



# ENVIRO-K

CITIZENS'  
ENVIRONMENTAL  
GUIDE



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TOWN OF KIRKLAND

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In its ongoing efforts to protect the environment, the Town of Kirkland favours the use of recycled paper for the printing of its publications.



Printed on Rolland Enviro100 certified paper, with 100% recycled post-consumer fibre content, certified EcoLogo, processed chlorine free, FSC recycled and manufactured using biogas energy.



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# THE 6R'S... A RULE TO ADOPT

The 6R rule plays a key role in reaching landfill reduction targets and the daily implementation of the 6R's can have a direct impact on the reduction of household generated waste.

The six guiding principles of the 6R's define the hierarchical order of actions to be taken in order to minimize the quantity of final waste destined for landfill.

Final waste is anything that cannot be repaired, reused, recycled or recovered.



For more information on the 6R's, go to [www.ville.kirkland.qc.ca](http://www.ville.kirkland.qc.ca)



The easiest waste to manage is the one that hasn't been created!



**1 TO RETHINK**, is to reassess our consumer choices and habits and re-evaluate our needs.

**Some questions to ask ourselves:**

- Is the item made here?
- Is it available locally?
- Is it recyclable or reusable?
- Do I really need it?

**2 TO REDUCE** at the source, is to avoid generating residual waste in order to conserve natural resources and reduce pollution.

**Examples:**

- Choose online billing
- Read newspapers on a tablet or smartphone
- Use reusable bags when shopping
- Opt for bulk goods and reusable products
- Save on paper by choosing double-sided printing
- Practice grasscycling by leaving grass clippings on the ground after mowing the lawn

**3 TO REPAIR**, is to get a broken or damaged item back into working order to give it a second life.

**Examples:**

- Replace the soles or heels of your footwear
- Replace the zipper on an article of clothing
- Repair small appliances
- Avoid replacing a piece of furniture that can be repaired, recovered or reupholstered

**4 TO REUSE**, is to opt for products that can be used several times and extend their useful lives.

**Examples:**

- Organize a yard sale or participate in the town's community garage sale
- Reuse containers, grocery bags and gift bags
- Use reusable cups and containers at work and school
- Donate used clothing and furniture to a charity
- Donate your old computer to a community organization or a school

**5 TO RECYCLE**, is to bring an item back to its raw state and use it to create new products.

**Examples:**

- Actively take part in the town's collection of recyclable materials, including polystyrene
- Facilitate the sorting of the household's recyclable materials by putting a container in the kitchen

**6 TO RECOVER**, is to transform residual waste which cannot be repaired, reused or recycled, into compost or energy.

**Examples:**

- Actively take part in the town's collection of organic waste
- Compost your green waste and kitchen waste using a home composter

# THE BLUE BIN THE COLLECTION SPECIALIST FOR **RECYCLABLE MATERIALS**



In Kirkland, the collection of recyclable materials is done through the blue bin, in which the household's recyclable items are discarded. The collected items are then transferred to a sorting centre where they are separated and sorted before being brought to specialized recycling companies to be transformed into new consumer products.

In addition to reducing waste, recycling offers economic benefits such as job creation, and environmental benefits like the preservation of natural resources and energy saving.



## WHAT HAPPENS TO RECYCLED MATERIALS?

Did you know that recycled glass is used to produce insulating wool; that polyester clothing may be made using recycled plastic; or that recycled plastic can be used as raw material in the production of outdoor furniture that is more durable than wood and requires less maintenance?

Recycled materials offer astonishing options for the creation of new products and the possibilities are growing every day!

## FOR OPTIMAL RECYCLING...

- 1 Empty and rinse all containers (cardboard, plastic, metal or glass)
- 2 Disassemble cardboard boxes in order to maximize space in the bin
- 3 Group all plastic bags in one single tied up bag
- 4 Bring all returnable cans and bottles back to any drop-off location
- 5 Place the blue bin at the curb only when it is full (this reduces the number of stops/starts from the truck, thus reducing greenhouse gas emissions)



**Paper and cardboard are still recyclable even if they are wet due to exposure to snow or rain.**



On every collection day, the Montreal sorting centre receives on average **150 trucks** and processes and transfers over **800 tons of recyclable materials** to various recyclers!



