

GSS Health and Sustainability Guide

Greening Daily Operation for Faith Communities

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Faith & the Common Good

Seeking Common Ground for the Common Good



Introduction – Holistic Holiness

It takes both spirit and elbow grease to make a place of worship holistic. Holistic, like sustainable, is a broad word that generally involves maintaining or ‘renewing’ some kind of balance, a sacred balance. Holistic sustainability goes beyond being ‘green’ and ‘conserving’ (though it includes both) to encompass health and wellbeing, for people and the planet. Both in houses of religion and houses built for daily life, creating a space that is healthy for people and healing to the natural world is integral to what makes that space holy.

Spirituality is the unseen yet essential ingredient in health, healing, and wholeness, and wholeness is at the heart of Faith & the Common Good (FCG) and our Renewing the Sacred Balance philosophy. Central to our work is the Greening Sacred Spaces (GSS) program, designed to assist faith communities in taking small steps and large leaps towards sustainability, creating more comfortable, healthy, efficient and beautiful public places of worship and private homes. In the ‘greening’ process, faith community members learn about pressing issues such as climate change, air quality and other forms of pollution and biodiversity loss. They are then better prepared to take daily action in relation to their religious beliefs and personal experience.

This new *GSS Health and Sustainability Daily Operations Guide* offers all manner of furnishings, finishes, supplies and building products and services related to creating and maintaining a health and sustainable sacred building. Among the issues that we have taken into consideration in preparing these listings is energy efficiency, non-toxic and recycled-content, resource and land-use, indoor air quality and aesthetics, with an emphasis on supporting local producers, suppliers and services that, like you, are doing their bit to Renew the Sacred Balance. The list will continue to grow and evolve as new sources come along, and we encourage you to send us sources that you have.

Daily Operations

- **Green Maintenance** - Cleaning Supplies and Services
- Why Green Cleaning? Janitorial Products Pollution Prevention

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- Cleaning as Spiritual Practice
- **Green Office** - Furniture, Office Supplies
 - Equipment / Technology
 - Green Meetings / Conferences

Green Cleaning Products

Commercial cleaning products may get the job done, but they can contribute considerably to indoor air pollution and are responsible for 10 percent of toxic exposures reported to poison control centers. They are also difficult to dispose of without harming water and soil systems.

Most grocery and health food stores now carry several Canadian-made non-toxic alternatives. Here are a few GSS folks have tried or heard about that are available wholesale and are deemed suitable for commercial, institutional and residential use.

"Clean your room well, for good spirits will not live where there is dirt." Shaker saying

Eco Mist Solutions Canadian-made cleaning products manufactured using only natural ingredients such as corn, tree sap, sugarcane, and de-ionized water. "Gentle enough to clean a baby bottle yet strong enough to degrease an aircraft carrier."
www.ecomistsolutions.com -905-850-1543 or 1-877-850-1543

Tip – For most cleaning situations you can make your own cleaning product from inexpensive bulk supplies you probably already have, the three natural cleaning stars being white vinegar, lemon and baking soda. Store them in reuse plastic bottles. See www.vinegartips.com/cleaning/ and <http://housekeeping.about.com/od/environment/a/vinbaklemons.htm> for all the uses of vinegar, lemon and baking soda. Borrow or buy *The Naturally Clean Home* by Karyn Siegel-Maier

Frank T. Ross distributes the Nature Clean brand consumer, Institutional and Industrial strength non-toxic Canadian made cleaning products
www.franktross.com www.naturecleanliving.com/contact.htm 905-940-1170

Enviro-Solutions is an Ontario-based national supplier of general purpose, washroom, floor, deodorizing etc cleaning products for commercial/Institutional grade made from an environmental, health and safety perspective www.enviro-solutions.com 1-877-674-4373

Recipe: Hardwood floor wash

1½ cups water, 1 ½ cups vinegar, 20 drops peppermint essential oil
 Combine all ingredients in a spray bottle, spray sparingly on floor, mop and then dry mop

Simply Clean Professional Strength Supercleaner is reputed to clean grease, ink and other tough grime while being eco and health safe. There is a whole line of made in Canada Simply Clean products. www.puresource.ca/vervenaturals/simplyclean
 1-888-313-3369 info@puresource.ca

Pink Solution a seaweed-based, all-natural, non-toxic, biodegradable concentrated cleaning products made in British Columbia, reputed to clean anything, suitable for

heavy-duty commercial/industrial jobs. <http://pinksolution.ca> Earthcare Sales and Marketing Ltd. 1-800-565-9972

Recipe: Citrus wood floor wax

1 cup linseed oil, ¼ cup lemon juice, 2 tbsp grated beeswax, 2 tbsp carnuba wax, 6 drops lemon essential oil, 3 drops sweet orange essential oil,
Place linseed oil, lemon juice, and waxes in double boiler. Stir constantly until melted. Add essential oils. Pour into an old coffee/tea tin and allow to harden. Soak a cloth in lemon juice. Scoop out some wax and apply to floor. Rub with lemon cloth or mop. Buff with dry, clean cloth.

20 Mule Team Borax is not just a laundry booster but works really well for cleaning toilets. Its natural minerals perfectly deodorize and removes stains. See www.zoutcanada.com/index.cfm?page_id=303 for its many natural yet heavy duty cleaning uses.

Seventh Generation Non-Chlorine Bleach whitens, brightens and cleans like conventional bleach while being phosphate-free, biodegradable, non-allergenic and safe for septic and grey-water systems. Available at leading grocers and health food stores www.seventhgeneration.com/Chlorine-Free-Bleach

O Canada Soap Works has created a different soap for each Canadian province and territory, using natural ingredients relative to each area of the country, showcasing the individual qualities of each territory. Extra strength products are available for heavier use. Order from its OnLine Store , www.ocanadasoapworks.com/ ocansoap@telusplanet.net 1-877-602-SOAP

Worx Environmental Products - Calgary-based company specializing in solvent-free, non-abrasive, biodegradable and waterless hand cleaners (tough on grease, paint and other industrial dirt) and other organic natural cleaning products www.worxtn.com 403-273-7600 Toll free 1-800-424-9679

To find a reuse or recycling depot in your region for commercial cleaning products and other household hazardous waste, go to <http://Earth911.org> At the top, type in what it is you want to recycle and in the next box, type your postal code ONLY, not your city etc....

Air Fresheners

Forgo costly 'air fresheners' made from toxic chemicals and instead open a window or door as you clean to let the stale air out and some new air in. Letting fresh air run through rooms while you're cleaning lifts the spirits, as well. If a fresh natural scent is desired, **Orange-Mate Inc** makes natural air fresheners such as Lemon-Mate, Lime-Mate and a Cinnamon Mist non-toxic Air Fresheners that don't just mask odors but claim to eliminate them and are safe for kitchen use. www.orangemate.com 1-800-626-8685 information@orangemate.com available across Canada

Cord-O-Clip Canadian-made clothes-line fabricated from 100 percent recycled materials designed to withstand Quebec winters. It has proven 60 percent faster hanging and 90 percent faster retrieving clothes from the line when dry. As long as

there is some sun and a little breeze clothes can be hung out or in to dry.
<http://cordoclip.com/>

SteamKing 1500 System A Canadian “thermal accelerated nano crystal sanitation” (TANCS) technology, the SteamKing 1500 System cleans, sanitizes and disinfects in one step. With tap water alone, the system eradicates microbial germs in vegetative and spore states, including MRSA, VRE, Listeriosis and C.difficile, suitable for all institutional and commercial use. www.intersteam.com
1-800-281-4413 e: info@intersteam.com

Why Change to Ecological and Health Friendly Cleaning Products?

Present these stats if you need to convince your janitorial service providers, Board of Directors, faith leaders, and/or faith community of the importance of using non-toxic cleaning products.

According to the Janitorial Products Pollution Prevention Project (JPPPP) www.westp2net.org/Janitorial/jp4.cfm each year about six out of every hundred professional janitors are injured by the chemicals that they use. Burns to the eyes and skin are the most common injuries, followed closely by respiratory ailments caused by breathing toxic fumes.

Each year, institutions spend \$150 billion on cleaning products and the institutional cleaning industry uses five billion pounds of chemicals, many of which are known hazards to human health and the environment.

The JPPPP estimates that the average janitor uses about 23 gallons of chemicals per year, weighing 194 pounds. Hazardous ingredients comprise 25 percent of this total.

U.S. institutions spend more than \$75 million a year on medical expenses and lost time wages for janitors due to chemical-related injuries.

Cleaning products are responsible for approximately eight percent of volatile organic compounds (VOCs) emissions. VOCs contribute to smog formation /climate change, inhibit plant growth, and can cause respiratory problems in people.

The chemicals most frequently involved in poisonings reported to the U.S. Poison Control are cleaning products.

Spiritual Practice – Cleaning from the inside out

Across cultures and faith traditions, spring cleaning is a ritual with a long and lustrous history. Preparation for the Jewish holiday Passover, for instance, involves a thorough cleaning to rid one’s home of all traces of Chametz (any product with yeast or sourdough in it). This process can take on extraordinary physical breadth and depth as every cupboard, closet and cushion is scoured for the tiniest crumb. However, as one Rabbi on a Jewish educational website admonished in regards to pre-Passover cleaning, it is what goes on behind the flurry of scrubbing and sweeping, in the mind and heart, that is most important.

This can be said of most religious ritual and practice. It is our thoughts and attitude while we are cleaning, or doing any daily task for that matter, that reveals and refreshes.

One of the main reasons we engage in spiritual practice is to deepen our connection to the wilderness *within*, sorting through sticky emotional issues and the hard questions of personal transformation, so that we may respond to the wilderness without, be more attentive to others, and better able to address climate change and other pressing global challenges of our times. A discipline such as meditation, prayer or mantra recitation is like cleaning out our emotional closets and wiping clean our mental counters.

Some form of meditation is found in most religions and spiritual philosophies. Vipassana meditation (a.k.a mindfulness), derived from the Theravada school of Buddhism, is intended for practitioners of any or no religious affiliation. It is designed for people who are seeking clarity, calm, pain management, and numerous other mental skills. Christian meditation dates back to the desert fathers and mothers, but few contemporary Christians are aware of it as part of their religious heritage. (For more information on John Main and the World Community for Christian Meditation see <http://www.wccm.org/>) Like modern-day yoga, tai chi, and myriad other spiritual practices, these 'techniques' can slowly, safely, mysteriously cleanse our tangled hearts and cluttered minds. As the WCCM website states, purity of heart and mind is a direction, not an achievement. Meditation, rooted in daily reality, is going in a positive direction. From *Spring 2008 FCG Quarterly E-letter*

Greening the Office

There is a lot to consider when buying a major piece (or several pieces) of furniture. Is it durable, affordable, functional, attractive, suitable? Now we must also ask, 'is it healthful? Is it sustainable?' Here is a list of what to look for and where to find sustainable, healthy office furniture.

- *Where possible, furnishings should be made from at least some recycled, post-consumer materials;
- *Items made from natural materials should be renewable such as fast-growth bamboo, wheat straw, hemp, FSC wood;
- *Where possible, the materials are harvested in a sustainable method and certified as being so;
- *Where possible, the furniture is made locally (within your province or country) from locally harvested resources;
- *They are constructed with low or no VOC (non toxic), water-based glues, paints, finishes, coatings, and low or no formaldehyde and toxic brominated flame-retardants.
- *They use natural textiles and minimize synthetics.

Tip- A tutorial on healthy office ergonomics www.healthycomputing.com/office/setup/

Office Furniture

Where possible, buy quality second hand office furnishings and offer your own gently used furniture to a thrift shop or second hand furniture store when you are through with it.

Envirotech Office Solutions salvages lightly used office furniture for reuse. They offer recycled office furniture from leading manufacturers and will also “remanufacture” your existing office furniture with updated colours and fabrics to give them a new look and utility. www.envirotechoffice.com 905-793-7799 Toll free 1 800 411-6585

The Furniture Guys provide creative and affordable business interiors solutions for today's diverse business environment, specializing in used and refurbished furniture. www.thefurnitureguys.ca (416) 360-1555 e: sales@thefurnitureguys.ca

Habitat for Humanity will take your gently used office furniture for reuse www.habitat.org To make a donation to Habitat Restores or for general information, contact 1-800-422-4828.

Evolve Systems claims to be the first North American office furniture company to recycle its own wood and plastic waste into new furniture. All its furniture is also fully recyclable. In the works is furniture made from wheat straw, the waste byproduct of wheat. Through Global Contract 416-650-6500 or Cooper’s Office Furniture www.coopersoffice.com 416-596-6822 or 1-877-596-6822

North On Sixty Ontario-based company that custom-makes tables, desks, cabinetry and built-ins using FSC wood www.northonsixty.ca/contact_us.htm 705-635-2787 or 1-877-985-2458

Harkel Office Furniture, based in Vaughan, Ontario, claims to manufacture a broad range of eco-friendly office furnishings made from renewable resources and recycled materials www.harkeloffice.com 905-417-5335 info@harkeloffice.com

Rise Office Furniture will rent or lease office furniture as well as sell affordable second-hand furnishings and goods made from post consumer materials www.risefurniture.com 416-410-5231

Herman Miller gives a detailed Environmental Impact summary for all of its office furnishings. <http://www.hermanmiller.com/CDA/SSA/Category/0,1564,a10-c651,00.html>

Steelcase’s Think Chair by is up to 99 percent recyclable, made of 44 percent recycled materials and has been GREENGUARD Indoor Air Quality Certified. www.store.steelcase.com

Haworth claims thorough eco-responsibility in the manufacture of its office products It’s Sit4less chair is considered very affordable in relation to other high design office chairs. www.haworth.com 1-800-344-2600

Teknion claims to be replacing non-renewable energy reliance to use of renewable energy, recycling materials and reducing waste. www.teknion.com/about_teknion/environment/default.asp 416-66-3370 Info.can@teknion.com

Inscape Office Furniture claims to be replacing non-renewable energy reliance to use of renewable energy, recycling materials and reducing waste
www.inscapesolutions.com/home.cfm 416-581-8098 or 905-836-7676

Ikea has an affordable (\$199.00 approx) swivel desk chair, called Markus, made of sustainable wood and without PVC www.ikea.com/us/en/catalog/products/00103102

Green commercial textile blends

The Designtex Group with Quebec-based fabric manufacturer Victor Innovatex have developed a line of naturally processed ‘eco-intelligence’ fabrics for commercial/institutional and residential use made from wool and ramie upholstery fabric (ramie is made from organically grown plant fibres), that is untreated by toxic flame-retardants or moth proofing, and coloured without harmful chemical dyes (which means every colour is available except black). The resulting fabric is durable as well as 100 percent recyclable or biodegradable. As well, there are biodegradable textiles made of corn-based resins and polymers. www.victor-innovatex.com/en/

Tip - When decorating your office space, consider displaying works by local artists.

Office Operations

Paper

Chlorine, used to make paper glossy white, pollutes our water, harms aquatic life, and finds its way into human breast milk. An alternative is oxygen bleaching which biodegrades easily and safely. Otherwise unbleached paper or natural craft paper will usually do the job.

Reach for Unbleached is a Canadian registered charity working for a sustainable pulp and paper industry. You can order sustainable paper products through regional buying clubs by contacting its British Columbia office at www.rfu.org

Cascades, a Quebec-based family recycling business turned multinational paper, packaging and tissue company with expertise in recycling and de-inking fibres. It has a wide selection of quality post-consumer paper products for commercial, industrial and residential use. www.cascades.com/home 819-363-5100 e: info@cascades.com

Conservatree is a thorough online guide to choosing eco-friendly paper products. www.conservatree.org/paper/PaperGuide.shtml

The Green Office offers 100% recycled receipt rolls, ink toner, janitorial products and many other office supplies www.thegreenoffice.com

New Leaf Another source for high quality, recycled paper products, available with matte, gloss or uncoated finishes is www.newleafpaper.com

Tip – Bring your plants to work. Certain plants are very effective air purifiers. According to NASA studies, azalea, philodendron, spider plant, bamboo palm, corn plant and poinsettia clean air of formaldehyde foam insulation. English ivy, chrysanthemum,

gerbera daisy and peace lily scrub benzene (synthetic fibres, tobacco smoke, gasoline, plastics, inks, oils and detergents) out of the air. Chrysanthemum, gerbera daisy and peace lily purify the air of trichloroethylene from dry cleaning, paints, varnishes, inks and adhesives.

Inspiration

XEROX has come up with a paper that self-erases within 24 hours and can be re-used.

Envelopes

Eco-Envelopes Reusable business reply envelopes, available in 100percent PCW stock.
www.ecoenvelopes.com

Supremex www.supremex.com Eco-certified envelopes 514-595-0555

Royal Envelope was Canada's first envelope company to be certified by the Environmental Choice Program. It's Enviro-Lope uses FSC certified paper products
www.royalenvelope.com/envirolopes

TerraCycle is a business begun by a young Canadian who wanted to turn "garage into gold". TerraCycle offers all manner of office and school supplies (among numerous other products) made from 100 percent reuse and recycled products.
www.terracycle.net/office.htm

Green Earth Office Supply also has 100 percent recycled paper products.
www.greenearthofficesupply.stores.yahoo.net

Ripped Sheets For recycled laser, inkjet and other paper labels certified by the Forest Stewardship Council, see www.rippedsheets.com

The Greenline Paper Company sells recycled 3M Post-It Notes, file folders and more.
www.greenlinepaper.com

Supremex is Canada's leading manufacturer and marketer of a broad range of high quality stock and custom certified envelopes and related paper products including a new line of Forest Stewardship Council (FSC) certified envelopes with windows made from compostable corn. Supremex claims to be the only national envelope manufacturer in Canada, with eleven facilities in seven provinces www.supremex.com 514 595-0555

Chain stores such as **Grand & Toy** also sell recycled paper products
www.grandandtoy.com/sites/green/PS.aspx.

Tip – Post-It Notes

They may seem small but they add up when used frivolously by millions of people daily. Try these green alternatives to sticky notes.

1. Find on your computer the 'sticky note' software program and use it to write virtual notes. One Mac version that comes as part of the operating system is called **Stickies**. If you use a PC consider buying the 3M Post-it Digital Notes program (approx \$20).
2. Use paper clips to mark sections in reports and books. Remove and reuse the clips when finished.
3. Use non-toxic dry erase markers that only require a wipe with a reusable dampened cloth to write notes on your mirror, fridge, windows, doors...
4. Jot notes directly on the report, book etc...

Office Technology

Tip- Where possible, share office equipment and/or rent machines that you use infrequently.

Computers

The greenest computer is the one you own and continue using until it falls apart. That said, when it does fall apart, what to replace it with? Laptops are considered greener than desktop computers because they use a lot less electricity. Desktops, however, are easier to repair when things do start to fall apart. When purchasing computer equipment, see the company website and access its reuse/recycle policy.

Hewlett-Packard Canada, under its Planet Partners Program, takes back all brands of computer equipment for recycling for a small fee www.hp.ca/recycle

Toshiba claims to be striving for sustainability and it accepts back its computers and monitors for recycle for a small fee. www.toshiba.co.jp/env/en/index.htm

Apple is cutting back on energy use, plans to eliminate PVC and brominated flame retardants, arsenic from its products by the end of 2008. It also accepts back its computers and monitors for recycle for a fee. www.apple.com/environment

Dell has a thorough approach to sustainability for many of its computer systems www.dell.com/content/topics/global.aspx/corp/environment/en/index?c=us&l=en&s=corp

Monitors

Computer display monitors contain mercury in the CFL backlighting (is a big problem with e-waste). They also account for about half the energy use of your computer. LED backlighting for LCD screens has started to appear in certain laptop computer models (f.ex. Apple's Macbook Pro), These features add up to a 28% power saving. Still fairly rare for desktop LCD monitors, however, the Eizo FlexScan EV2411W-H apparently has green and health aspects.

Tip – Quit Catalogues, Junk Mail and Paper Billing

North Americans receive more than 20 million mail order catalogues each year. Even though they are accepted by most Canadian municipal recycling programs, catalogues and glossy magazines use very little (less than 2%) recycled material in their production. The Ecology Center assessed that American catalogues alone annually consume 53

million trees, 3.6 million tons of paper, 53 billion gallons of water, 38 billion Btu (British thermal units) of energy (enough to power 1.2 million homes for a year) and emits 5.2 million tons of carbon dioxide emissions, equal to the annual emissions of two million cars. Opt to shop on line when ordering goods. Grand & Toy has its complete line on its website as do most office and major product suppliers.

E-billing Support thoughtful innovations in manufacturing, production and services such as e-billing and the Red Dot Campaign. Many utility companies and financial institutions offer online billing. Some companies offer a discount for using online statements; Most banks encourage customers to have electronic payments and consolidate bill-paying to one website.

So save trees and save money in postage and cheques and sign up for e-bills today.

Stop Junk Mail at Its Source Canada Post's eco-friendly Consumer Choice option reduces waste and clutter. Simply put a "No Ad Mail" or "No Junk Mail" sign on your mailbox. The Consumer Choice database is decreased for each person opting out, and advertisers reduce print quantities accordingly. See Canada Post's new Green Choices programs for junk mail, catalogues, phone books... www.reddotcampaign.ca

Printers

More than 400 million ink and 100 million toner cartridges end up in dumps each year. Treehugger states that, all though Inkjet printers may be cheaper than Laserjets, in fact they have serious environmental drawbacks, including low page yields, more cartridge waste and Inkjet printed paper is very resistant to recycling. Inkjet papers mixed in with other recyclable paper can spoil the entire load that would have be made into newsprint or other recycled products.

Xerox claims its laser printers use 90% less waste than a typical colour laser printers, no cartridges to dispose of, less packaging and non-toxic ink and accepts all recycled paper. www.office.xerox.com/solid-ink/enca.html 1-800-275-9376 x6322

Green Print helps you choose software that disregards pages you don't want to print. Set your printer (or print software) to draft and double-sided. www.printgreener.com

Canada Green Electro Inc. manufactures totally recyclable lightswitches, sockets, dimmers, LED lighting fixtures, solar hot water heaters and more www.cgelectro.com
416-276-6333 Jzhang@cgelectro.com

Environmental Choice Program Guide Before buying or replacing our office equipment such as facsimile machines, photocopiers...see www.environmentalchoice.com

Photocopiers, fax machines, laser printers ...

