

THE ONE-TONNE CHALLENGE: HOW YOU CAN HELP THE ENVIRONMENT

Canadians take the One-Tonne Challenge

How to protect our climate and our air



(NC)—Each Canadian generates, on average, five tonnes of greenhouse gas (GHG) emissions every year from using energy for our daily activities — including driving, heating and cooling our homes, using lighting and appliances. These greenhouse gases are accumulating in our atmosphere and causing our climate to change.

The Government of Canada is asking each of us to reduce our personal GHG emissions by one tonne, or 20 percent. By using energy more efficiently and making wise consumer choices, you can help protect our climate, give us cleaner air, and save money at the same time.

Small things like driving less, recycling and reducing your waste, and draft-proofing your home can all add up. For practical ideas on how you can meet the one tonne goal, get a copy of *Your Guide to the One-Tonne Challenge* by visiting www.climatechange.gc.ca or calling 1 800 OCanada (1 800 622-6232), TTY 1 800 465-7735.

- News Canada

How many greenhouse gas emissions do you produce?

(NC)—On average, each Canadian produces five tonnes of greenhouse gas emissions (GHGs) each year. In an effort to reduce these emissions and help the environment, the Government of Canada has challenged every Canadian to reduce his/her output by one tonne or about twenty percent. The One-Tonne Challenge, as it has been called, is designed to encourage Canadians to

consider the environment when making lifestyle choices. How many GHG emissions do you produce? Find out by using the calculator at www.climatechange.gc.ca. You'll also be able to develop a personalized action plan to reach your one tonne goal.

- News Canada

Helping the environment: Tips and facts

(NC)—In 2000, Canadians generated more than 31 million tonnes of waste. Of this, 23 million tonnes were sent for disposal. Imagine 21 football fields piled one kilometre high with garbage!

If every household in Canada changed just one traditional incandescent light bulb to an ENERGY STAR® qualified compact fluorescent light, the country would save over \$73 million in energy costs every year. We would also reduce GHGs by 397,000 tonnes per year — the same as taking 66,000 cars off the road!

Our average meal travels about 2500 kilometres to our plates. A 40-tonne transport truck releases about five tonnes of GHGs

for one typical shipment of food — about equal to the GHGs an average Canadian produces annually. Find out about buying seasonal and local goods at www.climatechangesolutions.com.

Every litre of gas used by your vehicle produces 2.4 kilograms of carbon dioxide, the major GHG, along with other air pollutants.

Take a quick shower instead of a bath. A five-minute shower uses up to 50% less hot water than a bath.

The Government of Canada has challenged all Canadians to reduce his/her greenhouse gas emissions. For more information visit www.climatechange.gc.ca

- News Canada

Little things add up to a tonne of good for the environment

(NC)—Most of the energy we use each day produces greenhouse gas (GHG) emissions from the burning of fossil fuels. On average, each Canadian generates about five tonnes of greenhouse gases and other air pollutants each year by driving vehicles, heating and cooling homes, washing and drying clothes and using other appliances. There is good evidence to suggest these emissions are contributing to climate change and we know they significantly affect our air quality and our health.

The Government of Canada has challenged every Canadian to reduce his or her greenhouse gas emissions one tonne, or twenty percent. The "One-Tonne Challenge" encourages Canadians to consider the environment when making lifestyle choices.

By using energy efficiently and making wise consumer choices that reduce GHG emissions, you can help slow climate change, protect our air quality and save money. One metric tonne (or 1,000 kilograms), may sound like a lot, but there are many things you can do to help achieve the goal. Here are some suggestions:

On the road...

- Drive 10% less. Use public transit or ride share to get to work — or walk, cycle, jog or in-line skate and get exercise at the same time. If you drive 20,000 kilometres a year, reducing this by 2,000 kilometres will lower your GHG emissions by half a tonne or more.

- Buy a fuel efficient vehicle. A typical SUV driven 20,000 kilometres a year produces 6 tonnes of GHG emissions and other air pollutants, compared to just 4 tonnes for a mid-sized sedan. When buying a new vehicle, check its fuel consumption on the EnerGuide label. You can also consult the *Fuel Consumption Guide* to compare vehicles at <http://oee.nrcan.gc.ca/vehicles>.

- Don't idle your vehicle. Idling for 10 minutes a day can produce about a quarter tonne of GHG emissions and other air pollutants each year and costs you about \$70 in wasted fuel. If you stop for more than 10 seconds, except in traffic, turn off your engine.



- Check your tire pressure. You could reduce your GHGs by 1/8th of a tonne each year and save at least \$50 in fuel costs. For how-to information, visit www.tc.gc.ca/roadsafety or www.betiresmart.ca

At home...

- Get an EnerGuide for Houses evaluation and find out how to save energy and money. If you live in an older home it's often possible to reduce your energy use by one tonne, or 20% to more than 35% — a reduction of more than two tonnes of GHGs each year. You may qualify for a grant to cover some of the costs of improvements you make after your evaluation. Visit www.energuideforhouses.gc.ca

- Buy ENERGY STAR® qualified appliances. A 2002 model refrigerator uses less than half the electricity of a 10-year-old model and can reduce GHGs by more than one-fifth of a tonne.

- Replace five of the most used standard bulbs in your home with ENERGY STAR® qualified compact fluorescent lightbulbs — you'll reduce your GHG emissions by one-tenth of a tonne and you'll save about \$30 each year.

