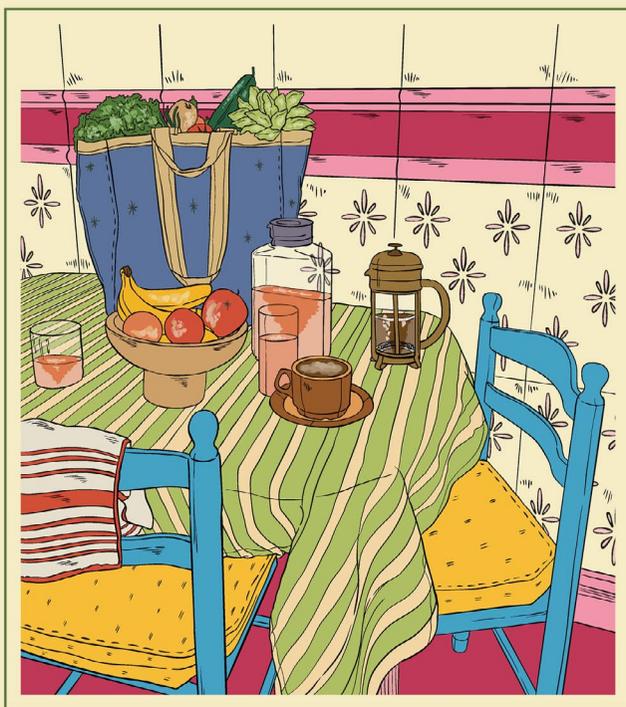


# Building a Sustainable Kitchen

A Practical Guide to Prioritizing the Planet from the Heart of Your Home



**Naomi Hansen**

Foreword by Elizabeth May, OC, MP



**RESOURCES LIST • BIBLIOGRAPHY**  
**LIST OF INTERVIEWEES • LIST OF FIGURES**

# TABLE OF CONTENTS

Resources List	3
Bibliography	21
List of Interviewees	45
List of Figures	48

# RESOURCES LIST

This list of resources is extensive, but it's by no means exhaustive. I have tried to note resources that will be helpful Canada-wide whenever possible. Some of the listed resources may also be useful as more of a starting point for further information and/or sources.

Please note that this Resources List will be updated periodically on an ongoing basis. If you know of a resource not listed in this document that you think would be a good fit, or if you encounter broken or outdated links, feel free to message me through the Contact form on [naomihansen.ca](mailto:naomihansen.ca) to let me know.

## Introduction

### Information on climate change:

Canada's Net-Zero Advisory Body: <https://www.nzab2050.ca/>

Canadian Climate Institute: <https://climateinstitute.ca/>

Climate Atlas of Canada: <https://climateatlas.ca/climate-change-basics>

ClimateHero Carbon Calculator: <https://carbon-calculator.climatehero.org/>

Government of Canada—Climate Change Information: <https://www.canada.ca/en/services/environment/weather/climatechange.html>

Intergovernmental Panel on Climate Change (IPCC): <https://www.ipcc.ch/>

Our World in Data—Climate Change: <https://ourworldindata.org/climate-change>

Project Drawdown Explorer: <https://drawdown.org/explorer>

SHIFT—Climate Action: <https://jointheshift.earth/>

The Climate Dictionary: An Everyday Guide to Climate Change: <https://climatepromise.undp.org/news-and-stories/climate-dictionary-everyday-guide-climate-change>

United Nations—Climate Change: <https://www.un.org/en/climatechange>

United Nations—Lifestyle Calculator: <https://www.lifestylecalculator.com/unfccc>

United Nations—Paris Agreement: <https://www.un.org/en/climatechange/paris-agreement>

World Meteorological Organization—Climate Change: <https://wmo.int/topics/climate-change>

See the General Resources section at the end of the document for additional books and online sources on climate change, sustainability, and related topics.

## Chapter 1: Food Waste & Chapter 2: Low-Waste Cooking

### Information on preventing food waste:

Food Matters Action Kit (for kids): <http://www.cec.org/flwy/>

Love Food Hate Waste Canada: <https://lovefoodhatewaste.ca/>

National Zero Waste Council Canada: <https://nzwcc.ca/focus-areas/food/>

Second Harvest Canada: <https://www.secondharvest.ca/>

### Information on food storage:

*Fridge Love* by Kristen Hong

Getty Stewart Professional Home Economist blog: <https://www.gettystewart.com/category/food-storage/>

Government of Canada—information on food safety, storage, and more: <https://www.canada.ca/en/health-canada/services/general-food-safety-tips.html>

Love Food Hate Waste—Fridge Guide: <https://lovefoodhatewaste.ca/keep-it-fresh/fridge-guide/>

Love Food Hate Waste—Food Storage A to Z Guide: <https://lovefoodhatewaste.ca/a-z/>

*Putting Food By* by Beatrice Vaughan, Janet C. Green, and Ruth Hertzberg

Save The Food—Interactive Storage Guide: <https://savethefood.com/storage>

*The Complete Book of Small-Batch Preserving* by Ellie Topp and Margaret Howard

### Information on food substitutions:

Food Network—Ingredient Substitution Guide: <https://www.foodnetwork.com/recipes/ingredient-substitution-guide>

*The Complete Food Substitutions Handbook* by Jean B. MacLeod

*The Food Substitutions Bible* by David Joachim

The Spruce Eats—Ingredient Substitutions Chart: <https://www.thespruceeats.com/ingredient-substitution-chart-3054056>

### Low-waste cookbooks and blogs:

*101 Tips for a Zero-Waste Kitchen* by Kathryn Kellogg

*Cook More, Waste Less* by Christine Tizzard and The Zero Waste Kitchen blog: <https://www.thezerowastekitchen.ca/>

*Perfectly Good Food* by Irene Li and Margaret Li and the Food Waste Feast blog: <https://foodwastefeast.com/>

*PlantYou: Scrappy Cooking* by Carleigh Bodrug and the PlantYou blog: <https://plantyou.com/>

*The No-Waste Vegetable Cookbook* by Linda Ly

*The Zero-Waste Chef* by Anne-Marie Bonneau and the Zero-Waste Chef blog: <https://zerowastechef.com/>

### Apps to reduce food waste:

Flashfood (for groceries): <https://flashfood.com/>

FoodHero (for groceries): <https://www.foodhero.com/>

SuperCook—Recipe Generator app

Too Good To Go (for restaurants, cafes, bakeries): <https://www.toogoodtogo.com/en-ca>

**Meal and portion planning tools:**

Canadian Turkey Calculator: <https://www.canadianturkey.ca/whole-bird-turkey-calculator/>

KitchenPal (meal planning, pantry management, and more): <http://kitchenpalapp.com/en/>

Love Food Hate Waste—Food Portion Calculator: <https://www.lovefoodhatewaste.com/foods-and-recipes/food-portion-calculator-your-guide-perfect-portion-sizes>

