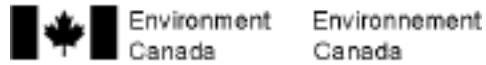


*Funding for this campaign  
is generously provided by:*



*20/20 wishes to acknowledge  
and thank its partners:*



Clean Air Champions  
Clean Air Foundation  
Enbridge Gas Distribution  
Eneract  
Green Communities Association  
Greenest City Environmental Organization

Residential Energy Efficiency Project  
Toronto Environmental Alliance  
Toronto Hydro  
Toronto Transit Commission  
WindFall Ecology Centre



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E-mail: [2020@cleanairpartnership.org](mailto:2020@cleanairpartnership.org)  
Web site: [www.cleanairpartnership.org/2020](http://www.cleanairpartnership.org/2020)

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## ▶ TABLE OF CONTENTS

The 20/20 Planner shows you how to lower your energy use and costs at home and on the road by 20%. It includes:

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▶ How students and families participate	4
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## ▶ 20/20 THE WAY TO CLEAN AIR AND THE ECOSCHOOLS PROGRAM

**Tired of breathing dirty air?**

**Want to make a difference?**

**Some small changes can go a long way.**

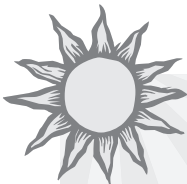
Energy makes our lives pleasant and comfortable, but the use of certain types of energy to power our homes and cars causes air pollution. Air pollution can make you sick and keep you from playing outside. At the same time, rising energy prices mean that it is costing your parents more money to run your home and, if your family has a car or truck, fill up the gas tank.

**What can you do?**

Here are some cool ideas to help you and your parents reduce energy use. We call it *20/20 The Way to Clean Air*. This is a program to help families reduce home energy use by 20% and, for those who have a car or truck, to reduce vehicle use by 20%.

This Planner will help you reach the 20/20 goal. In it you will find:

- ▶ cool facts
- ▶ tips on energy conservation
- ▶ a home energy and transportation plan with activities you can do at home.



### ***Did you know?***

- 30% of home heat is lost through cracks and crevices. That's like living with a basketball-sized hole in your living-room wall! Sealing the cracks and crevices can save you up to 10% on your family's heating bill.
- It costs the average Canadian driver almost \$8,500 a year or 47 cents a kilometer to drive their vehicle. Driving less can reduce these costs and help a family's vehicle last longer.



## Who's involved?

- › Thousands of kids like you! Families are also taking on the challenge to clean up our air.
- › Teachers and students across the province are working together to understand the importance of conserving energy and reducing air pollution.
- › Public Health Units are working with local school boards and the EcoSchools program\* to develop and support the 20/20 program.
- › The Clean Air Partnership is an organization that works to reduce air pollution. It helps the 20/20 program run smoothly.

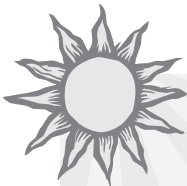
Everyone reduces energy use.  
Everyone breathes a little easier.  
Everyone saves money.

\* EcoSchools was developed by school boards and is a school-based program that ignites environmental action by involving children in reducing waste, conserving energy, “greening” the school ground and learning about the environment. The 20/20 campaign extends EcoSchools into the homes of students by inviting families to participate in the activities outlined in this guide. Some of the most powerful learning happens when good practices at home and at school reinforce one another.

## ▶ HOW STUDENTS AND FAMILIES PARTICIPATE

- 1 You can participate in both the home energy and transportation activities, or choose the section that interests you the most. Read through this guide together as a family, and then decide how you want to participate.
- 2 Check off the activities that interest you and your family and have fun trying them for two weeks!
- 3 Cut out completed activity forms from this guide (home energy on page 10A, and/or transportation on page 20A) and return them to your classroom teacher.

Special recognition will be given to 20/20 classrooms and schools.



### ***Did you know?***

In 2006, a study done by the Ontario Medical Association estimated that air pollution contributes to 5,940 early deaths a year in Ontario.

## ▶ AIR POLLUTION, CLIMATE CHANGE AND YOUR HEALTH

### Why should I care?

#### Who causes air pollution?

Using energy in our homes and on the road means that we are burning fossil fuels — such as gas, oil and coal — and sending pollutants into the air. The use of fossil fuels to power our furnaces, air conditioners and vehicles contributes to smog and climate change.

#### What is the connection between smog and climate change?

When we burn fossil fuels, greenhouse gases (such as carbon dioxide) build up in the atmosphere. These greenhouse gases act like a glass covering a greenhouse, letting in more heat from the sun than it lets out. Over many years, human activities have increased the concentration of these gases. This is causing global warming.



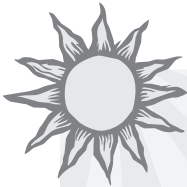
Scientists agree that the average global temperature could rise by 1.4 to 5.8°C by the end of this century. This may not seem like much, but it will cause climate change, which will increase the number of extreme weather events such as ice storms and flooding.

Since sunlight and heat help to form smog, a warmer climate would likely increase the number of smog days, and cause more health problems associated with poor air quality. A warmer climate will also increase the number of health problems caused by higher temperatures and humidity.

### Why are my eyes itchy?

Even for healthy people, air pollution can hurt their lungs, and irritate their eyes, nose and throat. For those who already have heart or lung problems (such as asthma and bronchitis), air pollution can make their condition worse.

Participating in *20/20 The Way to Clean Air* will help your family to reduce air pollution and climate change in your community and beyond.



### ***Did you know?***

- A tap leaking one drop of hot water per second can waste over 181 litres of hot water a week. That's equal to approximately 724 glasses of water! Fixing this leak could save your family over \$42 a year.
- Heating water for bathing, dish washing and doing laundry can account for as much as 15% of a home energy bill. By turning down your hot water heater thermostat by only 5°C (only for gas and oil water heaters), you can reduce your energy use by 3%.

## ▶ GOING FOR THE 20% GOAL — AT HOME

### A Two-Stage Challenge

How do you save energy?  
By using it wisely!

The home energy conservation plan has two steps to help you reach the 20% target:

▶ **Stage One — Getting started.**

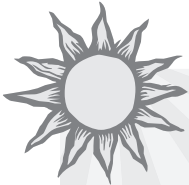
This section gives you and your family easy energy saving activities that you can do for two weeks in your home. It doesn't matter if you live in an **apartment, condo or house**, there is something for everybody. (See page 14 for more on what tenants and condo owners can do.)

▶ **Stage Two — Going the distance.**

This section gives you energy saving activities that require a bit more time and effort, but will save you more money. You will see the difference in your family's energy bills. This plan shows you how each activity helps to reduce energy (in percentages).

### Kickstart your savings with a home energy audit

*Find out how energy efficient your home is by bringing in an expert to conduct a home energy audit. After inspecting your house from top to bottom, they will provide you with a report that identifies measures you can take to improve home comfort and lower energy costs. To learn more about home energy efficiency retrofit programs, see page 23.*



## ***Did you know?***

- 25% of home heat is lost through windows. That's like having one quarter of your windows wide open in the middle of winter. Wrapping your windows with plastic is a low-cost option that can reduce this loss by 50%.
- The average low efficiency furnace wastes as much as 45% of the heat it produces. Newer natural gas furnaces are up to 96% efficient. Replacing an old furnace with a high efficiency unit can reduce your home energy use by 20%!



## ▶ HOME ENERGY PLANNER — STAGE ONE

### Getting started

Try some or all of the energy saving activities listed on the Stage One form (next page) for two weeks.

