

# local news

## ▼ ENVIRONMENT

# Think of the 3 Rs for your New Year's resolution

**I**t is now 2007 and we all have a clean slate. What will your resolution be? What about an eco-friendly resolution? Apologies for my predictability, but eco issues garner some needed consideration. Why? Because every little bit helps and I truly believe that if everyone agrees to make a small change, this microcosm we call Kelowna will be an even better place.

My challenge to you is shockingly simple. Pick a cause and see it through. There are three areas in which we can all make daily modifications. They are: recycle, reduce and reuse.

You've heard of the three Rs before and you will likely again. They are the foundations of eco living and can be applied to virtually every area of your daily routine. Try to obtain some good green habits that are sustainable. Starting small and thinking big is the key. Here are some great

practices that promote the three Rs.

The first and most common "R" is an easy one. You know how and what to recycle, so make it a familiar habit. Now, take recycling a little bit further. Before disposing of old household objects such as batteries and computers, do some research and find out if you can take them to recycling depots. You'd be surprised to see what you can recycle:

- Bring your Christmas tree to mulching stations around the city
- Check all containers and packaging for recycle instructions
- Dispose of all household hazardous waste at the proper depositories or at designated collection times
- Buy recycled papers and materials when possible.

As your resolution, make recycling an involuntary response to household waste.

Next "R" is reduce



**NATALIA MORDY**

### Eco-friendly lifestyles

household waste and consumption. Just give it a try, it really won't cramp your lifestyle:

- Bring your own shopping bags to the grocery store
- Purchase bulk foods
- Use less water
- Purchase energy efficient appliances
- Use your electrical devices only when needed
- Turn off your lights when

you leave home

- Shut down your computer
- Turn down your furnace
- Wash your clothes in cold water
- Don't let your car idle unnecessarily
- Reduce toxins by using eco-friendly cleaners and detergents
- Utilize reusable and washable supplies such as diapers, cloths, dryer sheets, mops, sponges and dusters.

Now the third and last "R" is reuse. Be creative and think of the possibilities:

- Reuse gift bags
- Use both sides of paper
- Use shopping bags again and again and then one more time for refuse
- Give your clothes and household items away instead of throwing them out
- Clean out containers and bottles and use them for your bulk purchases
- Acquire a reusable water bottle as an alternative to a disposable one

- Pack and store food in washable containers and bags and save a day's worth of discarded cellophane wrap and baggies.

Take one step at a time and before you know it you

will be well on your way to an eco-friendly lifestyle.

*Natalia Mordy is the owner of Immaculate Interiors Eco-Friendly Cleaning, 808-7774 or [www.immaculateinteriors.ca](http://www.immaculateinteriors.ca)*