Warren's Waterless Printing a Canadian printing process providing clarity and depth on both coated and uncoated stocks, without impacting the environment. www.warrenswaterless.com 1-800-820-7702 nowater@total.net

Canon initiated a Clean Earth Campaign in 1990 to improve “recycling in the workplace” initiatives. The campaign has collected millions of toner cartridges for reuse and recycling

Several Canon photocopiers are EcoLogo certified www.canon.com

Minolta Business Equipment Canada offers a full line of EcoLogo certified analog and digital photocopiers with such features as low VOC, no cfc’s and energy efficiency

www.minolta.ca 905-890-6600

Sharp Electronics of Canada ECP certified fax machines, photocopiers with such features as low VOC, no cfc’s and energy efficiency. www.sharp.ca 1-800-56-SHARP

Toshiba Canada Some Toshiba photocopiers meet ECP certification standards

www.oshiba.ca 1-800-463-9737

Echosign Consider trying a green electronic signature service to save on printing, faxing, and overnight courier costs and resources of paper forms, contracts and letters. Echosign allows you to sign documents by e-signature or by fax www.echosign.com/es

DocuSign service provides document security, transaction workflow, e-signature, data collection, and storage services www.docuSign.com

E-Waste – Refuse/Reuse/Recycle

Old electronics should be disposed of properly and/or recycled wherever possible. Electronic waste contains heavy metals such as lead, mercury and cadmium, as well as brominated flame-retardants and other harmful substances including various plastics that do not decompose and leach into soil, ground water and pollute the air. According to Green Living www.greenlivingonline.com, Canadians annually generate about 140,000,000 kg of e-waste. A number of organizations and IT companies are working together to come up with sustainable solutions that refuse, reuse and recycle 100 percent of Canada’s e-waste. Here is how you can contribute to that process.

Refuse

Refuse to buy a computer, monitor, printer or other electronic equipment from a company that has unsustainable manufacturing processes and packaging, and does not have a satisfactory return, recycle, reuse program in place.

Reuse

Reboot Canada redistributes computer equipment to charitable organizations across Canada and other people with limited access to technology www.rebootcanada.ca

Computers for Schools is a federal program refurbishes and redistributes computers to schools, libraries and other not-for-profits www.cfs-ope.ic.gc.ca

Electronic Recycling Association invited you to donate your gently used computer equipment for reuse www.era.ca

Ontario Electronic Stewardship is a not-for-profit organization of IT retailers, IT workers and computer electronics companies working to deal responsibly with e-waste

according to the Waste Electrical and Electronic Equipment Program Plan and the Waste Diversion Act. www.ontarioelectronicstewardship.ca

Recycle

Turtle Island Recycling is a Canadian recycling company that develops and fosters strategic alliances with many of the largest industries and smallest offices across North America to sort and process all grades of paper fiber, plastic and metals. Primarily and recycling company Turtle Island also has the capability to provide a full range of responsible waste removal and disposal services. www.turtleislandrecycling.com

Electronics Products Stewardship Canada (EPSA) is a private and public recycling program seeking solutions for Canada's electronic waste www.epsc.ca (Be sure that you are not donating' your computer to a private enterprise that ships the equipment abroad to have the good bits removed by workers in unjust conditions and the rest of the machine discarded in a foreign landfill.)

Saskatchewan Waste Electronic Equipment Program (SWEEP) a not-for-profit corporation established by manufacturers, retailers, and other stakeholders to start collecting and recycling obsolete electronic equipment. The Alberta government has a recycling program for electronics <http://environment.gov.ab.ca/info/faqs/faq6-Electronics.asp>

Hewlett-Packard Canada, under its Planet Partners Program, takes back all brands of computer equipment for recycling for a small fee www.hp.ca/recycle Other IT companies such as Toshiba and Apple accept back their computers and monitors for recycle. When purchasing or getting rid of computer equipment, see the company website for their reuse/recycle terms and conditions.

Accu-Shred recycles and recovers 100% of electronic equipment, from computers and cell phones to batteries and televisions onsite in Ontario and recovered materials are shipped only within North America. www.accu-shred.com/recycling.html 416-315-5015

Vernon Technology Solutions recycles computers and other office equipment here in Canada and you receive a certificate saying so. www.vernontech.ca/en/disposal-recycling.aspx

Vernon's retail outlet Good as New Computers 905-752-0925 Markham, Ontario sells warranted used computers and other office equipment. 1-800-961-3535 locations across Canada

Green Meetings

First step to conducting a Green Meeting is to communicate meeting details by e-mail instead of distributing hard-copy memos. Serve Fair Trade / organic / shade-grown coffee, organic green tea and/or plain tap water in a jug with a few slices of apple or other local fruit and offer local fruits, vegetables, baked goods or other local organic snacks and meals. If catering the event, consider ordering a meal from another culture, a cooperative or a green caterer.

Green Meeting Guide www.greenmeetingguide.com from Canada's The Innovolve Group
416 364-0500 ext 307 has all you will need to know about holding a green meeting or conference, including lists of sustainable caterers in your region.

CCR Solutions A Canadian company that produces environmentally sustainable conferences, presentations, audio visual / computer presentations Toronto 416-675-7502
Quebec
514-344-0015 Toll free 1-800-761-1119

Green Meeting Industry Council, an American organization dedicated to greening meetings and conferences, offers some useful ideas www.greenmeetings.info e:
shawna@greenmeetings.info

Tip - So-Long Styrofoam Host your meetings using ceramic or glass plates and cups, and silverware. If not available or your crowd is too large, opt for plates and cutlery and glasses made from recyclable or compostable materials from the following Canadian suppliers.

GreenShift is a Canadian distributor of tableware and other hospitality products made in totally sustainable and biodegradable ways. www.greenshift.ca 416-925-9655
info@GreenShift.ca

Go Green in Stages is a Montreal-based company supplying eco-health tableware, cleaning products, accessories. www.gogreeninstages.com/ 514-693-9639
info@gogreeninstages.com

Mansfield Paper Co stocks environmentally and healthy alternatives to traditional paper and packaging products, cups, containers, cutlery and cleaners made from corn, potatoes and bamboo. These materials are formed into products that mimic the qualities of paper and plastic, which makes them ideal for hot or cold, liquid or solid, and greasy or dry foods. www.mansfieldpaper.com/environmentallysafe.html

Teleconferencing

Did you know that effective PowerPoint presentations can be given over the phone? Try proposing teleconferencing to your faith community. Do the math beforehand by calculating potential savings and list some of the other advantages, such as: Comfort (you can sit in your favourite lounge chair, drinking organic green tea); Convenience and Cost Effectiveness

For the price of getting everyone in person to a meeting, your organization could offer employees a small bonus or put the money saved towards a sustainable faith community project.

For information on teleconferencing technique and protocol

<http://communication.howstuffworks.com/teleconferencing-etiquette1.htm>

Tip - Carbon Offsets Every day Canada puts over 2 million Tons of Greenhouse gases in to our planet's atmosphere. As Canadians, we all contribute to this massive amount of pollution, every time we drive our cars, travel by plane, buy manufactured products, or simply heat our home

While it is unsustainable in this era of climate change to travel across country for a meeting, it is still the norm for many companies. If you do fly to a meeting, seek out an ethical, not-for-profit carbon offset program focused on reducing CO2 and other GHG emissions and committed to making a speedy transition to renewable energy such as these Canadian groups, Carbon Zero www.carbonzerocanada.com/aboutfaq.php
Greatest Planet www.greatestplanet.org

Green Interiors

- Carpeting
- Fabrics / Textiles
- Flooring
- Furniture
- Hardware
- Lighting
- Paints, Finishes
- Professional- Green Renovators
- Trim, Panelling, Wallboard...
- Wallcoverings, Wallpaper
- Windows and Doors (interior)

Carpeting

Conventional broadloom is made from petroleum, a fossil fuel-based resource. Green Label Carpet & Rug Institute (CRI) offers science-based facts about purchasing 'green' carpeting, how to reuse and recycle carpets and more. www.carpet-rug.org

Interface Carpet is a world leader on the path to industrial sustainability, with the goal of becoming a "restorative enterprise." from the raw materials used to the reclaiming and recycling of all its products. For a Rep near you see www.interfaceinc.com

Shaw Contract Group makes the Ecoworx line of infinitely recyclable carpeting, and at the end of a carpet's useful life, Shaw will recycle the material, regardless of manufacturer, by either making new carpet from it, turning it into waste-to-energy or 'down-cycling' it into another product. Its carpet tile and non-PVC tile backing system are fully sustainable. www.shawcontractgroup.com/html/html/capabilities/cap_sustain7.shtml
To arrange to have carpet recycled call Shaw Inforum 1-877-502-SHAW

Tandus Carpets have a closed-loop recycling program and will take back all your old and new carpeting. Their own carpets are made from recycled materials and a manufacturing process that uses 25 percent less yarn than the industry average. A new Canadian office opening soon. www.tandus.com

Tarkett Carpets Tapisom carpeting made from 50 percent recycled polyester reclaimed from the garment industry and 50 percent Nylon. Very durable, great array on patterns, colours and can be recycled completely and indefinitely so it never goes to landfill. Its low pile discourages mold growth and is easily wet or dry vacuumed. www.tarkettcommercial.com

Vorwerk hypoallergenic carpeting made from recycled materials with low chemical dyes and glues. www.vorwerk-carpet.com, available in Canada through Floorworks 416-961-3881

Woodnotes, a line of Finish-made carpeting and upholstery made from wood-based paper yarns and natural dyes. www.woodnotes.fi e: woodnotes@woodnotes.fi for Canadian retailers.

Habitat for Humanity – ReStores www.habitat.org/env/restores.aspx will take your relatively clean used carpet for reuse. Toll free 1-800-422-4828.

Tip Cut old carpet into floor mats and runners. Outside, permaculturists suggest laying it on the lawn you are converting to native plants to stop grass from growing and prepare the land for planting anew. Or, place carpet 'stepping stones' around beds to keep weeds down thereby eliminating need of herbicides and reducing need to water as the carpet retains moisture.

Fabrics / Textiles

Look for natural untreated fabrics rather than synthetics, especially those that have been chemically coloured and coated with flame / fire retardants and dirt-resistant treatments. Hemp, ramie, wool, linen and bamboo and organic cotton are some natural materials that come in a variety of textures and can be very durable. Natural fabrics are easier to maintain and can generally be home-washed without using strong chemical cleaners.

Climatex Lifecycle Wool by Rohner Textile, Switzerland, makes natural wovens and non-wovens, such as felt fabrics, that are durable for commercial / institutional use and can be mulched or composted when use is through. www.climatex.com

Luxeport an Alberta-based company distributing bamboo fabrics, linens, clothes. www.luxeport.com 1 - 8 0 0 - 9 3 9 - l u x e (5 8 9 3)

Terratex hard-wearing polyester upholstery fabrics made from recycled pop bottles. www.truetextiles.com e: yanne.larosa@interfacefabrics.com

Organic Cotton Conventional cotton provides close to 50% of the world's textile needs. Unfortunately it also consumes about 25% of the world's pesticides and herbicides, some which are extremely toxic and damage our air water and soil. As

cotton is present in numerous home decor items you can make a big difference by choosing organic cotton products for bed and bath linens, upholstery, drapery and area rugs. <http://www.sustainablecotton.org>

Hemp is one of the most durable, diverse and eco-sustainable crops growing in Canada. From naturally water-repellent hemp shower curtains (soft vinyl-PVC shower curtains off gas and are considered carcinogenic) to area rugs and upholstery, hemp fibres have no toxic by-products (hemp crops require no pesticides and very little water) and are fully recyclable. www.envirotextile.com

You have given humanity dominion over the works of your hands; you have put all things under their feet, all sheep and oxen, and also the beasts of the field, the birds of the air, and the fish of the sea, whatever passes along the paths of the sea. The Bible, Palms 8:6-8

Flooring

Tip Avoid vinyl flooring because it is made from PVC, and if you must have wall to wall carpeting, choose carpeting made from recycled PET, wool, hemp, sea grasses ... see the following healthy alternatives.

Silkroad sells bamboo flooring, fast becoming a top flooring material because of its super strength, versatility, eco-friendly beauty. It is apparently more dimensionally stable than oak or maple. www.silkroadflooring.com 905-947-1688 e: info@silkroadflooring.com

Bamboo Direct Flooring a Vancouver-based company with outlets across the country specializing in eco-friendly bamboo. www.bamboodirect.ca

Kirei Board, residential or low-traffic institutional flooring made from cast-off sorghum stalks (molasses byproduct) and non-toxic adhesives Available through Octopus Products www.octopusproducts.com 416-531-5051

Marmoleum is an ideal solution for a variety of surfaces, including table tops, wainscoting, partition walls and flooring for institutions such as churches, hospitals, schools and offices as it is made from natural materials (flax, linseed), colours and is hardwearing. www.forboflooringna.com

Shnier - Linoleum, cork, tiles and other flooring produced in an environmentally sustainable way and providing a healthy indoor air quality. www.shnier.ca/en/products.php

Eco Timber flooring has a wide variety of wood flooring made from FSC certified lumber. EcoTimber engineered flooring claims all the benefits of laminated flooring—including superior stability and easy installation—and the look of solid wood. Available in Canada through Greenworks Building Supply, www.greenworksbuildingsupply.com 604-685-3611

Legacy Vintage Building Materials and Antiques sells reclaimed antique flooring, antique pine, maple etc... floor planks and boards
www.legacyvintage.com/flooring.html 905-373-0796 e: info@legacyvintage.com

Flooring Systems

Termobuild Canada manufactures “thermo mass” radiant flooring systems called Smart floors that are linked with heating and cooling equipment resulting in energy savings and better air quality www.termobuild.com/how/
info@termobuild.com 905 764-1878

Daro Flooring Construction Floating floor system resembling concrete but with 100% organic gypsum as binding agent that is at least as durable as concrete but with no cracking. Local aggregates used only with no onsite waste. The process requires 75% less energy than the manufacturing of cement and energy savings from radiant floor heating can be up to 30% annually. Local licensed applicators provide all installation – natural colour pigment can be added www.daro-flooring.com 905 660-6340 For rep in your province call toll free 1 877-760-3276

Furniture - Case goods, wood frame beds, tables ...

Where possible, source wood furnishings and building products made of local woods from certified sustainably managed forests bearing a Forest Stewardship Council (FSC) www.fsc.org , SmartWood, or other certification label. These labels indicate that the wood was plantation-grown and is not an endangered species harvested from endangered habitats. In addition to wood, consider other natural options such as abundant and renewable bamboo, rattan, straw, and wood that has been recycled or reclaimed from a demolished building.

Cabinet, modern, made-in-Canada tables, desks, cabinets for public spaces, home or office. www.cabinetfurniture.ca 416-9239234

North on Sixty, an Ontario-based furniture company and builder that custom-makes wood furniture, doors, pews...from FSC woods and has a showroom of hand-made furniture. It also sells many varieties of FSC lumber
www.northonsixty.ca/contact_us.htm Toll free 1-877-985-2458

Baltix Sustainable Furniture offers a new and fresh approach to the commercial furniture marketplace. We offer a rich palette of green material options including pre and post consumer recycled content, biocomposite wheat and sunflower, rapidly renewable bamboo and FSC hardwood veneers. www.baltix.com

IKEA is pursuing sustainability by discontinuing the use plastic bags, investing \$77 million in clean technology startups like solar, and, today, 71% of all IKEA products are recyclable, made from recycled materials, or both. The company recycles 84% of the waste generated in its stores. When a country introduces stricter emissions rules, like when Japan decided to restrict formaldehyde emissions to levels close to zero, IKEA will impose the new restrictions on its global operations. www.ikea.com/ca/en

Vintage Woodcraft artisan-crafted furniture, flooring, stairs and furniture frames made from reclaimed wood. www.vintagewoodcraft.com

Habitat for Humanity – ReStores will take lightly used furnishing to resell. www.habitat.org/env/restores.aspx _Toll free 1-800-422-4828.

Furniture - Upholstered

Tip - Avoid PBDEs, or polybrominated diphenyl ethers, are fire retardants that have been routinely applied to furniture and electronics since the 1980s. Widely used in polyurethane foam and other plastics, PBDEs are kin to polychlorinated biphenyls (PCBs), which have been banned for nearly 30 years because they can cause immune suppression, endocrine disruption, behavioral problems, and cancer. The flame-retardant chemicals can migrate out of furniture (a.k.a. off-gas) into household dust, food, and our bodies. Look for sofas and chairs stuffed with non-toxic batting such as untreated wool, latex from rubber trees or kapok, a strong silky fibre harvested from seeds of the ceiba tree.

Perri Fine Furniture Toronto-based company manufactures eco-furniture using latex rubber foam wrapped in thick wool batting. There are feather cushions and the upholstery is a blend of linen and hemp in a series of natural colours. Recyclable steel springs with 100 percent FSC certified frames, water-based glues and water-based stains. www.perrifinefurniture.com/contact.htm 416-665-1991 Available across Canada through **DeBoer's** in Toronto 416-596-1433 or 1-800-265-2637 and other furniture stores.

Norwalk Furniture uses 100 percent recycled steel coils and springs, FSC wood frames, with a non-toxic foam padding. Look for Canadian Bioplush upholstered goods. www.norwalkfurniture.com

Natural Lee sofas, chairs, ottomans stuffed with American Preserve non-toxic stuffing mixed with down www.naturallee.com

IKEA makes upholstered furniture without PBDE flame retardants.
www.ikea.com/ca/en

Green Design Studio, eco-chic furniture in which every aspect of construction and materials is chosen with a social, health, and environmental consciousness. Includes a line of organic cotton batten padding, organically dyed textiles and naturally tapped latex rubber padding. www.greendesignstudio.ca 416 538-0326

608 Design, a small Toronto furniture company that makes with FSC wood frames, natural latex and soy foam padding and recycled fabrics.
www.madedesign.ca
416-607-6384

UA Upholstery Arts Inc. British Columbia designer, Len Laycock, claims his company makes some of the greenest upholstered furniture in the world. Modern sofas with latex toxin-free foam upholstered with healthy, eco-friendly either biodegradable or recyclable fabrics. The FSC wood frames are sealed with non-toxic glues and stains www.upholsteryarts.ca 604-731-9020 Distribution across Canada

Green Culture Furniture California- based eco furniture company, will ship.
www.Eco-Furniture.com. 1-877-20-GREEN

Furniture Inc. Massachusetts-based manufacture of all kinds of non-toxic, chemical-free, organic furnishings from sofas and chairs to mattresses and linens.
www.furniture.com

Reuse

Reupholster old furniture or shop carefully for good quality second hand sofas and chairs from the 1950's, 1960s or older that may well be stuffed with latex or other natural materials. Reupholster with natural fabrics such as wool, hemp, bamboo, linen/flax, and other organic or recycled fabrics. See www.modgreenpod.com and www.greensage.com

Furniture Bank, a Canadian charitable organization that accepts donations of gently used furniture and household items that it redistributes to people in need.
www.furniturebank.org 416 934-1229

Furniture –Bedding

Buying a healthy mattress is particularly important as we spend approximately one third of our life in bed, and you don't want to be nestling into a sea of chemicals such as boric acid, often applied liberally as a fire retardant.

Soma Sleep sells a variety of bed linens, mattresses, pillows etc... made from people and planet friendly materials. 416-789-2337

Grassroots has a variety of bed linens, mattresses, pillows etc... made from people and planet friendly materials. 416 944-1993 416-466-2841

Organic Lifestyle sells a complete line of organic bed linens.
www.organiclifestyle.com 416-921-7317

Essere Organics Oakville-Ontario-based store sells a variety of bed linens, mattresses, pillows, toweling etc... made from people and planet friendly materials. www.essereorganics.com 1-800-975-2372

Sleeptek is a Canadian manufacturer of organic/natural mattresses, pillow, padding, comforters. www.sleeptek.ca Call main line for distributor near you. 1-866-507-4925

The Good Planet sells a variety of bed linens, mattresses, pillows etc... made from people and planet friendly materials. 1-250-477-0146

Looolo Textiles is a Montreal-based textile /furnishings company that make blankets, throws, pillows and more from 100 % natural kapok, organic cotton and yarns. All items are fully biodegradable. www.looolo.ca 514-880-6560

Hardware

Artefacts in village of St. Jacobs, Ontario, has a vast collection of quality original architectural salvage as well as unique custom designed pieces rebuilt from vintage iron, wooden shutters and many other reclaimed creations for interior and exterior decorating. <http://artefacts.ca/> 519-664-3760 e: chris@artefacts.ca

SpectraDécor makes contemporary cabinet hardware, door pulls and other hardware from recycled glass and aluminum, cork, eco-resin, fused glass, lead-free pewter and stainless steel. American made. Environmentally friendly. www.spectradecor.com
Available in Canada through Banbury Lane Design Centre, Calgary
www.banburylane.com/banburylane_intro.html 403-244-0038

Lighting

Insaini LED Lighting Solution A Canadian company specializing in energy efficient, environmentally friendly LED lighting products and LED lighting design solutions.
www.insaini.com/ 416-819-3598

Kramer Lighting specializes in large-scale commercial / institutional LED installation with design awareness to ambience. LED lights offers numerous environmental benefits over other types of lighting for today's eco-conscious facilities and for buildings working toward LEED certification. The advantages of LEDs include high efficiency, durability, with longer life over other lamp sources, so they require far less maintenance offering energy savings, maintenance savings and an overall reduction in cost of ownership.