# WHAT GOES IN THE BLUE BIN?

## ACCEPTED ITEMS

## REFUSED ITEMS

### PAPER AND CARDBOARD

- Books and phone directories
- Newspapers, flyers, magazines
- Paper, envelopes, paper bags
- Egg cartons
- Milk or juice containers
- Cardboard boxes
- Cereal boxes
- Tissue boxes
- Non-metallic wrapping paper
- Toilet paper rolls or paper towel rolls

- Paper towel and tissues
  - Soiled paper and cardboard
- 
- Binders
  - Cellophane
  - Diapers
  - Padded envelopes
  - Blotting paper
  - Carbon paper
  - Wax paper
  - Laminated paper and cardboard

Items refused in the BLUE BIN are accepted in:



Brown bin



Garbage

### METAL

- Tin cans
- Caps and lids
- Beverage cans
- Aluminum foil and containers

- Paint and solvent containers
- Batteries
- Small metal objects
- Small appliances
- Aerosol containers



Municipal Yard



# WHAT GOES IN THE BLUE BIN?

## ACCEPTED ITEMS

## REFUSED ITEMS

### PLASTIC

- Any plastic container identified by codes 1, 2, 3, 4, 5 or 7
- Soft drink bottles
- Water bottles
- Shampoo bottles
- Food containers: peanut butter, margarine, vinegar, yogurt, etc.
- Household products containers
- Dry cleaning covers, bread, milk, shopping and sandwich bags, etc.
- Flower pots

- Motor oil containers or solvent containers (even empty)
  - Plastic items identified by code number 6
- 
- Plastic toys
  - Plastic tools
  - Cereal and potato chip bags
  - Compostable plastic bags
  - Toothpaste tubes

Items refused in the BLUE BIN are accepted in:



Municipal Yard



Garbage

### GLASS AND OTHER

- Glass containers of any shape or colour
- Jars (of any kind)

- Lightbulbs
  - Neon lights
- 
- Crystal
  - Mirrors, windows
  - Porcelain, pottery, dishes, drinking glasses

- Shoes
- Clothes



Municipal Yard



Garbage



Donate

# THE BROWN BIN

## THE COLLECTION SPECIALIST FOR ORGANIC WASTE



In Kirkland, the collection of organic waste is done through the brown bin and its alternates - paper bags, cardboard boxes or any waste bin or reusable container that does not contain other garbage.

In addition to helping reduce the volume of garbage sent to landfill sites, the collected organic waste is transformed into compost that we use for our gardens and other landscaped areas.



Plastic bags are not accepted even if they contain leaves or other green waste!

Leaves, grass clippings, garden waste, kitchen waste and other residual waste obtained through the organic waste collection are sent to a composting site and put in windrows, awaiting their transformation into compost which is then sieved and sold to specialized companies.

### THE BROWN BIN ALTERNATES



Paper bags



Cardboard boxes



Waste bin

## GOOD MAINTENANCE PRACTICES FOR THE BROWN BIN HELPFUL TIPS...

### 1 TO AVOID BAD ODORS

- Line the bottom of the bin with newspaper or cardboard and spread baking soda
- Avoid pouring liquids into the bin: milk, juice, soup, etc.
- Insert a piece of newspaper in between every layer of damp matter
- Freeze meat scraps until collection day
- Place the bin at the curb on every collection day, even if it is not full
- Keep it out of the sun between collections

### 2 TO KEEP CRITTERS AWAY

- Wrap meat, fish, fruits, corn cobs and other kitchen waste in newspaper or paper bags
- Spread salt or spray vinegar if needed

### 3 TO REPEL ANIMALS

- Apply mentholated cream around the lid

### 4 TO ENSURE CLEANLINESS

- When the bin is empty, rinse it with a bucket of water and mild detergent or white vinegar



