

Sustainable Living Guide

2020 Edition


CHARLOTTETOWN
Great things happen here.


the
inspired
city



For more information, visit:
www.charlottetown.ca

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Sustainability is about creating healthy and resilient communities by considering the environment and future generations in the decisions we make today. The principles of sustainability challenge us to improve quality of life, environmental stewardship, and the economy for everyone in our community.

LESS IS MORE

The root of many of the environmental challenges we face today is excess. We produce more waste than our landfills can handle, more emissions than nature can filter, and use more energy and water than we need. These common practices are taking a toll on the environment. Trying to achieve sustainability challenges us to use less and save more: money, resources, and time.

SPEND TO SAVE

A good investment is one that has a higher return than initial output. Sustainability is a good investment because it benefits society and the environment as well as you directly. For example, spending more upfront on a home energy system that is going to pay for itself in a few years in energy savings all while meeting your home's energy demands AND minimizing your impact on the environment is a win, win, win.

THINK LONG TERM

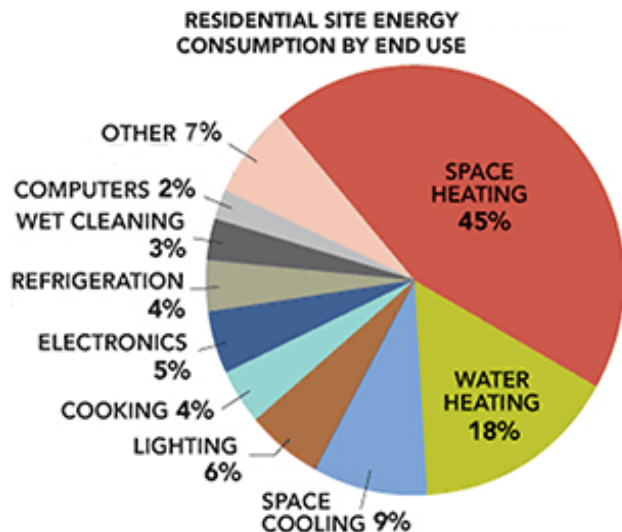
Considering the implications of our actions in the long-term is what is at the heart of sustainability. We hope to inspire people to lead more balanced lifestyles and to consider the true impact of their choices on the planet and future generations.

ENERGY EFFICIENCY

Charlottetown is committed to reducing greenhouse gas emissions and improving energy efficiency across the board. In 2019, Charlottetown launched a Community Energy Plan with a vision that by 2050, Charlottetown will be a carbon neutral, diverse and economically strong community, powered only by renewable energy. Through significantly improving the energy efficiency of buildings, greatly reducing energy use in the transportation sector, transitioning to clean renewable energy and fostering sustainable community development we will achieve that vision. There are changes you can make in your home to contribute to this collective effort.



Most of the energy we use in our homes is for space and water heating



Building Energy Data Book (2011)

<https://openei.org/doc-opendata/dataset/buildings-energy-data-book/resource/3edf59d2-32be-458b-bd4c-796b3e14bc65>

Is the heating/cooling system you use in your home efficient or are you wasting energy and money trying to maintain a comfortable temperature?

Did you know that simple habits and DIY energy upgrades can result in significant energy savings in your home?

Check out the simple tips below to eliminate energy waste & maximize efficiency:

- Small leaks in your building envelope can lead to big energy costs. For around \$50 you can purchase weather stripping, outlet/switch gas-kets, caulking, spray foam, and window shrink film. Use these to seal problem areas, it will keep you comfortable, and save you up to \$200 on your heating bill.*
- Insulating your attic can mean big savings this winter! Adding just one foot of cellulose or fiberglass installation to an average size (1,500 ft²) home, which currently has about 6 inches of insulation in the attic, will save you up to \$400 a year.*
- Programmable thermostats allow you to decide when your heating system operates. Create night-time set backs for when you sleep, day-time set backs for when you are at work or away on vacation. Whatever your needs, programmable thermostats can save you hundreds on your energy bill. Want more? Some thermostats will program themselves based on how you use it, plus they can be controlled right from your smart-phone or tablet.
- Remove furniture, curtains, or other household items blocking base-boards and vents to allow the heat to travel through the area.
- A dishwasher uses the same amount of water and energy regardless of the size of the load. It is much more efficient to only run the dishwasher when it contains a full load.