And no mercury or lead is used in their manufacture.

www.kramerlighting.com and www.kramerlighting.com/kramerled 1-800 236-6800 sales@kramerlighting.com

Lutron manufacturer of energy efficient light controls such as dimmers, switches and controls that save energy while creating inviting, comfortable spaces. www.lutron.com/CMS400/default.aspx?app=energy Some Toronto dealers: Jomar Electric 416-536-2194, Paul Wolf Lighting 416-504-8195 or call 1-877-258-8766 for dealer nearest you . **Rep Tech Enterprises** sells Lutron products and can help design an energy efficient lighting system www.reptechenterprises.ca/ 905-696-0535

Nexstar sells the most advanced energy-savings solutions available. Nexstar's lighting services include professional retrofit lighting design, engineered energy reports and analysis, and a wide range of energy efficient lighting products including a wide range of commercial/institutional CFL's, fluorescent T8 and T5 fixtures, T8/T5 fluorescent lamps and Starburst Industrial fixtures.

www.nexstarlighting.com/
416-800-4373

WSE Technologies A Saskatoon-based distributor of all manner of LED lighting fixtures and bulbs. www.ledlights.ca 306 244 8808

Lighting – Vintage

Architectural Antiques This Ottawa store has a vast collection of vintage light fixtures. 613-722-1510

Legacy Vintage Building Materials and Antiques sells a vast selection of quality antique / reclaimed lighting fixtures – sconces, chandeliers, pendants - and lamps. www.legacyvintage.com/flooring.html 905-373-0796 e: info@legacyvintage.com

Paints

Tip -Indoor Air Quality Volatile organic compounds (VOCs) are [gases](#) emitted from certain chemical solids or liquids that pollute the air and can cause or aggravate a short and long-term illness. Shown to be up to ten times higher indoors than outdoors, VOCs ‘off-gas’ from a wide variety of products and furnishings including paints, lacquers, paint strippers, cleaning supplies, waxes, pesticides, building materials and furniture, office equipment. No-VOC paints, finishes and furnishings are increasingly available, offering durability and aesthetic appeal without making you or the environment sick. Earth Easy list of green paint www.eartheasy.com/live_nontoxic_paints.htm

AFM Safecoat paints, primers, sealants, stains, oils and waxes meet high standards of health and environmental safety, eliminating toxic ingredients such as solvents, heavy metals, chemical residuals, formaldehyde and other harmful preservatives. www.afmsafecoat.com/index.php e: info@afmsafecoat.com In Ontario through EcoInhabit 519-538-0777 Toll free 1-888 -538-0777

Allback is a Swedish paint made from three simple ingredients: organic cold-pressed linseed oil, a “simple drier” and natural pigments. . Though slow to dry and pricey, claims are it will never peel. Available in Canada through www.solventfreepaint.com 1-866-516-7787 e: swedepaint@rogers.com

Boomerang Paint You can’t get much greener paint than recycled paint. This Quebec-based company reclaims and recycles unused paint and stains to make new paint products in a wide range of colours inspired by nature. www.boomerangpaint.com Victoriaville, Quebec 1-819-758 5497 Ontario 416-236-2227, 416 464-3085 EcoPaints 416 936 4443 e: boomerangbytheskid@rogers.com

BioShield, offers a full range of people and planet safe natural paints, wood stains, finishes and more www.bioshieldpaint.com Toll free 800 621-2591
In Canada through Spirit Interiors (604) 542-0073 email: spiritinteriors@mac.com

Green Planet Paints www.greenplanetpaints.com/
Email: info@greenplanetpaints.com
In Canada through Greenworks, Vancouver, 604-685-3611
www.greenworksbuildingsupply.com

ICI no-VOC paint is suitable for long lifecycle commercial/institutional construction and maintenance where green building standards are sought. Available through Glidden and Colour Your World paint dealers www.duluxpaints.com/home.do

www.canadapaints.com/lifemaster.htm

Pittsburgh Paints – Pure Performance line of no VOC paints

www.pittsburghpaints.com

Williams of Muskoka Custom Woodworking sells real milk paint

www.realmilkpaint.com Toll free 1-800-339-9748

Yolo Colorhouse are No VOC environmentally responsible paint products with a user-friendly color palette. The company claims to be “connected to our community as artists, teachers, environmentalists and a woman-owned business.” www.yolocolorhouse.com/products.php Available in Canada through Greenworks Building Supply, www.greenworksbuildingsupply.com 604-685-3611

Stains, Finishes, Eco-Paint Products

www.solventfreepaint.com/

Homestead House an all-Canadian, Toronto-based company that sells VOC-free milkpaints, latex paint, indoor and outdoor stains and hemp oil wood finish. www.homesteadhouse.ca

Lee Valley has several “tried and true” traditional finishes for wood furniture and woodwork that are safe for people and planet, such as pure tung oil, walnut oil, aniline water-based stains www.leevalley.com 1-800-267-8761

Napier Environmental Technologies Biowash is a toxin-free paint-stripper for removing all manner of industrial/commercial/residential paints, coatings and finishes without harsh chemicals. www.biowash.com

Timber Ox makes bio-based, low VOC wood stains

www.timberoxinfo.com

1-800-203-5143

Dynamic Paint Products sells brushes, rollers, trays...made from recycled materials, available at Home Depot, Rona, Canadian Tire and other paint supplier www.getpainting.com 905-593-9812 or 1-800-668-1124

Painters

Earthtones Painters Toronto-based skilled commercial/institutional building and house painters with expertise also in wallpapering, colour consultations, faux finishes and wood refinishing using the most eco and

health-friendly products on the market. www.earthtonespainters.com 416-821-9654 e: antoine@earthtonespainters.com

The Lord is among the trees and the plants, within the household and outside as well

Guru Granth Sahib

Professionals – Green Interior Retrofitters-Renovation

Callrich Eco Services provides installation of insulation for energy efficient, mold and mildew elimination, and all manner of eco-renovations for healthy buildings and homes. Servicing the GTA but will travel further if the circumstances suit. www.callrichecoservices.com/roof.html 905-626-1844

Toll free 1-866-412.5064 e: info@callrichecoservices.com

Green Design Studio A team of residential, commercial, institutional interior designers and LEED Certified professionals devoted to sourcing sustainable products and furnishings that aid in maintaining the health of the environment and educate people so they can make healthy and positive product choices for their family and community.

www.greendesignstudio.ca 416 538-0326

Greening Homes helps homeowners and small commercial / institutional buildings in Ontario become healthier and more sustainable environments by combining non-toxic, natural products and materials with the highest standard in construction practices. Trades people are experienced working with clients with MCS and follow extensive protocols to limit environmental impact.

www.greeninghomes.com 416 532-6811

GreenNeighbourhoodHomesInc. designs and builds quality custom energy efficient homes, healthy homes and environmentally sustainable homes, renovations and additions in Toronto and the GTA. LEED

www.greenneighbourhoodhomes.ca 416-233-1359

e: info@greenneighbourhoodhomes.ca

Dr Reno A reputable renovation company that supports local tradesmen and suppliers while continuing to minimize the impact on the environment by reducing land fill waste, promoting green products and by making homes and businesses more energy efficient. www.doctoreno.com 416-915-3178

GreenNeighbourhoodHomesInc. designs and builds quality custom energy efficient homes, healthy homes and environmentally sustainable homes, renovations and additions in Toronto and the GTA. LEED
www.greenneighbourhoodhomes.ca 416-233-1359
e: info@greenneighbourhoodhomes.ca

Eco-Building An Ontario-based renovation and building company that uses eco and healthy products www.eco-building.ca 1- 877-741 3535 e: kroyce@eco-building.ca

Trim, Cabinetry, Doors, Wallboard

American Clay Earth Plaster is a durable, environmentally friendly alternative to cement, gypsum, acrylic, and lime plasters. It is compatible with the 'breathable' construction recommended for both historic and new buildings. www.americanclay.com/products/index.html Available in Canada through Greenworks Building Supply, Vancouver, www.greenworksbuildingsupply.com 604-685-3611

GreenE Board, from Ontario-based building materials company Owl Distribution, an **eco-friendly alternative and upgrade to replace gypsum drywall and cement backer boards for walls, floors and countertops**. GreenE Board is comprised of mostly magnesium oxide naturally water, freeze/thaw, impact, fire, vermin and fungus resistant. Mould and mildew will not form on the product due to its naturally high pH level. Green E Board is apparently easier to install than current cement boards and traditional backer boards.
www.owldistribution.com/greeneboard.htm click Product link – GreenE Board – for dealer nearest you.

Tip Many new and affordable 'engineered board' products made from annually renewable and/or agricultural waste materials are taking some of the pressure off harvesting old growth forests and endangered species. Made from local materials such as straw and grass fibers bound with non-toxic resins, their performance apparently exceeds particleboard and equals MDF/particle board in strength and density, without the formaldehyde-based adhesives. Boards come in a variety of standard thicknesses and panel sizes and can be painted or laminated. Canadian wheat farmers benefit, too, because straw must be removed and disposed of following the annual harvest. In the past, they had two options: ploughing the straw back into the soil was expensive and burning the fields created air pollution problems. With the introduction of Enviroboards and Isobord (and straw bale building) local farmers now sell their straw residue. What was once a financial and environmental burden is now a revenue-producing secondary crop.

Isobord is a premium engineered board product Manitoba-made from straw fibers and non-toxic resins. Together, straw fibers and MDI adhesives create superior properties of moisture swell, elasticity, internal bond, density and strength -- all without harmful emissions. Isobord comes in several thicknesses. Standard panels are 4'x8', 4'x9', 4'x10', 4'x12' and 5'x8'. Isobord can be used for furniture, door cores and cabinet cases. It can be painted or laminated.

www.professorgolfproducts.com/enviro_board.htm

Enviroboard, California-based manufactured construction panel using compressed ecologically safe and/or recycled agricultural waste fibres, such as the post-harvest straw of rice, barley, wheat, and grasses or a more urban waste stream such as newspaper fibre.. www.enviroboard.com

Tip If you are using virgin wood products for paneling, trim etc.. ask for domestic FSC certified lumber as opposed to tropical hardwoods. Look for trim and interior doors at reuse centres or building salvage suppliers. **Healthiest Home** Canadian supplier of formaldehyde-free, water-based stained, FSC wood locally made cabinetry and more.

www.thehealthiesthome.com 1-877-Eco-4211

Reclaimed/Reuse

Forever Interiors Toronto-based Martin Scott makes cabinetry, furniture and accessories such as large mirrors out of reclaimed construction debris. Old doors become cabinets, wood trim and walls of mirror from apartment lobbies become new framed mirrors. To buy reclaimed, repurposed furnishings or offer up your useable debris 416-291-2001.

The Door Store This established Toronto store sells a wide variety of architectural salvage trim, paneling, windows, doors, lighting, hardware and other interior artifacts. <http://thedorystore.ca> 416-863-1590

Legacy Vintage Building Materials and Antiques sells antique / reclaimed cabinetry for kitchen, bathroom, display... Will help you source what you need. www.legacyvintage.com/cabinets001.html 905-373-0796 e: info@legacyvintage.com

Post & Beam Reclamation In the Junction area of Toronto, this store specializes in quality architectural. <http://pandb.ca/> 416-913-4243

Wall coverings

Conventional wallpaper typically contains chemicals and inks that off-gas hazardous VOCs. Numerous eco-friendly wall coverings exist made from wood pulp and various recycled or reclaimed materials, and colored with water-based inks. Also look for natural fiber products such as linen, sisal, cork, rice and grass cloth wall coverings.

Home Depot sells natural grass cloth wallpapers.

www.homedepot.com/webapp/wcs/stores/servlet/ProductDisplay?storeId=10051&langId=-1&catalogId=10053&productId=100632655&N=10000003+90401+528789

Bamboo Trade sells wallpaper made from renewable resource bamboo www.bambootrade.net info@bambootrade.net

Window Repairs - Restoration

Rainbow Makers Stained Glass, Brian Metcalfe is a master craftsman with expertise in stained glass window restoration, repair and insulation Issues. rainbowmakers@on.aibn.com 800-979-8332

Clifford Restoration, Ontario-based general contractors, specializing in restoration of historic architecture and windows, with expertise in church restoration, natural stone supply and installation, stained glass repair and insulation, panelization, facade repair and more.
www.cliffordrestoration.com/ 416-691-2341

Kitchen

- Cabinetry
- Countertops/backsplash
- Cook equipment / supplies
- Flooring
- Paper Products, Containers...
- Plumbing: faucets, sinks
- Recycling / composting

Inspiration

Indian designer Nilay Shah has created the Green Kitchen System with Italian kitchen company Veneta Cucine that forgoes the fridge in favour of effective storage design and regular trips to the farmers market/local grocer. The idea is to use less electricity and buy fresh local foods.

www.treehugger.com/files/2008/10/designing-a-kitchen-no-fridge.php



Cabinetry

Premisys Inc. is a Canadian manufacturer of FSC Certified kitchen cabinetry, millwork, trim and NAUF (No added Formaldehyde Cabinetry) with low VOC finishes. Where possible resources are regional and rapidly renewable materials are used. www.premisys.ca/premisys/Welcome.html 905-815-9300
sales@premisys.ca

AyA Kitchens and Baths, in Mississauga, Ontario, manufactures a new line of elegant kitchen cabinetry, called EVO, made from recycled and recovered materials, with no added formaldehyde adhesives. www.ayakitchens.com For the EVO Collection see www.ayakitchens.com/whatsnew/whatsnew.html 905-848-1999 x 242 krenic@ayakitchens.com

The Kitchen Cabinet Manufacturers Association (KCMA), a not-for-profit industry association representing more than 350 kitchen and bath cabinetmakers in the Canada and the USA, is working with Environmental Stewardship Program (ESP) certification to help green the cabinet industry www.greencabinetsource.org

Healthiest Home is a Canadian supplier of formaldehyde-free, water-based stained, FSC wood locally made cabinetry and more. www.thehealthiesthome.com 1 877-Eco-4211

IKEA is investing \$77 million in clean technology startups like solar, and currently 71 percent of IKEA products, including kitchen cabinetry, countertops

and furniture are recyclable, made from recycled materials, or both. It has stopped using plastic bags and company recycles 84 percent of waste generated in stores.

Isobord, manufactured in Manitoba, Isobord is among a host of new and affordable 'engineered board' products suitable for cabinetry, doors, paneling etc...made from annually renewable and/or agricultural waste materials such as local and abundant straw fibers and non-toxic resins. They take some of the pressure off harvesting old growth forests and endangered species. Their performance apparently exceeds particleboard and equals MDF/particle board in strength and density, without the formaldehyde-based adhesives.
www.forestnet.com/archives/Dec_Jan_99/mill_profile.html

Woodstalk Straw Board is an 'engineered board' suitable for cabinetry, doors, paneling etc...made from an annually renewable agricultural waste material - local and abundant straw fibers -with non-toxic resins. Available in Canada through White-Wood Distribution www.white-wood.com 604-607-3254 or 204-982-9450 e: sales@white-wood.com

Urban Tree Harvest Ontario-based company formed to salvage, mill and resell trees that die in Canadian cities (up to 9,000 per year in Toronto alone). Urban Tree Salvage keeps the wood from these trees out of landfill where it rots and instead makes a variety of eco-friendly cabinetry and furniture designs for institutions, homes, offices. Taking waste and turning it into value added useful, locally made products. <http://urbantreesalvage.com> 647-438-7516

Harvest House Craftsmen Ontario-based carpenters make kitchen cabinetry from salvaged and recycled wood
www.hhcraftsmen.ca/Cabinet2.html 416-575-2930 or 905-939-8606

Kirei Board This California –based company makes a variety of eco and health friendly counter, cabinet, tile and panelling materials manufactured from drought-resistant sorghum, wheat, bamboo and coco, with no added formaldehyde adhesives. www.kireiusa.com/about.html
Available in Canada through Octopus Products www.octopusproducts.com
Ontario 416-531-5051; Quebec 514-246-7238; B.C. 1-877 574-FAMA, 604-574-0885 info@famaindustries.com, and GreenWorks Building Supply Inc. www.greenworksbuildingsupply.com
e: info@greenworksbuildingsupply.com 1-877-685-3611

If I am incapable of washing dishes joyfully, if I want to finish them quickly so I can go and have a cup of tea, I will be equally incapable of drinking the tea joyfully. With the cup in my hands I will be thinking about what to do next, and the fragrance and the flavor of the tea, together with the pleasure of drinking it, will be lost. I will always be dragged into the future, never able to live in the present moment. Buddhist monk Thich Nhat Hanh

Countertops

Eleek makes counters, sinks, tiles, hardware and more out of 50 to 90 percent recycled aluminum. Sheet countertop-depth can be up to 3 feet wide with built-in front lip and backsplash. Also make tiles. Clear-coat finish is food-safe and nontoxic. www.eleek.com . Greenworks Building Supply, www.greenworksbuildingsupply.com 604-685-3611

Cambria natural quartz is strong, durable and long lasting. It is certified by NSF International (Standard 51-Food Equipment Materials) as safe for use as a food preparation surface.
www.cambriacanada.com

Vetrazzo A new solid surface material, made of 80-95% recycled glass mixed in cement or a resin base, is ideal for tabletops and countertops. VETRAZZO™ is as durable and smooth as marble and stronger than standard solid concrete, and comes in almost any colour combination and design. Can be coloured to match paint or cabinetry www.vetrazzo.com/ Available in Canada through White-Wood Distribution www.white-wood.com/ British Columbia, 604-607-3254 Winnipeg and Ontario (204) 982-9450 e-mail sales@white-wood.com

Squak Mountain Stone. An environmentally friendly counter or tabletop fibrous-cement material comprised of recycled paper, recycled glass, coal fly-ash and cement. Material is hand-cast into “slabs” as an alternative to natural or quarried stone. Resembles soapstone or limestone.
www.squakmountainstone.com/index.html Western retailer: GreenWorks Building Supply Inc. Toll Free 877 685-3611
www.greenworksbuildingsupply.com email: info@greenworksbuildingsupply.com East: Green Home Chicago Design Center, 312 432-9400 and Greenmaker Supply, Chicago, 866 702-7500

Kirei Board This California –based company makes a variety of eco and health friendly counter, cabinet, tile and panelling materials manufactured from drought-resistant sorghum, wheat, bamboo and coco, with no added formaldehyde adhesives. www.kireiusa.com/about.html
In Canada through Octopus Products www.octopusproducts.com Ontario 416-531-5051; Quebec 514-246-7238; B.C. Toll free 877 574-FAMA, 604-574-0885 info@famaindustries.com, and GreenWorks Building Supply Inc. Toll Free 877 685-3611 www.greenworksbuildingsupply.com e: info@greenworksbuildingsupply.com

Tip - Make your own cleaning product from inexpensive bulk supplies such as white vinegar, lemon and baking soda. These cleaners can be stored in reused plastic bottles

To shine chrome sink fixtures that have a lime buildup, use a paste made of 2 tbsp salt and 1 tsp white distilled vinegar.

Super scouring cleanser – combine 1/4 cup baking soda with 1 tbsp liquid detergent. Add just enough white distilled vinegar to achieve a creamy texture.

Clean counter tops and make them smell sweet with a cloth soaked in undiluted white distilled vinegar. From www.vinegartips.com/cleaning and <http://housekeeping.about.com/od/environment/a/vinbaklemons.htm>

Terra Green Ceramics makes tiles for counters, walls, floors...from 100 percent certified recycled content www.terragreenceramics.com In Canada through World Mosaic,
613-232-5341 e: custsrv@terragreenceramics.com

EnviroGlas Products, solid floor and countertop surface material made of recycled glass mixed in cement or resin base. Based in Texas but ships all over the world www.enviroglasproducts.com Toll free 888-523-7894 e: communications@enviroglasproducts.com

Bamboo Chopping Block countertops made of slender rectangles of end-grain bamboo glued into panels (usually 1 1/2 inches thick). Available in natural or brown. Bamboo is a great substitute for wood because its fast growth makes it more renewable. Low-off-gassing glues don't harm indoor air quality. Can be cut with standard woodworking tools. Totally Bamboo
www.totallybamboo.com/index.cfm?fuseaction=category.display&category_ID=22 PH: (760) 471-6600 San Marcos CA 866/835-9859 Teragren, Bainbridge Island, WA 800/929-6333.

PaperStone Earth Surfaces make an affordable countertop material from 100 percent post-consumer recycled paper certified by the Forest Stewardship Council, with non-petroleum, formaldehyde-free cashew nut shell resins. Can be cut and shaped with standard woodworking tools. Available in thicknesses ranging from 1/4 inch to 2 inches in many colourways. Heat- and stain-resistant with honed-surface look. PaperStone,
www.paperstoneproducts.com/ps_leed_certification.php 360 538-9815 for dealer nearest you.

Reclaimed Wood Butcher-block counters, made from reclaimed or recycled lumber, or lesser-known, underutilized tree species that have been sustainably harvested. Butcher blocks can be made from slender lengths or end-grain blocks. Recycled old-growth lumber often has tighter grain and better quality.
www.endurawood.com/ 1-866-263-3939/360/352-2250B

Modwalls and **Modrocks** are natural pebble and glass mosaic tiles made from 100 percent recycled glass from consumer bottles. www.modwalls.com

Ecoclear Rooglu a no-VOC formaldehyde-free adhesive to bond porous surfaces such as tiles, stone, metals, wood, textiles together. Good for kitchen tile work, backsplashes, counters.... www.roogreen.com 1-877-766-4583

Syndecrete is a cement-like composite countertop slab or tile surface made from minerals and recycled materials that is less than half the weight but twice as strong as concrete. <http://syndecrete.com/main.html> Green Home Chicago 312 432-9400

Faucets

Install low flow faucets. These water-saving devices will conserve up to 35 percent thereby saving you money in energy, water and wastewater charges.

Toto EcoPower auto-sensor faucets use less than one-quarter of a gallon of water per cycle and turn off immediately when hands are taken away. This faucet is the first to use a self-sufficient hydro-powered turbine energy source that recharges the power supply during usage, eliminating the need to replace batteries or use grid electricity.

www.totousa.com/index.asp

Dobbin Sales supplies quality commercial and institutional water conserving plumbing products and services to Canadians including expertise with religious institutions. www.dobbinsales.com 1-800-565-8515.