Mealime (meal planning): <https://www.mealime.com/>

Save The Food—Guestimator Dinner Party Calculator: <https://savethefood.com/guestimator>

**Other related sources:**

Getty Stewart—Holiday Leftovers Freezing Guide: <https://www.gettystewart.com/holiday-leftovers-freeze-not-freeze/>

Government of Canada—Information on Best Before and Expiration Dates: <https://inspection.canada.ca/en/food-labels/labelling/consumers/understanding-date-labels-your-food>

*Just Eat It*—Canadian documentary: <https://www.foodwastemovie.com/>

Love Food Hate Waste—specific holiday tips to reduce food waste: <https://lovefoodhatewaste.ca/plan-it-out/holiday-tips/>

**Chapter 3: What We Eat****Information on climate change and food:**

David Suzuki Foundation—Living Green blog food section (covers a number of food related topics): <https://davidsuzuki.org/living-green-category/food/>

EAT-Lancet Planetary Health Diet: <https://eatforum.org/eat-lancet>

Ethical Consumer—Food and Drink: <https://www.ethicalconsumer.org/food-drink>

Farmers for Climate Solutions: <https://farmersforclimatesolutions.ca/>

National Farmers Union—Climate Change: <https://nfu.ca/learn/climate-change/>

Our World in Data—Environmental Impacts of Food Production (including interactive charts for various foods and impact indicators): <https://ourworldindata.org/environmental-impacts-of-food>

Project Drawdown—Food: <https://drawdown.org/programs/drawdown-science/food>

United Nations—Food: <https://www.un.org/en/actnow/food>

**Plant-based organizations with further information and resources:**

Forks Over Knives: <https://www.forksoverknives.com/>

Plant-Based Canada: <https://www.plantbasedcanada.org/>

Vegan Society of Canada: <https://www.vegancanada.org/>

**Information on fish and seafood:**

Marine Stewardship Council: <https://www.msc.org/en-us>

Ocean Wise: <https://ocean.org/overfishing/sustainable-seafood/>

SeaChoice: <https://www.seachoice.org/>

Seafood Watch: <https://www.seafoodwatch.org/recommendations>

Skipper Otto: <https://skipperotto.com/>

**Plant-forward and/or vegan cookbooks and blogs:**

*Big Vegan Flavor* by Nisha Vora and the Rainbow Plant Life blog: <https://rainbowplantlife.com/>

*Good Food, Healthy Planet* by Puneeta Chhitwal-Varma

Jessica In The Kitchen blog: <https://jessicainthekitchen.com/>

*Love Real Food* by Kathyryne Taylor and the Cookie + Kate blog: <https://cookieandkate.com/>

*Minimalist Baker's Everyday Cooking* by Dana Shultz and the Minimalist Baker blog: <https://minimalistbaker.com/>

Nora Cooks blog: <https://www.noracooks.com/>

*Oh She Glows* cookbook series by Angela Liddon and the Oh She Glows blog: <https://ohsheglows.com/>

*Plant Magic* by Desiree Nielsen and the Desiree Nielsen blog: <https://desireerd.com/>

*Simple Feel Good Food* by Jeanine Donofrio and the Love & Lemons blog: <https://www.loveandlemons.com/>

See the Food Waste and Low-Waste Cooking section under cookbooks and blogs; many are also plant-forward or have plant-based options

**Other related sources:**

*A Good Drink: In Pursuit of Sustainable Spirits* by Shanna Farrell

Beyond Meat: <https://www.beyondmeat.com/en-CA/>

Canada's Food Guide: <https://food-guide.canada.ca/en/>

David Suzuki Foundation—information on eco labels and terminology used on food: <https://davidsuzuki.org/living-green/understanding-food-body-care-and-cleaning-eco-certifications-and-labels>

*Diet for a Small Planet* by Frances Moore Lappé

Happy Cow (search for vegan and vegetarian restaurants near you): <https://www.happycow.net/>

Impossible Foods: <https://impossiblefoods.com/>

Plant-Based Canada—guide for going plant-based on a budget: <https://www.plantbasedcanada.org/plantbased-on-a-budget>

**Chapter 4: Local, Seasonal, Organic****Information on finding farmers' markets, farms, and CSAs in Canada:**

Canadian Organic Growers—CSA Directories: <https://cog.ca/csa-directory/>

Local Food Canada Directory: <https://www.localfoodcanada.ca/>

Local Harvest (database for markets, CSAs and more): <https://www.localharvest.org/>

Open Food Network—Canadian CSA Directory: <https://openfoodnetwork.ca/groups/canadacsadirectory>

Regeneration Canada Farm Map: <https://regenerationcanada.org/en/map/>

**Local food information specific to certain regions:**

Alberta Farmers' Market Association: <https://www.albertafarmersmarket.com/>

Alberta Food Directories: <https://www.alberta.ca/alberta-food-directories>

Aliments du Québec: <https://www.alimentsduquebec.com>

BC Farms & Food: <https://bcfarmsandfood.com/>

Buy BC Directory: <https://buybc.gov.bc.ca/find-local/buy-bc-products/>

Buy Local New Brunswick: <https://buylocalnb.ca/directory/>

Central Kootenay Farm & Food Directory: <https://centralkootenayfood.ca/>

Direct Farm Manitoba: <https://www.directfarmmanitoba.ca/>

Eat Local New Brunswick: <https://eatlocalnb.ca/>  
Ecology North (Northwest Territories): <https://ecologynorth.ca/our-work/local-food/>  
Farmers' Markets of Nova Scotia: <https://farmersmarketsnovascotia.ca/>  
Farmers' Markets Ontario: <https://www.farmersmarketsontario.com/>  
Food & Beverage Manitoba Map: <https://foodbeverage.mb.ca/buy-local/>  
Foodland Ontario: <https://www.ontario.ca/foodland/foodland-ontario>  
Manitoba Buy Local Resources: <https://www.gov.mb.ca/buylocal/index.html>  
Newfoundland and Labrador Farm Guide: <https://www.gov.nl.ca/farm-guide/>  
Prince Edward Island Fresh Products Directory: <https://www.princeedwardisland.ca/en/publication/fresh-products-directory-2024>  
Quebec Local Food Directory: <https://terroiretsaveurs.com/repertoire/>  
Quebec Public Markets: <https://www.marchespublicsduquebec.ca/>  
Saskatchewan Open Farm Days—Local Food List: <https://skopenfarmdays.ca/shopping-local-foods-in-saskatchewan/>  
Savour Ottawa—Local Food Guide: <https://savourottawa.ca/>  
The Wandering Market (Saskatchewan): <https://www.thewanderingmarket.com/>  
Waterloo Region Local Food Directory: <https://waterlooregionfood.ca/directory/>  
We Heart Local BC: <https://www.weheartlocalbc.ca/>  
Yukon Agricultural Association Farm Guide: <https://yukonag.ca/yukon-farm-guide/>  
Yukon Grown: <https://yukon.ca/en/yukon-grown>

