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Tips for a greener autumn

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MELODY WREN

SPECIAL TO YOURHOME.CA

Sure, the leaves will soon be changing colours, but you can still inject your autumn with a healthy dose of "green." Why not give these easy tips a try for an eco-friendly fall?

SHUTTERSTOCK

– After unloading your groceries or other goods from your cotton or canvas bags, return them immediately to your car or hang them on the inside of your front door to remind you to take them with you on your next shopping trip.

Markets are a great, and eco-friendly, source of goodies for your next decorating project.

– Try using reusable mesh bags for fruit and veggies to reduce the need for filmy plastic bags in your grocer's produce section. Check out the made-in-Canada cotton mesh produce bags at www.credobags.com, for retailers, or www.hotsacks.ca.

– If you're buying new shoes, ask the store to keep the box and slip your new pair into your carry all. Many shoe stores have a policy of recycling their shoeboxes, with some going to schools for crafts.

– When you're heading out to meet a friend for a cup of coffee, take your favourite cup with you — you'll be able to skip the disposables, and it's much nicer to drink out of anyway.

– Picking up takeout? Try taking your own containers. It's much easier to reheat than aluminum or Styrofoam containers, and it reduces the amount of trash you have to carry to the curb.

– With the kids heading back to school, resist the urge to use plastic bags and plastic wrap for lunches. Check out the many other options available, such as reusable containers in all sorts of shapes and sizes.

– Instead of using note paper for messages and reminders, install a chalkboard in the kitchen to help keep the family informed.

– If it's time to spruce up the house, or indulge in some new dishes, glasses or cutlery, check out antique markets, flea markets, garage sales and charity shops, such as the Aberfoyle market (www.aberfoyle-antiques.com). Why buy reproduction retro when you can get a great deal on authentic 50s and 60s funky glasses,

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