

Library Exhibit – Central Section

What can **YOU** do to make Kanata more sustainable?

Transportation, **Energy**, Design, **Habitat**, **Food**,
Natural Capital, **Waste**, **Health**, **Recreation**, **Sense of Place**



Transportation

movement of goods and people

Personal Actions	Community Actions
<ul style="list-style-type: none"> - Bike to work, - Bus to work, - Walk to store, - Children walk to school, - Use bike share and car share, - Be an Eco-Driver, - Live closer to work, - Carpool to events, - Use electric car, - Leave in time to avoid rushing, - Limit air travel. 	<ul style="list-style-type: none"> - Get annual bus passes, - Promote affordable housing near transit, - Develop community bike maps, - Start bike rental system, - Organize bike education day, - Create more pathways, - Install bike repair stations, - Fundraise for kids' bike safety equipment.

More information on OBEC website:





Energy

buildings, transportation, manufacturing and agriculture

Personal Actions	Community Actions
<ul style="list-style-type: none"> - Calculate your carbon footprint, - Have a home energy assessment, - Insulate, - Switch to LED lighting, - Take Canadian Geographic’s Classroom Energy Diet Challenge, - Use whole-house fan to reduce cooling costs, - Replace air filters, - Hang clothes to dry, - Use manual lawn mower, - Read with natural light, - Power down electronics after use, close fridge door quickly, - Reduce use of hot water. 	<ul style="list-style-type: none"> - Carpool, - Buy green bonds for high energy standards, - Join Ottawa Renewable Energy Co-op, - Join Carbon 613, - Attend Old-home Earth Day, - Join the Community Energy Network, - Support Green Energy Doors Open, - Organize access to libraries and public buildings during heat waves.

More information on OBEC website:





Design

built environment

Personal Actions	Community Actions
<ul style="list-style-type: none"> - Make your house sustainable, - Use passive solar design, - Build a tiny home, - Incorporate student rental into your house, - Green your roof. - Plant trees to block summer sun. 	<ul style="list-style-type: none"> - Visit Milieu for conversations on urban planning, - Join Natural Step's Sustainable Communities Program, - Xeriscape a public park, - Form development discussion group.

More information on OBEC website:

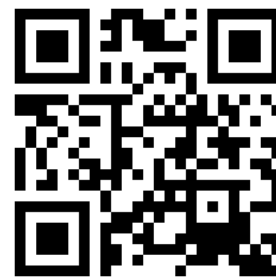




urban green spaces, connectivity, and rural environment

Personal Actions	Community Actions
<ul style="list-style-type: none"> - 'Adopt an acre', - Create a conservation easement on your land, - Create a forest management plan, - Plant a wild garden with native plants. - Plant a pollinator or rain garden 	<ul style="list-style-type: none"> - Plant trees in urban areas and in idle fields, - Use Ottawa Field Naturalist's children's program, - Restore urban greenspace, - Support 'Earth Path'.

More information on OBEC website:





Food

regional supply & urban market, heritage crops/animals, urban gardens

Personal Actions	Community Actions
<ul style="list-style-type: none"> - Eat seasonal local food, - Use 'Buy Local Food Guide', <ul style="list-style-type: none"> - Farm or garden organically, - Get 'Good Food Box', - Buy at farmers markets, - Get 'Love Food – Hate Waste' guide, - Donate fruit and nuts to 'Hidden Harvest', <ul style="list-style-type: none"> - Buy 'ugly' fruit & vegetables, - Cook from scratch, <ul style="list-style-type: none"> - Teach cooking. 	<ul style="list-style-type: none"> - Join community supported agriculture or a community garden, - Start a school garden, - Join 'Smart Greens' local farmers network, - Join Ottawa school food network, - Support 'Growing Up Organic', <ul style="list-style-type: none"> - Buy local food for cafeteria, - Make a community root cellar.