To do this you will need to:

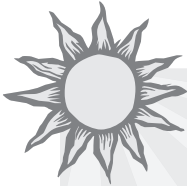
- ▶ Check off **WILL DO THIS FOR 2 WEEKS** for a new action you haven't done before; also check off **ALREADY DO THIS** if you were doing that action before joining the 20/20 program.
- ▶ Fill in the back of the form to let us know if you will be continuing to Stage Two.
- ▶ Cut out the form and give it to your classroom teacher to send to the 20/20 program.



### Reduce energy and stay healthy

*Turning your thermostat down in the winter and up in the summer is a great way to save energy. However, the elderly, young children and those with breathing problems need to be sure that they aren't too hot or too cold. Consider special health needs as you try to save energy.*

*While sealing your windows and doors is a great way to block drafts and save energy, sealing a home too tightly can cause indoor air quality problems that can affect your health. Talk with the home energy experts before you begin, as they can help you avoid this problem (see page 23 for contact information).*



## ***Did you know?***

- Laundry soaps are made to clean clothes in cold water, making it easier for you to reduce your hot water use, save money and reduce pollution.
- Turning down your thermostat by 2°C can save you up to 6% on heating costs. Consider getting a programmable thermostat. It does the work for you by adjusting your furnace or air conditioner when you aren't at home.
- Installing a low-flow showerhead may cost you between \$30-45, but could save you up to \$1,400 in energy costs over five years. That savings is enough to buy 9 bicycles!



# Stage One — Two-week Plan

School \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

## Energy Savings Activity

WILL DO  
THIS FOR  
2 WEEKS

ALREADY  
DO THIS

### EXAMPLE

- Set thermostat (for heating) back
- Set heating thermostat back 1°C during the day, and/or by 2°C at night
- Set air conditioning thermostat 1°C higher during the day and/or 2°C higher at night
- To keep the heat in (during winter), close curtains or blinds each night and open for the daylight hours on sunny days
- To keep the cool air in (during summer), close curtains or blinds for the daylight hours on sunny days
- Clean or replace your furnace filter (about every two months)
- Use cold water instead of hot water every time you wash your clothes
- Reduce the number of times you use the dryer by hanging your clothes or making sure your dryer is full
- Turn radiators down and keep all air vents and doors to unused rooms closed when your furnace or air conditioner is on
- Clean the coils on the back of your refrigerator by brushing off the dust
- Use your dishwasher only when full; choose the energy saving (or light wash cycle) and air dry option
- Turn off lights, computers and TVs when not in use
- Close the fireplace damper or air-tight fireplace door after each use of your fireplace



*Please turn over and complete opposite side of Stage One – two-week plan form*

Help us to evaluate the 20/20 program by letting us know if you have completed Stage One and whether you are “going the distance” with Stage Two. Check box 1. or 2. below, fill in your contact information (optional), cut out this page and give it to your classroom teacher to forward to the 20/20 Program.

1. We have completed Stage One but will not be continuing with Stage Two.

**OR**

2. We have completed Stage One and are “going the distance” with Stage Two. We will join 20/20 participants across the region by doing our best to reach 20% in energy savings.

The 20/20 program would like to keep in touch with you to send program updates and to measure how your actions have helped to improve air quality in your community. Please check 1. or 2. below to indicate your interest in being contacted.

1. We give 20/20 permission to contact us by  
 TELEPHONE       E-MAIL       REGULAR MAIL

**OR**

2. We do not wish to be contacted further by 20/20.

**PLEASE PRINT CLEARLY**

Name of Parent or Guardian \_\_\_\_\_

Address \_\_\_\_\_ City/Town \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone (    ) \_\_\_\_\_ E-mail \_\_\_\_\_

The Clean Air Partnership (CAP) is a registered charity and collects personal information on this form consistent with the authority of City of Toronto By-law No. 239-2000. The information will only be used to contact individuals who are participating in the 20/20 *The Way to Clean Air* campaign and to evaluate this program. For questions about this collection and/or to remove yourself from this list, please contact the 20/20 Regional Co-ordinator at 416-338-1288 or 1-866-583-2020.

**Fax Alert: Sending personal information is not a secure means of transmission. It is recommended that the teacher return this form by regular mail.**



## ▶ HOME ENERGY PLANNER — STAGE TWO

### Going the distance

Stage Two requires a bit more work but it is worth it! Your family will save money, and your home will be more comfortable, especially if you reduce drafty areas.

Here are the steps to completing Stage Two:

- ▶ Read through the next two pages.
- ▶ Check off **WILL COMMIT TO DOING THIS** for a new action you haven't done before; also check off **ALREADY DO THIS** if you were doing the action before joining the 20/20 program.

- ▶ Add up Column 2 to see the total amount of energy you will conserve by following your plan.
- ▶ Put your plan into action and start reducing air pollution and saving energy dollars today!

**You don't need to send us your Stage Two form. With your permission, 20/20 will contact you to learn about your achievements.**

### Is 20% too high for your family? No problem!

*If it is, then pick a target that you think you can reach and start saving. 20/20 is about working together to conserve energy, and every bit counts. So, if you achieve 15% and your neighbour achieves 25%, together you are reaching a 20% household target and improving the air we breathe.*

## ▶ STAGE TWO — GOING THE DISTANCE

Energy Savings Options	COLUMN 1		COLUMN 2
	WILL COMMIT TO DOING THIS	ALREADY DO THIS	ENERGY REDUCTION
<b>STUFF YOU DO EVERY DAY (Routine actions)</b> Continue with the easy-to-do actions from Stage One	<input type="radio"/>	<input type="radio"/>	5%
<b>TURN IT UP, TURN IT DOWN (Heating and cooling)</b> Set thermostat for heating down (select one): <ul style="list-style-type: none"> <li>• By 2°C 24 hours a day</li> <li>• By 2°C at night only</li> <li>• By 2°C during the day and 3°C at night</li> </ul>	<input type="radio"/>	<input type="radio"/>	6%
	<input type="radio"/>	<input type="radio"/>	2%
	<input type="radio"/>	<input type="radio"/>	8%
Set thermostat for cooling up (select one): <ul style="list-style-type: none"> <li>• 2°C higher 24 hours a day</li> <li>• 4°C higher at night only</li> <li>• 2°C higher during the day and 4°C at night</li> </ul>	<input type="radio"/>	<input type="radio"/>	1%
	<input type="radio"/>	<input type="radio"/>	1%
	<input type="radio"/>	<input type="radio"/>	2%
Use fans and reduce your air conditioner use by half	<input type="radio"/>	<input type="radio"/>	2%
<b>STOP THE DRAFTS!</b> <ul style="list-style-type: none"> <li>• Seal and weather-strip doors and windows</li> <li>• Cover windows and unused doors with plastic sheeting</li> <li>• Put special foam liners into electrical outlets and light switches, and insert childproof plugs in the same outlet (especially on outside walls)</li> </ul>	<input type="radio"/>	<input type="radio"/>	10%
Upgrade attic insulation to R40 (about a foot in depth)	<input type="radio"/>	<input type="radio"/>	5%
Upgrade basement insulation to R18	<input type="radio"/>	<input type="radio"/>	10%
Install energy saving windows throughout your house	<input type="radio"/>	<input type="radio"/>	3%
Permanently seal an unused fireplace	<input type="radio"/>	<input type="radio"/>	3%
<b>DON'T GET STEAMED (Heating water)</b> Lower hot water tank temperature by 5°C. Aim for the ideal energy savings temperature of 49°C (run hot water from your tap onto a meat thermometer to figure out the temperature) <b>NOTE: do not do this if you have an electric water heater.</b>	<input type="radio"/>	<input type="radio"/>	3%
Place insulation around at least the first meter of water pipes attached to your hot water heater	<input type="radio"/>	<input type="radio"/>	1%
Install a low-flow showerhead and faucet aerators	<input type="radio"/>	<input type="radio"/>	3%
Repair leaky faucets and showerheads throughout your house	<input type="radio"/>	<input type="radio"/>	2%