**Information on seasonal food:**

Agritourism Ontario Seasonal Guide: <https://agritourismontario.com/whats-in-season/>  
Alberta Farmers' Market Association Seasonal Guide: <https://www.albertafarmersmarket.com/whats-in-season-when/>  
Buy BC Seasonal Guide: <https://buybc.gov.bc.ca/eat-local/whats-in-season/>  
Canada's Food Island Prince Edward Island Seasonal Guide: <https://canadasfoodisland.ca/whats-in-season/>  
Canadian Food Focus Seasonal Guide: <https://canadianfoodfocus.org/whats-in-season/>  
Farmers' Markets of Nova Scotia Seasonal Guide: <https://farmersmarketsnovascotia.ca/whats-in-season-in-nova-scotia/>  
Seasonal Food Guide for United States: <https://www.seasonalfoodguide.org/>

**Information on Canada Organic:**

Canada Organic Equivalency Arrangements: <https://inspection.canada.ca/en/food-labels/organic-products/equivalence-arrangements>  
Canadian Organic Growers—Resource Hub: <https://cog.ca/organically-canadian/>  
Canadian Organic Standards: <https://inspection.canada.ca/en/food-labels/organic-products/standards>  
Choose Canada Organic—Retailer Map: <https://choosecanadaorganic.ca/retailer-map/>  
Most provinces and territories also have an Organic organization or association. You can find a list under Board of Directors on the OFC website: <https://organicfederation.ca/about-us/#members>  
Organic Federation of Canada: <https://organicfederation.ca/>

**Other related sources:**

*Animal, Vegetable, Miracle* by Barbara Kingsolver, Camille Kingsolver, & Steven L. Hopp

*Diet for a Small Planet* by Frances Moore Lappé

Environmental Working Group—Shopper’s Guide to Pesticides in Produce: <https://www.ewg.org/foodnews/>

Feast On Certification in Ontario: <https://www.ontarioculinary.com/feast-on/about/>

*Locavore* by Sarah Elton

Original Family Farm: <https://www.originalfamilyfarm.com/>

*The 100-Mile Diet* by Alisa Smith and J.B. MacKinnon

The Organic Center—Produce Wash Guide: <https://organic-center.org/produce-wash-guide>

To find local restaurants in your area, check with tourism organizations nearby; many will have a directory for dining local

**Chapter 5: Grocery Shopping****Zero waste grocery stores and bulk food shopping options:**

Bulk Barn (across Canada): <https://www.bulkbarn.ca/>

Full Circle Foods (Kitchener, ON): <https://www.fullcirclefoods.ca/>

LOCO (Quebec): <https://www.epicerieloco.ca/>

Méga Vrac (Montreal, QC): <https://megavrac.com/>

Nu Grocery (Ottawa, ON): <https://nugrocery.com/>

Organic Earth Market (Halifax, NS): <https://www.organicearthmarket.com/>

Reimagine Co (London, ON): <https://reimagineco.ca/>

Springfield Bulk Foods (Kelowna, BC): <https://www.springfieldbulkfoods.com/>

The Apothecary (Calgary, AB): <https://the-apothecary.ca/>

The Source Bulk Foods (Toronto & Vancouver): <https://www.thesourcebulkfoods.ca/>

Unboxed Market (Toronto, ON): <https://unboxedmarket.com/>

Vrac & Bocaux (Montreal, QC): <https://vracetbocaux.ca/>

Zero Waste Emporium (Victoria, BC): <https://www.zerowasteemporium.com/>

**Produce and grocery services with a focus on food waste reduction:**

Eat Impact: <https://www.eatimpact.ca/>

Odd Bunch: <https://www.oddbunch.ca/>

Peko Produce: <https://pekoproduce.com/>

See Food Waste and Low-Waste Cooking section for apps to reduce food waste

**Other related sources:**

Zero-Waste Chef How To Make Reusable Produce Bags: <https://zerowastechef.com/2019/05/16/sew-produce-bags-zero-waste-plastic-free/>

See the Local, Seasonal, Organic section for more on shopping for local food

## Chapter 6: Composting

For municipal Waste Wizard search tool information, see the Chapter 7: Recycling section below.

### Information on setting up and maintaining a compost:

Compost Council of Canada: <https://www.compost.org/>

Compost Education Centre: <https://compost.bc.ca/>—see their “Factsheets” section under “Resources” in particular for information on setting up different types of indoor and outdoor composts (including Bokashi or vermicomposting)

Composting North of 60—Guide for Northwest Territories (see the PDF at the bottom of the webpage): <https://www.yellowknife.ca/en/living-here/backyard-composting.aspx>

Green Action Centre: <https://greenactioncentre.ca/waste-reduction/composting/>

Newfoundland and Labrador Composting Cooperative: <https://compostnl.org/>

*No-Waste Composting* by Michelle Balz

Saskatchewan Waste Reduction Council—compost website: <https://www.saskwastereduction.ca/recycle/resources/composting/>

*The Compost Coach* by Kate Flood

Urban Worm Company—Compost Calculator (for compost and vermicomposting): <https://urbanwormcompany.com/composting-calculator-carbon-nitrogen-ratio/>

### Other related sources:

Biodegradable Products Institute (BPI) Compostable Certification: <https://bpiworld.org/>

CBC News, “Here’s what happens when ‘compostable’ products become litter”: <https://www.cbc.ca/news/marketplace/compostable-products-marketplace-1.7642583>

Some municipalities have free “compost coach” programs where you can learn about setting up a compost in-person. Check with yours to see if this is an option. There may also be local composting organizations near you. Check online or on Facebook for potential groups.