Dan Gueguen, vice president with Kitchener, Ontario-based Dordan Mechanical Constructors Inc., is focusing on green plumbing. 519-662-9900

e: info@dordanmech.com

Fixtures - Reuse

Addison's Antique Plumbing Supplies This Toronto-based warehouse sells a wide range of vintage tubs, sinks, radiators, faucets and more 416-539-0612

Legacy Vintage Building Materials and Antiques sells reclaimed quality vintage plumbing fixtures and supplies

www.legacyvintage.com/flooring.html 905-373-0796 e:

info@legacyvintage.com

Surface Medic located in Belleville, Ontario makes stained, chipped, burned, dull or scratched bathtubs, sinks, countertops, appliances and kitchen cabinets look like new at a fraction of the cost of replacement.

www.surfacemedic.ca Toll free 1-800-919-9219

Flooring

Duro Design Quebec-based makes cork and bamboo flooring which are both ideal natural flooring solutions suitable for kitchen use. Bamboo is especially durable for high traffic areas. www.durodesign.com Toll free 1-888-528-8518 e: info@durodesign.com

Forbo Linoleum Marmoleum linoleum is a flooring and counter surface made from renewable materials including linseed oil, resins, wood flour, jute and ecologically safe pigments. Marmoleum has natural anti-bactericidal and anti-static properties and so is the safe healthy choice where health concerns are present. Available in a wide variety of colours and patterns.

www.ForboLinoleumNA.com For dealer near you call 416-745-4200

Erth Coverings Natural indoor and outdoor panels of stone product for floors and walls. www.ertcoverings.com Toll free 1-866-657-6606

Kitchen Paper Products,

Frogfile, is a British Columbia-based supplier of all kinds of recycled, unbleached paper products and other organic, eco-friendly products for the kitchen. www.frogfile.com/store/home.php?cat=283 604-669-5949 e: service@frogfile.com

Seventh Generation manufactures 100 percent recycled bathroom tissue, paper towels, napkins, trash bags and many other bathroom and kitchen products. Available at many health food and supermarket stores across Canada. www.seventhgeneration.com/Recycled-Paper-Products

GreenLine Paper Company offers heavy duty recycled and unbleached kitchen /cooking papers and products such as recycled aluminum foil, for the commercial / institutional kitchen. Based in Pennsylvania, USA www.greenlinepaper.com/kitchen/restaurant/cooking-products/cat_43.html Toll free 1-800-641-1117.

Tip 7,000,000 tonnes of disposable paper tissue is dumped in Canadian landfills each year. Cloth napkins and rags instead of paper napkins and paper towels prevent this kind of waste before it occurs. At your next community or family meal, hand out cloth napkins with designated napkin rings (a coloured string with a name or such) and ask people to use them until they are soiled. Then wash them in cold water. If you do use paper napkins or towels, use unbleached and toss them in the compost when through.

Kitchen Products - Containers

Life Without Plastic is a Quebec-based company offering everything you need for food prep and storage from stainless steel water dispensers, cups, bowls and plates to food storage containers, lunch boxes and cookware, suitable for institutional and residential use. www.lifewithoutplastic.com 819 459-1459 e: infor@lifewithoutplastic.com

Eco-Safe Disposables

Most disposable paper cups are made from 100 percent bleached virgin paperboard. Health regulations do not allow recycled paper pulp to be in direct contact with food and beverages. As well, recycled paper isn't strong enough to hold a liquid. If you do need to use disposables, there are many options today made from compostable and biodegradable materials.

GreenShiftis a Toronto-based distributor of all manner of recycled and biodegradable tableware, containers, etc... for kitchen use. Trained staff also conduct facility greening reviews, waste audits and other sustainability services.

www.greenshift.ca 416-925-9665 e: info@GreenShift.ca

Comondi A Canadian online catalogue of vegan ‘cradle-to-grave’ products for the kitchen, office, home, garden etc... made with attention to ecological impact, employee welfare and animal suffering. Comondi means ‘with the world, and the company is founded on the principles of ecological integrity and respect for all living beings. www.comondi.com/catalog email info@comondi.com 647-723-6274

GoGreenInStages.com is a Montreal company focused on providing eco-friendly products and services. www.gogreeninstages.com 514-693-9639 info@gogreeninstages.com

Mansfield Paper Co environmentally safe alternatives for traditional paper and packaging products that are biodegradable, compostable and recyclable, including cups, containers, cutlery and cleaners made from corn, potatoes and even bamboo. Durable enough for hot or cold, liquid or solid, and greasy or dry foods. www.mansfieldpaper.com/environmentallysafe.html

Tip **Second Harvest** is a Canadian charitable organization that collects and redistributes surplus food that may otherwise go to waste and delivers it to people in need. www.secondharvest.ca

Kitchen Disposal and Recycling

Busch Systems International Inc. is an Ontario-based manufacturer of recycling bins, waste bins, recycling containers and composters for institutional, commercial businesses and homes, national and global distribution. All containers are made using at least 35 percent recycled plastic www.buschsystems.com Toll free 1-800-565-9931 busch@buschsystems.com

Turtle Island Recycling is a Canadian recycling company that develops and fosters strategic alliances with everyone from the largest industries and mid-sized businesses to the smallest offices and organizations across North America to sort and process all grades of paper fiber, plastic and metals including all food and beverage containers. Turtle Island also processes more than 100,000 lbs. of organic waste per day, otherwise headed for landfill, which is instead rendered into usable food and/or fertilizer. www.turtleislandrecycling.com

Restroom / Washroom

- Fixtures: Taps, Toilets, Tubs, Showers
 - Paper / Sanitary Products
 - Plumbing:

Canadians consume an estimated 335 litres of water per person per day, the second highest consumption of water in the world. Showers and baths account for about 35 percent of that, while up to 30 percent goes down the toilet, even more for many commercial / institutional facilities. So saving water should be

your first priority when building or redoing a bathroom. While a lot of water waste is lack of awareness and poor habits, installing water-saving bathroom fixtures makes a big difference.

Faucets

Install low flow aerated faucets and showerheads. Aerated faucets maximize water pressure while the low flow reduces the amount of water. New models are available at most hardware or plumbing supply stores. Low-flow faucet aerators may cost between \$5 to \$10. Low-flow showerheads range from \$5 to \$50. (A typical handheld massaging showerhead will cost around \$25 while designer models range from \$50 to \$300.) These water-saving devices will conserve up to 50 percent water and water heating, saving you money in energy, water and wastewater charges.

Tip- When buying new bathroom faucets make sure they have aerators that restrict flow to 1.5, 1.2, or even 1.0 gallons per minute (gpm). It is the aerator - the screw-on tip of the faucet nozzle - that ultimately determines the flow rate for water. If an aerator is already installed on the faucet, it will have its flow rate imprinted on the side. This should read 1.5 gpm or lower. If the flow rate is higher consider replacing it with the highest efficiency 1.0 gpm flow restrictors. If no aerator is installed, check to see if there are threads just inside the tip of the faucet. Most modern faucets are threaded to accept aerators. It's helpful to bring your old aerator (and any associated washers) to the store when purchasing a new one to ensure that the new aerator will fit the faucet fixture.

Toto EcoPower auto-sensor faucets use less than one-quarter of a gallon of water per cycle and turn off immediately when hands are taken away. Toto claims this faucet is the first to use a self-sufficient hydro-powered turbine energy source that recharges the power supply during usage, eliminating the need to replace batteries or use grid electricity.

www.totousa.com/index.asp

Sloan Valve Company is a leading manufacturer of water-conserving plumbing systems for commercial and institutional facilities. It has a wide variety of sensor activated, long-life battery powered low flow faucets, (as well as soap dispensers, hand dryers...) <http://www.sloanvalve.com/> Toll free 800-9-VALVE-9

Gaiam - Made in the USA of solid brass with a chrome plate finish, this Lowest Flow Showerhead has average flow of 1.2 to 1.4 gpm while delivering a vigorous, well-controlled water spray. Ringed and threaded together for easy cleaning of the stainless steel diffuser if the spray goes erratic with built-in soap-up valve, this head reduces water use by 50 to 70 percent and can save a family of four up to \$250 annually. Standard 1/2" pipe thread. 10-year mfg. guarantee.

www.gaiam.com/product/eco-home-outdoor/bathroom/shower-bath

American Standard FloWise faucets and fixtures are water-efficient, providing up to 40 percent water savings, suitable for institutional and domestic use, and using them can earn points toward certification levels under the LEED

program (Leadership in Energy and Environmental Design).
www.americanstandard.ca/greenDesign/greenProducts.php
Toll free 1 800 387-0369

Tip First of all, fix all leaks as soon as you spot them. A leaky toilet can waste as much as 300 gallons of water each day. Water wasted through daily leaks is comparable to energy loss through air leaks in buildings. In a pre-war house air leaks can add up to the equivalent of a 21” hole in your wall, or like leaving a window open in winter, according to Natural Resources Canada. Ditto for water leaks. A Water Audit will help you identify and eliminate water waste. LINK GSS WATER AUDIT

Fixtures - Toilets

Tip Many new low flush toilets qualify for local water utility rebate programs helping building owners reap financial incentives for installing water-saving products. Low-flush toilets use 6 litres per flush rather than the old-style 18-litre flush. Or, consider a dual-flush 3 litre/6 litre model. To see what toilets are the best performers go to Canadian Water and Wastewater Association (CWWA) www.cwwa.ca and Toronto Water Efficiency Toilet Replacement Programs www.toronto.ca/watereff/index.htm

Toto's UltraMax #MS854114S was recently nominated best low-flush toilet by TreeHugger www.treehugger.com and the Toto manufacturer as the best overall brand. www.totousa.com/index.asp

Kohler's Class Five EcoSmart technology and Pressure Lite technology are reported to conserve a lot of water. Kohler's Touchless 1.28 gpf flushometer and high-efficiency bowl utilizes a sensor that saves water by keeping false activations to a minimum.
www.us.kohler.com/pr/pressrelease.jsp?aid=1170023203931

For existing toilets: Several products that can be easily installed in the toilet tank to reduce the amount of water per flush. These devices fall into a few categories: water displacement (plastic bag or bottle); water retention (toilet dams); alternative flushing (early closure or dual-flush). See your local plumbing supply or hardware store to find out which type will work best for your toilet.

Perfect FLUSH reduces water consumption of any toilet by turning conventional models into low or dual-flush WWW.BRONDELL.COM
1-888-542-3355

Sloan Ecos Electronic Flushometre fits in the back of existing toilets. Made from approximately 80 percent brass cast alloy, 99 percent from recycled sources . www.sloanvalve.com 1-800-982-5838

Waterless Urinals and Toilets

Conserve up to 100,000 litres of water per fixture per year, reduce sewage and save hundreds if not thousands of dollars in maintenance, water use and energy by installing waterless urinals.

Water Matrix Inc. sells waterless urinals with expertise in dealing with large institutions. www.watermatrix.com 905-850-8080 or 1-800-668-4420 e: sales@watermatrix.com

Sloan Valve Company is a leading North American manufacturer of water-conserving plumbing systems for commercial, industrial, and institutional facilities. Toll free 800-9-VALVE-9, <http://www.sloanvalve.com/>
[www.sloanvalve.com/products ENU HTML.htm](http://www.sloanvalve.com/products_ENU_HTML.htm)

Kohler Canada offers waterless urinals www.ca.kohler.com/index-ca.jsp

Waterless Composting Toilets

Envirolet VF Toilet System from Canadian company Envirolet can handle up to 30 uses per day <http://www.envirolet.ca/vf.html>

Clivus Multrum composting toilets and greywater purification systems are installed at a wide variety of public and private/residential sites across Canada. Clients include the Government of Canada, the provincial governments of British Columbia, Manitoba, Ontario, Quebec, New Brunswick, and Nova Scotia, as well as home-owners in every Canadian province and territory. zero-discharge and no pollution, low-maintenance technologies. www.clivus.com

Projects- Consider putting in a gray-water system that redirects lightly used water from the sink and shower to supply the toilet and water the garden.

Recycle / Reuse

Addison's Antique Plumbing Supplies This Toronto-based warehouse sells a wide range of vintage tubs, sinks, radiators, faucets and more 416-539-0612

Legacy Vintage Building Materials and Antiques sells reclaimed quality vintage plumbing fixtures and supplies
www.legacyvintage.com/flooring.html 905-373-0796 e:
info@legacyvintage.com

Surface Medic located in Belleville, Ontario makes stained, chipped, burned, dull or scratched bathtubs, sinks, countertops, appliances and kitchen cabinets look like new at a fraction of the cost of replacement.
www.surfacemedic.ca Toll free 800-919-9219

Green Plumbing

Dordan Mechanical Constructors Inc. is an Ontario-based company focusing on green plumbing systems. Contact Dan Gueguen, 519-662-9900 ext 226
Email: info@dordanmech.com

Paper

Tip The annual per capita consumption of toilet tissue in North America is approx 23 kilograms versus 1.8 kilograms in Asia and 0.4 kilograms in Africa, according to WorldWatch. Bring awareness each time you use a paper product and be sure that your tissue, paper towels and other paper items are made from recycled material or wood pulp whenever possible.

Atlantic Packaging Products Wholesale supplier of 100 percent recycled, no chlorine toilet tissue, kitchen towels, napkins commercial, institutional and residential. Manufactures paper and plastic packaging products from recycled paper products. 416-298-5558

Consolidated Ecoprogress Technology offers biodegradable, flushable and health-friendly sanitary napkins and panty liners wholesale wit
www.flushaway.com
1-888-326-7764

Hank and Cheef are a Canadian company offering the “modern handkerchief”, a more sustainable alternative to the 7,000,000 tonnes of disposable tissues that pile up in Canadian landfills each year made of organic cotton in attractive recycled paper cardboard dispensers.
www.hankandcheef.com Toronto 416-537-9233; Vancouver
www.favouritegifts.ca/contactus.htm 604-904-8840

Green Cleaning & Office

Daily Operations

- Green Maintenance - Cleaning Supplies and Services

- Why Green Cleaning? Janitorial Products Pollution
- Prevention
- Cleaning as Spiritual Practice
 - Green Office - Furniture, Office Supplies
 - Office Equipment / Technology
 - Green Meetings / Conferences

Green Cleaning Products

Commercial cleaning products may get the job done, but they can contribute considerably to indoor air pollution and are responsible for 10 percent of toxic exposures reported to poison control centers. They are also difficult to dispose of without harming water and soil systems.

Most grocery and health food stores now carry several Canadian-made non-toxic alternatives. Here are a few GSS folks have tried or heard about that are available wholesale and are deemed suitable for commercial, institutional and residential use.

"Clean your room well, for good spirits will not live where there is dirt." Shaker saying

Eco Mist Solutions Canadian-made cleaning products manufactured using only natural ingredients such as corn, tree sap, sugarcane, and de-ionized water. "Gentle enough to clean a baby bottle yet strong enough to degrease an aircraft carrier."
www.ecomistsolutions.com -905-850-1543 or 1-877-850-1543

Tip – For most cleaning situations you can make your own cleaning product from inexpensive bulk supplies you probably already have, the three natural cleaning stars being white vinegar, lemon and baking soda. Store them in reuse plastic bottles. See www.vinegartips.com/cleaning/ and <http://housekeeping.about.com/od/environment/a/vinbaklemons.htm> for all the uses of vinegar, lemon and baking soda. Borrow or buy *The Naturally Clean Home* by Karyn Siegel-Maier

Frank T. Ross distributes the Nature Clean brand consumer, Institutional and Industrial strength non-toxic Canadian made cleaning products
www.franktross.com www.naturecleanliving.com/contact.htm 905-940-1170

Enviro-Solutions is an Ontario-based national supplier of general purpose, washroom, floor, deodorizing etc cleaning products for commercial/Institutional grade made from an environmental, health and safety perspective www.enviro-solutions.com 1-877-674-4373

Recipe: Hardwood floor wash

1½ cups water, 1 ½ cups vinegar, 20 drops peppermint essential oil
 Combine all ingredients in a spray bottle, spray sparingly on floor, mop and then dry mop

Simply Clean Professional Strength Supercleaner is reputed to clean grease, ink and other touch grime while being eco and health safe. There is a whole line of made in Canada Simply Clean products. www.puresource.ca/vervenaturals/simplyclean
 1-888-313-3369 info@puresource.ca

Pink Solution a seaweed-based, all-natural, non-toxic, biodegradable concentrated cleaning products made in British Columbia, reputed to clean anything, suitable for heavy-duty commercial/industrial jobs. <http://pinksolution.ca> Earthcare Sales and Marketing Ltd. 1-800-565-9972

Recipe: Citrus wood floor wax

1 cup linseed oil, ¼ cup lemon juice, 2 tbsp grated beeswax, 2 tbsp carnuba wax, 6 drops lemon essential oil, 3 drops sweet orange essential oil,
Place linseed oil, lemon juice, and waxes in double boiler. Stir constantly until melted. Add essential oils. Pour into an old coffee/tea tin and allow to harden. Soak a cloth in lemon juice. Scoop out some wax and apply to floor. Rub with lemon cloth or mop. Buff with dry, clean cloth.

20 Mule Team Borax is not just a laundry booster but works really well for cleaning toilets. Its natural minerals perfectly deodorize and removes stains. See www.zoutcanada.com/index.cfm?page_id=303 for its many natural yet heavy duty cleaning uses.

Seventh Generation Non-Chlorine Bleach whitens, brightens and cleans like conventional bleach while being phosphate-free, biodegradable, non-allergenic and safe for septic and grey-water systems. Available at leading grocers and health food stores www.seventhgeneration.com/Chlorine-Free-Bleach

O Canada Soap Works has created a different soap for each Canadian province and territory, using natural ingredients relative to each area of the country, showcasing the individual qualities of each territory. Extra strength products are available for heavier use. Order from its OnLine Store , www.ocanadasoapworks.com/ ocansoap@telusplanet.net 1-877-602-SOAP

Worx Environmental Products - Calgary-based company specializing in solvent-free, non-abrasive, biodegradable and waterless hand cleaners (tough on grease, paint and other industrial dirt) and other organic natural cleaning products www.worx.com 403-273-7600 Toll free 1-800-424-9679

To find a reuse or recycling depot in your region for commercial cleaning products and other household hazardous waste, go to <http://Earth911.org> At the top, type in what it is you want to recycle and in the next box, type your postal code ONLY, not your city etc....

Air Fresheners

Forgo costly 'air fresheners' made from toxic chemicals and instead open a window or door as you clean to let the stale air out and some new air in. Letting fresh air run through rooms while you're cleaning lifts the spirits, as well. If a fresh natural scent is desired, **Orange-Mate Inc** makes natural air fresheners such as Lemon-Mate, Lime-Mate and a Cinnamon Mist non-toxic Air Fresheners that don't just mask odors but claim to eliminate them and are safe for kitchen use. www.orangemate.com 1-800-626-8685 information@orangemate.com available across Canada

Cord-O-Clip Canadian-made clothes-line fabricated from 100 percent recycled materials designed to withstand Quebec winters. It has proven 60 percent faster hanging and 90 percent faster retrieving clothes from the line when dry. As long as there is some sun and a little breeze clothes can be hung out or in to dry.

<http://cordoclip.com/>

SteamKing 1500 System A Canadian “thermal accelerated nano crystal sanitation” (TANCS) technology, the SteamKing 1500 System cleans, sanitizes and disinfects in one step. With tap water alone, the system eradicates microbial germs in vegetative and spore states, including MRSA, VRE, Listeriosis and C.difficile, suitable for all institutional and commercial use. www.intersteam.com
1-800-281-4413 e: info@intersteam.com

Why Change to Ecological and Health Friendly Cleaning Products?

Present these stats if you need to convince your janitorial service providers, Board of Directors, faith leaders, and/or faith community of the importance of using non-toxic cleaning products.

According to the Janitorial Products Pollution Prevention Project (JPPPP) www.westp2net.org/Janitorial/jp4.cfm each year about six out of every hundred professional janitors are injured by the chemicals that they use. Burns to the eyes and skin are the most common injuries, followed closely by respiratory ailments caused by breathing toxic fumes.

Each year, institutions spend \$150 billion on cleaning products and the institutional cleaning industry uses five billion pounds of chemicals, many of which are known hazards to human health and the environment.

The JPPPP estimates that the average janitor uses about 23 gallons of chemicals per year, weighing 194 pounds. Hazardous ingredients comprise 25 percent of this total.

U.S. institutions spend more than \$75 million a year on medical expenses and lost time wages for janitors due to chemical-related injuries.

Cleaning products are responsible for approximately eight percent of volatile organic compounds (VOCs) emissions. VOCs contribute to smog formation /climate change, inhibit plant growth, and can cause respiratory problems in people.

The chemicals most frequently involved in poisonings reported to the U.S. Poison Control are cleaning products.

Spiritual Practice – Cleaning from the inside out

Across cultures and faith traditions, spring cleaning is a ritual with a long and lustrous history. Preparation for the Jewish holiday Passover, for instance, involves a thorough cleaning to rid one’s home of all traces of Chametz (any product with yeast or sourdough in it). This process can take on extraordinary physical breadth and depth as every cupboard, closet and cushion is scoured for the tiniest crumb. However, as one Rabbi on a Jewish educational website admonished in regards to

pre-Passover cleaning, it is what goes on behind the flurry of scrubbing and sweeping, in the mind and heart, that is most important.

This can be said of most religious ritual and practice. It is our thoughts and attitude while we are cleaning, or doing any daily task for that matter, that reveals and refreshes.

One of the main reasons we engage in spiritual practice is to deepen our connection to the wilderness *within*, sorting through sticky emotional issues and the hard questions of personal transformation, so that we may respond to the wilderness without, be more attentive to others, and better able to address climate change and other pressing global challenges of our times. A discipline such as meditation, prayer or mantra recitation is like cleaning out our emotional closets and wiping clean our mental counters.

Some form of meditation is found in most religions and spiritual philosophies. Vipassana meditation (a.k.a mindfulness), derived from the Theravada school of Buddhism, is intended for practitioners of any or no religious affiliation. It is designed for people who are seeking clarity, calm, pain management, and numerous other mental skills. Christian meditation dates back to the desert fathers and mothers, but few contemporary Christians are aware of it as part of their religious heritage. (For more information on John Main and the World Community for Christian Meditation see <http://www.wccm.org/>) Like modern-day yoga, tai chi, and myriad other spiritual practices, these 'techniques' can slowly, safely, mysteriously cleanse our tangled hearts and cluttered minds. As the WCCM website states, purity of heart and mind is a direction, not an achievement. Meditation, rooted in daily reality, is going in a positive direction. From *Spring 2008 FCG Quarterly E-letter*

Greening the Office

There is a lot to consider when buying a major piece (or several pieces) of furniture. Is it durable, affordable, functional, attractive, suitable? Now we must also ask, 'is it healthful? Is it sustainable?' Here is a list of what to look for and where to find sustainable, healthy office furniture.

- *Where possible, furnishings should be made from at least some recycled, post-consumer materials;
- *Items made from natural materials should be renewable such as fast-growth bamboo, wheat straw, hemp, FSC wood;
- *Where possible, the materials are harvested in a sustainable method and certified as being so;
- *Where possible, the furniture is made locally (within your province or country) from locally harvested resources;
- *They are constructed with low or no VOC (non toxic), water-based glues, paints, finishes, coatings, and low or no formaldehyde and toxic brominated flame-retardants.
- *They use natural textiles and minimize synthetics.