## ▶ STAGE TWO — GOING THE DISTANCE CONT'D

Energy Savings Options	COLUMN 1		COLUMN 2
	WILL COMMIT TO DOING THIS	ALREADY DO THIS	ENERGY REDUCTION
<b>YOU LIGHT UP MY LIFE (Lighting)</b> Replace regular light bulbs with compact fluorescent bulbs (energy saving bulbs) <ul style="list-style-type: none"> <li>• Replace 2 bulbs</li> <li>• Replace 4 bulbs</li> <li>• Replace 6 bulbs</li> </ul> <b>NOTE:</b> <i>do not use in outdoor or dimmer light fixtures.</i>	<input type="radio"/>	<input type="radio"/>	1%
	<input type="radio"/>	<input type="radio"/>	2%
	<input type="radio"/>	<input type="radio"/>	3%
Replace outside lights with motion detecting lights	<input type="radio"/>	<input type="radio"/>	1%
Install timers for outdoor lights	<input type="radio"/>	<input type="radio"/>	1%
<b>TOO MANY MACHINES (Household appliances)</b>			
Stop the use of a second refrigerator	<input type="radio"/>	<input type="radio"/>	3%
Stop the use of a stand alone freezer	<input type="radio"/>	<input type="radio"/>	1%
Replace a low efficiency furnace with a high efficiency furnace	<input type="radio"/>	<input type="radio"/>	20%
Install a tankless hot water heater	<input type="radio"/>	<input type="radio"/>	9%
Replace an old refrigerator with a new energy efficient one	<input type="radio"/>	<input type="radio"/>	3%
<b>SPLISH SPLASH (Swimming pools)</b>			
Set your pool heater thermostat back: <ul style="list-style-type: none"> <li>• By 1°C</li> <li>• By 2°C</li> <li>• By 3°C</li> </ul>	<input type="radio"/>	<input type="radio"/>	7%
	<input type="radio"/>	<input type="radio"/>	14%
	<input type="radio"/>	<input type="radio"/>	20%
Use a solar blanket to cover your swimming pool for each night of the summer season when the outside air temperature is cooler than the pool water	<input type="radio"/>	<input type="radio"/>	20%
<b>ADD UP COLUMN 2 TO GET YOUR TOTAL REDUCTION TARGET</b>			

For more activities, order the more detailed 20/20 Home Energy Reduction Chart. Call the 20/20 hotline or visit the “actions at home” section of the 20/20 website.

## ▶ TENANTS AND CONDO OWNERS CAN SAVE TOO!

Whether your family pays energy bills or they are included in your rent/building fees, it is important to conserve energy to reduce air pollution.

### Take action

- ▶ Try the activities from Stage One (page 10A). Most of these can be done in apartments and condos.
- ▶ Look over the Stage Two activities on pages 12 and 13. Some of these are very easy to do in condos/apartments (such as using energy saving light bulbs and showerheads).
- ▶ Look for the ENERGY STAR® symbol if your family is buying appliances and other items for your home.

### Call the experts

- ▶ In Toronto, call Eneract for a free *Smart Living* workshop on simple, inexpensive actions to lower energy costs and increase home



comfort. Invite your neighbours to come and enjoy teaming up for the workshop. Eneract: 416-488-3966; [www.eneract.org](http://www.eneract.org)

- ▶ Have a building energy audit done (see Connector section, pages 23 and 31, for more information). Energy improvements to a whole building can save money and help the environment. In Toronto, contact The Better Buildings Partnership: 416-392-1110; [www.torontobbp.on.ca](http://www.torontobbp.on.ca)

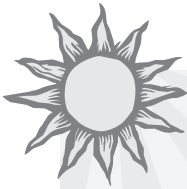
### Get others involved

Form an energy saving action group in your building. Ask your landlord or property owner to join this group. Some ideas to consider as a group could be to:

- ▶ Fix leaking taps.
- ▶ Close off vents to parts of your building that don't need to be heated, such as basements or storage areas.

- ▶ Look for the ENERGY STAR® symbol when shopping for building appliances.
- ▶ Replace standard light bulbs throughout the building with energy efficient bulbs.

Let us know you are taking action by completing the Stage One form on page 10A and indicating that you are a “renter” or “condo owner.”



## *Did you know?*

Compact fluorescent light bulbs (CFLs) use less energy than a standard light bulb and last longer. Regular light bulbs last approximately six months, but CFLs can last for over six years!

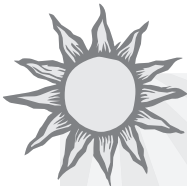
## ▶ GOING FOR THE 20% GOAL — ON THE ROAD

Smog! Traffic jams!

Rising gas prices!

No room to bicycle!

These are just a few reasons why people should reduce the amount that they drive. That's why, for families that have a vehicle, the second goal of the 20/20 program is to help you reduce the amount of energy you use while on the road by 20%.



### ***Did you know?***

- Idling your family's vehicle for over 10 seconds uses more fuel than restarting the engine. Countdown to savings...10...9...8...7...!
- If everyone who drives a car (or light truck) in Canada avoided idling for just five minutes, we would prevent more than 4,500 tonnes (the weight of 560 elephants!) of climate-changing carbon dioxide from entering the atmosphere.
- Idling is not a good way to warm up an engine, even in cold weather. In fact, too much idling can damage the engine by causing soot buildup.

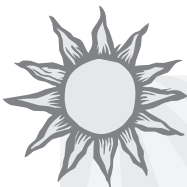
Think about the energy your family could save by:

- › ***Carpooling*** – share a ride to work, school or to events.
- › ***Using public transit*** – take the bus, streetcar or subway.
- › ***Walking or biking*** – use your legs for great exercise.
- › ***Teleworking*** – your parents can work from home; even once a month can make a difference.
- › ***Trip chaining*** – combine errands into one journey rather than making several separate car trips.

## Do you get a drive to school? Kickstart your reduction plan!

*Traffic jams and air pollution around your school are unsafe and unhealthy. Tell your family to turn off the engine for those quick stops at school. Idling vehicles waste fuel and pollute the air.*

*Talk to your principal about a program to get the kids in your community walking to school together. See the Connector section for information on the Green Communities Association's Active and Safe Routes to School program on page 31. For idle-free resources see page 30.*



## Did you know?

2.5 kilograms of climate-changing carbon dioxide is produced by every litre of gasoline used in your family's car. Reducing the amount your family drives helps to keep our air clean and slow climate change.

## ▶ TRANSPORTATION PLANNER

### Reduce your driving by 20%

Before you begin the steps to reducing your family's vehicle use, work together to fill in page 19 to estimate and understand your family's driving patterns in an average week.

**STEP 1** – Set your 20% reduction target:

- ▶ You need to calculate how many kilometers your family drives in an average week: (a) record your odometer reading(s) for the vehicle(s) your family drives; (b) check the reading(s) again a week later; (c) use subtraction to figure out how much you drove that week.
- ▶ Then, put this number into the simple calculator box on page 20A to find out your 20% reduction target.

**STEP 2** – Choose how your family will reduce its driving by checking off your transportation choices in one or more of the four categories on page 20A (see example on this page).