* efficiencyPEI offers [grants and rebates](#) for the installation of insulation, air sealing improvements as well as ENERGY STAR® windows and doors. Upgrades to the shell of a house (known as a building envelope) protects it from the elements and can yield big savings on heating costs. Upgrades will also make your home more comfortable and environmentally friendly.

In addition to rebates, [financing is available](#) through the Government of Prince Edward Island to assist with the up-front costs of insulation upgrades.

- Regularly maintaining your heating systems by cleaning the filters can help save cost as it allows your equipment to perform better.
- Washing clothes in cold water will save almost 90% of the energy needed to run a normal load of laundry.
- Hang clothes to dry to save on energy required to run the dryer. Hanging clothes outdoors to dry keeps clothes fresh, whites bright, and helps fight stains (the sun has exceptional stain fighting power)!
- When upgrading electronics or appliances purchase ENERGY STAR® certified products and appliances. It's a symbol reserved for only the most energy-efficient models in each product class. They are well worth the energy savings due to their high efficiency performance!

Stop Energy Suckers

Many appliances and electronics, like your coffee maker and television, are using power even when they are turned off. They need to be unplugged to ensure they aren't using electricity. In areas where you have multiple things plugged in switch over to a power bar and switch it off before you go to bed or leave the house.

TIP:

You can program smart home applications to reduce electric waste.

Upgrade systems and equipment

Once you've taken steps to reduce energy waste and maximize efficiency in your home it is time to start thinking about upgrading your existing home energy systems and equipment!

Which type of heating is more efficient, heat pumps or oil?

Ground- and air-source heat pumps require only 20-25% of the energy needed by average oil heating equipment, respectively. With wind energy nearly doubling in the winter, heat pumps are the eco-friendly way to go. efficiencyPEI offers great rebates.



[efficiencyPEI](#) offers rebates for the installation of ENERGY STAR® certified heating equipment including heat pumps, water saving devices, biomass heating devices, and other energy saving products.

In addition to rebates, [financing is available](#) through the Government of Prince Edward Island to assist with the up-front costs.

Clean energy from the sun!

Solar Photovoltaic (PV) is a technology that converts sunlight into electricity. The use of solar energy can significantly lower your energy bills and reduce greenhouse gas emissions that contribute to the harmful effects of climate change.

efficiencyPEI makes solar power more affordable than ever before by providing substantial financial incentives for Island homeowners, farms and businesses to install solar PV panels. **Homeowners can receive a rebate of \$1000/kilowatt installed, covering up to 40% of the cost (including installation), to a maximum of \$10,000.** These amazing solar incentives will help reduce greenhouse gas emissions by over 500 tonnes annually and create approximately 20 jobs in PEI's renewable energy sector.

To assess your home's problem areas and learn ways that you can save money while increasing your home's energy efficiency, we recommend starting with a home energy audit done by professionals. Visit [efficiencyPEI.ca](#) or call Toll-free 1-877-734-6336 to learn more about the energy efficiency incentives and rebates available to you. In addition, [financing is available](#) through the Government of Prince Edward Island to assist with energy efficiency upgrades through any of efficiencyPEI's programs.



WASTE

In 2018, Island Waste Management Corporation (IWMC) reported that Prince Edward Island diverts the highest amount of waste from landfills of any province in Canada.

This is thanks to composting, recycling and other special programs. Although this is something to be proud of, we still have room for improvement. Our waste management system makes it easy for us to properly sort and dispose of our waste so we should focus on reducing the amount of waste we produce in the first place.