See the Gardening section for information on using compost in your garden

## Chapter 7: Recycling

Waste Wizard search tools and other similar recycling databases by province/territory:

### Alberta:

Alberta Recycling Depot Finder: <https://www.albertarecycling.ca/depot-finder/>

Alberta Recycling Resources List:

<https://www.albertarecycling.ca/programs/alberta-recycling-resources/>

Circular Materials—Alberta: <https://www.circularmaterials.ca/resident-provinces/alberta/>

City of Calgary—What Goes Where: <https://www.calgary.ca/waste/what-goes-where/>

City of Edmonton—WasteWise: [https://www.edmonton.ca/programs\\_services/apps\\_mobile/wastewise-app](https://www.edmonton.ca/programs_services/apps_mobile/wastewise-app)

City of Red Deer—Waste Sorting Tool: <https://www.reddeer.ca/city-services/garbage-recycling--organics/waste-sorting-tool/>

**British Columbia:**

City of Vancouver—Waste Wizard: <https://vancouver.ca/home-property-development/waste-wizard.aspx>

City of Victoria—Waste Wizard: <https://www.victoria.ca/home-property/waste-collection>

Metro Vancouver Recycles: <https://recycling.metrovancouver.org/>

Recycle BC: <https://recyclebc.ca/what-can-i-recycle/>

Recycling Council of British Columbia—Recyclepedia: <https://rcbc.ca/recyclepedia/>

**Manitoba:**

City of Brandon—Recyclepedia: <https://www.brandon.ca/home-property-environment/garbage-recycling-and-composting/recycling/>

City of Winnipeg—Recyclepedia: <https://myutility.winnipeg.ca/UtilityPortal/RecyclingGarbageYardWaste/whatGoesWhere>

Compost Winnipeg: <https://compostwinnipeg.ca/>

Manitoba A-Z Recycling Guide: <https://www.gov.mb.ca/sd/wastewise/a-z.html>

**New Brunswick:**

Circular Materials—New Brunswick: <https://www.circularmaterials.ca/resident-provinces/new-brunswick/>

City of Fredericton—waste collection information: <https://www.fredericton.ca/en/resident-services/garbage-recycling-waste-reduction>

City of Moncton—waste collection information: <https://www.moncton.ca/waste-collection>

Eco360: <https://www.eco360.ca/residential-program>

**Newfoundland and Labrador:**

Curb It St. John's—Waste Wizard: <https://curbitstjohns.ca/help/waste-wizard/>

MMSB Think Green—Newfoundland and Labrador: <https://mmsb.nl.ca/>

**Northwest Territories:**

City of Yellowknife—Waste Wizard: <https://www.yellowknife.ca/en/living-here/recycling.aspx>

**Nova Scotia:**

Cape Breton—Waste Wizard: <https://www.cbrm.ns.ca/solidwaste>

Circular Materials—Nova Scotia: <https://www.circularmaterials.ca/resident-provinces/nova-scotia/>

City of Halifax—What Goes Where: <https://www.halifax.ca/home-property/garbage-recycling-green-cart/recycling>

Divert Nova Scotia—Sorting Guides: <https://divertns.ca/sorting-guides>

**Ontario:**

Circular Materials—Ontario: <https://www.circularmaterials.ca/resident-provinces/ontario/>

City of Hamilton—What Goes Where: <https://www.hamilton.ca/home-neighbourhood/garbage-recycling/blue-box-recycling/recycling>

City of Ottawa—Waste Explorer: <https://ottawa.ca/en/garbage-and-recycling/recycling/waste-explorer>

City of Toronto—Waste Wizard: <https://www.toronto.ca/services-payments/recycling-organics-garbage/waste-wizard/>

Peel Region—Waste Sorter: <https://peelregion.ca/waste/sorter>

Recycling in Ontario information: <https://rpra.ca/learn-about-recycling-in-ontario/>

**Prince Edward Island:**

Island Waste Management Corporation—Sorting Guide: <https://iwmc.pe.ca/sort/>

**Quebec:**

City of Montreal—collections information: <https://montreal.ca/en/collections-and-recycling>

RECYC-QUÉBEC: <https://www.recyc-quebec.gouv.qc.ca/>

**Saskatchewan:**

City of Regina—Waste Wizard: <https://www.regina.ca/home-property/recycling-garbage/>

City of Saskatoon—Waste Wizard: <https://www.saskatoon.ca/services-residents/waste-recycling/waste-wizard>

Saskatchewan Waste Reduction Council—Waste Reduction Hub: <https://www.saskwastereduction.ca/>

SK Recycles: <https://skrecycles.ca/>

**Yukon:**

Circular Materials—Yukon: <https://www.circularmaterials.ca/resident-provinces/yukon/>

City of Whitehorse—Waste Wizard: <https://www.whitehorse.ca/living-in-whitehorse/wasteservices/sorting/>

Yukon Raven ReCentre: <https://www.ravenrecentre.org/>

**Note:** For the above waste resources, I listed provincial/territorial options whenever possible, along with some municipal options for larger Canadian cities. There were no similar resources available for Nunavut at the time of writing. If you do not see your municipality listed, try searching for it online with key words like “waste wizard,” “what goes where,” “waste sort tool,” “waste explorer,” or “recyclepedia.” If nothing comes up, check your municipal website for further information, which may include a list of accepted materials. If this still yields nothing, call your waste management service provider to inquire about any potential resources and where you can access this information. For additional recycling databases pertaining to specific household goods like appliances and electronics, see the Appliances section.

**Chapter 8: Garbage****Low-waste and zero waste books and blogs:**

*101 Ways To Go Zero Waste* by Kathryn Kellogg and the Going Zero Waste blog: <https://www.goingzerowaste.com/>

David Suzuki Foundation—the Living Green blog’s zero waste section: <https://davidsuzuki.org/living-green-category/zero-waste/>

*Don’t Be Trashy* by Tara McKenna and The Zero Waste Collective blog: <https://www.thezerowastecollective.com/blog>

*Sustainable Minimalism* by Stephanie Marie Seferian and the Mama Minimalist blog: <https://mamaminimalist.com/>

Tiny Trash Can blog: <https://tinytrashcan.com/>

*Year of No Garbage* by Eve O. Schaub

*Zero Waste Home* by Bea Johnson and the Zero Waste Home website: <https://zerowastehome.com/>

See the Food Waste and Low-Waste Cooking section under low-waste cookbooks and blogs

**Canadian groups and organizations for waste reduction (many list additional resources):**

Ecology North (Yellowknife, NT): <https://ecologynorth.ca/our-work/waste-reduction/>

Green Action Centre (Winnipeg, MB): <https://greenactioncentre.ca/>

National Zero Waste Council of Canada: <https://nzwc.ca/focus-areas/reuse/>

Plastic-Free YYC: <https://plasticfreeyyc.com/>

Quebec Zero Waste Association: <https://www.aqzd.ca/>

Saskatchewan Waste Reduction Council: <https://www.saskwastereduction.ca/>

Toronto Environmental Alliance: [https://www.torontoenvironment.org/waste\\_reduction](https://www.torontoenvironment.org/waste_reduction)

Waste Free Edmonton: <https://wastefree.ca/>

Zero Waste British Columbia: <https://www.zerowastebc.ca/>

Zero Waste Canada: <https://www.zerowastecanada.ca/>

Check online or on Facebook for other local zero waste groups near you; many exist in other cities only on social media

**Reusable garbage bags and liners:**

Marley's Monsters: <https://www.marleysmonsters.com/en-ca/collections/bags-liners>

Planet Wise Reusable Trash Bags (sold from numerous retailers)

You may be able to find reusable garbage bags that are handmade from another online source; for example, search on Etsy: <https://www.etsy.com/ca/>