# WHAT GOES IN THE **BROWN BIN?**

## ACCEPTED ITEMS

### KITCHEN WASTE (raw, cooked or rotten, including shells, fishbones and bones)

- Kitchen scraps
- Fruits and vegetables
- Dairy
- Meat, poultry, fish, shellfish
- Grain products like bread, cakes, cereals, pasta, rice, etc.
- Eggs, nuts and shells
- Coffee beans, coffee grounds, coffee filters, tea bags and herbal tea bags
- Fats, oils, sauces and dressings

## GREEN WASTE

- Flowers, plants, weeds, thatch, gardening waste
- Leaves (practicing leafcycling is ideal)
- Grass clippings (practicing grasscycling is ideal)
- Garden and fruit tree waste
- Untreated wood shavings and twigs
- Bark, untreated sawdust, conifer needles and pinecones
- Straw

## OTHER

- Soiled paper and cardboard: newspapers, tissues, paper towels, pizza boxes, paper napkins, fries containers, muffin cups, etc.
- Compostable dishware
- Animal food
- Hair, animal hair and feathers
- Cooled untreated wood ashes



# WHAT GOES IN THE **BROWN BIN?**

## REFUSED ITEMS



- Plastic packaging
- Bags made from recyclable plastic



Blue bin

- Diapers, tampons and sanitary napkins
- Plastic compostable and biodegradable bags
- Dryer lint
- Soiled pet litter and animal excrement
- Waxed paper



Garbage

- Dead animals



514 630-1234

- Wood and ceramics
- Polystyrene such as styrofoam



Municipal Yard

- Leather, fabrics and clothings



Donate



The heat inside a window can reach up to 55°C, which causes the matter to decompose destroying most weeds, seeds and pathogens in the process

# GLOSSARY OF RESIDUAL WASTE



The Municipal Yard is an ecocentre-type disposal site where citizens may bring unwanted items.

For opening hours and further details, please visit [www.ville.kirkland.qc.ca](http://www.ville.kirkland.qc.ca) or call 514 630-2727.



## ELECTRONICS (E-WASTE)

Computers, keyboards and mice, electronic tablets, scanners, printers, copy machines, fax machines, screens, televisions, radios, players (VCR, DVD, CD), phones, cellphones, chargers, cables, game consoles, cameras...



## REFRIGERATING APPLIANCES

Refrigerators, freezers, water or wine coolers, A/C units, heat pumps, dehumidifiers...



## BULK ITEMS

Appliances (range, washer-dryer, dishwasher, toaster); furniture (desk, filing cabinet, chest, chair, table); others (tub, sink, toilet, doors, hot water tank...)



## CONSTRUCTION/RENOVATION/DEMOLITION MATERIALS (CRD)

Construction aggregates (brick, mortar, stone, soil, asphalt, sand, gravel, concrete), construction wood (natural, painted or treated), other construction materials (ceramics, gypsum, floor coverings, exterior coverings)



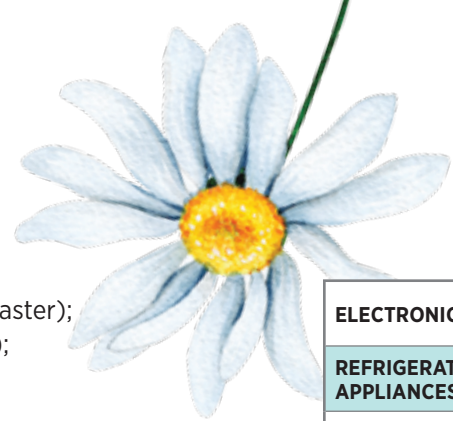
## POLYSTYRENE (PLASTIC NO. 6)

Sanitary and insulating containers, coffee cups, styrofoam, meat trays, thermoformed hinged-lid containers (often transparent), seed trays and flower pots, yogurt cups, cream/milk/butter cups, CD and DVD cases...



## HOUSEHOLD HAZARDOUS WASTE (HHW)

Paints, oils, pesticides, solvents and other HHW may be disposed of in an ecological and safe manner at the mobile collection held at the Municipal Yard twice a year. Otherwise, it is advisable to contact the experts in that field. Visit [www.ville.kirkland.qc.ca](http://www.ville.kirkland.qc.ca) or call 514 630-2727 for more information.