**STEP 3** –

Try your plan for two weeks! Then fill in the bottom and the back of the page 20A activity form.

Cut out the form and give it to your classroom teacher to send to the 20/20 program.

**Example:**  
Weekly Reduction Target: 25 KILOMETERS

**Driving children to school, sports events and/or other activities**  
My family will reduce its vehicle use in this category by:

Taking Public Transit

Subway	15 km
Streetcar	5 km
Bus	_____ km
GO Train	_____ km
GO Bus	_____ km

Carpooling with \_\_\_\_\_ other person (people) \_\_\_\_\_ km

Cycling or walking 5 km

---

**TOTAL REDUCTION** 25 Km per week

## Estimate and Understand

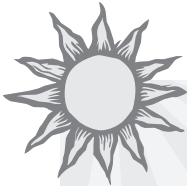
Before setting goals to reduce the amount your family drives, it is important that you understand your family's usual driving patterns and distances.

*How we use our vehicle in a typical week:*

Need	Location	Estimate driving distance	Can we reduce?
<i>examples:</i>			
<i>Grocery store</i>	<i>No Frills</i>	<u>  8  </u> km	<i>Yes, street car</i>
<i>Ballet lessons</i>	<i>Community Centre</i>	<u>  2  </u> km	<i>Yes, walking</i>
School	_____	_____ km	_____
Day care	_____	_____ km	_____
Work	_____	_____ km	_____
Special lessons/ activities	_____	_____ km	_____
Movie theatre/ entertainment	_____	_____ km	_____
Shopping mall	_____	_____ km	_____
Weekend trips	_____	_____ km	_____
Grocery store	_____	_____ km	_____
	_____	_____ km	_____

### Questions to ask to find out how your family can reduce its car use:

- Can we choose to use public transit or carpool for any of our regular trips?
- Can we walk or cycle to any of our regular destinations?
- Can we *combine* any of our regular trips (trip-chaining) to reduce the amount we drive?
- Can we do more of our activities in our local area (for example, walk to a local grocer instead of driving to a large grocery store)?



## ***A success story***

David Suzuki, a famous Canadian environmentalist, and his family decided long ago that they would not use the car for any trips under seven blocks. This “reduction-rule” helped them reduce the amount they drove their car and, as a result, helped the environment.

**Is it possible to make a “reduction-rule” for your family’s regular transportation needs?**



# Two-week Plan: Saving Transportation Energy and Reducing Driving

School \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Family vehicle \_\_\_\_\_  Car  Mini-van  SUV  Truck

## STEP 1 Calculate your 20% kilometer reduction target

Total number of kilometers driven in the past week	20% reduction	Your weekly kilometer reduction target
_____ km	X .20	= _____ km
If this 20% reduction target is too high (or too low), you may adjust it by choosing a target that you think your family can achieve. Every bit helps!		Alternative weekly reduction target is: _____ km (optional)

## STEP 2 Take your weekly kilometer reduction target number and spread it out among the categories and options below (see example on page 18). Good luck trying this plan for two weeks.

### BOX 1

#### Driving children to school, sports events and/or other activities

My family will reduce its vehicle use each week in this category by:

- Taking public transit
  - Subway \_\_\_\_\_ km
  - Streetcar \_\_\_\_\_ km
  - Bus \_\_\_\_\_ km
  - GO Train \_\_\_\_\_ km
  - GO Bus \_\_\_\_\_ km
- Carpooling with \_\_\_\_\_ other person (people) \_\_\_\_\_ km\*
- Cycling or walking \_\_\_\_\_ km

**TOTAL REDUCTION** \_\_\_\_\_ km per week

### BOX 2

#### Commuting to work

My family will reduce its vehicle use each week in this category by:

- Taking public transit
  - Subway \_\_\_\_\_ km
  - Streetcar \_\_\_\_\_ km
  - Bus \_\_\_\_\_ km
  - GO Train \_\_\_\_\_ km
  - GO Bus \_\_\_\_\_ km
- Carpooling with \_\_\_\_\_ other person (people) \_\_\_\_\_ km\*
- Cycling or walking \_\_\_\_\_ km
- Teleworking/teleconferencing \_\_\_\_\_ km

**TOTAL REDUCTION** \_\_\_\_\_ km per week

### BOX 3

#### Shopping, running errands or going out for entertainment

My family will reduce its vehicle use each week in this category by:

- Taking public transit
  - Subway \_\_\_\_\_ km
  - Streetcar \_\_\_\_\_ km
  - Bus \_\_\_\_\_ km
  - GO Train \_\_\_\_\_ km
  - GO Bus \_\_\_\_\_ km
- Carpooling with \_\_\_\_\_ other person (people) \_\_\_\_\_ km\*
- Cycling or walking \_\_\_\_\_ km
- Trip Chaining \_\_\_\_\_ km

**TOTAL REDUCTION** \_\_\_\_\_ km per week

### BOX 4

#### Taking weekend trips (for example: local holidays, cottage, etc.)

My family will reduce its vehicle use each week in this category by:

- Taking bus or train
  - Long-distance bus \_\_\_\_\_ km
  - VIA Train \_\_\_\_\_ km
  - GO Train \_\_\_\_\_ km
  - GO Bus \_\_\_\_\_ km
- Carpooling with \_\_\_\_\_ other person (people) \_\_\_\_\_ km\*

**TOTAL REDUCTION** \_\_\_\_\_ km per week

\* This number should be the total distance driven in the carpool. You can save kilometers whether it is in your car or someone else's!



**STEP 3**

Help us to evaluate the 20/20 program by letting us know if your family has reduced its vehicle use for two weeks and whether you will continue to reduce your vehicle use beyond two weeks. Check 1. or 2. below, fill in your contact information (optional), cut out this form and give it to your classroom teacher to send to 20/20.

1. We have completed the two-week plan but will not be continuing.

**OR**

2. We have completed the two-week plan and want to continue. We are joining 20/20 participants across this region and making a long-term effort to reduce our driving beyond two weeks.

The 20/20 program would like to keep in touch with you to send program updates and to evaluate how your actions have helped to improve air quality in your community. Please check 1. or 2. below to indicate your interest in being contacted.

1. We give 20/20 permission to contact us by  
 TELEPHONE       E-MAIL       REGULAR MAIL

**OR**

2. We do not wish to be contacted further by 20/20.

**PLEASE PRINT CLEARLY**

Name of Parent or Guardian \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

The Clean Air Partnership (CAP) is a registered charity and collects personal information on this form consistent with the authority of City of Toronto By-law No. 239-2000. The information will only be used to contact individuals who are participating in the 20/20 *The Way to Clean Air* campaign and to evaluate this program. For questions about this collection and/or to remove yourself from this list, please contact the 20/20 Regional Co-ordinator at 416-338-1288 or 1-866-583-2020.

**Fax Alert: Sending personal information is not a secure means of transmission. It is recommended that the teacher return this form by regular mail.**



## ► GLOSSARY OF TERMS

**Air pollution.** The presence of polluting substances in the air that affect human health.

**Atmosphere.** A mixture of gases and particles that surround the planet. It provides us with the air we breathe, its greenhouse gases retain the heat that warms the Earth, and its protective layer of ozone shields us from the damaging rays emitted by the sun. The atmosphere extends a few hundred kilometers above the Earth's surface, and it is divided into different layers.

**CFLs.** Compact Fluorescent Light bulbs. These are energy saving light bulbs that can last up to 10 times longer than regular light bulbs.

**Climate.** The long-term, average weather conditions in a region, including temperature, precipitation, wind patterns and cloud cover.