**Other related sources:**

Circular Innovation Council—information on the Circular Economy: <https://circularinnovation.ca/circular-economy/>

Metro Vancouver—Create Memories Not Garbage campaign for holiday waste: <https://metrovancover.org/holidaywaste>

*The Day the World Stops Shopping* by J. B. MacKinnon

*Waste Wars* by Alexander Clapp

Zero Waste International Alliance: <https://zwia.org/>

See the Recycling, Disposables & Reusables, and Plastics sections for related resources

**Chapter 9: Disposables & Reusables****Shopping options for reusable goods, refilleries, and more (online and some in-person):**

Canada Refill Store Directory—Refillery Collective (lists multiple locations across Canada, including some noted below): <https://refill.directory/canada>

Canary Goods (Calgary, AB): <https://canarygoods.ca/>

Consciously Clean Refillery (Fredericton, NB): <https://consciouslycleanrefillery.com/>

Food Huggers: <https://foodhuggers.com/>

Life Without Plastic: <https://lifewithoutplastic.com/>

Mortise & Tenon (Regina, SK): <https://mortiseandtenonshop.com/>

Mrs. Greenway (multiple Ontario locations): <https://www.mrsgreenway.ca/>

Nature Bee: <https://www.naturebeewraps.ca/>

Oh Beehive! Eco Goods Co. & Refillery (Barrie, ON): <https://ohbeehive.ca/>

Pretty Clean Shop (Toronto, ON): <https://www.prettyncleanshop.com/>

Re: Plenish Zero Waste (Edmonton, AB): <https://www.replenishzerowaste.ca/>  
 Refill Market (Winnipeg, MB): <https://refillmarket.ca/>  
 Stasher Silicone Bags: <https://www.stasherbag.com/>  
 The Better Good (Saskatoon, SK): <https://thebettergood.com/>  
 The Green Way (online store): <https://thegreenway.ca/>  
 The Refillery YXE (Saskatoon, SK): <https://therefilleryxe.com/>  
 The Soap Dispensary and Kitchen Staples (Vancouver, BC): <https://www.thesoapdispensary.com/>  
 The Yukon Refillery (Whitehorse, YT): <https://www.facebook.com/yukonrefillery/>  
 Wholesum Refillery Shoppe (Kentville, NS): <https://www.wholesumrefillery.com/>  
 Zero Waste BC—List of Refilleries Across BC: <https://www.zerowastebc.ca/309-2>  
 See the Grocery Shopping section under zero waste grocery stores and bulk food shopping options

**Options for where to find second-hand goods and/or relocate items you don't need:**

Buy Nothing Project: <https://buynothingproject.org/>  
 Ebay: <https://www.ebay.ca/>  
 Facebook Marketplace and Facebook groups in general, which may have local Freecycle, Buy Nothing, Buy and Sell, etc. groups near you  
 Freecycle: <https://www.freecycle.org/>  
 Habitat for Humanity Canada ReStore: <https://habitat.ca/en/restore>  
 Kijiji: <https://www.kijiji.ca/>  
 Lend It rental app: <https://lend-itapp.com/>  
 Reroute (Saskatoon, SK): <https://www.reroutesk.ca/>  
 To donate gently-used goods in working condition, check with specific organizations, non-profits, and groups on a local level; you can also buy second-hand or donate goods to brick-and-mortar thrift and consignment stores near you

**Reusable container programs in Canada:**

Banff Borrows: <https://www.muuse.io/banffborrows>  
 Friendlier: <https://www.friendlier.com/>  
 Reusable Toronto: <https://www.reusabletoronto.ca/>  
 Reuse Ottawa: <https://reuseottawa.ca/>

**Other related sources:**

Library of Things and Tool Libraries exist in numerous places across Canada. There is no comprehensive database or list online as of the time of writing, but the easiest way to locate such a library is to search online using either of those two phrases alongside your location. These types of libraries are often free to use, but in some cases there may be a small membership fee. You can often browse their inventory online as well. If you are looking for somewhere to donate certain unused goods, both types of libraries may also be an option.

See the Recycling section for Waste Wizard and related search tools to determine what types of disposable items can be recycled or composted near you

## Chapter 10: Plastics

### General information and resources on plastics:

Canada Plastics Pact: <https://plasticspact.ca/>

Environmental Defence—Plastic Pollution: <https://environmentaldefence.ca/campaign/ending-plastic-pollution/>

*Life Without Plastic* by Jay Sinha and Chantal Plamondon and the website: <https://lifewithoutplastic.com/>

Mind Your Plastic: <https://mindyourplastic.ca/>

National Zero Waste Council—Plastics: <https://nzw.ca/focus-areas/plastics/>

Our World in Data—Plastic Pollution: <https://ourworldindata.org/plastic-pollution>

United Nations—Plastic Pollution information, reports, and publications: <https://www.unep.org/plastic-pollution>

University of Toronto Trash Team—Plastic Pollution: <https://uofttrashteam.ca/>

### Other related sources:

Tips on freezing food without plastic from the Zero-Waste Chef blog: <https://zerowastechef.com/2016/01/06/how-to-freeze-food-without-using-plastic/>

United Nations Online Photography Exhibit—Plastic is Forever: <https://www.un.org/en/exhibits/exhibit/in-images-plastic-forever>

See sections on Recycling, Garbage, and Disposables & Reusables for related resources

## Chapter 11: Coffee & Tea

### Various coffee and tea certifications:

Fairtrade Canada: <https://fairtrade.ca/>

Fairtrade International: <https://www.fairtrade.net/en.html>

Rainforest Alliance: <https://www.rainforest-alliance.org/>

Smithsonian Bird Friendly: <https://nationalzoo.si.edu/migratory-birds/bird-friendly>

See section on Local, Seasonal, Organic for organic certification resources

### Helpful sources for further reading on more sustainable coffee and tea:

Coffee and Conservation blog: <https://www.coffeehabitat.com/user-guide/>

Ethical Consumer—Coffee & Tea: <https://www.ethicalconsumer.org/food-drink>

Ethical Tea Partnership: <https://etp-global.org/>

The International Roundtable for Sustainable Tea: <https://thirst.international/>

World Coffee Research: <https://worldcoffeeresearch.org/>

### Other related sources:

CoffeeSock reusable filters: <https://coffeesock.com/>

Level Ground Coffee Roasters: <https://levelground.com/>

Nespresso Pod Recycling Program: <https://www.nespresso.com/ca/en/irecycle>

For recycling options near you, see the Recycling and Appliances sections

See the Disposables & Reusables section under shopping options for reusable goods, along with the Grocery Shopping section under zero waste grocery stores. Many of the listed stores in those sections sell various coffee and tea supplies noted throughout the Coffee & Tea chapter.