Choose to Reduce, Reuse, and Repurpose

Single-use plastics are manufactured to be used only once for a brief period but are difficult to properly dispose of and take hundreds of years to decompose. Unfortunately these items often end up in landfills or litter the natural environment. Single-use plastics, like straws and water bottles, are the most common items found during shoreline clean-ups.



A recent survey found that 8/10 respondents are very concerned about the current volume of single-use plastic waste generated by Islanders. The good news is that the City of Charlottetown is taking steps to reduce single-use plastic, and so can you!

A great way to reduce your single-use waste is to go with re-usable over disposable options whenever possible. It is surprising how much waste you can cut back on in the run of a day by choosing to use a re-usable mug, water bottle, and lunch container. Many coffee shops offer incentives when you bring your own (BYO) mug and water is FREE so why pay for it? Single-use plastic items like straws and cutlery can easily be avoided altogether.



Bring It Charlottetown is the City's single-use plastic reduction campaign. The goal of the initiative is to reduce single-use plastic waste by encouraging residents and businesses to use re-usable items as an alternative.

For more tips and information on how to reduce the amount of single-use plastic that you generate and reasons why you should, visit: www.charlottetown.ca/bringit.



Another important way to reduce waste is to repurpose or repair old items. Visit the City of Charlottetown's annual Fix-It Fair to learn how to breathe life back into items you already own, rather than just replacing them with new versions of the same thing.

PLASTIC BAG BAN

As of July 2019 the Government of PEI has banned single-use plastic bags. As an alternative, Islanders are encouraged to bring their re-usable bags when they go shopping. This change is expected to eliminate 30 million plastic bags annually!

WATCH IT

Monitor your household waste production.

Are you producing what you feel is an excessive amount of garbage each week? Do you think you could cut back with a little effort? What is the biggest source of waste in your household (food, packaging, food containers, etc.)?

TALK TRASH

Discuss your household's waste production levels with your roommates/family and look for ways you can cut back. Have fun with it by challenging each to produce less waste or re-use packaging in creative ways.

SORT IT OUT

Set up a convenient sorting station in your home and consult your IWMC sorting guide to ensure you are properly separating all categories of waste, compost, and recyclables. Take note of the **SPECIAL DISPOSAL** category and ensure you are not placing things like batteries, electronics, or household hazardous waste in the garbage.

Beware of items labeled **COMPOSTABLE PLASTIC** or **BIOPLASTIC**.

Although these products seem like a green alternative, they can't be composted in PEI facilities and can only be disposed of as waste, ending up in the landfill. A good rule of thumb is if it looks like plastic, it's not compostable and should go in your black bin.

Visit www.iwmc.pe.ca for more information on proper sorting and waste reduction tips.



PROPERTY MANAGEMENT

HAVE YOU BEEN INVADED?

Some garden plants that we grow in our yards are invasive. It is best not to grow these plants as they spread and disrupt our native species and natural areas. To prevent their spread, never put invasive species plants in your compost bin. **Place in a clear plastic bag marked "invasive plants" and put in your waste bin.**

It's important to do your own due diligence when purchasing new plants for your yard because invasive plant varieties can easily be purchased at garden centers and online. A key word to be aware of is "**groundcover**". Learn about the plants you are purchasing and avoid common invasive garden plants such as **periwinkle**, **goutweed** and **multiflora rose**.



Periwinkle



Goutweed



Multiflora Rose

! Planting something new? Do some research online first!
<http://cwf-fcf.org/en/resources/encyclopedias/invasive-species/>

Manage your property sustainably by following these recommendations:

1. Plant native species
2. Add non-invasive groundcovers such as mulch, Canada anemone, bunchberry and ferns to reduce need for watering
3. Think biodiversity: avoid growing a single type of plant in an area
4. Plant perennials instead of annuals
5. Include pollinators: milkweed, joe pye weed, blue flag iris, etc.
6. Plant food for wildlife: shrubs/trees/wildflowers that produce berries, nuts and seeds (i.e serviceberry, oak trees, winter-berry, holly, beaked hazelnut)

Is your home climate change resilient?