- Reduce your waste. Three-quarters of our waste goes to landfills and incineration. The energy used in making products and their packaging, the disposing of all this waste, and the methane generated by landfills contribute to GHG's — about half a tonne per person per year! Recycle, compost your organic kitchen waste, and ask for products with less packaging.

Find out what else you can do. Get a free copy of *Your Guide to the One-Tonne Challenge* by visiting www.climatechange.gc.ca or calling 1 800 OCanada (1 800 622-6232), TTY 1 800 465-7735.

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Taking the One-Tonne Challenge: On the Road Practical tips on how to save money and the environment

(NC)—Cars and trucks on our roads are responsible for about 18% of Canada's total GHGs. Every year, motor vehicles release more than 134 million tonnes of GHGs and other air pollutants into the atmosphere. These emissions are contributing to climate change, and are also causing smog and health problems in our cities. In response, the Government of Canada has, among other things, challenged every Canadian to reduce the GHGs they produce annually by one tonne. The One-Tonne Challenge, as it has been called, is designed to encourage Canadians to consider the environment when making lifestyle choices.

If you drive a car, it probably accounts for half your annual greenhouse gas emissions. For example, a mid-sized sedan driven 20,000 kilometres a year produces about 4 tonnes of CO₂, the main greenhouse gas. By following these practical tips, you can help reduce the environmental harm, and take a bite out of your fuel bills:

- Use your car less — Drive 10% less, by taking public transit, walking, cycling, or carpooling for some of your trips, and reduce your GHG emissions by half a tonne or more per year.
- Buy a fuel-efficient vehicle — A 25% more fuel-efficient vehicle can reduce

your GHG emissions by more than one tonne per year, and will also produce fewer pollutants that cause smog. Check the EnerGuide label on new and used vehicles for its estimated fuel consumption and annual fuel cost. Or consult the *Fuel Consumption Guide* at <http://oee.nrcan.gc.ca/vehicles>.

- Use ethanol blend gasoline. If all gasoline in Canada were blended with ethanol, we could reduce our GHGs by 5 million tonnes per year. To find a gas station near you that carries this fuel, visit www.greenfuels.org/ehretail.html.
- Don't idle your vehicle. Idling for 10 minutes a day can produce about a quarter tonne of GHG emissions and other air pollutants each year and costs you about \$70 in wasted fuel. If you stop for more than 10 seconds, except in traffic, turn off your engine.
- Check your tire pressure once a month. You could reduce GHGs by at least 1/8 tonne each year and save \$50 in fuel costs. For how-to information, visit www.tc.gc.ca/roadsafety or www.betiresmart.ca

Find out what else you can do. Get a free copy of *Your Guide to the One-Tonne Challenge* by visiting www.climatechange.gc.ca or calling 1 800 OCanada (1 800 622-6232), TTY 1 800 465-7735.

- News Canada

Helping the environment: Tips

(NC)—If every Canadian motorist avoided idling their vehicles for just five minutes a day, all year, more than 1.6 million tonnes of carbon dioxide (the main greenhouse gas), along with other toxic substances, would not enter the air. In an effort to reduce greenhouse gas emissions and help the environment, the Government of Canada has

challenged every Canadian to reduce his/her output. The One-Tonne Challenge, as it has been called, is designed to encourage Canadians to consider the environment when making lifestyle choices.

For tips and advice on how you can take the challenge, visit www.climatechange.gc.ca.

- News Canada

Taking the One-Tonne Challenge At Home Practical tips on how to save money and the environment

(NC)—Greenhouse gas emissions are causing our climate to change. On average, each Canadian generates five tonnes of greenhouse gases (GHGs) per year by driving vehicles, heating and cooling homes, washing and drying clothes and using other appliances.

In an effort to reduce these emissions and help the environment, the Government of Canada has challenged every Canadian to reduce his/her output by one tonne. The One-Tonne Challenge, as it has been called, is designed to encourage Canadians to consider the environment when making lifestyle choices. By following these practical tips at home, you can help protect our environment, and take a bite out of your energy bills:

- **Install one of today's energy efficient furnaces** It can save you up to 25 % in heating costs each year, reduce your GHGs and pay back its higher initial cost in only a few years.
- **Lower your thermostat** For every 1°C you lower your thermostat you save 2% on your heating bill. A reduction of 3°C at night and when you are away during the day provides optimal savings.
- **Use caulking and weather-stripping to seal air leaks** around windows, doors, baseboards and attic hatches. You'll reduce your home heating costs by up to 20 % and your GHGs by up to half a tonne.
- **Upgrade the insulation in your walls, basement and attic** and reduce your energy bills by as much as 30%.
- **Install energy-efficient windows and doors** — Look for windows and doors that have been certified by the Canadian Window and Door Manufacturers

Association. Windows can account for up to 25 % of total house heat loss.

- **Implement the recommendations of an EnerGuide for Houses evaluation.** If you own an older home, you can reduce your energy use by one tonne or 20% to more than 35% — a reduction of more than 2 tonnes of GHGs each year. Visit www.energuideforhouses.gc.ca
- **Buy ENERGY STAR® qualified appliances.** A 2002 ENERGY STAR®-labelled refrigerator uses less than half the electricity of a 10-year old model, saving more than \$40 per year on a home energy bill and reducing emissions by more than 0.2 tonnes.

Find out what else you can do. Get a free copy of *Your Guide to the One-Tonne Challenge* by visiting www.climatechange.gc.ca or calling 1 800 OCanada (1 800 622-6232), TTY 1 800 465-7735.

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