## Chapter 12: Gardening

### General gardening books, blogs, and how-to sources:

From Soil to Soul blog: <https://fromsoiltosoul.ca/>

Gardening at USask—Public Resources: <https://gardening.usask.ca/index.php>

Gardening in Canada blog: <https://gardeningincanada.net/>

*Guides for the Prairie Gardeners* series by Janet Melrose and Sheryl Normandeau (various books on topics including herbs, vegetables, pests and diseases, and more)

Laidback Gardener blog: <https://laidbackgardener.blog/>

Shifting Roots blog: <https://shiftingroots.com/>

See Composting section for additional resources.

### Canadian seed companies (many sell native plant seeds as well):

Heritage Harvest Seed: <https://heritageharvestseed.com/>

Northern Wildflowers: <https://northernwildflowers.ca/>

Ontario Seed Company: <https://www.oscseeds.com/>

Prairie Originals: <https://www.prairieoriginals.com/>

West Coast Seeds: <https://www.westcoastseeds.com/>

Wild About Flowers: <https://www.wildaboutflowers.ca/>

### Information on rewilding and/or biodiversity:

Birds Canada—Gardening for Birds: <https://birdgardens.ca/>

Canadian Wildlife Federation—Gardening for Wildlife: <https://cwf-fcf.org/en/explore/gardening-for-wildlife/>

Canadian Wildlife Federation—Native Plant Encyclopedia: <https://cwf-fcf.org/en/resources/encyclopedias/native-plant-encyclopedia/>

David Suzuki Foundation—Butterflyway Project: <https://davidsozuzuki.org/take-action/act-locally/butterflyway/>

List of Native Plant Societies in Canada: <https://nanps.org/native-plant-societies/>. You can also check online or on Facebook to see if there is a native plant society or association for your province or city if nothing is listed at the above link.

Network of Nature—interactive map for nurseries and stores that sell native plants in Canada: <https://networkofnature.org/where-to-buy.htm/>

North American Native Plant Society—Native Plant Database: <https://nanps.org/pc/native-plant-database/>

*Nowhere Left to Go* by Benjamin von Brackel

Pollinator Partnership Canada: <https://pollinatorpartnership.ca/en/>

*The Sixth Extinction* by Elizabeth Kolbert

**Other related sources:**

ASPCA Toxic and Non-Toxic Plant List for Cats: <https://www.aspc.org/pet-care/animal-poison-control/cats-plant-list>

ASPCA Toxic and Non-Toxic Plant List for Dogs: <https://www.aspc.org/pet-care/animal-poison-control/dogs-plant-list>

Canada's Plant Hardiness Zone Map: <https://planthardiness.gc.ca/>

Check online or on Facebook for groups in your area for surplus harvest. These are sometimes known as “harvest sharing,” “garden swap,” or “produce swap” groups.

Compost Calculator: <https://mcgillcompost.com/compost-calculator/>

Rain Barrel assembly and maintenance: <https://rainbarrel.ca/instructions/#assembly>

Seedy Saturday events and the Seeds of Diversity website: <https://seeds.ca/events/>

University of New Hampshire—Think Before You Buy a Pesticide Factsheet: <https://extension.unh.edu/resource/think-you-buy-pesticide-fact-sheet>

See the Disposables & Reusables section for where to find second-hand goods

See the Food Waste & Low-Waste Cooking section for information on food storage, including some sources on food preservation

**Chapter 13: Water****Information on household water efficiency and water more generally:**

Environmental Defence—Safeguarding Canada's Freshwater: <https://environmentaldefence.ca/campaign/water/>

Government of Canada Publications—Household Guide to Water Efficiency (information on testing for leaks, repairing, installation, and more): [https://publications.gc.ca/collections/collection\\_2016/schl-cmhc/NH15-362-2014-eng.pdf](https://publications.gc.ca/collections/collection_2016/schl-cmhc/NH15-362-2014-eng.pdf)

Water Use It Wisely: <https://wateruseitwisely.com/>

Many Canadian municipalities have information on their websites about household water use and efficiency; check with your municipality for information

**Chapter 14: Cleaning****Sources and certifications for cleaning and dish-related products:**

Dr. Bronner's: <https://www.drbronner.com/>

ECOLOGO: <https://www.ul.com/resources/ecologo-certification-program>

Environmental Working Group—Guide to Healthy Cleaning: <https://www.ewg.org/cleaners/>

Ethical Consumer—Home & Garden: <https://www.ethicalconsumer.org/home-garden>

EWG Verified: <https://www.ewg.org/ewgverified/>

Green Seal: <https://certified.greenseal.org/directory>

**Natural cleaning blogs and books:**

*201 Everyday Uses for Salt, Lemons, Vinegar, and Baking Soda* by Benjamin Mott

David Suzuki Foundation—cleaning topics are under the “Home & Garden” section of their Living Green blog: <https://david Suzuki.org/living-green-category/home-and-garden/>

Dilutions Cheat Sheet for Dr. Bronner's Pure-Castile Soap: <https://www.drbronner.com/pages/dilutions-cheat-sheet-for-castile-soap>

*Self-Sufficiency: Natural Household Cleaning* by Rachele Strauss

*Soap & Soul* by Lisa Bronner and the Going Green with Lisa Bronner blog: <https://www.lisabronner.com/>

*The Organically Clean Home* by Becky Rapinchuk

Zero Waste Canada—Zero Waste Cleaning Guide pdf: <https://www.zerowastecanada.ca/education-resources-and-guides>

See the Garbage section under low-waste and zero waste books and blogs; many of those sources also offer zero waste cleaning options and DIY recipes

See the Disposables & Reusables section under shopping options for reusable goods, refilleries, and more; most of the listed stores also sell supplies noted throughout the Cleaning chapter, including refillable soap, and cleaning and dish accessories.

### **Information on greenwashing:**

David Suzuki Foundation guide on cleaning eco-certifications and labels: <https://davidsuzuki.org/living-green/understanding-food-body-care-and-cleaning-eco-certifications-and-labels/>

Ecojustice—Greenwashing Information Hub: <https://ecojustice.ca/greenwashing-information-hub/>

Environmental Working Group—Decoding Labels Guide: <https://www.ewg.org/cleaners/content/decode/>

Greenwash Action Lab: <https://www.greenwashaction.com/>

## **Chapter 15: Appliances**

### **Information on EnerGuide and Energy Star:**

EnerGuide in Canada: <https://natural-resources.canada.ca/energy-efficiency/product-energy-ratings/energuide>

Energy Star: <https://www.energystar.gov/>

Natural Resources Canada—Energy Star in Canada: <https://natural-resources.canada.ca/energy-efficiency/energy-star>

Natural Resources Canada—Energy Star Rebates and Incentives Directory: <https://oee.nrcan.gc.ca/energy/products/energystar/why-buy/programs.cfm>