**Climate change.** The change in the average weather that a given region experiences. Different areas of the globe will experience different changes, such as higher or lower temperatures, increased rainfall, more storm activity or extended drought periods. Global climate change refers to changes in all the interconnected weather elements of the Earth. See also “global warming” in this glossary.

**Energy efficient.** When electrical devices and industrial processes are designed in such a way that the minimum amount of energy is needed to do their jobs. For example, using fluorescent light bulbs instead of incandescent bulbs is more energy efficient.

**Environment.** The surroundings in which all plants, animals and humans live.

**Fossil fuels.** Coal, oil and natural gas buried deep in the Earth as a result of the decomposition of ancient plants and animals that lived millions of years ago.

**Global Warming.** The average increase in the Earth's temperature, which causes changes in climate. A warmer Earth may lead to changes in rainfall patterns, a rise in sea level, and a wide range of impacts on plants, wildlife, and humans. “Global warming” as a title does not speak directly about the whole range of changes in climate that are occurring. For that reason, some scientists prefer the larger term “climate change,” although the two terms are sometimes used interchangeably. See also “climate change” in this glossary.



## ► GLOSSARY OF TERMS (CONT'D)

**Greenhouse effect.** A natural process that creates a balance between incoming sun rays entering the Earth's atmosphere that are trapped (absorbed) by greenhouse gases or reflected back into space. The natural greenhouse effect moderates the Earth's temperatures and allows life as we know it to exist (see also Intensified Greenhouse Effect).

**Greenhouse gases.** Any of the gases that contribute to the greenhouse effect by trapping heat within the atmosphere, including carbon dioxide (CO<sub>2</sub>), methane (CH<sub>4</sub>), nitrous oxide (N<sub>2</sub>O), ozone (O<sub>3</sub>), water vapour and hydrochlorofluorocarbons (CFCs).

**Idling.** Leaving your vehicle engine running while you are parked.

**Intensified greenhouse effect.** As concentrations of human-made greenhouse gases increase, the natural greenhouse effect is intensified. With a thicker greenhouse gas layer encircling the Earth, temperatures will rise.

**Pollution.** The release by humans, directly or indirectly, of substances (including gases) into the environment, which results or is likely to result in damage to water, air or soil.

**Smog.** A haze that forms when sunlight reacts with pollutants in the air. Smog makes it difficult for many people to breathe, causing respiratory health problems.

**Thermostat.** An automatic temperature control on heating and cooling systems. Thermostats sense the temperature in the environment and automatically turn on or off to maintain a constant temperature. A thermostat can be set higher or lower in order to save energy.

**Utility company.** A company that provides gas and electric power to homes and other buildings.

**Weather.** The condition of the lower atmosphere at a particular place and time, in terms of temperature, precipitation, wind patterns, cloud cover, air pressure, etc.

Many definitions were taken/modified from Cool Climate Kid's Club:  
[www.coolclimate.org/definitions.htm](http://www.coolclimate.org/definitions.htm)

## ▶ YOUR 20/20 CONNECTOR

Resources to help you achieve your energy saving goals.



### *HOME ENERGY LINKS AND INCENTIVES*


Make sure to take note of the listings with a **\$** next to them to find some great incentives that will save you money. Also, contact your local utility company to find out what incentives they may be offering. See the 20/20 website for the most up-to-date connector information and direct links to listed websites.

Topic	Link Description	Contact	Service Area
<b>Home Energy Audits</b>	<p><b>\$</b> Schedule a home energy audit with a qualified advisor and receive professional advice on reducing your heating and cooling bills, improving your home comfort, and saving money.</p> <p>• For information on energy conservation programs for condominiums and apartments, visit the Better Buildings Partnership at <a href="http://www.toronto.ca/wes/techservices/bbp/index.htm">www.toronto.ca/wes/techservices/bbp/index.htm</a></p>	Natural Resources Canada <a href="http://www.oe.nrcan.gc.ca/residential/personal">www.oe.nrcan.gc.ca/residential/personal</a> 1-800-622-6232	Ontario
		Government of Canada's ecoACTION and ecoENERGY program <a href="http://www.ecoaction.gc.ca">www.ecoaction.gc.ca</a> 1-800-622-6232	Ontario
		Ministry of Energy <a href="http://www.gov.on.ca">www.gov.on.ca</a> 1-888-668-4636	Ontario
		Green Communities Association <a href="http://www.gca.ca">www.gca.ca</a> 1-888-661-0000	Ontario
		Green\$aver <a href="http://www.greensaver.org">www.greensaver.org</a> 416-203-3106	Toronto, Peel, parts of Durham
		Residential Energy Efficiency Project <a href="http://www.thereep.ca">www.thereep.ca</a> Halton: 1-866-501-1112 Caledon: 905-584-6221	Halton, Caledon

## ▶ YOUR 20/20 CONNECTOR

Topic	Link Description	Contact	Service Area
<b>Home Energy Audits (cont'd)</b>		WindFall Ecology Centre <a href="http://www.windfallcentre.ca">www.windfallcentre.ca</a> 1-866-280-4431	York, part of Durham
		COOL Caledon Electricity Doctor <a href="http://www.coolcaledon.org/elec_book.html">www.coolcaledon.org/elec_book.html</a> 905-584-2272 x 4253	Caledon
		EcoSource Mississauga <a href="http://www.ecosource.ca">www.ecosource.ca</a> 905-274-6222	Mississauga
<b>Draft-Proofing Insulation</b>	Doing it yourself? There's lots of help available.	Office of Energy Efficiency, Natural Resources Canada 1-800-387-2000	Ontario
	• <i>Booklet: Keeping the Heat in</i>	<i>Booklet:</i> <a href="http://www.oeenrcan.gc.ca/keep_heat_in/">www.oeenrcan.gc.ca/keep_heat_in/</a>	
	• <i>"How to" Video: Air Sealing Your Home, by Jon Eakes</i>	<i>Video:</i> Jon Eakes 1-888-566-3253 <a href="http://www.joneakes.com/ca/hs/html/catalogue.html">www.joneakes.com/ca/hs/html/catalogue.html</a>	Ontario
	• <i>Workshop: free</i> and interactive two-hour workshops with a focus on improving home comfort and lowering your energy bills	<i>Workshop: Eneract's Smart Living</i> <a href="http://www.smartliving.ca">www.smartliving.ca</a> 416-488-3966	Toronto
	• <i>Product information</i> on insulation, weather-stripping, air seal kits	<i>Product information: Can-Am &amp; Zero-Draft</i> <a href="http://www.zerodraft.com">www.zerodraft.com</a> 1-877-27-CANAM (22626)	Ontario
	Have a professional do it for you. Call Green\$aver Retrofits.	Green\$aver Retrofits <a href="http://www.greensaver.org">www.greensaver.org</a> 416-203-3106	Toronto, Peel, Parts of Durham