Tip- A tutorial on healthy office ergonomics www.healthycomputing.com/office/setup/

Office Furniture

Where possible, buy quality second hand office furnishings and offer your own gently used furniture to a thrift shop or second hand furniture store when you are through with it.

Envirotech Office Solutions salvages lightly used office furniture for reuse. They offer recycled office furniture from leading manufacturers and will also “remanufacture” your existing office furniture with updated colours and fabrics to give them a new look and utility. www.envirotechoffice.com 905-793-7799 Toll free 1 800 411-6585

The Furniture Guys provide creative and affordable business interiors solutions for today's diverse business environment, specializing in used and refurbished furniture. www.thefurnitureguys.ca (416) 360-1555 e: sales@thefurnitureguys.ca

Habitat for Humanity will take your gently used office furniture for reuse www.habitat.org To make a donation to Habitat Restores or for general information, contact 1-800-422-4828.

Evolve Systems claims to be the first North American office furniture company to recycle its own wood and plastic waste into new furniture. All its furniture is also fully recyclable. In the works is furniture made from wheat straw, the waste byproduct of wheat. Through Global Contract 416-650-6500 or Cooper’s Office Furniture www.coopersoffice.com 416-596-6822 or 1-877-596-6822

North On Sixty Ontario-based company that custom-makes tables, desks, cabinetry and built-ins using FSC wood www.northonsixty.ca/contact_us.htm 705-635-2787 or 1-877-985-2458

Harkel Office Furniture, based in Vaughan, Ontario, claims to manufacture a broad range of eco-friendly office furnishings made from renewable resources and recycled materials www.harkeloffice.com 905-417-5335 info@harkeloffice.com

Rise Office Furniture will rent or lease office furniture as well as sell affordable second-hand furnishings and goods made from post consumer materials www.risefurniture.com 416-410-5231

Herman Miller gives a detailed Environmental Impact summary for all of its office furnishings. <http://www.hermanmiller.com/CDA/SSA/Category/0,1564,a10-c651,00.html>

Steelcase’s Think Chair by is up to 99 percent recyclable, made of 44 percent recycled materials and has been GREENGUARD Indoor Air Quality Certified. www.store.steelcase.com

Haworth claims thorough eco-responsibility in the manufacture of its office products It’s Sit4less chair is considered very affordable in relation to other high design office chairs. www.haworth.com 1-800-344-2600

Teknion claims to be replacing non-renewable energy reliance to use of renewable energy, recycling materials and reducing waste. www.teknion.com/about_teknion/environment/default.asp

416-66-3370 Info.can@teknion.com

Inscape Office Furniture claims to be replacing non-renewable energy reliance to use of renewable energy, recycling materials and reducing waste

www.inscapesolutions.com/home.cfm 416-581-8098 or 905-836-7676

Ikea has an affordable (\$199.00 approx) swivel desk chair, called Markus, made of sustainable wood and without PVC www.ikea.com/us/en/catalog/products/00103102

Green commercial textile blends

The Desigtex Group with Quebec-based fabric manufacturer Victor Innovatex have developed a line of naturally processed 'eco-intelligence' fabrics for commercial/institutional and residential use made from wool and ramie upholstery fabric (ramie is made from organically grown plant fibres), that is untreated by toxic flame-retardants or moth proofing, and coloured without harmful chemical dyes (which means every colour is available except black). The resulting fabric is durable as well as 100 percent recyclable or biodegradable. As well, there are biodegradable textiles made of corn-based resins and polymers. www.victor-innovatex.com/en/

Tip - When decorating your office space, consider displaying works by local artists.

Office Operations

Paper

Chlorine, used to make paper glossy white, pollutes our water, harms aquatic life, and finds its way into human breast milk. An alternative is oxygen bleaching which biodegrades easily and safely. Otherwise unbleached paper or natural craft paper will usually do the job.

Reach for Unbleached is a Canadian registered charity working for a sustainable pulp and paper industry. You can order sustainable paper products through regional buying clubs by contacting its British Columbia office at www.rfu.org

Cascades, a Quebec-based family recycling business turned multinational paper, packaging and tissue company with expertise in recycling and de-inking fibres. It has a wide selection of quality post-consumer paper products for commercial, industrial and residential use. www.cascades.com/_home 819-363-5100 e: info@cascades.com

Conservatree is a thorough online guide to choosing eco-friendly paper products. www.conservatree.org/paper/PaperGuide.shtml

The Green Office offers 100% recycled receipt rolls, ink toner, janitorial products and many other office supplies www.thegreenoffice.com

New Leaf Another source for high quality, recycled paper products, available with matte, gloss or uncoated finishes is www.newleafpaper.com

Tip – Bring your plants to work. Certain plants are very effective air purifiers. According to NASA studies, azalea, philodendron, spider plant, bamboo palm, corn plant

and poinsettia clean air of formaldehyde foam insulation. English ivy, chrysanthemum, gerbera daisy and peace lily scrub benzene (synthetic fibres, tobacco smoke, gasoline, plastics, inks, oils and detergents) out of the air. Chrysanthemum, gerbera daisy and peace lily purify the air of trichloroethylene from dry cleaning, paints, varnishes, inks and adhesives.

Inspiration

XEROX has come up with a paper that self-erases within 24 hours and can be re-used.

Envelopes

Eco-Envelopes Reusable business reply envelopes, available in 100percent PCW stock.
www.ecoenvelopes.com

Supremex www.supremex.com Eco-certified envelopes 514-595-0555

Royal Envelope was Canada's first envelope company to be certified by the Environmental Choice Program. It's Enviro-Lope uses FSC certified paper products
www.royalenvelope.com/envirolopes

TerraCycle is a business begun by a young Canadian who wanted to turn "garage into gold". TerraCycle offers all manner of office and school supplies (among numerous other products) made from 100 percent reuse and recycled products.
www.terracycle.net/office.htm

Green Earth Office Supply also has 100 percent recycled paper products.
www.greenearthofficesupply.stores.yahoo.net

Ripped Sheets For recycled laser, inkjet and other paper labels certified by the Forest Stewardship Council, see www.rippedsheets.com

The Greenline Paper Company sells recycled 3M Post-It Notes, file folders and more.
www.greenlinepaper.com

Supremex is Canada's leading manufacturer and marketer of a broad range of high quality stock and custom certified envelopes and related paper products including a new line of Forest Stewardship Council (FSC) certified envelopes with windows made from compostable corn. Supremex claims to be the only national envelope manufacturer in Canada, with eleven facilities in seven provinces www.supremex.com 514 595-0555

Chain stores such as **Grand & Toy** also sell recycled paper products
www.grandandtoy.com/sites/green/PS.aspx.

Tip – Post-It Notes

They may seem small but they add up when used frivolously by millions of people daily. Try these green alternatives to sticky notes.

1. Find on your computer the 'sticky note' software program and use it to write virtual notes. One Mac version that comes as part of the operating system is called **Stickies**. If you use a PC consider buying the 3M Post-it Digital Notes program (approx \$20).
2. Use paper clips to mark sections in reports and books. Remove and reuse the clips when finished.
3. Use non-toxic dry erase markers that only require a wipe with a reusable dampened cloth to write notes on your mirror, fridge, windows, doors...
4. Jot notes directly on the report, book etc...

Office Technology

Tip- Where possible, share office equipment and/or rent machines that you use infrequently.

Computers

The greenest computer is the one you own and continue using until it falls apart. That said, when it does fall apart, what to replace it with? Laptops are considered greener than desktop computers because they use a lot less electricity. Desktops, however, are easier to repair when things do start to fall apart. When purchasing computer equipment, see the company website and access its reuse/recycle policy.

Hewlett-Packard Canada, under its Planet Partners Program, takes back all brands of computer equipment for recycling for a small fee www.hp.ca/recycle

Toshiba claims to be striving for sustainability and it accepts back its computers and monitors for recycle for a small fee. www.toshiba.co.jp/env/en/index.htm

Apple is cutting back on energy use, plans to eliminate PVC and brominated flame retardants, arsenic from its products by the end of 2008. It also accepts back its computers and monitors for recycle for a fee. www.apple.com/environment

Dell has a thorough approach to sustainability for many of its computer systems www.dell.com/content/topics/global.aspx/corp/environment/en/index?c=us&l=en&s=corp

Monitors

Computer display monitors contain mercury in the CFL backlighting (is a big problem with e-waste). They also account for about half the energy use of your computer. LED backlighting for LCD screens has started to appear in certain laptop computer models (f.ex. Apple's Macbook Pro), These features add up to a 28% power saving. Still fairly rare for desktop LCD monitors, however, the Eizo FlexScan EV2411W-H apparently has green and health aspects.

Tip – Quit Catalogues, Junk Mail and Paper Billing

North Americans receive more than 20 million mail order catalogues each year. Even though they are accepted by most Canadian municipal recycling programs, catalogues and glossy magazines use very little (less than 2%) recycled material in their production. The Ecology Center assessed that American catalogues alone annually consume 53

million trees, 3.6 million tons of paper, 53 billion gallons of water, 38 billion Btu (British thermal units) of energy (enough to power 1.2 million homes for a year) and emits 5.2 million tons of carbon dioxide emissions, equal to the annual emissions of two million cars. Opt to shop on line when ordering goods. Grand & Toy has its complete line on its website as do most office and major product suppliers.

E-billing Support thoughtful innovations in manufacturing, production and services such as e-billing and the Red Dot Campaign. Many utility companies and financial institutions offer online billing. Some companies offer a discount for using online statements; Most banks encourage customers to have electronic payments and consolidate bill-paying to one website.

So save trees and save money in postage and cheques and sign up for e-bills today.

Stop Junk Mail at Its Source Canada Post's eco-friendly Consumer Choice option reduces waste and clutter. Simply put a "No Ad Mail" or "No Junk Mail" sign on your mailbox. The Consumer Choice database is decreased for each person opting out, and advertisers reduce print quantities accordingly. See Canada Post's new Green Choices programs for junk mail, catalogues, phone books... www.reddotcampaign.ca

Printers

More than 400 million ink and 100 million toner cartridges end up in dumps each year. Treehugger states that, all though Inkjet printers may be cheaper than Laserjets, in fact they have serious environmental drawbacks, including low page yields, more cartridge waste and Inkjet printed paper is very resistant to recycling. Inkjet papers mixed in with other recyclable paper can spoil the entire load that would have be made into newsprint or other recycled products.

Xerox claims its laser printers use 90% less waste than a typical colour laser printers, no cartridges to dispose of, less packaging and non-toxic ink and accepts all recycled paper. www.office.xerox.com/solid-ink/enca.html 1-800-275-9376 x6322

Green Print helps you choose software that disregards pages you don't want to print. Set your printer (or print software) to draft and double-sided. www.printgreener.com

Canada Green Electro Inc. manufactures totally recyclable lightswitches, sockets, dimmers, LED lighting fixtures, solar hot water heaters and more www.cgelectro.com
416-276-6333 Jzhang@cgelectro.com

Environmental Choice Program Guide Before buying or replacing our office equipment such as facsimile machines, photocopiers...see www.environmentalchoice.com

Photocopiers, fax machines, laser printers, cell phones ...

Warren's Waterless Printing a Canadian printing process providing clarity and depth on both coated and uncoated stocks, without impacting the environment. www.warrenswaterless.com 1-800-820-7702 nowater@total.net

Canon initiated a Clean Earth Campaign in 1990 to improve “recycling in the workplace” initiatives. The campaign has collected millions of toner cartridges for reuse and recycling

Several Canon photocopiers are EcoLogo certified www.canon.com

Minolta Business Equipment Canada offers a full line of EcoLogo certified analog and digital photocopiers with such features as low VOC, no cfc’s and energy efficiency

www.minolta.ca 905-890-6600

Sharp Electronics of Canada ECP certified fax machines, photocopiers with such features as low VOC, no cfc’s and energy efficiency. www.sharp.ca 1-800-56-SHARP

Toshiba Canada Some Toshiba photocopiers meet ECP certification standards

www.oshiba.ca 1-800-463-9737

Echosign Consider trying a green electronic signature service to save on printing, faxing, and overnight courier costs and resources of paper forms, contracts and letters. Echosign allows you to sign documents by e-signature or by fax www.echosign.com/es

DocuSign service provides document security, transaction workflow, e-signature, data collection, and storage services www.docuSign.com

E-Waste – Refuse/Reuse/Recycle

Old electronics should be disposed of properly and/or recycled wherever possible. Electronic waste contains heavy metals such as lead, mercury and cadmium, as well as brominated flame-retardants and other harmful substances including various plastics that do not decompose and leach into soil, ground water and pollute the air. According to Green Living www.greenlivingonline.com, Canadians annually generate about 140,000,000 kg of e-waste. A number of organizations and IT companies are working together to come up with sustainable solutions that refuse, reuse and recycle 100 percent of Canada’s e-waste. Here is how you can contribute to that process.

Refuse

Refuse to buy a computer, monitor, printer or other electronic equipment from a company that has unsustainable manufacturing processes and packaging, and does not have a satisfactory return, recycle, reuse program in place.

Reuse

Reboot Canada redistributes computer equipment to charitable organizations across Canada and other people with limited access to technology www.rebootcanada.ca

Computers for Schools is a federal program refurbishes and redistributes computers to schools, libraries and other not-for-profits www.cfs-ope.ic.gc.ca

Electronic Recycling Association invited you to donate your gently used computer equipment for reuse www.era.ca

Ontario Electronic Stewardship is a not-for-profit organization of IT retailers, IT workers and computer electronics companies working to deal responsibly with e-waste

according to the Waste Electrical and Electronic Equipment Program Plan and the Waste Diversion Act. www.ontarioelectronicstewardship.ca

Recycle

Turtle Island Recycling is a Canadian recycling company that develops and fosters strategic alliances with many of the largest industries and smallest offices across North America to sort and process all grades of paper fiber, plastic and metals. Primarily and recycling company Turtle Island also has the capability to provide a full range of responsible waste removal and disposal services. www.turtleislandrecycling.com

Electronics Products Stewardship Canada (EPSA) is a private and public recycling program seeking solutions for Canada's electronic waste www.epsc.ca (Be sure that you are not donating' your computer to a private enterprise that ships the equipment abroad to have the good bits removed by workers in unjust conditions and the rest of the machine discarded in a foreign landfill.)

Saskatchewan Waste Electronic Equipment Program (SWEEP) a not-for-profit corporation established by manufacturers, retailers, and other stakeholders to start collecting and recycling obsolete electronic equipment. The Alberta government has a recycling program for electronics <http://environment.gov.ab.ca/info/faqs/faq6-Electronics.asp>

Hewlett-Packard Canada, under its Planet Partners Program, takes back all brands of computer equipment for recycling for a small fee www.hp.ca/recycle Other IT companies such as Toshiba and Apple accept back their computers and monitors for recycle. When purchasing or getting rid of computer equipment, see the company website for their reuse/recycle terms and conditions.

Pitch-In-Canada and **Call2Recycle** have cell phone recycling programs available at participating Canadian Tire, Home Depot, Sears, Circuit City and Bell World stores. www.rbrc.org/call2recycle/dropoff/index.php

Accu-Shred recycles and recovers 100% of electronic equipment, from computers and cell phones to batteries and televisions onsite in Ontario and recovered materials are shipped only within North America. www.accu-shred.com/recycling.html 416-315-5015

Vernon Technology Solutions recycles computers and other office equipment here in Canada and you receive a certificate saying so. www.vernontech.ca/en/disposal-recycling.aspx

Vernon's retail outlet Good as New Computers 905-752-0925 Markham, Ontario sells warranted used computers and other office equipment. 1-800-961-3535 locations across Canada

Green Meetings

First step to conducting a Green Meeting is to communicate meeting details by e-mail instead of distributing hard-copy memos. Serve Fair Trade / organic / shade-grown coffee, organic green tea and/or plain tap water in a jug with a few slices of apple or other local fruit and offer local fruits, vegetables, baked goods or other local organic snacks

and meals. If catering the event, consider ordering a meal from another culture, a cooperative or a green caterer.

Green Meeting Guide www.greenmeetingguide.com from Canada's The Innovolve Group
416 364-0500 ext 307 has all you will need to know about holding a green meeting or conference, including lists of sustainable caterers in your region.

CCR Solutions A Canadian company that produces environmentally sustainable conferences, presentations, audio visual / computer presentations Toronto 416-675-7502
Quebec
514-344-0015 Toll free 1-800-761-1119

Green Meeting Industry Council, an American organization dedicated to greening meetings and conferences, offers some useful ideas www.greenmeetings.info e:
shawna@greenmeetings.info

Tip - So-Long Styrofoam Host your meetings using ceramic or glass plates and cups, and silverware. If not available or your crowd is too large, opt for plates and cutlery and glasses made from recyclable or compostable materials from the following Canadian suppliers.

GreenShift is a Canadian distributor of tableware and other hospitality products made in totally sustainable and biodegradable ways. www.greenshift.ca 416-925-9655
info@GreenShift.ca

Go Green in Stages is a Montreal-based company supplying eco-health tableware, cleaning products, accessories. www.gogreeninstages.com/ 514-693-9639
info@gogreeninstages.com

Mansfield Paper Co stocks environmentally and healthy alternatives to traditional paper and packaging products, cups, containers, cutlery and cleaners made from corn, potatoes and bamboo. These materials are formed into products that mimic the qualities of paper and plastic, which makes them ideal for hot or cold, liquid or solid, and greasy or dry foods. www.mansfieldpaper.com/environmentallysafe.html

Teleconferencing

Did you know that effective PowerPoint presentations can be given over the phone? Try proposing teleconferencing to your faith community. Do the math beforehand by calculating potential savings and list some of the other advantages, such as: Comfort (you can sit in your favourite lounge chair, drinking organic green tea); Convenience and Cost Effectiveness

For the price of getting everyone in person to a meeting, your organization could offer employees a small bonus or put the money saved towards a sustainable faith community project.

For information on teleconferencing technique and protocol

<http://communication.howstuffworks.com/teleconferencing-etiquette1.htm>

Tip - Carbon Offsets Every day Canada puts over 2 million Tons of Greenhouse gases in to our planet's atmosphere. As Canadians, we all contribute to this massive amount of

pollution, every time we drive our cars, travel by plane, buy manufactured products, or simply heat our home

While it is unsustainable in this era of climate change to travel across country for a meeting, it is still the norm for many companies. If you do fly to a meeting, seek out an ethical, not-for-profit carbon offset program focused on reducing CO2 and other GHG emissions and committed to making a speedy transition to renewable energy such as these Canadian groups, Carbon Zero www.carbonzerocanada.com/aboutfaq.php
Greatest Planet www.greatestplanet.org

How to Go Green: Working from Home

While working from home saves you crowded commutes, take-out lunches, and weekly printer paper deliveries, setting up a home office comes with its own opportunities to cut back even more on energy use and reduce waste. Planet Green's *How to Go Green: Working from Home Guide* <http://planetgreen.discovery.com/go-green/work-home/index.html> tells what you need to green your home office.

Green Interiors-Furnishings and Retrofits

Green Interiors

- Carpeting
- Fabrics / Textiles
- Flooring
- Furniture
- Hardware
- Lighting
- Paints, Finishes
- Professional- Green Renovators
- Trim, Panelling, Wallboard...
- Wallcoverings, Wallpaper
- Windows and Doors (interior),
- Weatherproofing, caulking

Carpeting

Conventional broadloom is made from petroleum, a fossil fuel-based resource. Green Label Carpet & Rug Institute (CRI) offers science-based facts about purchasing 'green' carpeting, how to reuse and recycle carpets and more. www.carpet-rug.org

Interface Carpet is a world leader on the path to industrial sustainability, with the goal of becoming a "restorative enterprise." from the raw materials used to the reclaiming and recycling of all its products. For a Rep near you see www.interfaceinc.com

Shaw Contract Group makes the Ecoworx line of infinitely recyclable carpeting, and at the end of a carpet's useful life, Shaw will recycle the material, regardless of manufacturer, by either making new carpet from it,

turning it into waste-to-energy or 'down-cycling' it into another product. Its carpet tile and non-PVC tile backing system are fully sustainable.

www.shawcontractgroup.com/html/html/capabilities/cap_sustain7.shtml

To arrange to have carpet recycled call Shaw Inforum 1-877-502-SHAW

Tandus Carpets have a closed-loop recycling program and will take back all your old and new carpeting. Their own carpets are made from recycled materials and a manufacturing process that uses 25 percent less yarn than the industry average. A new Canadian office opening soon. www.tandus.com

Tarkett Carpets Tapisom carpeting made from 50 percent recycled polyester reclaimed from the garment industry and 50 percent Nylon. Very durable, great array on patterns, colours and can be recycled completely and indefinitely so it never goes to landfill. Its low pile discourages mold growth and is easily wet or dry vacuumed. www.tarkettcommercial.com

Vorwerk hypoallergenic carpeting made from recycled materials with low chemical dyes and glues. www.vorwerk-carpet.com, available in Canada through Floorworks 416-961-3881

Woodnotes, a line of Finish-made carpeting and upholstery made from wood-based paper yarns and natural dyes. www.woodnotes.fi e: woodnotes@woodnotes.fii for Canadian retailers.

Habitat for Humanity – ReStores www.habitat.org/env/restores.aspx will take your relatively clean used carpet for reuse. Toll free 1-800-422-4828.

Tip Cut old carpet into floor mats and runners. Outside, permaculturists suggest laying it on the lawn you are converting to native plants to stop grass from growing and prepare the land for planting anew. Or, place carpet 'stepping stones' around beds to keep weeds down thereby eliminating need of herbicides and reducing need to water as the carpet retains moisture.

Fabrics / Textiles

Look for natural untreated fabrics rather than synthetics, especially those that have been chemically coloured and coated with flame / fire retardants and dirt-resistant treatments. Hemp, ramie, wool, linen and bamboo and organic cotton are some natural materials that come in a variety of textures and can be very durable. Natural fabrics are easier to maintain and can generally be home-washed without using strong chemical cleaners.

