



Tip of the Month

August 2010

Reduce Your Oil Dependency

Oil is a non-renewable resource that we rely on to help fulfill our transportation, food and electricity needs. We have reached a point where we have become so dependent on it that it has become unsustainable. Our oil dependency can be harmful to not only the environment but to our health. By making a few small changes in our everyday lives we can reduce our dependency on oil and relieve some of the stress on the environment and our health.

Here are some tips on how to reduce your oil dependency:

- Avoid petroleum containing personal care products. Many skin lotions and cosmetics contain petroleum jelly. Replace these products with aloe vera, shea butter, tea tree oil or essential oils.
- Did you know many chewing gums contain petroleum-based polymers? Healthier, non-petroleum-based alternatives can now be found at many health food stores.
- Avoid buying fibres that are petroleum-based, such as nylon, and go for natural or recycled fibres, such as hemp or organic cotton.
- Paraffin wax is a petroleum derivative and found in most crayons and candles. Swap your traditional crayons and candles with beeswax or soy-based crayons and candles.
- Substitute conventional petroleum-based printing inks with soy-based printing inks. They are environmentally friendly and paper printed with it is easier to recycle.
- Say no to plastic bags at the grocery store. Plastic bags are made out of oil and in Metro Vancouver, 24,000 tonnes are disposed of annually, making up 2% of the overall waste stream.
- Switch from a gas powered lawn mower to a push mower. Not only will you reduce the amount of air pollution but also noise pollution.
- Leave the car at home and walk or take advantage of new bike routes. Both are cheap and oil-free ways to get around.
- If you're really dedicated to living an oil-free life, replace your gas guzzler with an electric car. Washington, Oregon, California and British Columbia are teaming up to turn the I-5 Highway into an "electric" highway with recharging stations for electric cars. For more information on this initiative, visit www.westcoastgreenhighway.com.

For additional information, contact the RCBC Recycling Hotline, Monday to Friday 9am to 4pm at 604-RECYCLE (Lower Mainland) or 1-800-667-4321 (province-wide).

Need more information?

Contact the **RCBC Recycling Hotline!**

Lower Mainland: 604-732-9253 | BC Toll-Free: 1-800-667-4321

Hours: Monday-Friday 9am-4pm

Recyclepedia: www.rcbc.bc.ca