### **Information on renewable energy:**

Canadian Renewable Energy Association: <https://renewablesassociation.ca/>

Energy Hub—Canada's Clean Energy Reference Source: <https://www.energyhub.org/>

Government of Canada—Provincial and Territorial Energy Profiles: <https://www.cer-rec.gc.ca/en/data-analysis/energy-markets/provincial-territorial-energy-profiles/index.html>

Solar Business Hub Directory: <https://ca.solarbusinesshub.com/>

Switch to Renewable by Province/Territory: <https://switchtorenewable.ca/>

### **Information on repair:**

CanRepair—The Canadian Repair Coalition: <https://www.canrepair.ca/home>

Government of Canada—Right to Repair Consultation: <https://ised-isde.canada.ca/site/ised/en/right-repair-consultation-document>

iFixit: The Free Repair Manual: <https://www.ifixit.com/>

Repair Café website with map and repair guides: <https://www.repaircafe.org/en/>. If there are no options listed nearby, try searching your location online alongside “Repair Café”

Zero Waste BC keeps a list of tool libraries, repair cafes, and more in BC specifically: <https://www.zerowastebc.ca/repair/>

**Information on recycling appliances and electronics:**

Canadian Tire—Provincial and Territorial Recycling Programs List (comprehensive list of recycling programs for electronics, appliances, and more by province/territory): <https://www.canadiantire.ca/en/customer-service/provincial-recycling-information.html>

Home Depot—Provincial Recycling Programs List (similar to above, provinces only): <https://www.homedepot.ca/en/home/eco-options/provincial-recycling-programs.html>

London Drugs Recycling Program: <https://www.londondrugs.com/believe-in-better/london-green/recycling>

Recycle My Electronics (applicable for most provinces): <https://recyclemyelectronics.ca/>

See Recycling section for more databases; appliances are noted under some of the municipal, provincial, and/or territorial databases outlined in that section

**Other related sources:**

City of Edmonton—Change Homes for Climate Guides (for energy efficiency): <https://homes.changeforclimate.ca/guides/>

City of Edmonton—Home Energy Toolkit Manual (includes Watt Meter instructions): <https://www.edmonton.ca/sites/default/files/public-files/assets/PDF/HomeEnergyToolkit-web.pdf>

*Ecoholic Home* by Adria Vasil

Free Geek Toronto (donate or buy used devices): <https://www.freegeektoronto.org/>

Power to the People—Documentary series on renewable energy in Indigenous communities across Canada: <https://powertothepeople.tv/>

Vancouver Public Library Power (Watt) Meter Instructions: <https://www.vpl.ca/guide/power-meter-instructions>

*continued . . .*

## What's Next? Building Sustainability Beyond the Kitchen

Project Drawdown's Chart of the Top 20 High-Impact Climate Actions for Households and Individuals:

### TOP 20 HIGH-IMPACT CLIMATE ACTIONS FOR HOUSEHOLDS AND INDIVIDUALS

The data presented here represents cumulative Gt CO<sub>2</sub>-eq over 30 year period



Frischmann, Chad and Crystal Chissell. "The powerful role of household actions in solving climate change." Project Drawdown. October 27, 2021. <https://drawdown.org/insights/the-powerfulrole-of-household-actions-in-solving-climate-change>.

Project Drawdown—SHIFT (guide for personal climate action): <https://drawdown.org/shift>