In 2019, the City of Charlottetown joined hundreds of other Canadian municipalities in declaring a Climate Emergency. All over the globe the severe impacts of climate change are being experienced and are quite costly for governments and individuals who are dealing with extreme weather, infrastructure damage, displacement, and adaptation and mitigation efforts.

Cosmetic Pesticide Bylaw

The City of Charlottetown's Cosmetic Pesticide Bylaw came into effect on January 1st, 2017. The bylaw restricts the application of non-domestic pesticides (those applied by a commercial applicator) for the control of pests on all properties within the municipality.

Prevention is the best approach to deal with lawn pests. By maintaining your lawn with practices that promote drought tolerance, dense and diverse growth, and deep-root development it will be much less susceptible to a pest infestation. Unhealthy soil (low PH, compacted, low organic matter) is at the root of most pest problems. A healthy lawn should be able to tolerate the presence of some pests without them taking over your lawn.



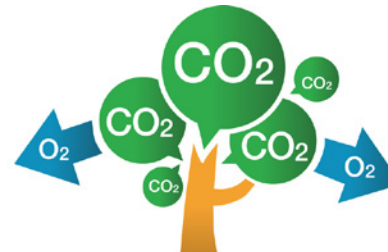
PRO TIP:

White clover is sometimes considered a weed but in reality it is an excellent addition to your lawn and has a number of benefits. This soft, dense, low growing plant attracts beneficial pollinators and turf pests like chinch bugs that do not feed on it at all. Clover plants absorb nitrogen from the air and transfer it to your soil, acting as a natural fertilizer for your lawn and best of all – clover is extremely drought tolerant and stays fresh and green even in periods of drought – unlike regular turf which turns brown and goes dormant in the dry heat of summer.



To learn more about maintaining a healthy and resilient lawn check out our [Seasonal Lawn Maintenance Guide](#) online.

Trees are a valuable asset and defense against climate change because they absorb CO₂, provide shade during hot/dry days, and so much more. It is crucial that we protect our urban trees and forests.



Tree Protection Bylaw

In 2019, a bylaw was passed in Charlottetown to protect trees in its urban forest. The bylaw protects trees on City property, including those along City streets, and Heritage trees on private property. Residents and businesses must avoid removing or causing any damage to protected trees. You can review the City's bylaw information at www.charlottetown.ca and learn about the Tree Protection Bylaw.

Emerald Ash Borer (EAB)

There are a number of insect pests that jeopardize the health of trees. The Emerald Ash Borer (EAB) is one of these insects, and to date, has not been found in Charlottetown. Since this pest has been found in other provinces and caused the loss of many ash trees, the City of Charlottetown is staying on top of this concern. An inventory of ash trees has been completed, a monitoring program is underway and the City is working with the Canadian Food Inspection Agency and the Province to complete surveys for the insect.

You can help control the spread of EAB and be on the look-out:

- If you have an ash tree on your property, watch for signs of EAB (3.5 - 4mm D-shaped holes in the bark, stripping of bark, new shoots from the trunk, vertical cracks in bark, thinning of leaves in the tree crown).
- Do not transport firewood. This is a common way for these insects to be spread.

If you suspect that you have a tree with EAB, call (902) 566-5548 or email city@charlottetown.ca

Dutch Elm Disease

Dutch Elm Disease (DED) is a fungus that causes the death of elm trees. The disease is spread by a beetle, through tree roots and human activities such as moving firewood. The City has completed a survey of all elm trees and delivers a DED program to monitor and protect remaining elm trees and remove those that are infected. The City continues to plant replacement trees for the loss of trees, including new DED-resistant elms.