# GENERAL CATEGORIES

	DONATE	BLUE BIN	BROWN BIN	GARBAGE	SPECIAL COLLECTION AT HOME	MUNICIPAL YARD	SPECIAL COLLECTION AT THE MUNICIPAL YARD	ITEM'S RETAILER
ELECTRONICS	X				X	X	X	X
REFRIGERATING APPLIANCES	X				X	X		X
BULK ITEMS	X				X	X		
CRD	X				X	X		
KITCHEN SCRAPS			X					
RECYCLABLE MATERIALS		X						
HOUSEHOLD GARBAGE				X				
POLYSTYRENE						X	X	
HHW							X	
GREEN WASTE			X					

Residual waste management constantly evolves. It is therefore possible that the mode of disposal suggested in this glossary may change over time.



Before getting rid of an uncommon item, please make it a habit to first visit the **Town of Kirkland's website.**



## EVERYTHING IN ITS PLACE

	DONATE	BLUE BIN	BROWN BIN	GARBAGE	SPECIAL COLLECTION AT HOME	MUNICIPAL YARD	ITEM'S RETAILER
ALUMINUM FOIL (unsoiled)		X					
APPLIANCES	X				X	X	
ASPHALT					X	X	
BOOTS AND SHOES	X						
BRANCHES					X		
CAMERAS	X					X	X
CELLPHONES	X					X	X
CERAMICS	X				X	X	
CLOTHES	X						
COFFEE (grounds and filters)			X				
COMPUTERS	X				X	X	X
DISHWARE	X			X			
DOORS	X				X	X	
DVD'S AND VHS TAPES	X			X			X
EXPIRED MEDICATION							X
FLOWERS			X				
FURNITURE	X				X	X	
GRASS			X				
HOT WATER TANKS					X	X	
LEAVES			X				
PHONES	X					X	X
PILLOWS	X			X			



## EVERYTHING IN ITS PLACE

	DONATE	BLUE BIN	BROWN BIN	GARBAGE	SPECIAL COLLECTION AT HOME	MUNICIPAL YARD	ITEM'S RETAILER
PLANTS	X		X				
REFRIGERATORS	X				X	X	X
SANDWICH BAGS		X					
SHAMPOO BOTTLES		X					
SINKS	X				X	X	
TELEVISIONS	X				X	X	X
TIRES	X						X
TOILETS	X				X	X	
TOOTHPASTE TUBES				X			
TOYS	X			X			
WINDOWS	X				X	X	
WOOD (natural, treated or painted)	X				X	X	



**Batteries and ink cartridges** are collected in **dedicated containers** located in municipal buildings. Put them to good use!



For more information:  
[www.ville.kirkland.qc.ca](http://www.ville.kirkland.qc.ca)  
 514 630-2727

# FOR A HEALTHY GREEN LAWN



## KIRKLAND SAYS NO TO PESTICIDES!

A pesticide is a substance used to kill organisms that are considered harmful. Grouped under multiple categories, herbicides, insecticides and fungicides are the most common pesticides. Even if some of these products are useful to control infestations that could be detrimental to human health or to gardening and agricultural activities, many pesticides are harmful and used needlessly for purely aesthetic purposes, particularly on lawns.

It has been proven that many pesticides could potentially have very toxic effects on health, fauna, flora as well as on the environment in general. For example, it would seem that pesticides in the neonicotinoids subgroup have very severe effects on pollinating insects such as bees, butterflies, bumblebees, etc.

The Town of Kirkland has implemented a municipal by-law that seeks to restrict the use of pesticides on its territory. To learn more about the current Kirkland by-laws or for more information on ecological landscaping and lawn maintenance practices, please visit the Town's website.

While mowing the lawn, **practice grasscycling** by leaving grass clippings on the lawn. They will decompose within a few days and supplement your lawn with many nutrients, while reducing the need for water.

