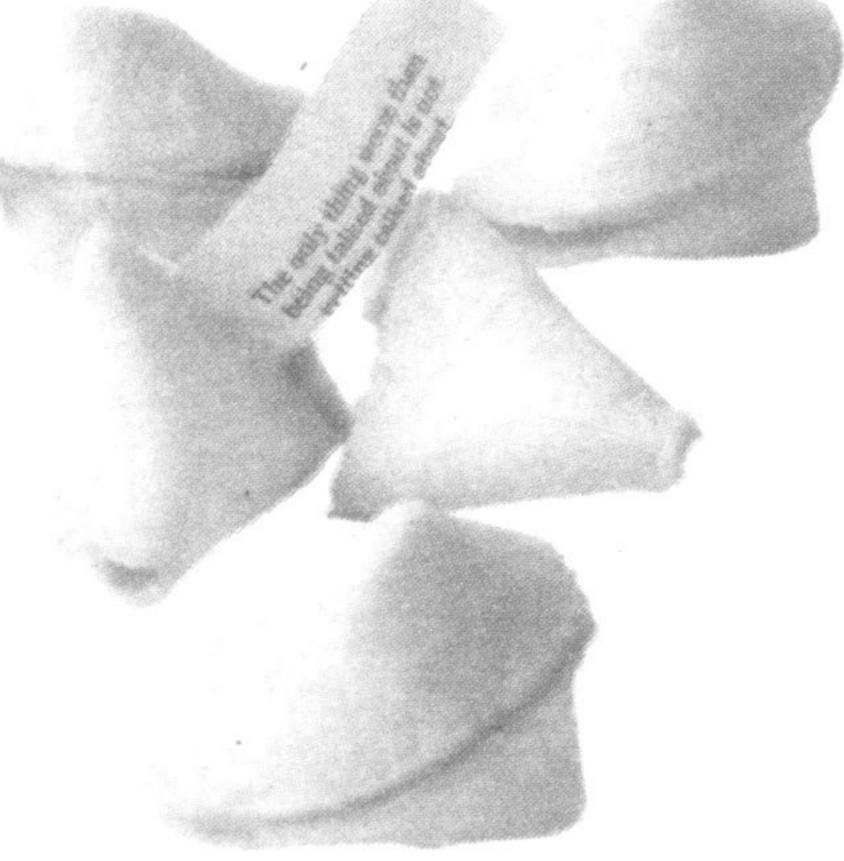
Write your own fortunes and place them in cookies. Great for parties.

1/4 cup unbleached all-purpose flour

1/4 cup white sugar

DIRECTIONS

- 1. Preheat oven to 400 degrees F. Butter a cookie sheet. Write fortunes on strips of paper about 4 inches long and 1/2 inch wide. Generously grease 2 cookie sheets.
- 2. Mix the egg white and vanilla until foamy but not stiff. Sift the flour, salt, and sugar and blend into the egg white mixture.
- 3. Place teaspoonfuls of the batter at least 4 inches apart on one of the prepared cookie sheets. Tilt the sheet to move the batter into round shapes about 3 inches in diameter. Be careful to make batter as round and even as possible. Do not make too many, because the cookie have to be really hot to form them and once they cool it is too late. Start with 2 or 3 to a sheet and see how many you can do.
- 4. Bake for 5 minutes or until cookie has turned a golden color 1/2 inch wide around the outer edge of the circle. The



Good fortune to you in 2009!

center will remain pale. While one sheet is baking, prepare the other.

. Remove from oven and quickly move cookie with a wide spatula and place upside down on a wooden board. Quickly place the fortune on the cookie, close to the middle and fold the cookie in half. Place the folded edge across the rim of a measuring cup and pull the pointed edges down, one on the inside of the cup and one on the outside. Place folded cookies into the cups of a muffin tin or egg carton to hold their shape until firm.