Edible Trees and Orchards

To raise awareness of local food, urban agriculture and food security, the City has increased its planting of trees and shrubs with edible fruit. These projects encourage the community to forage for edible foods and learn about these plants in City parks. To date, edible tree and plant projects have been completed at Desbrisay Park, Windsor Park and Orlebar Park.



Memorial Tree Program

Residents, businesses and visitors can dedicate a tree or shrub, to leave a lasting memory. The gift can commemorate a special occasion or the passing of a loved one. Staff will work with you to find an appropriate species to be planted in City parkland. A memorial tree is \$500 and a memorial shrub is \$100. Memorials are recorded in a Memorial Book, located at Charlottetown City Hall. For more information call (902) 566-5548 or email city@charlottetown.ca



For homeowners, basement flooding is increasingly common in all seasons of the year and on average causes \$20,000 worth of damage and repairs.

The good news is there are very effective preventative measures you can take yourself to protect your home from flooding and make your home more resilient to some of the impacts of climate change.

Complete these 3 steps to reduce your risk of flooding and lower the cost of cleanup if flooding occurs. For items listed under step 3 check with your municipality about any permit requirements and the availability of flood protection subsidies. **Applicable only in homes with basements*

Step 1: Maintain What You've Got at Least Twice per Year

Do-It-Yourself
for \$0



Remove debris from nearest storm drain or ditch & culvert



Clean out eaves troughs



Maintain plumbing, fixtures and appliances



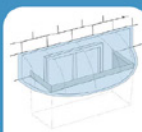
Test your sump pump*



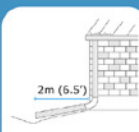
Clean out your backwater valve

Step 2: Complete Simple Upgrades

Do-It-Yourself
for Under \$250



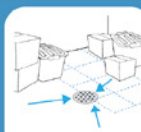
Install window well covers (where egress requirements permit)*



Extend downspouts and sump discharge pipes at least 2m from foundation



Store valuables and hazardous materials in watertight containers & secure fuel tanks



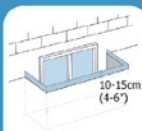
Remove obstructions to floor drain



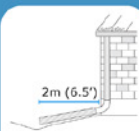
Install and maintain flood alarms

Step 3: Complete More Complex Upgrades

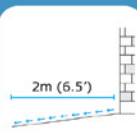
Work with a
Contractor for
Over \$250



Install window wells that sit 10-15cm above ground and upgrade to water resistant windows*



Disconnect downspouts, cap foundation drains and extend downspouts to direct water at least 2m from foundation



Correct grading to direct water at least 2m away from foundation



Install backwater valve



Install backup sump pump and battery*

Note: Not all actions will be applicable to each home. Completing these steps does not guarantee the prevention of flooding.

WATER

Be Water Friendly

A large part of sustainability is recognizing how precious our natural resources are and this is especially true of water. On Prince Edward Island we rely 100% on groundwater. Groundwater sources are not replenished at the same rate at which they are extracted and depend heavily on weather patterns. Unpredictable and more extreme weather events due to climate change are a cause for concern and require additional conservation efforts by all Island residents, and especially those in Charlottetown where the population is highly concentrated. The changes you make in your home do make a difference.



Water Consumption

Research has shown that meter installations reduce overall water consumption and promote a sustainable lifestyle. They also carry a financial incentive to conserve water as customers only pay for the water they use. As of the end of 2019, the majority of residential customers in Charlottetown have been metered. Additionally, water consumption trends in Charlottetown have steadily decreased over the last decade despite population growth. Although we're seeing a promising trend, it is still important to strive to further reduce water waste. Keep an eye on your water meter to monitor your water usage to get a good idea of how much water you use on a monthly basis and catch leaks sooner.