# REMINDER



## SPRING

- Rake the lawn
- Seed any areas with winter damage
- For the first mowing, set the height to 5 cm; afterward, set it to 7.5 cm
- If necessary, fertilize with a 100% natural product

## SUMMER


- Set your lawnmower blades to leave the grass as long as possible; don't mow too frequently
- Allow the lawn to go dormant or water deeply when the top 5 cm of soil is dry

## LATE SUMMER (late August – early September)

- Check pH and apply lime, if necessary
- Aerate and topdress, as required
- If needed, fertilize a second time using a 100% natural product
- Seed any areas with drought or insect damage
- Renovate sparse lawn (aerate, topdress and reseed)

## FALL

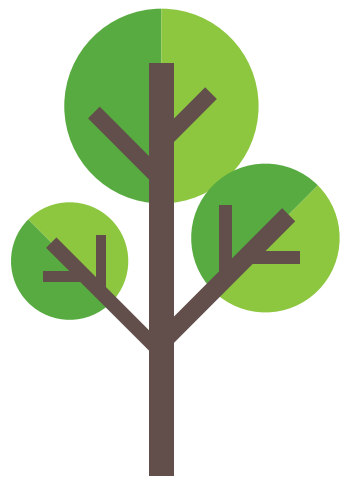
- Practice leafcycling: use your mower to chop up dead leaves as they fall on your lawn
- If the layer of leaves is too thick, rake them up and compost them in the organic waste collection
- For the last mowing, set the height to 5 cm



	APRIL*	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER
<b>CLEAN AND RAKE</b>		■					
<b>AERATE</b>		■	■		■	■	
<b>TOPDRESS</b>		■	■		■	■	
<b>SEED</b>		■	■		■	■	
<b>APPLY LIME</b>			■		■	■	■
<b>FERTILIZE</b>		■	■		■	■	
<b>MOW</b>		■	■	■	■	■	■
<b>WATER</b>				■	■		

○ Possible    ● Best    \*Do not walk on waterlogged areas

# TREES, THE GREAT BENEFACTORS OF URBAN AREAS



Urban trees are a priceless treasure for the environment and our well-being; a vital resource that must be protected. Not only do trees embellish the landscape, they also bring several benefits and improve air quality in many different ways.

A mature tree absorbs nearly  
**2.5 kg of carbon  
per year**  
and a healthy tree will capture  
7,000 airborne particles per litre of air  
(Tree Canada Foundation)

## TREES CONTRIBUTE TO OUR WELL-BEING BY:

- 1 Reducing the effects of greenhouse gas emissions (by absorbing CO<sub>2</sub>)
- 2 Purifying and ridding the air of dust
- 3 Mitigating bad odors and city noises
- 4 Cooling the ambient air, thus contributing to the fight against urban heat islands
- 5 Improving and protecting soil structure and soil water quality
- 6 Helping to counter runoff and soil erosion, reducing the risk of flooding and overflowing storm drains
- 7 Providing protection against rain and strong winds



## CANOPY

The tree canopy can be described as an aerial view of the tree crowns' vegetation cover within a given area. The urban canopy is calculated by measuring the scope of the shadow cast on the ground by this vegetation cover. The bigger the shadow area, the more there are trees producing it and the greater the benefits to human health and the environment.

Anyone can help increase the canopy by refraining from cutting down healthy trees, by replacing trees which had to be cut down and by planting new trees on their property.

## URBAN HEAT ISLANDS

Urban heat islands (UHI) are areas where temperatures are 5°C to 10°C higher than surrounding areas. UHIs are created when heat from solar radiation is absorbed by mineral components of materials on buildings and artificial surfaces. The higher the degree of absorption, the more the surface will emit heat, resulting in negative impacts on health and on the quality of the living environments. Paved roads, concrete buildings and tar-covered rooftops are all elements that contribute to the formation of UHIs.



**Planting trees and other plants  
is one of the most efficient ways  
of countering UHIs.**



The Town of Kirkland  
**offers several  
incentive programs**  
to increase the canopy.

Visit  
[www.ville.kirkland.qc.ca](http://www.ville.kirkland.qc.ca)  
for more details.

## PLANTING NEW TREES

Before planting a new tree in an urban area, it is important to remember that this new tree has many specific requirements (e.g. sunlight needs or soil type) and that it will occupy a certain space once it reaches its full size.