More information on OBEC website:





**We achieve sustainability
together**

**Transportation, Energy, Design, Habitat,
Food, Natural Capital, Waste, Health,
Recreation, Sense of Place**

<http://obec-evbo.ca>



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<https://www.ocf-fco.ca>

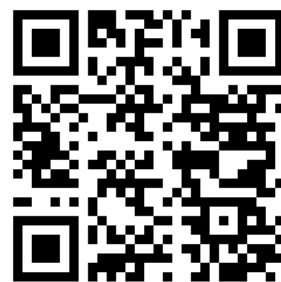


Natural Capital

maintaining land, water, soil, materials

Personal Actions	Community Actions
<ul style="list-style-type: none"> - Plant trees for heating and cooling benefits. - Purchase products with life cycle in mind, - Collect rainwater, - Drink tap water, - Take shorter showers, - Use low flush toilet. 	<ul style="list-style-type: none"> - Manage community rainwater, - Conserve natural forests - Maintain natural watersheds, - Join a stream-watch program, - Support maple sugar woods in Muséoparc Vanier, - Join ‘ Water First:Indigenous Youth for water’.

- More information on OBEC website:

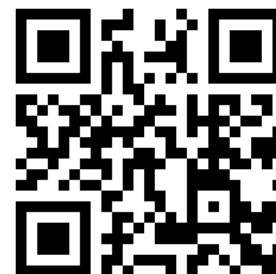


Waste

processing of wastes, recycling, design, and conversion to energy

Personal Actions	Community Actions
<ul style="list-style-type: none"> • Lend, borrow and recycle items, • Recycle electronic waste, • Use ‘ReStore’, • Use Ottawa’s ‘Waste Explorer’, • Buy goods from recycled materials, • Use the Green Bin, • Repair or donate furniture, • Use reusable lunch containers, • Compost, • Buy products with reduced packaging, • Avoid plastic bags. 	<ul style="list-style-type: none"> • Join ‘Freecycle’ to reuse almost everything, • Restore old bicycles, • Dispose of hazardous waste, • Organize give-away days at school and in the community, • Organize used book sale

More information on OBEC website:





Health

clean air and water, safety, tranquility, and needs of vulnerable groups

Personal Actions	Community Actions
<ul style="list-style-type: none"> - Do forest wellness walks, - Do Tai Chi in parks, - Practice active living, - Monitor water quality with ‘Water Rangers’, - Eliminate use of spray cans, - Don’t use pesticides or herbicides, - Use natural house cleaners. 	<ul style="list-style-type: none"> - Increase access to natural spaces, - Increase outdoor access for handicapped and seniors, - Make streets safe, - Start school walking clubs, - Use green walls to filter air, - Join ‘Carp Ridge Eco-Wellness Centre’.

More information on OBEC website:





Recreation

urban, rural, and agricultural

Personal Actions	Community Actions
<ul style="list-style-type: none"> - Practice non-motorized recreation, - Join hiking tours, - Explore Ottawa and Gatineau beaches, - Donate used sports equipment, - Play board games, - Do family biking, - Paddle or sail local lakes & rivers, - Take kids to play in parks. 	<ul style="list-style-type: none"> - Develop walking trails, - Join walk friendly Ontario, - Make school & community hiking tours, - Organize farm tours, - Make community bike maps, - Create programs for all ages in parks, - Organize community and park clean-up, - Start drop-in sports, - ‘Green’ sports events,

- **More information on OBEC website:**





Sense of Place

belonging, sense of community, and stewardship

Personal Actions	Community Actions
<ul style="list-style-type: none"> - Take friends to your favourite natural area, - Blog about the importance of nature where you live, - Take co-workers on noon-hour walks, - Make your home a nature refuge, - Visit your own city, - Attend local fairs. 	<ul style="list-style-type: none"> - Create a neighbourhood climate action committee, - Organize historic recreation in a natural area, - Support placemaking to combine natural and social needs, - Create a community gathering spot, - Put benches on residential streets to encourage walking and meeting, - Discuss how diversity supports climate action, - Organize movies in the park, local Canada Day party, - Local nature tour.

More information on OBEC website:

