



SOCIETY FOR FEBRUARY EDITION CONSERVATION BIOLOGY



Let's talk about why it's important to get on board with sustainable practices at home! Simple things like using less energy, cutting back on water usage, recycling, and opting for eco-friendly products can make a huge difference. These eco-friendly habits can significantly minimize your carbon footprint and reduce your environmental impact.



Globally there is a lot of food that is being wasted every year with the average Canadian household produces about 79 kilograms of food waste per year. There are many things that each individual can do to limit their personal amount of food waste. Some of those things include buying groceries more frequently and in less quantities than buying in bulk, making homemade vegetable stock with vegetable scraps, and composting any leftover food.



The average person uses, on average, roughly 300L of water per day. Much of this water usage is unnecessary and unsustainable. Here are a few ideas to help to make your water usage more sustainable: low-flow shower heads, faucet aerators, and taking shorter more efficient showers. These are only a few of many ways to save water in your household!



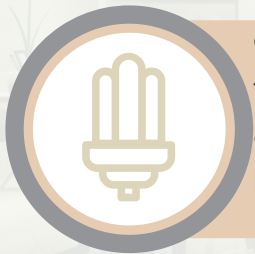


Tradeoffs when choosing a lightbulb

There are many different types of lightbulbs for you to choose from to use in your home. Let us help you determine the best fit for you, while minimizing impacts on the environment.



LED bulbs are renowned for their energy efficiency and longevity, meaning they have lower electricity consumption and less need for replacements



Compact fluorescent bulbs are more energy-efficient than incandescents. However, they contain small amounts of toxic mercury posing potential environmental hazards if not handled or disposed properly.



Incandescent bulbs are the least energy-efficient option. Additionally, their shorter lifespan means they need more frequent replacements and create more waste.

Composting at home

Composting at home is a simple, cheap and resourceful way to manage household waste more sustainably. By composting things like food scraps and yard waste, you are reducing the volume of materials that may have otherwise gone to landfills, and you are ultimately reducing your greenhouse gas emissions! At-home composting can also help you save on fertilizers, as you are generating your very own DIY soil enricher.