Here are some important tips to ensure the tree's survival in its first years of growth.

### 1 Water intake

Watering is effective only when done directly into the soil cavity at the foot of the tree. This cavity, which facilitates the supply of water to the roots, should be lined with mulch in order to slow the evaporation of the water into the soil. Watering must be done at least once a week, unless there has been heavy rain, and should be done more frequently during heatwaves. It is recommended to water enough so that the soil is well saturated up to a depth of 30 cm. It is important to continue the watering process as long as the tree has leaves.



### 2 Trunk and roots protection

The bark of a tree is the protective layer of its trunk which contains all of the tree's vital internal system. The bark that covers young trees is soft and fragile – so it needs to be protected! This is one of the roles that the watering cavity plays, allowing for a safe distance to be kept between the trunk and any lawn maintenance machinery. A trunk protector may also be placed at the foot of the tree, only if it is slightly ajar and not too tight in order to allow the air to circulate. After the first three years, which are critical to the tree's survival, the watering cavity may be flattened to simply become a safety buffer around the tree, which should still be lined with mulch.

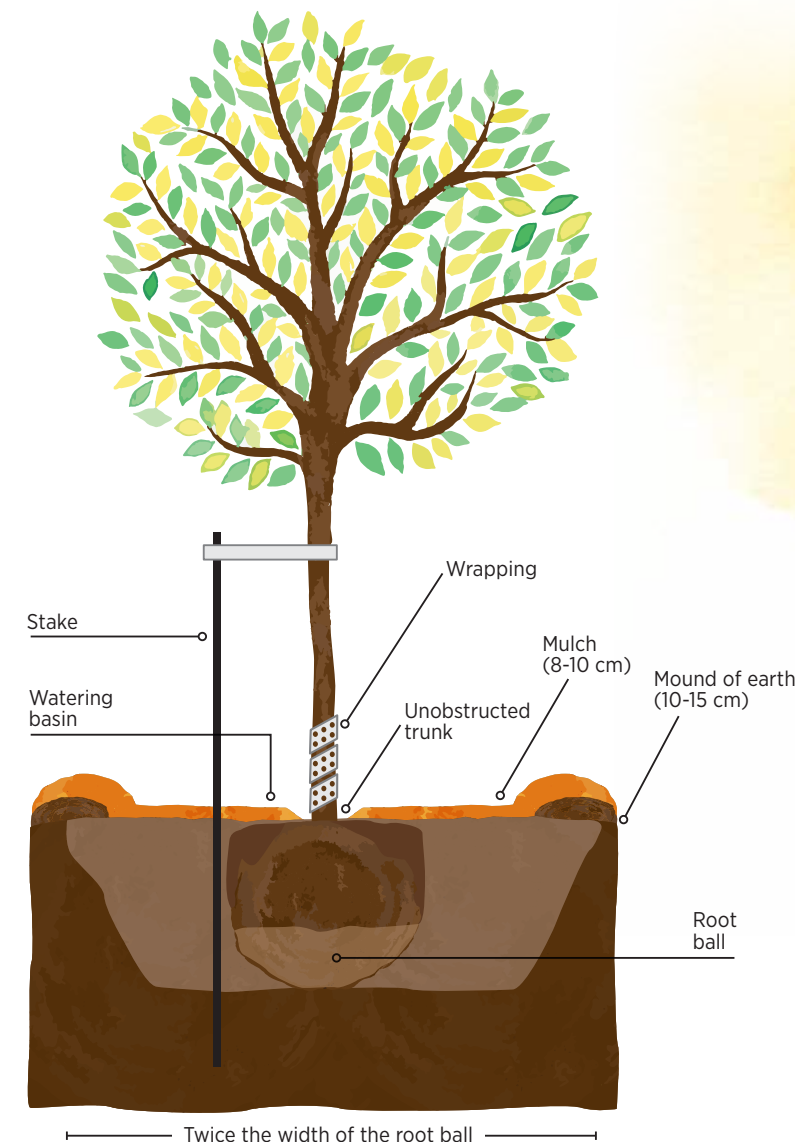
Furthermore, it is important not to compress the soil around a young tree, because its roots will struggle to create a path out of the cavity in which the tree was planted.



