

Support the Health of our Environment

Get started in 5 easy steps

- 1** *Switch to Environmentally Friendly Paper Products*
White Swan products are made using 100% recycled paper containing up to 80% post consumer material with fibre from renewable tree farms in Western Canada.



- 2** *Change a Few Light Bulbs*
Each compact fluorescent bulb uses up to 75% less energy than incandescent light bulbs and prevents more than 450 pounds of greenhouse gases being released into the environment. CFLs last about eight times as long as incandescent bulbs. They only need to be replaced every five to six years.

- 3** *Down size your Detergent*
Trade in your regular laundry detergent for concentrated laundry detergent to get clothes clean. Concentrated products contain approximately 35% less water on average, as well; the new smaller bottles use 23%-43% less plastic than non concentrated bottles. This saves money on shipping costs and fuel efficiencies.



- 4** *Buy a Front Load Washing Machine*
Energy efficiency is becoming ever more important and this is perhaps the largest benefit of front load washers. They use a considerable less amount of water than top loaders and they also use less energy to heat the water. Front loaders use significantly less soap, which means that less chemicals are being put back into the environment. Not only does being more energy efficient benefit the environment, it saves you money.



- 5** *Shop with Reusable Shopping Bags*
The use of these reusable bags has the potential to remove an estimated 15 million bags from Northern landfills.