Lift Program

The Low Income Financial and Technical (LIFT) Assistance program offers free home water audits and low-flow upgrades to low-income Islanders. This involves an assessment looking for leaks and low-flow fixtures. It also includes the installation of a low-flow shower head and bathroom sink aerator as well as a voucher to cover a portion of the cost of a low-flow toilet.

Visit www.bewaterfriendly.com to learn about the LIFT program, how to read your water meter and for water-saving tips.



Water Saving Tips

- Low-flow toilets, appliances, and showerheads can save up to 10L per minute.
- Re-wear clothing that doesn't get dirty or try to cut down the number of loads of laundry you do per week.
- Rinse recyclables in your used dishwater and not under running water.
- Install aerators on your taps that control the amount of water that flows.
- Don't let the tap run while you brush your teeth. This can save up to 8L of water a minute!
- Take shorter showers! Even cutting your shower short by just 2 minutes can save up to 18L of water as well energy water heating costs.
- Don't let it leak! Fix leaky faucets in your home.
- Think of creative ways to collect water for watering plants. Such as rain barrels, left over water in drinking glasses, or from the dehumidifier.
- Never use your toilet as a trash can. Unnecessary flushing of the toilet even once a day can waste up to 1,000L of water per year.
- Keep a jug of drinking water in your refrigerator to prevent running the tap to get cold water. This has the added benefit of removing the taste and odour of chlorine in the water.
- Instead of washing vegetables under running water, rinse them with a small amount of water in the sink or a bowl.

Water Restrictions

Did you know that the City of Charlottetown has Seasonal and Water Shortage Restrictions in place to help direct residents on how to conserve water in times of drought?

Seasonal Water Restrictions (Effective June 1st - September 30th):

Lawn watering (hose or sprinkler) New sod is exempt from restrictions for first 30 days after it is laid	5am - 10am OR 7pm - 1am (max 2 hours per day)
Spot watering for gardens / hanging baskets	Anytime
Filling or topping up swimming pools or hot tubs	Anytime
Hosing hard surfaces (sidewalks, driveways)	Prohibited at all times
Car washing	Anytime
Kiddie pools / water toys	Anytime

Water Shortage Restrictions (Implemented at the discretion of the Charlottetown Water & Sewer Utility):

Lawn watering (hose or sprinkler) New sod is exempt from restrictions for first 30 days after it is laid	Prohibited
Spot watering for gardens / hanging baskets	Anytime
Filling or topping up swimming pools or hot tubs	Prohibited
Hosing hard surfaces (sidewalks, driveways)	Prohibited at all times
Car washing	Once per week
Kiddie pools / water toys	Anytime

TRANSPORTATION

Not all modes of transportation are created equal. Some ways of commuting are more sustainable than others. Charlottetown is a walkable city, has a convenient and affordable transit system, park and ride programs, and an expanding bike infrastructure. Consider these options, or carpooling before putting your key in the ignition.

Consider these facts before hopping in your vehicle next time:

- A family using transit can save an average of \$586 each month on auto expenses.
- Just thirty minutes of walking per day cuts the risk of heart disease by up to half, and reduces the risk of some cancers, diabetes, obesity, and osteoporosis.
- For trips up to 10km, cycling is often faster than driving.

I Bike Charlottetown – Do You?

Charlottetown is a very bike-able city with relatively low density and traffic, a flat geography, and an ever growing network of cycling lanes.



The City Of Charlottetown's New Bike Map Is An Excellent Resource For Bikers Of All Skill Levels!

The City of Charlottetown cycling map includes recommended cycling routes, points of interest, cycling safety information, bike friendly businesses, and other useful infrastructure points such as public washrooms, bicycle racks, bicycle shops, and fix-it stations around the City.

Did you know you can get special discounts and perks when you visit some Charlottetown businesses on your bike and show your helmet at the register? These businesses are listed on the city's website and on the bike map!

The City of Charlottetown is also working on a comprehensive cycling handbook with everything you need to know about cycling in Charlottetown.