## ▶ YOUR 20/20 CONNECTOR

Topic	Link Description	Contact	Service Area
<b>Windows</b>	Look for windows and contractors that have been certified by the Window Wise program, which identifies high quality energy-efficient products and skilled installers.	Window Wise <a href="http://www.windowwise.com">www.windowwise.com</a> 1-800-813-9616	Ontario
	When choosing windows compare their Energy Ratings (ERs), which generally range from -50 to +15. The higher the rating, the more you'll save on operating costs. For general information on choosing energy-efficient windows, contact Natural Resources Canada.	<a href="http://www.oeenrncan.gc.ca/publications">www.oeenrncan.gc.ca/publications</a>	Ontario
<b>High Efficiency Furnaces, Programmable Thermostats</b>	💰 You may qualify for a rebate on a new high-efficiency gas furnace from your local gas distribution company as well as through the EnerGuide for Houses Program (see the section on Home Energy Audits, above).	Enbridge Gas Distribution <a href="http://www.enbridge.com/gas">www.enbridge.com/gas</a> 1-877-SAVE GAS (728-3427)	Peel, York, Durham, Toronto
	💰 The gas distribution companies also offer rebates on programmable thermostats from time to time. See their websites for full details.	Union Gas <a href="http://www.uniongas.com">www.uniongas.com</a> 1-888-774-3111	Halton
<b>Energy Efficient Appliances &amp; Rebates</b>	When shopping for appliances, look for the ENERGY STAR® logo – an international symbol that identifies energy efficient products. For appliances that don't have ENERGY STAR® ratings, look for the ones with the lowest EnerGuide rating. The lower the rating, the more you'll save on operating costs.	List of appliances and program details: Natural Resources Canada <a href="http://www.oeenrncan.gc.ca/energystar/">www.oeenrncan.gc.ca/energystar/</a>   <p>* The ENERGY STAR® mark is administered and promoted in Canada by Natural Resources Canada and is registered in Canada by the United States Environmental Protection Agency.</p>	Ontario
	💰 For a comprehensive list of energy saving grants, incentives and rebates, visit The Green Lane.	Environment Canada <a href="http://www.incentivesandrebates.ca/gc_fi_search.asp">www.incentivesandrebates.ca/gc_fi_search.asp</a>	Ontario

## ▶ YOUR 20/20 CONNECTOR

Topic	Link Description	Contact	Service Area
<b>Green Power</b>	Reduce the environmental impacts of your power consumption by supporting green power.	Bullfrog Power <a href="http://www.bullfrogpower.com">www.bullfrogpower.com</a> 416-360-3464	Ontario
	<ul style="list-style-type: none"> <li>Ask that a specific amount of your electricity come from renewable energy rather than from the burning of fossil fuels. No matter where you live in the GTA, you can contact Oakville Hydro.</li> </ul>	Oakville Hydro <a href="http://www.oakvillehydro.com">www.oakvillehydro.com</a> 1-866-521-0192	Ontario
	<ul style="list-style-type: none"> <li>Buy green tags (\$75 each) to help finance green power developments.</li> </ul>	Green Tags Ontario <a href="http://www.greentagsontario.com">www.greentagsontario.com</a> 1-866-546-8414	Ontario
	<ul style="list-style-type: none"> <li>Purchase shares in local wind power through the Toronto Renewable Energy Co-operative</li> </ul>	Toronto Renewable Energy Co-operative <a href="http://www.windshare.ca">www.windshare.ca</a> 416-977-5093 x1	GTA
	<ul style="list-style-type: none"> <li>To find suppliers of solar hot water systems and solar power systems, contact the Ontario Clean Air Alliance.</li> </ul>	Ontario Clean Air Alliance <a href="http://www.electricitychoices.org">www.electricitychoices.org</a> 416-926-1907 x245	GTA
	<ul style="list-style-type: none"> <li>Learn more about your green power choices. Contact the Toronto Environmental Alliance, Ontario Clean Air Alliance or Toronto Hydro Energy Services.</li> </ul>	Toronto Environmental Alliance <a href="http://www.torontoenvironment.org">www.torontoenvironment.org</a> 416-596-0660	Ontario
			Toronto Hydro Energy Services <a href="http://www.torontohydro.com/energyservices/">www.torontohydro.com/energyservices/</a> 1-866-694-9376
<b>Other Home Energy Links</b>	<b>Buying a new home?</b> R-2000 homes are among the most energy efficient, comfortable and healthy to live in, and the least costly to heat and cool. Contact the EnerQuality Corporation.	EnerQuality Corporation <a href="http://www.r2000.org">www.r2000.org</a> 416-447-0077	Ontario
	<p><b>Water efficiency.</b> Cut your energy bills even further by using your hot water more efficiently. You can get <b>free</b> brochures and advice, and may qualify for rebates and/or subsidized upgrade kits from the government offices listed to the right.</p>	Region of Durham Household Guide to Water Efficiency <a href="http://www.region.durham.on.ca/departments/works/services/water/hhguide.htm">www.region.durham.on.ca/departments/works/services/water/hhguide.htm</a> 1-800-372-1103 x5219	Durham

## ▶ YOUR 20/20 CONNECTOR

Topic	Link Description	Contact	Service Area
<b>Other Home Energy Links (cont'd)</b>	<b>Water efficiency (cont'd)</b>	Region of Halton Household Guide to Water Efficiency e-mail <a href="mailto:delacruz@region.halton.on.ca">delacruz@region.halton.on.ca</a> or call 1-866-442-5866	Halton
		Region of Peel Water Smart program <a href="http://www.watersmartpeel.ca">www.watersmartpeel.ca</a>	Peel
		Region of York <a href="http://www.water4tomorrow.com">www.water4tomorrow.com</a> 1-888-967-5426 For maintenance on Water For Tomorrow early closing toilet flappers and low-flow shower heads call 1-800-215-4060	York
		City of Toronto Indoor Water Efficiency Retrofit kit, Wash'n'Save: \$60 cash back for the purchase of a high-efficiency clothes washer, Residential Toilet Replacement Program, Peak Pail Kit <a href="http://www.toronto.ca/watereff/index.htm">www.toronto.ca/watereff/index.htm</a> 416-392-7000	Toronto
	<b>Plant a shade tree</b> to help cool your house and reduce your air-conditioning costs. Connect with LEAF's backyard tree planting service.  For a free street boulevard tree, call the City of Toronto Urban Forestry Services.	LEAF <a href="http://www.leafontario.org">www.leafontario.org</a> 416-413-9244  City of Toronto Urban Forestry Services 416-338-8733	Toronto
<b>💰 Additional tips and incentives</b> can be found on the GTA Clean Air Online and the Ontario Ministry of Energy website as well as your local hydro utility company.	Ontario Ministry of Energy <a href="http://www.energy.gov.on.ca">www.energy.gov.on.ca</a>  GTA Clean Air Online <a href="http://www.gtacleanaironline.ca">www.gtacleanaironline.ca</a>	Ontario	


# ▶ YOUR 20/20 CONNECTOR

## TRANSPORTATION LINKS AND INCENTIVES



Topic	Link Description	Contact	Service Area
<b>Carpool</b>	<p>To find suitable people close by with whom to carpool, or for information on how to start a carpool, visit the websites listed to the right for your region.</p> <ul style="list-style-type: none"> <li>• Take the stress out of driving and arrive feeling relaxed</li> <li>• Save on fuel, maintenance, and parking costs by ride sharing</li> <li>• Reduce air pollution/greenhouse gas emissions</li> </ul>	<p><a href="http://www.carpoolzone.smartcommute.ca">www.carpoolzone.smartcommute.ca</a> 1-866-658-9890</p>	Ontario
<b>Public Transit</b>	<p>For information on transit schedules, fares and services within the GTA, visit FindTheWay.ca or contact GO Transit.</p> <ul style="list-style-type: none"> <li>• Extend the life of your vehicle by reducing its daily use</li> <li>• Save money. Public transportation is cheaper than driving when you add up all the costs of parking, insurance and gas</li> </ul>	<p>Find The Way.ca <a href="http://www.findtheway.ca">www.findtheway.ca</a></p>	GTA
		<p>GO Transit <a href="http://www.gotransit.com">www.gotransit.com</a> 416-869-3200, or 1-800-438-6646 Connects with all transit providers in the GTA</p>	GTA
<b>Walk/Bike</b>	<p>Increase your confidence on a bike, or ensure that your children know about bike safety and how to ride defensively. Consider a CAN-BIKE bike safety course.</p> <p>Join other cyclists or start your own Bicycle User Group (BUG).</p>	<p>CAN-BIKE <a href="http://www.toronto.ca/cycling">www.toronto.ca/cycling</a> 416-392-1311</p>	Toronto
		<p>BUG Network Program <a href="http://www.toronto.ca/bug">www.toronto.ca/bug</a> 416-338-5076</p>	Toronto
		<p>Mississauga Cycling Advisory Committee <a href="http://www5.mississauga.ca/cycling">www5.mississauga.ca/cycling</a> 905-896-5471</p>	Mississauga