A single healthy adult tree has the same cooling effect as **ten small air conditioning units** running for 20 hours a day (U.S. Department of Agriculture)

### 3 About roots...

It is a widespread myth that tree roots can perforate and clog sewage pipes. Roots sometimes do slide into the open joints of old or broken pipes, but cannot perforate them. Instead, their presence indicates a lack of tightness in the domestic sewer system. Roots cannot penetrate non-perforated pipes without any point of entry.



# ADOPTING A SUSTAINABLE DAILY ROUTINE IS SAVING THE PLANET ONE DAY AT A TIME...



Many ecofriendly gestures can help households reduce both the quantity of residual waste they generate and water and energy consumption. Considering that every important change starts with small gestures performed on a daily basis, here are concrete ways to reduce your ecological footprint without having to alter your comfort or quality of life.

Every ecofriendly gesture made by the household  
**adds to those made by the community...**  
every day, 365 days a year.



**Together, we can make a real difference!**

## SAVE DRINKING WATER

The water that flows from your household's faucets is a vital and precious resource that we use daily for many different purposes. Before reaching your taps, this water has traveled several kilometres through water mains and has undergone many physical and chemical treatment processes that require significant energy and financial expenses.

Every drop of water we save represents a major ecological gain - it is critical that we try to reduce our water consumption and use drinking water wisely and responsibly.

Here are some simple “water-friendly” gestures that can easily be adopted on a daily basis:

### 1 Indoors

- Take a quick shower instead of a bath
- Avoid letting tap water run needlessly
- Repair leaking pipes and faucets promptly
- Use low-flow plumbing equipment (showerhead, toilet)
- Set the washing machine's water level according to the amount of clothes to be washed
- Make sure that the dishwasher is completely full before running it
- Choose *Energy Star* certified washers and dishwashers
- Fill a pitcher with water and keep it in the fridge



**Every day, drinking water is used for many different purposes: cooking, personal hygiene, watering plants, laundry, pool filling, car washing...**

**Let's try to avoid wasting such a vital resource!**



A faucet that leaks at a rate of one drop per second  
**can waste up to 10,000 litres of water per year!**  
(Équiterre)

**Opt for drought-resistant species of plants, trees and shrubs and spread mulch around the base.**



### 2 Outdoors

- Recycle rain water using a rain barrel and use it for chores around the house
- Clean the driveway and the outside of the house using a broom
- Wash the car using a bucket of water and a hose nozzle that can be shut off
- Encourage “smart” car washes that use water responsibly
- Mow the lawn to a height of 7.5 cm from the ground - longer grass holds water better
- Water your plants in the morning or late in the evening to prevent the sun from evaporating the water too quickly
- Be careful not to over-fertilize the lawn, as it increases the need for watering
- Cover the pool with a solar cover to prevent evaporation

## LOWER YOUR ENERGY CONSUMPTION

Lowering your energy consumption by adopting habits that promote a smarter use of energy reduces greenhouse gas emissions and is economically and environmentally beneficial. It doesn't mean having to avoid using energy altogether! The goal is to increase productivity while doing more with less.

### Some Energy Efficient Tips

- Improve your house's insulation, from the foundation to the roof
- Lower the temperature by 3°C at night or when leaving the house
- Install a transparent film on your windows to decrease air infiltration
- Keep your blinds and curtains open in the winter to let the sunshine in and closed in the summer to keep the heat out
- Use *Energy Star* certified electrical appliances
- Do your laundry using cold water and let it air dry
- Replace standard light bulbs with LED bulbs
- Replace old thermostats with electronic programmable thermostats
- Turn off electronics after use – any device in standby mode has the potential to increase your electricity bill
- Turn off the lights when exiting a room



30 minutes of useless lighting per day is equal to **8 full days of lighting** after one year



Every litre of fuel consumed on the road releases roughly **2.3 kg of CO<sub>2</sub>** into the atmosphere  
*(Natural Resources Canada)*



A woodstove burning for 9 hours emits as many fine particles as **a mid-size automobile does in one whole year** (18,000 km of mileage)  
*(Environment Canada)*

**By consuming locally produced and seasonal items,** we help reduce the distance travelled by those foods and therefore, the negative impacts of transportation on the environment



## HELP DECREASE GHG EMISSIONS AND IMPROVE AIR QUALITY

Many scientific studies show that greenhouse gas emissions (GHG), including CO<sub>2</sub> (carbon dioxide), are closely linked to climate change. The greenhouse gases resulting from human activity originate mainly from transportation (passenger and commercial), dwelling (construction, heating and electricity) and from the products we purchase: food, clothes, gadgets and small or large equipment.

