

<p>You buy apples grown by a nearby farmer instead of one grown in Florida.</p>	<p>You buy a new TV and throw the old one in the dump</p>	<p>Your parents drive you to school each day.</p>	<p>You buy a huge car that wastes gas.</p>
<p>You spend lots of winter afternoons snowmobiling.</p>	<p>You buy strawberries grown in Mexico.</p>	<p>You take lots of food on your plate, eat half of it, and throw the rest in the garbage.</p>	<p>You take pre-packaged food for your lunch, and throw away the wrappers</p>
<p>You replaced your old furnace with one that saves energy.</p>	<p>You use natural cleaners to clean your room.</p>	<p>You take your own grocery bags to No Frills.</p>	<p>You throw paper in the garbage instead of the recycling bin.</p>
<p>You put your vegetable peels in the compost.</p>	<p>You replace your iPod with a newer iPod.</p>	<p>You take the bus to school instead of driving a car</p>	<p>Your family buys a new fridge that saves a lot more energy than your old one</p>

<p>You drive to the family cabin for a holiday instead of flying to Mexico</p>	<p>Your family goes on a cycling holiday</p>	<p>You and your friend choose to go biking instead of ATVing for the afternoon.</p>	<p>You replace the light bulbs in your house with new light bulbs that save energy</p>
<p>You pick up your friend and drive together to a hockey practice.</p>	<p>Your family chooses to drive your great big pick-up truck instead of your little car to get groceries.</p>	<p>You get a ride to school instead of walking</p>	<p>You grow carrots in your garden, and compost the peels.</p>
<p>You open windows in your house in the winter and turn up the heat.</p>	<p>You heat your house with solar energy.</p>	<p>You put a Jacuzzi tub in your bathroom.</p>	<p>You leave the tap running while you brush your teeth.</p>

Your family moves from a small house to a larger house.

You buy a disposable water bottle instead of using a re-usable one.

You run the dishwasher when it is half full.

You buy meat from a local farmer in McKellar.

You throw out your family's newspaper instead of using it to wrap a gift.

You cut down a tree to make your backyard bigger.

You pack a home-made, garbage-free lunch.

You leave the lights on when you leave the house.