## ▶ YOUR 20/20 CONNECTOR

Topic	Link Description	Contact	Service Area
<b>Walk/Bike (cont'd)</b>	Learn more about trails and paths in Brampton and Mississauga and Caledon.	Brampton trails and paths <a href="http://www.city.brampton.on.ca/parks&amp;rec/trails.tml">www.city.brampton.on.ca/parks&amp;rec/trails.tml</a>  Mississauga Trails Map <a href="http://www5.mississauga.ca/cycling">www5.mississauga.ca/cycling</a>  Caledon Trailway <a href="http://www.town.caledon.on.ca/townhall/departments/publicworks/parkstrails.asp">www.town.caledon.on.ca/townhall/departments/publicworks/parkstrails.asp</a>	Peel
	<b>\$</b> Order a <b>free</b> map of Toronto's cycling and walking trails, or a free Post-and-Ring bicycle stand for a City of Toronto sidewalk.	Cycling and Walking Maps <a href="http://www.toronto.ca/parks/maps.htm">www.toronto.ca/parks/maps.htm</a> Cycling: 416-392-7592 Walking: 416-392-8186  Post & Ring Bike Stand <a href="http://www.toronto.ca/cycling/postandring.htm">www.toronto.ca/cycling/postandring.htm</a> (416-392-9253)	Toronto
	<b>\$</b> Borrow a bike for <b>free</b> at one of the thirteen Bikeshare hubs in Toronto. One-year membership costs \$25.	Bike Share Program <a href="http://www.bikeshare.org">www.bikeshare.org</a> 416-504-2918	Toronto
<b>Telework</b>	Get some tips on becoming a telecommuter by visiting the websites listed to the right.	Go Green Choices <a href="http://www.gogreen.com/choices/seven-greatways/telecommuting.html">www.gogreen.com/choices/seven-greatways/telecommuting.html</a> 604-689-4467  InnoVisions Canada <a href="http://www.ivc.ca/cleanair">www.ivc.ca/cleanair</a> 613-225-5588	Ontario
<b>Trip Chain</b>	Combine various activities into fewer more-efficient trips. For tips, visit the 20/20 website. <ul style="list-style-type: none"> <li>▪ Less time on the road and more time available for other things</li> <li>▪ Reduced fuel expenses</li> <li>▪ Less wear and tear on your vehicle</li> </ul>	20/20 The Way To Clean Air <a href="http://www.cleanairpartnership.org/2020">www.cleanairpartnership.org/2020</a> 416-392-2020, or 1-866-583-2020	GTA
<b>Other Transportation Links</b>	<b>Commuting distance.</b> To calculate your daily commuting distance, visit Yahoo maps.	Yahoo maps <a href="http://www.maps.yahoo.com">www.maps.yahoo.com</a>	Ontario
	<b>Gasoline.</b> Next time you fill up your tank, look for ethanol-blended gasolines, which pollute less than standard gas. Providers that have been certified by the Environmental Choice Program are listed on its website.	Environmental Choice Program <a href="http://www.environmentalchoice.com">www.environmentalchoice.com</a> 1-800-478-0399 	Ontario

## ▶ YOUR 20/20 CONNECTOR

Topic	Link Description	Contact	Service Area
<b>Other Transportation Links (cont'd)</b>	<b>Fuel efficiency.</b> “Greening Your Car” is a free workshop that teaches you how to improve your vehicle’s fuel efficiency.	EcoSource Mississauga <a href="http://www.ecosource.ca">www.ecosource.ca</a> 905-274-6222	Mississauga
	<b>Idling.</b> Turn your engine off if you are going to be stopped for more than 10 seconds (except in traffic).  <ul style="list-style-type: none"> <li>Idling wastes fuel, money, produces pollution, and can damage engine parts.</li> </ul>	Natural Resources Canada <a href="http://www.oeenrcan.gc.ca/communities-government/transportation.cfm">www.oeenrcan.gc.ca/communities-government/transportation.cfm</a> 1-800-387-2000	Ontario
	<b>Tires.</b> Keep your tires properly inflated. <ul style="list-style-type: none"> <li>Properly inflated tires will help your vehicle run more efficiently.</li> <li>The average Canadian driver can save the equivalent of two weeks’ worth of gas every year. You could save the cost of one or two sets of tires over the life of your vehicle.</li> </ul>	Rubber Association of Canada <a href="http://www.betiresmart.ca">www.betiresmart.ca</a> 905-814-1714	Ontario
	<b>Old vehicles.</b> Retire your older, more polluting car for free and get a chance to win some great prizes. Contact Car Heaven, operated by the Clean Air Foundation.	Clean Air Foundation <a href="http://www.carheaven.ca">www.carheaven.ca</a> 1-888-731-7311	Ontario
	<b>New vehicles.</b> When buying a new vehicle, save on operating costs and help the environment. Choose one of the efficient vehicles listed in the Clean Air and Environment Guide, available <b>free</b> on-line.	Clean Air Partnership <a href="http://www.cleanairpartnership.org">www.cleanairpartnership.org</a> 416-392-6672 <a href="http://www.cleanairconsumerguide.org">www.cleanairconsumerguide.org</a>	Ontario
	<b>More on vehicles.</b> Look up fuel consumption ratings. Learn how to buy, drive and maintain your car to save money, energy and the environment. Contact Natural Resources Canada’s Personal Vehicles Initiative.	Office of Energy Efficiency, Natural Resources Canada 1-800-387-2000 <a href="http://www.oeenrcan.gc.ca/vehicles">www.oeenrcan.gc.ca/vehicles</a> <a href="http://www.vehicle.gc.ca">www.vehicle.gc.ca</a>	Ontario
	<b>Car free tourism.</b> Find out how to enjoy being a car free tourist in Toronto.	Green Tourism Association <a href="http://www.greentourism.ca">www.greentourism.ca</a> 416-392-1288	Toronto
	<b>Car sharing.</b> Enjoy the use of a car without the hassles and expense of owning one. Join a carshare service.	AutoShare <a href="http://www.autoshare.com">www.autoshare.com</a> 416-340-7888	Toronto



