

Six Ways to Reduce Your GHG Footprint



Here are six ways to reduce your personal Greenhouse Gas footprint at home and work:

1. Reduce energy use



- Make it a habit of turning off the lights as you leave a room. Replace standard light bulbs with LEDs which last longer and require less electricity
- Dress for the weather at work and home – an extra layer at winter and lighter clothing in the summer can increase comfort while also saving energy. Remove any furniture that may be blocking the vents to ensure uninterrupted air flow
- Turn off your computer and unplug electronics when they are not in use
- To see additional energy efficiency and conservation tips, [click here](#)

2. Change the way you think about transportation



- Walk or bike whenever possible. Not only will you reduce your carbon footprint, but your overall level of health will improve and you will save money on parking and gasoline
- Take public transit or carpool whenever possible
- When driving, plan and combine trips and errands. This will save you both time and money as well as reduce wear and tear on your vehicle. When travelling long distances, try to take a train or bus rather than flying or driving

3. Eat less meat



- Consider reducing the amount of meat consumed per week. Meat production is one of the largest sources of GHG emissions throughout the industry's lifecycle. Choosing to go meat free one to two days can make a difference and will also benefit your health
- To learn more about Meatless Mondays, [click here](#)

4. Make every drop count



- Conserve water by fixing drips and leaks, and by installing low-flow shower heads and toilets. Treating and transporting water requires energy. Therefore, water conservation results in reduced energy and consequent carbon emissions
- To see additional water conservation tips, [click here](#)



5. Reduce, Reuse and Recycle



- Make recycling part of your daily routine. Recycle all packaging and consumer goods that you can. Aim to purchase items with minimal and recyclable packaging
- Rather than discarding or recycling clothing and household goods, give them a chance at a second life. Through repurposing, the amount of waste being sent to landfill sites is reduced and there is no need to use energy for recycling
- Gently used clothing and household goods can be donated to charity or exchanged with friends and family. Old T-shirts can be repurposed into rags for cleaning
- To see additional waste reduction and diversion tips, [click here](#)

6. Plant a tree



- Plant a tree native to Canada. It will provide shade and soak up carbon from the atmosphere. Native species of plants are better suited to survive the regional climate and tend to flourish with little to no pesticide application

More Information

- Phone: 416.364.0758
- Email: ccto-sustainability@quadreal.com

End Notes

¹ These tips have been adapted from the Government of Canada's *Top 10 Things You Can Do to Help*. Some language is either a direct quote or a paraphrase. Source can be found at: <http://www.climatechange.gc.ca/default.asp?lang=En&n=D27052CE-1>