Climatex Lifecycle Wool by Rohner Textile, Switzerland, makes natural wovens and non-wovens, such as felt fabrics, that are durable for commercial / institutional use and can be mulched or composted when use is through.

www.climatex.com

Luxeport an Alberta-based company distributing bamboo fabrics, linens, clothes.
www.luxeport.com 1 - 8 0 0 - 9 3 9 - 1 u x e (5 8 9 3)

Terratex hard-wearing polyester upholstery fabrics made from recycled pop bottles. www.truetextiles.com e: yanne.larosa@interfacefabrics.com

Organic Cotton Conventional cotton provides close to 50% of the world's textile needs. Unfortunately it also consumes about 25% of the world's pesticides and herbicides, some which are extremely toxic and damage our air water and soil. As cotton is present in numerous home decor items you can make a big difference by choosing organic cotton products for bed and bath linens, upholstery, drapery and area rugs. <http://www.sustainablecotton.org>

Hemp is one of the most durable, diverse and eco-sustainable crops growing in Canada. From naturally water-repellent hemp shower curtains (soft vinyl-PVC shower curtains off gas and are considered carcinogenic) to area rugs and upholstery, hemp fibres have no toxic by-products (hemp crops require no pesticides and very little water) and are fully recyclable. www.envirotextile.com

You have given humanity dominion over the works of your hands; you have put all things under their feet, all sheep and oxen, and also the beasts of the field, the birds of the air, and the fish of the sea, whatever passes along the paths of the sea. The Bible, Palms 8:6-8

Flooring

Tip Avoid vinyl flooring because it is made from PVC, and if you must have wall to wall carpeting, choose carpeting made from recycled PET, wool, hemp, sea grasses ... see the following healthy alternatives.

Silkroad sells bamboo flooring, fast becoming a top flooring material because of its super strength, versatility, eco-friendly beauty. It is apparently more dimensionally stable than oak or maple. www.silkroadflooring.com 905-947-1688 e: info@silkroadflooring.com

Bamboo Direct Flooring a Vancouver-based company with outlets across the country specializing in eco-friendly bamboo. www.bamboodirect.ca

Kirei Board, residential or low-traffic institutional flooring made from cast-off sorghum stalks (molasses byproduct) and non-toxic adhesives Available through Octopus Products www.octopusproducts.com 416-531-5051

Marmoleum is an ideal solution for a variety of surfaces, including table tops, wainscoting, partition walls and flooring for institutions such as churches, hospitals, schools and offices as it is made from natural materials (flax, linseed), colours and is hardwearing. www.forboflooringna.com

Shnier - Linoleum, cork, tiles and other flooring produced in an environmentally sustainable way and providing a healthy indoor air quality.
www.shnier.ca/en/products.php

Eco Timber flooring has a wide variety of wood flooring made from FSC certified lumber. EcoTimber engineered flooring claims all the benefits of laminated flooring—including superior stability and easy installation—and the look of solid wood. Available in Canada through Greenworks Building Supply, www.greenworksbuildingsupply.com 604-685-3611

Legacy Vintage Building Materials and Antiques sells reclaimed antique flooring, antique pine, maple etc... floor planks and boards
www.legacyvintage.com/flooring.html 905-373-0796 e: info@legacyvintage.com

Flooring Systems

Termobuild Canada manufactures “thermo mass” radiant flooring systems called Smart floors that are linked with heating and cooling equipment resulting in energy savings and better air quality www.termobuild.com/how/
info@termobuild.com 905 764-1878

Daro Flooring Construction Floating floor system resembling concrete but with 100% organic gypsum as binding agent that is at least as durable as concrete but with no cracking. Local aggregates used only with no onsite waste. The process requires 75% less energy than the manufacturing of cement and energy savings from radiant floor heating can be up to 30% annually. Local licensed applicators provide all installation – natural colour pigment can be added www.daro-flooring.com 905 660-6340 For rep in your province call toll free 1 877-760-3276

Furniture - Case goods, wood frame beds, tables ...

Where possible, source wood furnishings and building products made of local woods from certified sustainably managed forests bearing a Forest Stewardship Council (FSC) www.fsc.org, SmartWood, or other certification label. These labels indicate that the wood was plantation-grown and is not an endangered species harvested from endangered habitats. In addition to wood, consider other natural options such as abundant and renewable bamboo, rattan, straw, and wood that has been recycled or reclaimed from a demolished building.

Cabinet, modern, made-in-Canada tables, desks, cabinets for public spaces, home or office. www.cabinetfurniture.ca 416-9239234

North on Sixty, an Ontario-based furniture company and builder that custom-makes wood furniture, doors, pews...from FSC woods and has a showroom of hand-made furniture. It also sells many varieties of FSC lumber
www.northonsixty.ca/contact_us.htm Toll free 1-877-985-2458

Baltix Sustainable Furniture offers a new and fresh approach to the commercial furniture marketplace. We offer a rich palette of green material options including pre and post consumer recycled content, biocomposite wheat and sunflower, rapidly renewable bamboo and FSC hardwood veneers. www.baltix.com

IKEA is pursuing sustainability by discontinuing the use plastic bags, investing \$77 million in clean technology startups like solar, and, today, 71% of all IKEA products are recyclable, made from recycled materials, or both. The company recycles 84% of the waste generated in its stores. When a country introduces stricter emissions rules, like when Japan decided to restrict formaldehyde emissions to levels close to zero, IKEA will impose the new restrictions on its global operations. www.ikea.com/ca/en

Vintage Woodcraft artisan-crafted furniture, flooring, stairs and furniture frames made from reclaimed wood. www.vintagewoodcraft.com

Habitat for Humanity – ReStores will take lightly used furnishing to resell. www.habitat.org/env/restores.aspx _Toll free 1-800-422-4828.

Furniture - Upholstered

Tip - Avoid PBDEs, or polybrominated diphenyl ethers, are fire retardants that have been routinely applied to furniture and electronics since the 1980s. Widely used in polyurethane foam and other plastics, PBDEs are kin to polychlorinated biphenyls (PCBs), which have been banned for nearly 30 years because they can cause immune suppression, endocrine disruption, behavioral problems, and cancer. The flame-retardant chemicals can migrate out of furniture (a.k.a. off-gas) into household dust, food, and our bodies. Look for sofas and chairs stuffed with non-toxic batting such as untreated wool, latex from rubber trees or kapok, a strong silky fibre harvested from seeds of the ceiba tree.

Perri Fine Furniture Toronto-based company manufactures eco-furniture using latex rubber foam wrapped in thick wool batting. There are feather cushions and the upholstery is a blend of linen and hemp in a series of natural colours. Recyclable steel springs with 100 percent FSC certified frames, water-based glues and water-based stains.

www.perrifinefurniture.com/contact.htm 416-665-1991 Available across Canada through **DeBoer's** in Toronto 416-596-1433 or 1-800-265-2637 and other furniture stores.

Norwalk Furniture uses 100 percent recycled steel coils and springs, FSC wood frames, with a non-toxic foam padding. Look for Canadian Bioplush upholstered goods. www.norwalkfurniture.com

Natural Lee sofas, chairs, ottomans stuffed with American Preserve non-toxic stuffing mixed with down www.naturallee.com

IKEA makes upholstered furniture without PBDE flame retardants. www.ikea.com/ca/en

Green Design Studio, eco-chic furniture in which every aspect of construction and materials is chosen with a social, health, and environmental consciousness. Includes a line of organic cotton batten padding, organically dyed textiles and naturally tapped latex rubber padding. www.greendesignstudio.ca 416 538-0326

608 Design, a small Toronto furniture company that makes with FSC wood frames, natural latex and soy foam padding and recycled fabrics. www.madedesign.ca
416-607-6384

UA Upholstery Arts Inc. British Columbia designer, Len Laycock, claims his company makes some of the greenest upholstered furniture in the world. Modern sofas with latex toxin-free foam upholstered with healthy, eco-friendly either biodegradable or recyclable fabrics. The FSC wood frames are sealed with non-toxic glues and stains www.upholsteryarts.ca 604-731-9020 Distribution across Canada

Green Culture Furniture California- based eco furniture company, will ship. www.Eco-Furniture.com. 1-877-20-GREEN

Furniture Inc. Massachusetts-based manufacture of all kinds of non-toxic, chemical-free, organic furnishings from sofas and chairs to mattresses and linens. www.furniture.com

Reuse

Reupholster old furniture or shop carefully for good quality second hand sofas and chairs from the 1950's, 1960s or older that may well be stuffed with latex or other natural materials. Reupholster with natural fabrics such as wool, hemp, bamboo, linen/flax, and other organic or recycled fabrics. See www.modgreenpod.com and www.greensage.com

Furniture Bank, a Canadian charitable organization that accepts donations of gently used furniture and household items that it redistributes to people in need. www.furniturebank.org 416 934-1229

Furniture –Bedding

Buying a healthy mattress is particularly important as we spend approximately one third of our life in bed, and you don't want to be nestling into a sea of chemicals such as boric acid, often applied liberally as a fire retardant.

Soma Sleep sells a variety of bed linens, mattresses, pillows etc... made from people and planet friendly materials. 416-789-2337

Grassroots has a variety of bed linens, mattresses, pillows etc... made from people and planet friendly materials. 416 944-1993 416-466-2841

Organic Lifestyle sells a complete line of organic bed linens.
www.organiclifestyle.com

Essere Organics Oakville-Ontario-based store sells a variety of bed linens, mattresses, pillows, toweling etc... made from people and planet friendly materials. www.essereorganics.com 1-800-975-2372

Sleeptek is a Canadian manufacturer of organic/natural mattresses, pillow, padding, comforters. www.sleeptek.ca Call main line for distributor near you. 1-866-507-4925

The Good Planet sells a variety of bed linens, mattresses, pillows etc... made from people and planet friendly materials. 1-250-477-0146

Looolo Textiles is a Montreal-based textile /furnishings company that make blankets, throws, pillows and more from 100 % natural kapok, organic cotton and yarns. All items are fully biodegradable. www.looolo.ca 514-880-6560

Team 7 A Miami-based manufacturer of non toxic, (herbal oils and waxes, water-based glues...) solid hardwood, glass, metal etc...modern furnishings, all made by processes that are ecologically sound and sustainable methods – recycled, renewable and/or recyclable materials www.team7miami.com/ 1 800-521-9663

Hardware

Artefacts in village of St. Jacobs, Ontario, has a vast collection of quality original architectural salvage as well as unique custom designed pieces rebuilt from vintage iron, wooden shutters and many other reclaimed creations for interior and exterior decorating. <http://artefacts.ca/> 519-664-3760 e: chris@artefacts.ca

SpectraDécor makes contemporary cabinet hardware, door pulls and other hardware from recycled glass and aluminum, cork, eco-resin, fused

glass, lead-free pewter and stainless steel. American made.

Environmentally friendly. www.spectradecor.com

Available in Canada through Banbury Lane Design Centre, Calgary

www.banburylane.com/banburylane_intro.html 403-244-0038

Lighting

LED (light-emitting diode) are quickly replacing the standard incandescent bulb and even the energy efficient CFL. They're free of mercury, and boast even greater efficiency and longevity than CFLs.

Philips LED Designed to replace incandescent bulbs in all general indoor lighting applications, both of these LEDs are dimmable and use only about 8 watts to produce the light output of a 40-watt incandescent - making them roughly 80% more efficient than the standard incandescent, and about 20% more efficient than comparable CFLs. See LED Products at www.lighting.philips.com

Insaini LED Lighting Solution A Canadian company specializing in energy efficient, environmentally friendly LED lighting products and LED lighting design solutions.

www.insaini.com/ 416-819-3598

Kramer Lighting specializes in large-scale commercial / institutional LED installation with design awareness to ambience. LED lights offers numerous environmental benefits over other types of lighting for today's eco-conscious facilities and for buildings working toward LEED certification. The advantages of LEDs include high efficiency, durability, with longer life over other lamp sources, so they require far less maintenance offering energy savings, maintenance savings and an overall reduction in cost of ownership.

And no mercury or lead is used in their manufacture.

www.kramerlighting.com and www.kramerlighting.com/kramerled 1-800 236-6800 sales@kramerlighting.com

Lutron manufacturer of energy efficient light controls such as dimmers, switches and controls that save energy while creating inviting, comfortable spaces. www.lutron.com/CMS400/default.aspx?app=energy Some

Toronto dealers: Jomar Electric 416-536-2194, Paul Wolf Lighting 416-

504-8195 or call 1-877-258-8766 for dealer nearest you . **Rep Tech**

Enterprises sells Lutron products and can help design an energy efficient lighting system www.reptechenterprises.ca/ 905-696-0535

Nexstar sells the most advanced energy-savings solutions available.

Nexstar's lighting services include professional retrofit lighting design, engineered energy reports and analysis, and a wide range of energy

efficient lighting products including a wide range of commercial/institutional CFL's, fluorescent T8 and T5 fixtures, T8/T5 fluorescent lamps and Starburst Industrial fixtures.

www.nexstarlighting.com/

416-800-4373

WSE Technologies A Saskatoon-based distributor of all manner of LED lighting fixtures and bulbs. www.ledlights.ca 306 244 8808

Lighting – Vintage

Architectural Antiques This Ottawa store has a vast collection of vintage light fixtures. 613-722-1510

Legacy Vintage Building Materials and Antiques sells a vast selection of quality antique / reclaimed lighting fixtures – sconces, chandeliers, pendants - and lamps. www.legacyvintage.com/flooring.html 905-373-0796 e: info@legacyvintage.com

Paints

Tip -Indoor Air Quality Volatile organic compounds (VOCs) are gases emitted from certain chemical solids or liquids that pollute the air and can cause or aggravate a short and long-term illness. Shown to be up to ten times higher indoors than outdoors, VOCs 'off-gas' from a wide variety of products and furnishings including paints, lacquers, paint strippers, cleaning supplies, waxes, pesticides, building materials and furniture, office equipment. No-VOC paints, finishes and furnishings are increasingly available, offering durability and aesthetic appeal without making you or the environment sick. Earth Easy list of green paint www.eartheasy.com/live_nontoxic_paints.htm

AFM Safecoat paints, primers, sealants, stains, oils and waxes meet high standards of health and environmental safety, eliminating toxic ingredients such as solvents, heavy metals, chemical residuals, formaldehyde and other harmful preservatives. www.afmsafecoat.com/index.php e: info@afmsafecoat.com In Ontario through EcoInhabit 519-538-0777 Toll free 1-888 -538-0777

Allback is a Swedish paint made from three simple ingredients: organic cold-pressed linseed oil, a "simple drier" and natural pigments. . Though slow to dry and pricey, claims are it will never peel. Available in Canada through www.solventfreepaint.com

1-866-516-7787 e: swedepaint@rogers.com

Boomerang Paint You can't get much greener paint than recycled paint. This Quebec-based company reclaims and recycles unused paint and stains to make new paint products in a wide range of colours inspired by nature. www.boomerangpaint.com Victoriaville, Quebec 1-819-758 5497 Ontario 416-236-2227, 416 464-3085 EcoPaints 416 936 4443 e: boomerangbytheskid@rogers.com

BioShield, offers a full range of people and planet safe natural paints, wood stains, finishes and more www.bioshieldpaint.com Toll free 800 621-2591
In Canada through Spirit Interiors (604) 542-0073 email: spiritinteriors@mac.com

Green Planet Paints www.greenplanetpaints.com/
Email: info@greenplanetpaints.com
In Canada through Greenworks, Vancouver, 604-685-3611
www.greenworksbuildingsupply.com

ICI no-VOC paint is suitable for long lifecycle commercial/institutional construction and maintenance where green building standards are sought. Available through Glidden and Colour Your World paint dealers
www.duluxpaints.com/home.do
www.canadapaints.com/lifemaster.htm

Pittsburgh Paints – Pure Performance line of no VOC paints
www.pittsburghpaints.com

Williams of Muskoka Custom Woodworking sells real milk paint
www.realmilkpaint.com Toll free 1-800-339-9748

Yolo Colorhouse are No VOC environmentally responsible paint products with a user-friendly color palette. The company claims to be “connected to our community as artists, teachers, environmentalists and a woman-owned business.” www.yolocolorhouse.com/products.php Available in Canada through Greenworks Building Supply,
www.greenworksbuildingsupply.com 604-685-3611

Stains, Finishes, Eco-Paint Products

www.solventfreepaint.com/

Homestead House an all-Canadian, Toronto-based company that sells VOC-free milkpaints, latex paint, indoor and outdoor stains and hemp oil wood finish. www.homesteadhouse.ca

Lee Valley has several “tried and true” traditional finishes for wood furniture and woodwork that are safe for people and planet, such as pure tung oil, walnut oil, aniline water-based stains www.leevalley.com 1-800-267-8761

Napier Environmental Technologies Biowash is a toxin-free paint-stripper for removing all manner of industrial/commercial/residential paints, coatings and finishes without harsh chemicals. www.biowash.com

Timber Ox makes bio-based, low VOC wood stains
www.timberoxinfo.com
1-800-203-5143

Dynamic Paint Products sells brushes, rollers, trays...made from recycled materials, available at Home Depot, Rona, Canadian Tire and other paint supplier www.getpainting.com 905-593-9812 or 1-800-668-1124

Painters

Earthtones Painters Toronto-based skilled commercial/institutional building and house painters with expertise also in wallpapering, colour consultations, faux finishes and wood refinishing using the most eco and health-friendly products on the market. www.earthtonespainters.com 416-821-9654 e: antoine@earthtonespainters.com

The Lord is among the trees and the plants, within the household and outside as well

Guru Granth Sahib

Professionals – Green Interior Retrofitters-Renovation

Callrich Eco Services provides installation of insulation for energy efficient, mold and mildew elimination, and all manner of eco-renovations for healthy buildings and homes. Servicing the GTA but will travel further if the circumstances suit. www.callrichecoservices.com/roof.html 905-626-1844
Toll free 1-866-412.5064 e: info@callrichecoservices.com

Green Design Studio A team of residential, commercial, institutional interior designers and LEED Certified professionals devoted to sourcing sustainable products and furnishings that aid in maintaining the health of the environment and educate people so they can make healthy and positive

product choices for their family and community.
www.greendesignstudio.ca 416 538-0326

Greening Homes helps homeowners and small commercial / institutional buildings in Ontario become healthier and more sustainable by combining non-toxic, natural products and materials with the highest standard in construction practices. Trades people are experienced working with clients with MCS and follow extensive protocols to limit environmental impact. www.greeninghomes.com 416 532-6811

GreenNeighbourhoodHomesInc. designs and builds quality custom energy efficient homes, healthy homes and environmentally sustainable homes, renovations and additions in Toronto and the GTA. LEED
www.greenneighbourhoodhomes.ca 416-233-1359
e: info@greenneighbourhoodhomes.ca

Dr Reno A reputable renovation company that supports local tradesmen and suppliers while continuing to minimize the impact on the environment by reducing land fill waste, promoting green products and by making homes and businesses more energy efficient. www.doctoreno.com 416-915-3178

GreenNeighbourhoodHomesInc. designs and builds quality custom energy efficient homes, healthy homes and environmentally sustainable homes, renovations and additions in Toronto and the GTA. LEED
www.greenneighbourhoodhomes.ca 416-233-1359
e: info@greenneighbourhoodhomes.ca

Eco-Building An Ontario-based renovation and building company that uses eco and healthy products www.eco-building.ca 1- 877-741 3535 e: kroyce@eco-building.ca

Trim, Cabinetry, Doors, Wallboard

American Clay Earth Plaster is a durable, environmentally friendly alternative to cement, gypsum, acrylic, and lime plasters. It is compatible with the 'breatheable' construction recommended for both historic and new buildings. www.americanclay.com/products/index.html Available in Canada through Greenworks Building Supply, Vancouver, www.greenworksbuildingsupply.com 604-685-3611

GreenE Board, from Ontario-based building materials company Owl Distribution, an **eco-friendly alternative and upgrade to replace**

gypsum drywall and cement backer boards for walls, floors and countertops. GreenE Board is comprised of mostly magnesium oxide naturally water, freeze/thaw, impact, fire, vermin and fungus resistant. Mould and mildew will not form on the product due to its naturally high pH level. Green E Board is apparently easier to install than current cement boards and traditional backer boards.

www.owldistribution.com/greeneboard.htm click Product link – GreenE Board – for dealer nearest you.

Tip Many new and affordable ‘engineered board’ products made from annually renewable and/or agricultural waste materials are taking some of the pressure off harvesting old growth forests and endangered species. Made from local materials such as straw and grass fibers bound with non-toxic resins, their performance apparently exceeds particleboard and equals MDF/particle board in strength and density, without the formaldehyde-based adhesives. Boards come in a variety of standard thicknesses and panel sizes and can be painted or laminated. Canadian wheat farmers benefit, too, because straw must be removed and disposed of following the annual harvest. In the past, they had two options: ploughing the straw back into the soil was expensive and burning the fields created air pollution problems. With the introduction of Enviroboards and Isobord (and straw bale building) local farmers now sell their straw residue. What was once a financial and environmental burden is now a revenue-producing secondary crop.

Isobord is a premium engineered board product Manitoba-made from straw fibers and non-toxic resins. Together, straw fibers and MDI adhesives create superior properties of moisture swell, elasticity, internal bond, density and strength -- all without harmful emissions. Isobord comes in several thicknesses. Standard panels are 4'x8', 4'x9', 4'x10', 4'x12' and 5'x8'. Isobord can be used for furniture, door cores and cabinet cases. It can be painted or laminated.

www.professorgolfproducts.com/enviro_board.htm

Enviroboard, California-based manufactured construction panel using compressed ecologically safe and/or recycled agricultural waste fibres, such as the post-harvest straw of rice, barley, wheat, and grasses or a more urban waste stream such as newspaper fibre.. www.enviroboard.com

Tip If you are using virgin wood products for paneling, trim etc.. ask for domestic FSC certified lumber as opposed to tropical hardwoods. Look for trim and interior doors at reuse centres or building salvage suppliers. **Healthiest Home** Canadian supplier of formaldehyde-free, water-based stained, FSC wood locally made cabinetry and more.

www.thehealthiesthome.com 1-877-Eco-4211

Reclaimed/Reuse

Forever Interiors Toronto-based Martin Scott makes cabinetry, furniture and accessories such as large mirrors out of reclaimed construction debris. Old doors become cabinets, wood trim and walls of mirror from apartment lobbies become new framed mirrors. To buy reclaimed, repurposed furnishings or offer up your useable debris 416-291-2001.