The bike map and cycling handbook can be accessed online at www.charlottetown.ca/cycling

Transit

Taking the bus is more popular and has more perks than ever before. Each year, public transit ridership increases significantly and all buses are equipped with free WiFi and bike racks. Download the ReadyPass Charlottetown app to make navigating public transit a breeze.

www.charlottetown.readypass.ca

WHEN YOU DO DRIVE, DON'T IDLE.



Did you know?

If Canadians stopped idling just 3 minutes a day we would collectively save **630 million liters of fuel a day**. That is equivalent to \$945 million in fuel costs and 6.3 billion kilograms of greenhouse gas emissions.

With the increased cost of parking in Charlottetown, and the concerns about vehicle emissions on the rise, it's settled: **sustainable transportation is better for your health, your wallet, and the environment.**

It is easier than ever before to go electric!

Hybrid, Plugin Hybrid Electric and Battery Electric Vehicles are now available in PEI at major car dealerships. The Government of PEI recently announced that they are installing a high-speed (Level 3) charging network across PEI as well as a number of Level 2 chargers. Many municipalities are following suit.

Types of Electric Vehicles:

1. Hybrid Cars

These vehicles have both a combustion engine and an electric motor. The electric motor runs through a battery source which is charged using regenerative braking. Hybrid vehicles cannot be plugged in to be recharged.

2. Plugin Hybrid Electric Vehicle (PHEV)

These kinds of vehicles can be plugged in to recharge the batteries that power an electric motor. A fossil fuel engine is a secondary source of energy for times needed.

3. Battery Electric Vehicle (BEV)

These are vehicles which solely rely on electricity as the source of energy. BEV's usually have longer range compared to PHEV's.

4. Fuel Cell Electric Vehicles (FCEV)

These vehicles exclusively use electric motors but they are different than BEV in means of energy source as they use stored hydrogen gas in a tank.



Cheaper Maintenance Cost

DID YOU KNOW? Electric Vehicles (EV) also have less maintenance requirements than vehicles with gas powered engines. EVs only have around 20 moving parts compared to about 2,000 in a gas powered vehicle.

Get more information on [electric vehicles](#), including [funding opportunities online](#).

SHOPPING

Are You a Conscious Consumer?

What we buy plays a huge role in our ability to achieve sustainability in the home. Making sustainable choices when shopping allows us to really put our money where our mouth is and support businesses who consider the environment, and the greater good of society, as well as their bottom line.

Do you think about the **real cost** of what you buy by considering where it came from, how it was made, and if it is worth it? Many resources and energy/water processes go into the production of the final product we buy off the shelves at any store.

Ask yourself do you really need it?
Can you make it or buy it used instead?



Photo Credit: Discover Charlottetown

Read The Label

Beware of marketing tactics like 'green-washing' that lead you to believe a product or company goes above and beyond what is required within environmental regulations. Green-washing is using catchy phrases, colours and labels to mislead shoppers into paying a premium for a 'green' product that is no different than any of the other options available.

Do some research on the companies and products you typically use and see if their business practices and values are in line with your own.

www.ewg.org

Bring it Business

Keep an eye out for the Bring it Business' logo on businesses in Charlottetown. These businesses are making significant efforts to reduce their single-use plastic waste. If you visit a business with this logo on the door you can be sure that: they will refill your travel mug/ water bottle, they do not have styrofoam, plastic cutlery, or bio-plastics, and always opt for sustainable alternatives (like wooden cutlery) when disposable items are necessary.



Visit: www.charlottetown.ca/bringit to learn more

Familiarize yourself with reputable logos that identify a product or company as being environmentally and socially conscious.

<http://www.ecolabelindex.com/ecolabels/>



BUY LOCAL

Buying locally benefits you and your community.

Takes Out The Guesswork

You know where the product is coming from, and can often ask the proprietor directly how it was made, what it contains, etc.