Everyone can help decrease GHG emissions and improve air quality by opting for certain courses of action on a daily basis.

Here are some examples:

- 1 To decrease GHG emissions caused by transportation**
  - Opt for active modes of transportation such as walking and biking, and for alternatives to cars such as public transit and carpooling
  - Avoid idling - turn off the engine when your vehicle is not moving
  - Limit the use of air conditioning
  - “Drive clean” by ensuring that your vehicle goes in for maintenance on a regular basis
- 2 To improve air quality related to wood combustion**
  - Limit the use of fireplaces and woodstoves, especially on smog heavy days
  - Inspect and clean the chimney at least once a year
  - Never use a woodstove to burn household garbage, painted or treated wood, or plastics
  - Use dry hardwood that has been drying for at least 6 months like oak, maple or birch
  - Ensure that all space heaters are in compliance with existing regulations
- 3 To decrease GHG emissions related to the consumption of goods**
  - Consume locally produced foods and seasonal fruits and vegetables
  - Avoid frozen foods and prepared meals
  - Buy in bulk
  - Avoid overpackaged items such as portioned foods and individual cups
  - Donate used goods to charities

# TAKE THE ENVIROTEST AND FIND OUT HOW GREEN YOU ARE!

Simply tick off every box  
that corresponds  
to your habits  
and then count how many  
boxes you've ticked off.



## RECYCLABLE MATERIALS COLLECTION

- I actively take part in the collection of recyclable materials
- I make sure that the items deposited in my blue bin are recyclable
- I return/recycle all returnable cans and bottles
- I put my blue bin at the curb to be collected only when it is full



## ORGANIC WASTE/GREEN WASTE COLLECTION

- I actively take part in the collection of green waste
- I deposit my kitchen scraps in the brown bin
- I make sure that the items deposited in my brown bin are compostable
- I never use a plastic bag to collect any organic waste
- I use paper bags/reusable containers to dispose of excess green waste



## EFFICIENT USE OF ENERGY

- I use programmable thermostats
- I close blinds and curtains in the summer and open them in the winter
- I wash my clothes in cold water
- I air dry my clothes
- I turn off the lights when leaving a room



## ECOLOGICAL PRACTICES

- I practice grasscycling/leafcycling
- I mow the lawn at a height of 7.5 cm from the ground in the summer
- I fertilize the soil using compost
- I use alternative solutions to pesticides
- I spread woodchips around the bottom of my trees/plants



## EFFICIENT USE OF DRINKING WATER

- I use a low-flow shower head
- I take quick showers (5-10 minutes)
- I recycle rainwater
- I use a bucket of water to wash my vehicle
- I use a broom to clean my driveway



## SUSTAINABLE PRACTICES

- I use a reusable water bottle/coffee mug
- I use reusable bags for my groceries
- I look for products that have less packaging
- I favor the use of reusable containers
- I know the 6R rule and follow its principles
- I try not to let the engine run when my vehicle is not moving



## GOLD LEVEL 21 TO 30

**Congrats!**  
You're a true environmentalist  
and as green as it gets!  
You know sustainable  
development inside and out.



## SILVER LEVEL 11 TO 20

**Good job!**  
You've got the green bug and  
you believe in protecting the  
environment. Keep it up -  
you're on the right track!



## BRONZE LEVEL 0 TO 10

**Try a little harder!**  
The goal is to save the planet...  
one step at a time!  
Need some advice?  
Visit [www.ville.kirkland.qc.ca](http://www.ville.kirkland.qc.ca)