The Door Store This established Toronto store sells a wide variety of architectural salvage trim, paneling, windows, doors, lighting, hardware and other interior artifacts. <http://thedorstore.ca> 416-863-1590

Legacy Vintage Building Materials and Antiques sells antique / reclaimed cabinetry for kitchen, bathroom, display... Will help you source what you need. www.legacyvintage.com/cabinets001.html 905-373-0796 e: info@legacyvintage.com

Post & Beam Reclamation In the Junction area of Toronto, this store specializes in quality architectural. <http://pandb.ca/> 416-913-4243

Wall coverings

Conventional wallpaper typically contains chemicals and inks that off-gas hazardous VOCs. Numerous eco-friendly wall coverings exist made from wood pulp and various recycled or reclaimed materials, and colored with water-based inks. Also look for natural fiber products such as linen, sisal, cork, rice and grass cloth wall coverings.

Home Depot sells natural grass cloth wallpapers.
www.homedepot.com/webapp/wcs/stores/servlet/ProductDisplay?storeId=10051&langId=-1&catalogId=10053&productId=100632655&N=10000003+90401+528789

Bamboo Trade sells wallpaper made from renewable resource bamboo www.bambootrade.net info@bambootrade.net

Window – Stained Glass

Sarah Hall Studio - Solar Stained Glass, The integration of photovoltaic elements into church and other architectural art glass is a recent development in this Toronto glass artist's work.. See her website www.sarahhallstudio.com 416-532-6060 sarah.hall.studio@sympatico.ca

Window Repairs - Restoration

Rainbow Makers Stained Glass, Brian Metcalfe is a master craftsperson with expertise in stained glass window restoration, repair and insulation Issues. rainbowmakers@on.aibn.com 800-979-8332

Clifford Restoration, Ontario-based general contractors, specializing in restoration of historic architecture and windows, with expertise in church restoration, natural stone supply and installation, stained glass repair and insulation, panelization, facade repair and more.
www.cliffordrestoration.com/ 416-691-2341

Weather-Stripping, Caulking, Sealants,

GE Silicone Caulk When sealing around doors, windows, tubs and sinks this waterproof 100 percent silicone caulk could be a good choice. Acrylic caulk is best if you are painting over it. For both needs use a hybrid paintable silicone caulk.

www.gesealants.com/products.html

Safecoat Caulking is a non-toxic water-based, elastic emulsion caulking compound that replaces oil caulk and putty for windows, cracks and general maintenance work.

www.afmsafecoat.com/products.php?page=6

Quickshield A VOC-free sealant and caulking. For information and dealer near you see

www.geocelusa.com/php/retail/products.php

Kitchens

Kitchen

- Cabinetry
- Countertops/backsplash
- Cook equipment / supplies
- Flooring
- Paper Products, Containers...
- Plumbing: faucets, sinks
- Recycling / composting

The Green Kitchen System, designed by Indian designer Nilay Shah with Italian kitchen company Veneta Cucine, forgoes the fridge in favour of effective storage design and regular trips to the farmers market/local grocer. The idea is to use less electricity and buy fresh local foods.

www.treehugger.com/files/2008/10/designing-a-kitchen-no-fridge.php



Cabinetry

Premisys Inc. is a Canadian manufacturer of FSC Certified kitchen cabinetry, millwork, trim and NAUF (No added Formaldehyde Cabinetry) with low VOC finishes. Where possible resources are regional and rapidly renewable materials are used.

www.premisys.ca/premisys/Welcome.html 905-815-9300 sales@premisys.ca

AyA Kitchens and Baths, in Mississauga, Ontario, manufactures a new line of elegant kitchen cabinetry, called EVO, made from recycled and recovered materials, with no added formaldehyde adhesives. www.ayakitchens.com For the EVO Collection see

www.ayakitchens.com/whatsnew/whatsnew.html 905-848-1999 x 242

krenic@ayakitchens.com

The Kitchen Cabinet Manufacturers Association (KCMA), a not-for-profit industry association representing more than 350 kitchen and bath cabinetmakers in the Canada and the USA, is working with Environmental Stewardship Program (ESP) certification to help green the cabinet industry www.greencabinetsource.org

Healthiest Home is a Canadian supplier of formaldehyde-free, water-based stained, FSC wood locally made cabinetry and more. www.thehealthiesthome.com 1 877-Eco-4211

IKEA is investing \$77 million in clean technology startups like solar, and currently 71 percent of IKEA products, including kitchen cabinetry, countertops and furniture are recyclable, made from recycled materials, or both. It has stopped using plastic bags and company recycles 84 percent of waste generated in stores.

Isobord, manufactured in Manitoba, Isobord is among a host of new and affordable 'engineered board' products suitable for cabinetry, doors, paneling etc...made from annually renewable and/or agricultural waste materials such as local and abundant straw fibers and non-toxic resins. They take some of the pressure off harvesting old growth forests and endangered species. Their performance apparently exceeds particleboard and equals MDF/particle board in strength and density, without the formaldehyde-based adhesives. www.forestnet.com/archives/Dec_Jan_99/mill_profile.html

Woodstalk Straw Board is an 'engineered board' suitable for cabinetry, doors, paneling etc...made from an annually renewable agricultural waste material - local and abundant straw fibers -with non-toxic resins. Available in Canada through White-Wood Distribution www.white-wood.com 604-607-3254 or 204-982-9450 e: sales@white-wood.com

Urban Tree Harvest Ontario-based company formed to salvage, mill and resell trees that die in Canadian cities (up to 9,000 per year in Toronto alone). Urban Tree Salvage keeps the wood from these trees out of landfill where it rots and instead makes a variety of eco-friendly cabinetry and furniture designs for institutions, homes, offices. Taking waste and turning it into value added useful, locally made products. <http://urbantreesalvage.com> 647-438-7516

Harvest House Craftsmen Ontario-based carpenters make kitchen cabinetry from salvaged and recycled wood www.hhcraftsmen.ca/Cabinet2.html 416-575-2930 or 905-939-8606

Kirei Board This California –based company makes a variety of eco and health friendly counter, cabinet, tile and panelling materials manufactured from drought-resistant sorghum, wheat, bamboo and coco, with no added formaldehyde adhesives.

www.kireiusa.com/about.html

Available in Canada through Octopus Products www.octopusproducts.com Ontario 416-531-5051; Quebec 514-246-7238; B.C. 1-877 574-FAMA, 604-574-0885

info@famaindustries.com, and GreenWorks Building Supply

Inc. www.greenworksbuildingsupply.com

e: info@greenworksbuildingsupply.com 1-877-685-3611

If I am incapable of washing dishes joyfully, if I want to finish them quickly so I can go and have a cup of tea, I will be equally incapable of drinking the tea joyfully. With the cup in my hands I will be thinking about what to do next, and the fragrance and the flavor of the tea, together with the pleasure of drinking it, will be lost. I will always be dragged into the future, never able to live in the present moment. Buddhist monk Thich Nhat Hanh

Countertops

Eleek makes counters, sinks, tiles, hardware and more out of 50 to 90 percent recycled aluminum. Sheet countertop-depth can be up to 3 feet wide with built-in front lip and backsplash. Also make tiles. Clear-coat finish is food-safe and nontoxic. www.eleek.com . Greenworks Building Supply, www.greenworksbuildingsupply.com 604-685-3611

Cambria natural quartz is strong, durable and long lasting. It is certified by NSF International (Standard 51-Food Equipment Materials) as safe for use as a food preparation surface.

www.cambriacanada.com

Vetrazzo A new solid surface material, made of 80-95% recycled glass mixed in cement or a resin base, is ideal for tabletops and countertops. VETRAZZO™ is as durable and smooth as marble and stronger than standard solid concrete, and comes in almost any colour combination and design. Can be coloured to match paint or cabinetry
www.vetrazzo.com/ Available in Canada through White-Wood Distribution www.white-wood.com/ British Columbia, 604-607-3254 Winnipeg and Ontario (204) 982-9450 e-mail sales@white-wood.com

Squak Mountain Stone. An environmentally friendly counter or tabletop fibrous-cement material comprised of recycled paper, recycled glass, coal fly-ash and cement. Material is hand-cast into “slabs” as an alternative to natural or quarried stone. Resembles soapstone or limestone.

www.squakmountainstone.com/index.html Western retailer: GreenWorks Building Supply Inc. Toll Free 877 685-3611 www.greenworksbuildingsupply.com email: info@greenworksbuildingsupply.com East: Green Home Chicago Design Center, 312 432-9400 and Greenmaker Supply, Chicago, 866 702-7500

Kirei Board This California –based company makes a variety of eco and health friendly counter, cabinet, tile and panelling materials manufactured from drought-resistant sorghum, wheat, bamboo and coco, with no added formaldehyde adhesives.

www.kireiusa.com/about.html

In Canada through Octopus Products www.octopusproducts.com Ontario 416-531-5051; Quebec 514-246-7238; B.C. Toll free 877 574-FAMA, 604-574-0885

info@famaindustries.com, and GreenWorks Building Supply Inc. Toll Free 877 685-3611 www.greenworksbuildingsupply.com e: info@greenworksbuildingsupply.com

Tip - Make your own cleaning product from inexpensive bulk supplies such as white vinegar, lemon and baking soda. These cleaners can be stored in reused plastic bottles

To shine chrome sink fixtures that have a lime buildup, use a paste made of 2 tbsp salt and 1 tsp white distilled vinegar.

Super scouring cleanser – combine 1/4 cup baking soda with 1 tbsp liquid detergent. Add just enough white distilled vinegar to achieve a creamy texture.

Clean counter tops and make them smell sweet with a cloth soaked in undiluted white distilled vinegar. From www.vinegartips.com/cleaning and <http://housekeeping.about.com/od/environment/a/vinbaklemons.htm>

Terra Green Ceramics makes tiles for counters, walls, floors...from 100 percent certified recycled content www.terragreenceramics.com In Canada through World Mosaic,

613-232-5341 e: custsrv@terragreenceramics.com

EnviroGlas Products, solid floor and countertop surface material made of recycled glass mixed in cement or resin base. Based in Texas but ships all over the world

www.enviroglasproducts.com Toll free 888-523-7894 e:
communications@enviroglasproducts.com

Bamboo Chopping Block countertops made of slender rectangles of end-grain bamboo glued into panels (usually 1 1/2 inches thick). Available in natural or brown. Bamboo is a great substitute for wood because its fast growth makes it more renewable. Low-off-gassing glues don't harm indoor air quality. Can be cut with standard woodworking tools. Totally Bamboo
www.totallybamboo.com/index.cfm?fuseaction=category.display&category_ID=22 PH:
(760) 471-6600 San Marcos CA 866/835-9859 Teragren, Bainbridge Island, WA
800/929-6333.

PaperStone Earth Surfaces make an affordable countertop material from 100 percent post-consumer recycled paper certified by the Forest Stewardship Council, with non-petroleum, formaldehyde-free cashew nut shell resins. Can be cut and shaped with standard woodworking tools. Available in thicknesses ranging from 1/4 inch to 2 inches in many colourways. Heat- and stain-resistant with honed-surface look. PaperStone,
www.paperstoneproducts.com/ps_leed_certification.php 360 538-9815 for dealer nearest you.

Reclaimed Wood Butcher-block counters, made from reclaimed or recycled lumber, or lesser-known, underutilized tree species that have been sustainably harvested. Butcher blocks can be made from slender lengths or end-grain blocks. Recycled old-growth lumber often has tighter grain and better quality. www.endurawood.com/ 1-866-263-3939/352-2250

Modwalls and **Modrocks** are natural pebble and glass mosaic tiles made from 100 percent recycled glass from consumer bottles. www.modwalls.com

Ecoclear Rooglu a no-VOC formaldehyde-free adhesive to bond porous surfaces such as tiles, stone, metals, wood, textiles together. Good for kitchen tile work, backsplashes, counters.... www.roogreen.com 1-877-766-4583

Syndecrete is a cement-like composite countertop slab or tile surface made from minerals and recycled materials that is less than half the weight but twice as strong as concrete. <http://syndecrete.com/main.html> Green Home Chicago 312 432-9400

Faucets

Install low flow faucets. These water-saving devices will conserve up to 35 percent thereby saving you money in energy, water and wastewater charges. **Toto EcoPower** auto-sensor faucets use less than one-quarter of a gallon of water per cycle and turn off immediately when hands are taken away. This faucet is the first to use a self-sufficient hydro-powered turbine energy source that recharges the power supply during usage, eliminating the need to replace batteries or use grid electricity. www.totousa.com/index.asp

Dobbin Sales supplies quality commercial and institutional water conserving plumbing products and services to Canadians including expertise with religious institutions. www.dobbinsales.com 1-800-565-8515.

Dan Gueguen, vice president with Kitchener, Ontario-based Dordan Mechanical Constructors Inc., is focusing on green plumbing. 519-662-9900
e: info@dordanmech.com

Fixtures - Reuse

Addison's Antique Plumbing Supplies This Toronto-based warehouse sells a wide range of vintage tubs, sinks, radiators, faucets and more 416-539-0612

Legacy Vintage Building Materials and Antiques sells reclaimed quality vintage plumbing fixtures and supplies www.legacyvintage.com/flooring.html
905-373-0796 e: info@legacyvintage.com

Surface Medic located in Belleville, Ontario makes stained, chipped, burned, dull or scratched bathtubs, sinks, countertops, appliances and kitchen cabinets look like new at a fraction of the cost of replacement. www.surfacemedic.ca Toll free 1-800-919-9219

Flooring

Duro Design Quebec-based makes cork and bamboo flooring which are both ideal natural flooring solutions suitable for kitchen use. Bamboo is especially durable for high traffic areas. www.durodesign.com Toll free 1-888-528-8518 e: info@durodesign.com

Forbo Linoleum Marmoleum linoleum is a flooring and counter surface made from renewable materials including linseed oil, resins, wood flour, jute and ecologically safe pigments. Marmoleum has natural anti-bactericidal and anti-static properties and so is the safe healthy choice where health concerns are present. Available in a wide variety of colours and patterns. www.ForboLinoleumNA.com For dealer near you call 416-745-4200

Erth Coverings Natural indoor and outdoor panels of stone product for floors and walls. www.earthcoverings.com Toll free 1-866-657-6606

Kitchen Paper Products,

Frogfile, is a British Columbia-based supplier of all kinds of recycled, unbleached paper products and other organic, eco-friendly products for the kitchen. www.frogfile.com/store/home.php?cat=283 604-669-5949 e: service@frogfile.com

Seventh Generation manufactures 100 percent recycled bathroom tissue, paper towels, napkins, trash bags and many other bathroom and kitchen products. Available at many health food and supermarket stores across Canada. www.seventhgeneration.com/Recycled-Paper-Products

GreenLine Paper Company offers heavy duty recycled and unbleached kitchen /cooking papers and products such as recycled aluminum foil, for the commercial /

institutional kitchen. Based in Pennsylvania, USA
www.greenlinepaper.com/kitchen/restaurant/cooking-products/cat_43.html Toll free 1-800-641-1117.

Tip 7,000,000 tonnes of disposable paper tissue is dumped in Canadian landfills each year. Cloth napkins and rags instead of paper napkins and paper towels prevent this kind of waste before it occurs. At your next community or family meal, hand out cloth napkins with designated napkin rings (a coloured string with a name or such) and ask people to use them until they are soiled. Then wash them in cold water. If you do use paper napkins or towels, use unbleached and toss them in the compost when through.

Kitchen Products - Containers

Life Without Plastic is a Quebec-based company offering everything you need for food prep and storage from stainless steel water dispensers, cups, bowls and plates to food storage containers, lunch boxes and cookware, suitable for institutional and residential use. www.lifewithoutplastic.com 819 459-1459 e: infor@lifewithoutplastic.com

Eco-Safe Disposables

Most disposable paper cups are made from 100 percent bleached virgin paperboard. Health regulations do not allow recycled paper pulp to be in direct contact with food and beverages. As well, recycled paper isn't strong enough to hold a liquid. If you do need to use disposables, there are many options today made from compostable and biodegradable materials.

GreenShiftis a Toronto-based distributor of all manner of recycled and biodegradable tableware, containers, etc... for kitchen use. Trained staff also conduct facility greening reviews, waste audits and other sustainability services.
www.greenshift.ca 416-925-9665 e: info@GreenShift.ca

Comondi A Canadian online catalogue of vegan 'cradle-to-grave' products for the kitchen, office, home, garden etc... made with attention to ecological impact, employee welfare and animal suffering. Comondi means 'with the world, and the company is founded on the principles of ecological integrity and respect for all living beings.
www.comondi.com/catalog email info@comondi.com 647-723-6274

GoGreenInStages.com is a Montreal company focused on providing eco-friendly products and services. www.gogreeninstages.com 514-693-9639
info@gogreeninstages.com

Mansfield Paper Co environmentally safe alternatives for traditional paper and packaging products that are biodegradable, compostable and recyclable, including cups, containers, cutlery and cleaners made from corn, potatoes and even bamboo. Durable enough for hot or cold, liquid or solid, and greasy or dry foods.
www.mansfieldpaper.com/environmentallysafe.html

Tip **Second Harvest** is a Canadian charitable organization that collects and redistributes surplus food that may otherwise go to waste and delivers it to people in need. www.secondharvest.ca

Kitchen Disposal and Recycling

Busch Systems International Inc. is an Ontario-based manufacturer of recycling bins, waste bins, recycling containers and composters for institutional, commercial businesses and homes, national and global distribution. All containers are made using at least 35 percent recycled plastic www.buschsystems.com Toll free 1-800-565-9931 busch@buschsystems.com

Turtle Island Recycling is a Canadian recycling company that develops and fosters strategic alliances with everyone from the largest industries and mid-sized businesses to the smallest offices and organizations across North America to sort and process all grades of paper fiber, plastic and metals including all food and beverage containers. Turtle Island also processes more than 100,000 lbs. of organic waste per day, otherwise headed for landfill, which is instead rendered into usable food and/or fertilizer. www.turtleislandrecycling.com

Restroom/Bathroom

Restroom / Washroom - Fixtures: Taps, Toilets, Tubs, Showers

- Paper / Sanitary Products
- Plumbing:

Canadians consume an estimated 335 litres of water per person per day, the second highest consumption of water in the world. Showers and baths account for about 35 percent of that, while up to 30 percent goes down the toilet, even more for many commercial / institutional facilities. So saving water should be your first priority when building or redoing a bathroom. While a lot of water waste is lack of awareness and poor habits, installing water-saving bathroom fixtures makes a big difference.

Faucets

Install low flow aerated faucets and showerheads. Aerated faucets maximize water pressure while the low flow reduces the amount of water. New models are available at most hardware or plumbing supply stores. Low-flow faucet aerators may cost between \$5 to \$10. Low-flow showerheads range from \$5 to \$50. (A typical handheld massaging showerhead will cost around \$25 while designer models range from \$50 to \$300.) These water-saving devices will conserve up to 50 percent water and water heating, saving you money in energy, water and wastewater charges.

Tip- When buying new bathroom faucets make sure they have aerators that restrict flow to 1.5, 1.2, or even 1.0 gallons per minute (gpm). It is the aerator - the screw-on tip of the

faucet nozzle - that ultimately determines the flow rate for water. If an aerator is already installed on the faucet, it will have its flow rate imprinted on the side. This should read 1.5 gpm or lower. If the flow rate is higher consider replacing it with the highest efficiency 1.0 gpm flow restrictors. If no aerator is installed, check to see if there are threads just inside the tip of the faucet. Most modern faucets are threaded to accept aerators. It's helpful to bring your old aerator (and any associated washers) to the store when purchasing a new one to ensure that the new aerator will fit the faucet fixture.

Toto EcoPower auto-sensor faucets use less than one-quarter of a gallon of water per cycle and turn off immediately when hands are taken away. Toto claims this faucet is the first to use a self-sufficient hydro-powered turbine energy source that recharges the power supply during usage, eliminating the need to replace batteries or use grid electricity. www.totousa.com/index.asp

Sloan Valve Company is a leading manufacturer of water-conserving plumbing systems for commercial and institutional facilities. It has a wide variety of sensor activated, long-life battery powered low flow faucets, (as well as soap dispensers, hand dryers...) <http://www.sloanvalve.com/> Toll free 800-9-VALVE-9

Gaiam - Made in the USA of solid brass with a chrome plate finish, this Lowest Flow Showerhead has average flow of 1.2 to 1.4 gpm while delivering a vigorous, well-controlled water spray. Ringed and threaded together for easy cleaning of the stainless steel diffuser if the spray goes erratic with built-in soap-up valve, this head reduces water use by 50 to 70 percent and can save a family of four up to \$250 annually. Standard 1/2" pipe thread. 10-year mfg. guarantee. www.gaiam.com/product/eco-home-outdoor/bathroom/shower-bath

American Standard FloWise faucets and fixtures are water-efficient, providing up to 40 percent water savings, suitable for institutional and domestic use, and using them can earn points toward certification levels under the LEED program (Leadership in Energy and Environmental Design). www.americanstandard.ca/greenDesign/greenProducts.php
Toll free 1 800 387-0369

Tip First of all, fix all leaks as soon as you spot them. A leaky toilet can waste as much as 300 gallons of water each day. Water wasted through daily leaks is comparable to energy loss through air leaks in buildings. In a pre-war house air leaks can add up to the equivalent of a 21" hole in your wall, or like leaving a window open in winter, according to Natural Resources Canada. Ditto for water leaks. A Water Audit will help you identify and eliminate water waste. [LINK](#)
GSS WATER AUDIT

Fixtures - Toilets

Tip Many new low flush toilets qualify for local water utility rebate programs helping building owners reap financial incentives for installing water-saving products. Low-flush toilets use 6 litres per flush rather than the old-style 18-litre flush. Or, consider a dual-flush 3 litre/6 litre model. To see what toilets are the best

performers go to Canadian Water and Wastewater Association (CWWA) www.cwwa.ca and Toronto Water Efficiency Toilet Replacement Programs www.toronto.ca/watereff/index.htm

Toto's UltraMax #MS854114S was recently nominated best low-flush toilet by TreeHugger www.treehugger.com and the Toto manufacturer as the best overall brand. www.totousa.com/index.asp

Kohler's Class Five EcoSmart technology and Pressure Lite technology are reported to conserve a lot of water. Kohler's Touchless 1.28 gpf flushometer and high-efficiency bowl utilizes a sensor that saves water by keeping false activations to a minimum. www.us.kohler.com/pr/pressrelease.jsp?aid=1170023203931

For existing toilets: Several products can be easily installed in the toilet tank to reduce water per flush. These devices fall into a few categories: water displacement (plastic bag or bottle); water retention (toilet dams); alternative flushing (early closure or dual-flush). See your local plumbing supply or hardware store to find out which type will work best.