Cuts Back On Emissions

Importing and exporting products has a high environmental cost associated with the transportation process alone. When you buy local instead, your product or produce is likely to have traveled less than 75km as opposed to 10,000km.

Keep It In The Community

When you spend money at a local business almost 48% of it goes directly back into the local economy, as opposed to 13% when spent at a conglomerate or chain.



Photo Credit: Discover Charlottetown

Vegetable Planters

Did you know that there are a number of free, accessible community vegetable planters maintained by the City of Charlottetown in local parks and squares? The community vegetable planters offer fresh healthy produce and residents are welcome to visit the planters and harvest whatever produce they would like. Look for the sign that says 'yours to share and enjoy' with the City logo on the planters.



Community vegetable planters can be found in the following public spaces: Victoria Park (near the baseball diamond), Orlebar Park, Desbrisay Park, J. Frank MacAulay Park, Joe Ghiz Park, Windsor Park.

Community Gardens

There are a couple of community gardens in Charlottetown as well that are run by dedicated non-profit community groups and interested volunteers! Each garden is unique with different numbers of garden plots, costs for plots and availability.

If you want to know more about each community garden or to sign up for a garden plot, contact:

The Legacy Garden

Contact Phil Ferraro at 902-892-3419 or phil@peifarmcentre.com.

Desbrisay Community Garden

Contact Pauline Howard at 902 314-2220.



Print off this guide
for a **Sustainability
Checklist** for your
own home.



SUSTAINABILITY CHECKLIST



UTILITIES

- ☐ Draft proof your windows and doors with weather-stripping
- ☐ Use ENERGY STAR® certified appliances
- ☐ Look into grant and rebate programs offered by the province and the City for efficiency upgrades
- ☐ Wash clothes in cold water and use the shortest cycle
- ☐ Hang your clothes to dry whenever possible
- ☐ Plug electronics into power bars and shut them off when not in use
- ☐ Use of energy efficient lighting (LED)
- ☐ Insulate your attic and walls for optimal energy savings
- ☐ Keep your heating system well maintained by having them inspected and serviced regularly
- ☐ Replace exterior doors that are in poor condition with insulated core doors
- ☐ Install a programmable thermostat to maximize energy efficiency
- ☐ Set up a rain barrel in your yard
- ☐ Don't leave the tap running unnecessarily
- ☐ Take 5 minute showers
- ☐ Notice a spike in your water bill? Check to see if you have a leak by ensuring there is no water running in the house and checking your water meter. If there is no water running but the dial is moving at all then you have a leak. Leaks can cost you money and waste a significant amount of water and should be dealt with ASAP



WASTE

- ☐ Set up a backyard composter
- ☐ Choose products with less packaging
- ☐ Check with friends or donate before trashing stuff



WASTE cont.

- ☐ Get creative! Is it really garbage or can it be used for something else?
- ☐ Use wool dryer balls instead of dryer sheets when doing your laundry
- ☐ Use re-usable water bottles, coffee mugs, and lunch containers
- ☐ Familiarize yourself with proper sorting techniques and follow these guidelines for all categories
- ☐ Avoid packaging altogether and look for refill options at local retailers for things like bulk food items, laundry detergent, soaps, and more.
- ☐ Monitor the waste that your household is generating and talk to family/roommates about how you can cut back and make sure everyone is sorting properly
- ☐ Consider meal planning for your household to avoid food waste and save money



SHOPPING

- ☐ Buy local!
- ☐ Use re-usable shopping bags
- ☐ Familiarize yourself with symbols associated with sustainably produced products and buy these when available
- ☐ Shop at second-hand stores, upcycle old furniture and clothing



TRANSPORTATION

- ☐ Walk, bike, or bus whenever possible
- ☐ Adopt fuel-saving driving behaviors (ie. don't idle your vehicle)
- ☐ Carpool to work, school, and events with friends
- ☐ Look into hybrid or fuel efficient options when purchasing a new vehicle