Project Drawdown—Solutions Explorer: <https://drawdown.org/explorer>

#### Climate anxiety resources:

Anxiety Canada: <https://www.anxietycanada.com/resources-for-eco-anxiety/>

Climate Psychology Alliance North America: <https://www.climatepsychology.us/>

Eco-Anxious Stories: <https://ecoanxious.ca/>

*Generation Dread* by Britt Wray

*Lessons from the Climate Anxiety Counseling Booth* by Kate Schapira

## General Resources

### Resources that are generally helpful and may have additional information and/or sources:

Climate Action Network Canada: <https://climateactionnetwork.ca/>

Climate Atlas of Canada: <https://climateatlas.ca/>

Community Climate Hubs: <https://www.climatehub.ca/>

David Suzuki Foundation: <https://david Suzuki.org/>

EcoJustice Canada: <https://ecojustice.ca/>

Ecology Action Centre: <https://ecologyaction.ca/>

Environmental Defense Canada: <https://environmentaldefence.ca/>

Food Secure Canada: <https://foodsecurecanada.org/>

Indigenous Climate Hub: <https://indigenousclimatehub.ca/>

Project Drawdown: <https://drawdown.org/>

United Nations—Climate Change: <https://www.un.org/en/climatechange>

### Other recommended reading—books on climate change, sustainability, food, the environment, waste, and more:

*All We Can Save* edited by Ayana Elizabeth Johnson and Katharine K. Wilkinson

*Animal, Vegetable, Junk* by Mark Bittman

*Braiding Sweetgrass* by Robin Wall Kimmerer

*Clearing the Air* by Hannah Ritchie

*Climate Change* by Joseph Romm

*Consumed* by Aja Barber

*Diet for a Small Planet* by Frances Moore Lappé

*Drawdown* edited by Paul Hawken

*Finding the Mother Tree* by Suzanne Simard

*Human Nature* by Kate Marvel

*Less Is More* by Jason Hickel

*Locavore* by Sarah Elton

*Not the End of the World* by Hannah Ritchie

*Nowhere Left to Go* by Benjamin von Brackel

*Regeneration* by Paul Hawken

*Saving Us* by Katharine Hayhoe

*Silent Spring* by Rachel Carson

*The 100-Mile Diet* by Alisa Smith and J.B. MacKinnon

*The Climate Book* by Greta Thunberg

*The Day the World Stops Shopping* by J. B. MacKinnon

*The Sixth Extinction* by Elizabeth Kolbert

*The Uninhabitable Earth* by David Wallace-Wells

*This Changes Everything* by Naomi Klein

*Under a White Sky* by Elizabeth Kolbert

*Waste Wars* by Alexander Clapp

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# LIST OF INTERVIEWEES

Alisha Drinkwater, Communications Specialist, Metro Vancouver  
Angie Bugg, Energy Conservation Engineer, Saskatchewan Environmental Society  
Anne-Marie Bonneau, Author, *Zero-Waste Chef*  
Ashley Esakin, Founder, Gardening In Canada  
Becca Kram-Dos Santos, Communications and Engagement Specialist, David Suzuki Foundation  
Belinda Li, Director of Innovation, Food Systems Lab, Simon Fraser University  
Dr. Bettina Liverant, Adjunct Assistant Professor, Department of History, University of Calgary  
Brienne Miller, Founder and CEO, Nada Grocery  
Dr. Calvin Lakhan, Project Director, Circular Innovation Hub, York University  
Cassie Barker, Senior Program Manager, Toxics, Environmental Defence Canada  
Catalina Nadeau-Bonilla, Leader, Operational Performance, Wastewater Treatment, The City of Calgary  
Catherine Clark, Executive Director, Farmers' Markets Ontario  
Dr. Charles Z. Levkoe, Director, Sustainable Food Systems Lab, Lakehead University  
Chet Neufeld, Executive Director, Native Plant Society of Saskatchewan  
Christine Tizzard, Author, *The Zero Waste Kitchen*  
Claire Remington, Executive Director, Greater Victoria Compost Education Centre  
Dr. Claudia Wagner-Riddle, Professor, School of Environmental Sciences, University of Guelph  
Dale Schmidt, Recycle Manager, Loraas Recycle  
Darrin Qualman, Director of Climate Crisis Policy and Action, National Farmers Union  
Dr. Deborah Lawrence, Chief Scientist and Director of Forest and Land, Calyx Global  
Denise Philippe, Senior Policy Advisor, National Zero Waste Council  
Divyansh Ojha, Founder and CEO, Odd Bunch  
Dr. Elizabeth A. Bennett, Associate Professor, International Affairs, Lewis & Clark College  
Emilia Umaña, Nursery Development Program Manager, World Coffee Research  
Emily Robinson, Food Education Manager, School of Hospitality, Food and Tourism Management, University of Guelph  
FluxLab at St. Francis Xavier University: Dr. Dave Risk, Chelsie Hall, Rebecca Martino, Jordan Stuart, and Farnaz Farjami  
Getty Stewart, Food Educator & Professional Home Economist, GettyStewart.com  
Henrietta Lovell, CEO and Founder, Rare Tea Company  
Janet Melrose, Author and Garden Educator, Calgary's Cottage Gardener  
Dr. Jason Hawes, Assistant Professor, School of Computing, University of Wyoming  
Jason Ofield, President and CEO, Bulk Barn Foods Limited  
Jay Sinha, Co-Founder and Author, *Life Without Plastic*

Jen Humphries, Chair, Inuvik Community Greenhouse  
Joanne Fedyk, Executive Director, Saskatchewan Waste Reduction Council  
Joanne Gauci, Senior Policy Advisor, Metro Vancouver  
Dr. Josh Lepawsky, Professor, Department of Geography, Memorial University of Newfoundland  
Karen Murchison, Executive Director, Canadian Organic Growers  
Karen Storry, Senior Engineer, Zero Waste Implementation, Metro Vancouver  
Karen Wirsig, Senior Program Manager, Plastics, Environmental Defence Canada  
Karli Fleury, Director, Workforce & Destination Initiatives, Banff & Lake Louise Hospitality Association  
Kate Pepler, CEO and Owner, The Tare Shop  
Dr. Kathleen Kevany, Professor, Department of Business & Social Sciences, Dalhousie University  
Katie Burns, Community Leadership & Program Development Manager, The City of Saskatoon  
Kelsey Meyer, Director, Environmental Policy and Public Affairs, Clear Strategy Inc.  
Kirk Symonds, Manager for Education and Promotion, Solid Waste Resources, The City of Halifax  
Kylene Goodman, Organics and Landfill Supervisor, Loraas Disposal North  
Lindsay Coulter, Program Coordinator, Victoria Nature School  
Lisa Bronner, Consumer Educator and Author, Dr. Bronner's Magic Soaps  
Lisa Howse, Compost Education Coordinator, Saskatchewan Waste Reduction Council  
Dr. Love-Ese Chile, Principal Researcher and Consultant, Grey to Green Sustainable Solutions  
Maeve Holler, Industry Communications Manager, World Coffee Research  
Maja Rusinowska, Manager, Stakeholder Relations, Western Canada, Recycle BC  
Dr. Maria T. (Maite) Maldonado, Professor, Earth, Ocean & Atmospheric Sciences, University of British Columbia  
Matt Hulse, Lawyer, Ecojustice Canada  
Dr. Megan Bailey, Associate Professor, Marine Affairs Program, Dalhousie University  
Meg Dorwart, Communications Coordinator, Saskatchewan Waste Reduction Council  
Michael Zarbl, Executive Director, Major Appliance Recycling Roundtable  
Munu Hicken-Gabberia, CEO and Founder, Live for Tomorrow  
Dr. Myra Hird, Professor, School of Environmental Studies, Queen's University  
Nadine LeBean, Co-Creator, The Wandering Market  
Dr. Neil Rooney, Associate Professor, School of Environmental Sciences, University of Guelph  
Dr. Paul West, Senior Scientist, Ecosystems & Agriculture, Project Drawdown  
Dr. Pradeep Sambyal, Postdoctoral Fellow, Plastic Recycling Research Cluster, University of British Columbia  
Rachel Cracknell, Environment and Climate Lead, Ethical Tea Partnership  
Dr. Rafaela F. Gutierrez, Program Lead, Social Science and Educational Programs, University of Toronto Trash Team  
Rebecca Carroll, Operations Services Technologist, Town of Cochrane  
Rebecca Kolarich, Program Manager, Water, Environmental Defence Canada  
Rebecca Veenhuis, Program Assistant, Organic Agriculture Centre of Canada, Dalhousie University  
Rhodes Yepsen, Executive Director, Biodegradable Products Institute  
Richard Alexander, Executive Vice President, Government Relations & Public Affairs, Restaurants Canada  
Dr. Sadaf Mollaei, Assistant Professor, School of Hospitality, Food & Tourism Management, University of Guelph  
Sarah Coulber, Education Specialist, Canadian Wildlife Federation

Sarah Riddell, Policy Research Associate, Clean Heat, Efficiency Canada

Shanna Farrell, Author, *A Good Drink*

Sharon Howland, Leader, Program Management, Waste & Recycling Services, The City of Calgary

Shira Blustein, Founder, The Acorn Restaurant

Stephen Thomas, Clean Energy Manager, David Suzuki Foundation

Dr. Stuart McCook, Professor, College of Arts, University of Guelph

Sue Maxwell, Chair, Zero Waste BC

Susan Antler, Executive Director, The Compost Council of Canada

Dr. Tammara Soma, Director of Research, Food Systems Lab, Simon Fraser University

Tippi Thole, Blogger, Tiny Trash Can

Dr. Victoria Wojcik, Director, Pollinator Partnership Canada

Dr. Virginia Maclaren, Associate Emerita Professor, Department of Geography and Planning, University of Toronto

Dr. William Knight, Curator, Agriculture and Fisheries, Ingenium: Canada's Museums of Science and Innovation

Dr. Wren Montgomery, Associate Professor, Ivey Business School, Western University

Dr. Zahra Kassam, Co-Founder and Director, Plant-Based Canada

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Julie Craves, Ecologist and Writer, Coffee & Conservation

## LIST OF FIGURES

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