



Association pour la santé environnementale du Québec
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New Year Sustainability Challenge Happy New Year!

Last month, many of us reflected on our sustainable actions last year. If you would like to implement a new series of challenges, take a peek at this monthly challenge. If the challenge is already something that you do on a regular basis, substitute it with your own activity instead.

Each month is a new opportunity to challenge yourself and transition towards sustainable living. We have created 12 different challenges for you, one for each month. Give it a try and see if you can end the year by implementing all 12!

1. **Veganuary!** Take the month of January to reduce your consumption of meat and animal products! Start the transition by buying only plant-based products for the month of January. You can use ASEQ-EHAQ's [current and past newsletters](#) to get great new recipe ideas.
2. Save your leftover vegetable scraps from cooking, store them in your freezer, and when you have enough scraps, turn them into a vegetable stock.
3. Do you know how to sew? Watch a video, take a course, or just experiment to learn how to repair your clothes rather than throwing them away, in order to be more eco-conscious.
4. April showers bring May flowers. Try to transition your shower products towards low waste, non-toxic options. Start with one product at a time, and as you run out replace it with a new zero waste option! Check out our [Eco Living Guide](#) for alternatives.
5. Avoid buying new clothes for a new season by repurposing things already in your closet, swapping clothes with family or friends, or going to a vintage or thrift store.
6. Get a clothes line or a drying rack to install inside your house and allow your clothes



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to dry.

7. Buy local food! Try to go to farmers markets, local farms, or just try to choose options that are from your local area in the grocery store.
8. Buy from small local businesses rather than large companies. Local products at small businesses help support your community, and reduce the environmental cost of shipping and large production.
9. Switch from paper towels to rags and cloth towels. These can be used over and over and work just as well for all of your needs.
10. Reduce your food waste! Keep track of when you go shopping, what you use, and what you don't use. This can help you to be strategic about going shopping when you need to, and being sure to eat everything before it goes bad. If you find you have too much food that could end up spoiling, freeze it! This includes fresh produce. Learn how to prepare food for freezing.
11. Learn about your local recycling. What happens to the recycling once you put it in the bin? What number of plastics can you recycle and which types of plastics should get thrown out?
12. Reduce your transportation emissions. Going to visit family or friends? Use public transportation, or try carpooling. Going on vacation? Try to choose vacations where you can take a train, or car instead of a plane. Enjoy yourself but try to implement sustainable practices as much as possible!

This year, as always it is important to remember to try to implement sustainable practices as much as possible. Choosing healthy products, buying local, shopping only for needs, trying to not use plastic, reusing, repairing, and not buying into the latest craze are all great ways to start the year off right by prioritizing your health and the environment.

Resources

- <https://aseq-ehaq.ca/en/news/newsletter/>
- <https://lavieecolo.ca/en/a-guide-to-healthy-and-ecological-daily-alternatives/>