## ▶ YOUR 20/20 CONNECTOR

### GET MORE INVOLVED

Topic	Link Description	Contact	Service Area
At School	<p><b>Supervised walks to school.</b> Get your kids out of the car and into a “walking school bus” through the Active and Safe Routes to School program.</p> <ul style="list-style-type: none"> <li>· Help them get the exercise they need</li> <li>· Reduce your family’s environmental impact</li> </ul>	<p>Green Communities Association  <a href="http://www.saferoutestoschool.ca">www.saferoutestoschool.ca</a>            1-877-533-4098</p>	Ontario
	<p><b>International walk to school day.</b> Organize a Walk to School Day at your school in early October – or plan a week full of educational activities.</p>	<p>Green Communities Association  <a href="http://www.iwalktoschool.org">www.iwalktoschool.org</a>            1-877-533-4098</p>	Ontario
At Work	<p><b>💰 Save through energy upgrades.</b> Find out what your small business can save through energy upgrades. Toronto businesses can save money and energy with the Clean Air Foundation’s Cool Shops program, which is facilitated through local Business Improvement Areas. For example, since its energy audit and solar retrofit, Beach Solar Laundromat has reduced natural gas consumption by 30% and lighting costs by 65%.</p> <p>For information on energy conservation assistance for buildings, visit the Better Buildings Partnership website at <a href="http://www.toronto.ca/wes/techservices/bbp/index.htm">www.toronto.ca/wes/techservices/bbp/index.htm</a></p>	<p>Clean Air Foundation  <a href="http://www.coolshops.ca">www.coolshops.ca</a>            416-922-9038 x43</p>	Ontario
	<p><b>Join the annual Clean Air Commute.</b> Get your company to participate in the Clean Air Campaign and Commute™.</p>	<p>Pollution Probe  <a href="http://www.pollutionprobe.org">www.pollutionprobe.org</a>            416-926-1907</p>	GTA
	<p><b>Year-long transportation programs.</b> Help your company reduce parking costs, congestion and air pollution by improving transportation options to its sites. For help in starting a workplace trip reduction program, contact the Clean Air Foundation’s S-M-A-R-T Movement Programme (Save Money and the Air by Reducing Trips).</p>	<p>Clean Air Foundation  <a href="http://www.cleanairfoundation.org">www.cleanairfoundation.org</a>            416-922-9038</p>	GTA

## ▶ YOUR 20/20 CONNECTOR

Topic	Link Description	Contact	Service Area
<b>At Work (cont'd)</b>	<b>Yearlong Transportation Programs.</b> Help your company reduce parking costs, congestion and air pollution by improving transportation options to its sites. The Smart Commute Association provides commuting services to corporations and their employees such as: carpool ride-matching, emergency ride home service, and other ways to make commuting easier. Smart commuting can help improve productivity, job satisfaction and overall health.	Smart Commute Association <a href="http://www.smartcommute.ca">www.smartcommute.ca</a> 416-406-0489	GTA and Hamilton
<b>Community-wide</b>	<b>Join ranks with other concerned citizens.</b> Participate in one or both of the following GTA-wide events: <ul style="list-style-type: none"> <li>• <b>Commuter Challenge.</b> (First week of June) It coincides with Environment Week and Clean Air Day. This is a friendly competition between Canadian cities to see which one can cut its air pollution the most by using active and/or sustainable modes of transportation. Make a commitment to walk, jog, cycle or in-line skate, bus, carpool and/or telework.</li> </ul>	Commuter Challenge Go For Green <a href="http://www.commuterchallenge.net">www.commuterchallenge.net</a> 1-888-822-2848	Ontario
	<ul style="list-style-type: none"> <li>• <b>Car Free Day</b> (late September). This worldwide event encourages, explores and celebrates alternative forms of transportation.</li> </ul>	Car Free Day <a href="http://www.carfreeday.ca/">http://www.carfreeday.ca/</a>	Ontario
	<b>Go to the Smog Summit.</b> Help develop initiatives to reduce air pollution in the GTA. The Summit, which is held in June each year, enables community members to share ideas with all levels of government, leading to the signing of an inter-governmental declaration.	Clean Air Partnership <a href="http://www.cleanairpartnership.org">www.cleanairpartnership.org</a> 416-392-0254	GTA

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Topic	Link Description	Contact	Service Area
<b>Community-wide (cont'd)</b>	<b>Get a champion to back you up.</b> Associate your community or workplace program with excellence and move people to take action. Clean Air Champions can arrange for celebrities to attend and speak at your events that promote better air quality and healthy lifestyles. Over 80 active and retired Olympic and national team athletes participate in the program.	Clean Air Champions <a href="http://www.cleanairchampions.ca">www.cleanairchampions.ca</a> 905-845-4846	Ontario
	<b>Access innovative web tools</b> to help minimize your home's environmental impact.	Earth Day Canada EcoAction Teams <a href="http://www.ecoactionteams.ca">www.ecoactionteams.ca</a> 416-599-1991 x106	Ontario
	<b>Saving energy in Caledon.</b> Find out about the range of energy saving programs offered in Caledon.	Caledon Countryside Alliance <a href="http://www.caledoncountryside.org">www.caledoncountryside.org</a> 905-584-6221	Caledon
	<b>Green your lifestyle.</b> Find out about green business listings, green gifts and other smart living resources.	Eneract <a href="http://www.smartliving.ca">www.smartliving.ca</a>  EcoSource Mississauga - Green Guide <a href="http://www.ecosource.ca">www.ecosource.ca</a> 905-274-6222	GTA  Mississauga
	<b>For more information</b> about what you and your community can do to reduce greenhouse gas emissions and slow global warming, visit one of the websites listed to the right.	GTA Clean Air Online <a href="http://www.gtacleanaironline.ca">www.gtacleanaironline.ca</a>  Climate Change Solutions <a href="http://www.climatechangesolutions.com">www.climatechangesolutions.com</a>  Tools of Change <a href="http://www.toolsofchange.com">www.toolsofchange.com</a>  Environment Canada <a href="http://www.ec.gc.ca/cleanair-airpur">www.ec.gc.ca/cleanair-airpur</a>  Government of Canada <a href="http://www.climatechange.gc.ca">www.climatechange.gc.ca</a> 1-800-622-6232  Eneract <a href="http://www.smartliving.ca">www.smartliving.ca</a>	Ontario

## ▶ YOUR 20/20 CONNECTOR

Topic	Link Description	Contact	Service Area
Community-wide (cont'd)	<p><b>Buy local foods.</b> Elements of the average meal travel about 2,400 km to get to your dinner table. Buying local foods reduces the air pollution and climate-changing gases resulting from transporting food over long distances. For more information visit the website to the right.</p>	<p>David Suzuki Foundation  <a href="http://www.davidsuzuki.org/files/WOL/GreenGuide.pdf">www.davidsuzuki.org/files/WOL/GreenGuide.pdf</a></p> <p>Earth Day Canada                      EcoAction Teams  <a href="http://www.ecoactionteams.ca">www.ecoactionteams.ca</a>                      416-599-1991 x106</p>	Ontario
	<p><b>Reduce emissions by reducing waste.</b>                      By composting food and yard waste you can reduce garbage by 30% and reduce the number of trucks that carry garbage out of your city daily.</p>	<p>Composting Council of Canada  <a href="http://www.compost.org">www.compost.org</a></p>	Ontario







**FOR MORE INFORMATION ON SMOG AND HEALTH,  
CONTACT YOUR LOCAL HEALTH UNIT:**

**Durham Region Health Department:**

[www.region.durham.on.ca](http://www.region.durham.on.ca)  
1-800-841-2729, ext. 2188

**Halton Region Health Department:**

[www.region.halton.on.ca/health](http://www.region.halton.on.ca/health)  
1-866-442-5866

**Region of Peel Public Health Department:**

[www.peelregion.ca/health](http://www.peelregion.ca/health)  
905-799-7700

**Toronto Public Health:**

[www.toronto.ca/health](http://www.toronto.ca/health)  
416-338-7600

**York Region Health Services Department:**

[www.york.ca](http://www.york.ca)  
1-877-GO4-YORK

**Simcoe Muskoka District Health Unit**

[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)  
1-877-721-7520