Perfect FLUSH reduces water consumption of any toilet by turning conventional models into low or dual-flush WWW.BRONDELL.COM 1-888-542-3355

Sloan Ecos Electronic Flushometre fits in the back of existing toilets. Made from approximately 80 percent brass cast alloy, 99 percent from recycled sources. www.sloanvalve.com 1-800-982-5838

Blue Bidet Making a roll of toilet paper uses 1.5 pounds of wood, 37 gallons of water, 1.3 KWh of electricity and some 54 million trees are cut down every year just to produce toilet paper for the U.S. market. A new bidet-style toilet has been shown at Canadian Home Shows that promises to reduce TP use, improve hygiene and save money. Retailing for \$79 at the local Home Show in Toronto. www.bluebidet.com

Waterless Urinals and Toilets

Conserve up to 100,000 litres of water per fixture per year, reduce sewage and save hundreds if not thousands of dollars in maintenance, water use and energy by installing waterless urinals.

Water Matrix Inc. sells waterless urinals with expertise in dealing with large institutions. www.watermatrix.com 905-850-8080 or 1-800-668-4420 e: sales@watermatrix.com

Sloan Valve Company is a leading North American manufacturer of water-conserving plumbing systems for commercial, industrial, and institutional facilities. Toll free 800-9-VALVE-9, <http://www.sloanvalve.com/> [www.sloanvalve.com/products ENU HTML.htm](http://www.sloanvalve.com/products_ENU_HTML.htm)

Kohler Canada offers waterless urinals www.ca.kohler.com/index-ca.jsp

Waterless Composting Toilets

Envirolet VF Toilet System from Canadian company Envirolet can handle up to 30 uses per day <http://www.envirolet.ca/vf.html>

Clivus Multrum composting toilets and greywater purification systems are installed at a wide variety of public and private/residential sites across Canada. Clients include the Government of Canada, the provincial governments of British Columbia, Manitoba, Ontario, Quebec, New Brunswick, and Nova Scotia, as well as home-owners in every Canadian province and territory. zero-discharge and no pollution, low-maintenance technologies. www.clivus.com

Projects- Consider putting in a gray-water system that redirects lightly used water from the sink and shower to supply the toilet and water the garden.

Recycle / Reuse

Addison's Antique Plumbing Supplies This Toronto-based warehouse sells a wide range of vintage tubs, sinks, radiators, faucets and more 416-539-0612

Legacy Vintage Building Materials and Antiques sells reclaimed quality vintage plumbing fixtures and supplies www.legacyvintage.com/flooring.html
905-373-0796 e: info@legacyvintage.com

Surface Medic located in Belleville, Ontario makes stained, chipped, burned, dull or scratched bathtubs, sinks, countertops, appliances and kitchen cabinets look like new at a fraction of the cost of replacement. www.surfacemedic.ca Toll free 800-919-9219

Green Plumbing

Dordan Mechanical Constructors Inc. is an Ontario-based company focusing on green plumbing systems. Contact Dan Gueguen, 519-662-9900 ext 226
Email: info@dordanmech.com

Paper

Tip The annual per capita consumption of toilet tissue in North America is approx 23 kilograms versus 1.8 kilograms in Asia and 0.4 kilograms in Africa, according to WorldWatch. Bring awareness each time you use a paper product and be sure that your tissue, paper towels and other paper items are made from recycled material or wood pulp whenever possible.

Atlantic Packaging Products Wholesale supplier of 100 percent recycled, no chlorine toilet tissue, kitchen towels, napkins commercial, institutional and residential. Manufactures paper and plastic packaging products from recycled paper products. 416-298-5558

Consolidated Ecoprogress Technology offers biodegradable, flushable and health-friendly sanitary napkins and panty liners wholesale with
www.flushaway.com
1-888-326-7764

Hank and Cheef are a Canadian company offering the “modern handkerchief”, a more sustainable alternative to the 7,000,000 tonnes of disposable tissues that pile up in Canadian landfills each year. Made of organic cotton in attractive recycled paper cardboard dispensers. www.hankandcheef.com Toronto 416-537-9233; Vancouver www.favouritegifts.ca/contactus.htm 604-904-8840

Green Exterior-Construction Retrofits

Exterior Green Construction

- Caulking, Sealants, Weather-stripping,
- Cladding
- Construction Materials: brick, clay, concrete, hemp, steel, straw, stone, wood
 - Drywall / Wall Board
 - Insulation
 - Paints/ Stains
 - Professionals – Green Architects, Designers, Contractors
 - Resources – Greening Agencies and certifiers in Canada
- Roofing
- Stained Glass, Windows and Doors

The built environment is responsible for an estimated 52 percent of greenhouse gas emissions worldwide, and 50 percent in Canada. Save energy, money and the environment by considering using these companies that have developed materials and services that reduce GHG emissions and toxins.

Caulking, Sealants, Weather-stripping

GE Silicone Caulk When sealing around doors, windows, tubs and sinks this waterproof 100 percent silicone caulk could be a good choice. Acrylic caulk is best if you are painting over it. For both needs use a hybrid paintable silicone caulk.

www.gesealants.com/products.html

Safecoat Caulking is a non-toxic water-based, elastic emulsion caulking compound that replaces oil caulk and putty for windows, cracks and general maintenance work.

www.afmsafecoat.com/products.php?page=6

Quickshield A VOC-free sealant and caulking. For information and dealer near you see

www.geocelusa.com/php/retail/products.php e:
customerservice@geocelworldwide.com

Cladding

Dryvit Systems Canada manufactures exterior insulation and finish systems including a variety of cladding materials for complete building envelope solutions
www.dryvit.ca Toll free 1-800 263-3308

C-A Building Products makes bricks, stone and other masonry materials

suitable for institutions, such as churches, synagogues and temples. C-A Building Products carry a line of eco-friendly cost effective products that resemble natural stone without the need to destroy our non-renewable stone resources. Products are made from recycled materials and are 100 percent recyclable. Types of products available range from a wall stone veneer that is designed for interior and exterior use, to a flagstone designed for exterior walkways, patios and driveways.
www.capbrick.com 905-634-7707

ErthCoverings Manufactured stone and slate panels are made from 100 percent post-industrial waste collected from stone producers and quarries. This stone product weighs less than quarried stone so is easier to truck and install
www.ertcoverings.com

Clifford Restoration, Ontario-based general contractors, specializing in restoration of historic architecture and windows, with expertise in church restoration, natural stone supply and installation, stained glass repair and insulation, panelization, facade repair and more. www.cliffordrestoration.com/
416-691-2341

Construction Materials

Clay

American Clay Earth Plaster is a durable, environmentally friendly alternative to cement, gypsum, acrylic, and lime plasters. It is compatible with the 'breathable' construction recommended for both historic and new buildings.
www.americanclay.com/products/index.html Available in Canada through Greenworks Building Supply, Vancouver, www.greenworksbuildingsupply.com
604-685-3611

Concrete

Not typically considered a 'green' material, concrete can be used in ways that are more sustainable. See St Gabriel's Catholic Church as an example of an eco-friendly way to use concrete and its benefits when incorporated with passive solar design www.stgabrielparish.ca/New_church/index.php
For a list of the sustainable benefits of concrete
www.cement.ca/cement.nsf/e/6ABDCDE126A87A6C85256D2E005CC53B?OpenDocument#sustainable

St Marys CemPlus is a supplementary cementing material made of finely ground, granulated blast furnace slag with cementitious properties similar to Portland cement. Results include higher compressive and flexural strength, reduced permeability, increased resistance to aggressive chemicals, improved workability and a better finish. www.stmaryscement.com

Steel

According to The Construction Specifier, stainless steel has attributes that make it an eco-friendly building material. Stainless steel's high scrap value and low corrosion rate allow for a very high recycling even after a long service life. Stainless steel is 100 percent recyclable with no downcycling, regardless of how many times it has been previously recycled. It requires no finishes and, bare, is still more corrosion-resistant than other common architectural metals. Steel roof runoff levels have low to no eco-toxicity making them a good roofing material for rainbarrel use. See Waste Materials Recovery www.turtleislandrecycling.com

Wood

The Forest Stewardship Council (FSC) seal of approval indicates wood that is grown and harvested using the highest environmental and social standards. FSC wood isn't harvested faster than it is regrown www.fsccanada.org For a list of all the lumber and furniture companies in Canada using FSC certified wood see www.fsccanada.org/woodprofiles.htm

Tembec is a Montreal-based wood and paper products company that practices responsible resource stewardship, including forest, fish and aquatic habitat, wildlife, air, land and water www.tembec.com 514 871-0137

Trex –reclaimed-wood and recycled-plastic decking, trim, railing that's durable and easier to clean than regular wood decking www.trex.com

Millenium Alberta-based manufacturer of exterior flooring that utilizes 90 percent recycled materials www.millenniumdecking.com 780 955-3525
Or 1- 877-955-3525 e: info@mdecking.com

Drywall

North America is one of the largest consumers of gypsum board in the world. Mined gypsum has been the traditional raw material for drywall and plaster products, however, newer “synthetic” gypsum made with industrial byproducts and recycled paper facing is increasingly being used. Because around 17 percent of drywall is wasted during the manufacturing and installation processes and this drywall ‘waste’ is rarely re-used, disposal is a huge problem. Some landfill sites have banned the dumping of drywall so drywall and gypsum waste are often dumped into the ocean. The production of standard gypsum drywall – a process invented in 1917 – results in up to 20 billion pounds of CO₂ per year. Drywall is the third-worst greenhouse gas producer in building materials.

EcoRock is an eco-and-people friendly alternative to conventional drywall that uses 80 percent less energy to produce, resulting in 80 percent lower CO₂ emissions. Made by Serious Materials, a manufacturer that specialized in

developing sustainable green building materials that reduce the impact of the 'built environment' on the climate www.seriousmaterials.com For dealer nearest you 1-800.797.8159 e: info@SeriousMaterials.com

QuietRock soundproof drywall is suitable where acoustics and or privacy are key issues. Its manufacturer, Serious Materials, claims that one sheet of QuietRock is equivalent, acoustically, to eight sheets of standard drywall, and it is made in a sustainable and energy efficient manner.

www.seriousmaterials.com For dealer nearest you 1-800.797.8159 e: info@SeriousMaterials.com

The HOBBS E-rated Wall System is an engineered vertical panel Insulated Concrete Form (ICF) wall system that uses 40% less concrete. Exceeds “R30” insulating value. Incorporates 47% recycled content. No taping, tying or gluing. Assembles 50% faster than block ICF systems, saving time and money while offering considerable utility savings www.hobbsbuildingsystems.com

PolyureStone lightweight polyurethane rigid foam wall panels are 100% inert, non-toxic, non-gaseous, odour free and green built. Extremely lightweight for energy saving on transportation, PolyureStone panels offer 5-10R-value of insulation properties for energy saving wall construction and are green built with 30% recycled materials and packaging. Current models include Stacked Stone, Ledge Stone, Slate, Sandstone, Brick and River Rock www.polyurestone.com

Drywall Recycling

New West Gypsum Recycling (NWGR) of Vancouver, British Columbia claims to be a

world leader in the recycling of waste gypsum and drywall/plasterboard.

www.nwgypsum.com/english/home.htm New Westminster, BC 604-520-6647

or

Oakville, Ontario 905-847-0520 e: oakville@nwgypsum.com

Drywall Recycling Scrapping (DRS) is a drywall recycling company. All of its services incorporate “GeoFriendly” solutions that include recycling as much waste as possible. In new construction, DRS collects and reuses 98 percent of jobsite construction waste to eliminate dumping into landfills.

www.GypsumRecycling.Biz

www.drywallrecycle.com 1-866-991-9960.

www.seriousmaterials.com/html/ecorock.html

Insulation

GreenFiber makes its product from 85 percent post-consumer recycled paper. It is fire and fungal resistant and does not contain harmful chemicals such as formaldehyde or asbestos. Suitable for new buildings, renovations and retrofits. In addition to being more environmentally friendly than conventional fiberglass insulation, it is also denser and good for both sound reduction and increased airflow and claims to use 10 times less energy in its manufacture than other insulation products. www.greenfiber.com Canadian HO (416) 254-9048. Distributed in Canada through Guardian Building Products -Toll free Ontario 800 668-5434 Toll free Canada 800 569-4262 e: info@bp.guardian.com

AirKrete foamed-in-place insulation eliminates the need to remove existing drywall. Does not require special suits or breathing apparatus for installers. Will not shrink or settle. R-value of 3.9 per inch. Fireproof, mould resistant, rodent and insect proof. Leftover airKrete® is non-toxic and free of CFCs and formaldehyde, so it's safe to use as garden fertilizer. www.airkretecanada.com

Greensulate New York-based Ecovative Design, is a low-cost, environmentally safe rigid insulating composite that biodegrades at the end of its useful life cycle. A new way to insulate buildings and package goods, Greensulate foregoes conventional petroleum based polystyrene/Styrofoams yet achieves a competitive R-value. At the end of its useful life Greensulate can be buried to feed the soil or send it to landfill where it breaks down quickly and aids the breakdown of other nearby waste. www.ecovatedesign.com 1-518-690-0399 e: info@ecovatedesign.com

Roxul mineral wool reduces heating costs and increases fire protection and water repellency. In the case of fire, Roxul claims its product can act as a fire barrier against the fire spreading, providing extra minutes to save people and property, reduce environmental and building damage (resists temperatures up to 1,000°C). www.roxul.com/sw16796.asp

Good Shepherd Wool Insulation is made from Canadian wool and is suitable for residential, commercial and institutional insulation. Easy to handle, affordable, repels water, non-toxic, and excellent for nooks and crannies. In Germany wool insulation is used to remove toxins from 'sick buildings'. Rocky Mountain House, AB www.GoodShepherdWool.com 403 845-6705 e: stan@goodshepherdwool.com

Twin Maple Marketing Ltd. is a Canadian wholesaler situated in Abbotsford, British Columbia that provides Reflectix and UltraTouch insulation made from recycled natural cotton fibre and denim scraps from manufacturers. Recycled denim insulation apparently takes a lot less energy to produce and uses less harmful chemicals than insulation made from fiberglass or rock wool. www.twinmaplemarketing.com Toll free 800 663-8898 See also www.bondedlogic.com

Icynene is 100 percent water-blown foam insulation that claims to contain no HCFCs, HFAs, HFCs chemicals or formaldehyde. Icynene is a high-performing energy efficient insulation and air barrier that also minimizes the infiltration of outdoor pollen, allergens and pollution into a building home while reducing air leakage. Icynene assists in controlling moisture transfer through the building envelope to minimize condensation and the potential for mold growth within the walls and ceilings. www.icynene.com/
Toll free 800-758-7325

Paints / Stains (Exterior Grade)

Silacote is a fully tintable inorganic mineral silicate paint, apparently considered the most durable of paint technologies for concrete and masonry protection, made from natural mineral compounds from the earth. Very long life can be expected if applied correctly. www.silacote.com/cote/ e: info@silacote.com

Allback Solvent-FreePaint – An American online supplier of all manner of organic linseed paints from Allback, Sweden. This paint has a time tested for more than 1000 years and has proven to lasts 50 years on the exterior of a building when maintained every 5-10 years with the Solvent-Free purified organic boiled linseed oil or the linseed oil wax. Also has toxin-free “silent” paint removers, stains and more www.solventfreepaint.com/ In Canada e: www.swedepaint@rogers.com

Professionals- Canadian Green Architects/Designers with Expertise in Religious /Institution Buildings

Busby Perkins+Will is considered one of North America's leading green practices with the largest portfolio of built green projects in Canada. The firm is recognized for its leadership with clients in Corporate and Institutional sectors www.busby.ca
604-684 5446 e: info@busbyperkinswill.ca

Elizabeth Davidson, of Davidson-Langley Architects, a Toronto-based firm with expertise in church construction and energy efficiency retrofits www.dlia.ca
416-929-1731 e: ejd@dlia.ca

Equilibrium Consulting Inc structural engineering company specializing in sustainable design and also work on buildings called Passivhaus architecture, a specific construction standard for all buildings designed for comfort, health and energy efficiency . www.eqcanada.com Vancouver 604-730-1422 Toronto 416-255-3337

J. David McAuley Architect is a Guelph, Ontario-based firm specializing in community related buildings including health care, worship facilities, specialized

housing including shelters and hostels and educational and recreational projects, with a holistic focus on sustainable and environmentally friendly and healthy buildings. www.jdm-arch.com
519-823-2441 e: office@jdm-arch.com

Roberto Chiotti - Larkin Architect Limited creator of the St Gabriel's Catholic parish in Willowdale, Ontario – the first Canadian LEED Gold building, and with expertise in renovation and retrofitting of churches and other worship spaces. www.larkinarchitect.com 416-504 6054 x24 e: roberto@larkinarchitect.com

Levitt Goodman Architects a Toronto-based firm that enjoys opportunity to innovate, build sustainably and to demonstrate how good design improves people's lives. They have extensive experience in working with diverse client groups including faith communities. <http://levittgoodmanarchitects.com/home>
416 203-7600
e: info@levittgoodmanarchitects.com

Contractors

Clifford Restoration, Ontario-based general contractors, specializing in restoration of historic architecture with expertise in church and stained glass restoration, stone supply and installation, facade repair and more. www.cliffordrestoration.com/ 416-691-2341

D.J. McRae Contracting Ltd. Ontario-based general contractors with extensive experience in renovations and additions to churches. The firm is interested in getting involved in green/LEED construction www.djmcraecontracting.com
416-532-3078
e: info@djmcraecontracting.com

The Earth has been created for me as a mosque and as a means of purification.

Prophet

Muhammad

General Green Building Resources in Canada

Canada Green Building Council www.cagbc.org

LEED Canada www.cagbc.org/leed/what/index.php

Enermodal Canada www.enermodal.com

EcoVert <http://ecovert.ca>

BOMA Go Green www.bomagogreen.com

Eco-Logo Canada's certified green products and services database
www.ecologo.org/en/certifiedgreenproducts

Roofing

Enviroshake, roofing made from composite product that replicates the look of a cedar shake with the added benefit of durability. Enviroshakes are manufactured in Canada from reclaimed post industrial plastic(s), recycled tires and wood waste. www.enviroshake.com/index.php 519 380-9265 1- 866-423-3302
info@enviroshake.com

Cox Tri Thermal Roof System – A chemically stable and inert polyurethane foam that will conform to any roof shape' around domes, chimneys, windows, skylights, covered with a EPDM rubber membrane to ensure no water leakage. It claims to reduce energy costs dramatically while waterproofing a roof completely. Will last as long as the building, and is so lightweight and durable it can support a greenroof. Mid-range in cost with a 4 to 7 years return on investment
www.coxroofing.com 1-800-461-8339

Tremco is a North American company offering comprehensive roofing and weatherproofing solutions for new construction, roofing maintenance, replacement solutions, restoration and repair services. It claims to continually strive for excellent safety standards and to reduce its impact on the environment during manufacture and reduce waste and emissions wherever possible on the job site.

Rock-It, by Tremco, is a highly reflective white adhesive for application as a cold-process aggregate surfacing. Low volatile, low odour asphalt free. Rock-It helps keep roof surface temperatures down, reducing air conditioning loads and slowing the roof aging process. www.tremcoroofing.com In Canada Toll free 1-800-668-9879

Roofers

Integrity Roofing, Ontario-based roofing company that works with Enviroshake, steel roofs and other eco-friendly and high end roofing and solar systems. (905) 551-2551
businesswithintegrity@rogers.com

Windows and Doors

All windows expand and contract according to various weather conditions. What you don't want is a window that breaks down under those stresses. What you do want is a window locally made according to CSA and EnergyStar standards. For Information on windows, day lighting and energy www.enermodal.com/Canadian/index.html

Baltic Windows And Doors is an Ontario-based, family owned and operated manufacturer and installer of 100% virgin PVC powder, quality lead-free additive vinyl windows. While vinyl is not a green material, Baltic uses the latest available technology resulting in durable and dependable PVC formulations. Apparently this is the one area where using recycled materials is not a good idea as recycled vinyl breaks down easily, bad for health and the environment. Once these windows are removed, however, they may be down cycled into other products. 905-799-5771 www.balticwindows.com/

Marvin Windows can meet ENERGY STAR requirements and buys its wood from sustainably managed forests in Canada and abroad. In manufacturing its windows Marvin claims to strive to maximize its use of its resources while minimizing waste. Marvin products may contribute to credits for LEED® Certification. www.marvin.com 905-670-5052 e: info@marvincanada.com

Stained Glass

Rainbow Makers Stained Glass, Brian Metcalfe is a master craftsman with expertise in stained glass window restoration, repair and insulation Issues. e: rainbowmakers@on.aibn.com 1-800-979-8332

Sarah Hall is an Ontario-based stained glass artist who designs structures and windows using solar energy technologies. For more on her stained glass work go to www.artgeneratesamps.com 416-532-6060

Windows- Vintage

The Door Store This established Toronto store sells a wide variety of architectural salvage windows, doors, and other exterior artifacts. <http://thedorstore.ca> 416-863-1590

Legacy Vintage Building Materials and Antiques sells antique / reclaimed windows and doors...They will help you source what you need. www.legacyvintage.com/cabinets001.html 905-373-0796 e: info@legacyvintage.com

Post & Beam Reclamation In the Junction area of Toronto, this store specializes in quality architectural. <http://pandb.ca/> 416-913-4243

Window Films and Flashing Tape

In'Flector Window Insulator, a transparent radiant window barrier that insulated both ways, by keeping wanted heat in during the winter and out in the summer. www.inflectorwindowinsulators.com

3M Window Film Solutions are used for a wide variety of commercial, institutional and residential applications including sun control, safety and security with UV coatings to help buildings stay cool in hot months
www.windowfilmcanada.ca/Home/Default.aspx 905-602-3814 1-800 265-1840 ext #3814

Flex Wrap flashing tape for air and water resistance around windows and doors – adjusts to all window and door shapes, such as rounds www.tyvek.com 1-800-44TYVEK