

4 Changes You Can Make in Everyday Life to Save Forests in Canada

Canada has a portion of the world's lushest woods, representing more than 9% of the world's forest regions. Here are the everyday lifestyle changes that will help in saving forests in Canada.

Canada has some of the world's lushest forests, accounting for over 9% of the world's forest areas. About 38% of Canadian land is composed of forest cover. The forests in Canada also have the distinction of being 'stable', i.e. less than half a per cent of the forest area has faced deforestation since 1990.

While Governments enact laws to conserve and protect the natural forest cover, it is down to individuals to adopt simple lifestyle changes to [save forests](#) in this beautiful country. Consider some changes one can make towards this goal:

#1 Practice 'conscious Earth-friendly' behaviour.

An environmentally friendly person is one who is conscious of the impact of their lifestyle on the planet. As a Canadian citizen, you can make simple changes in your daily life to reduce your carbon footprint - power the house with solar panels instead of using fossil fuel-generated electricity, recycle water, install LED bulbs, and use detergents and cleaning materials made from pure plant actives rather than harmful chemicals like bleach. Living with a greater awareness of the resources one uses in daily life, how and where they are produced, how you choose to heat up the house, your use of water and other non-renewable resources, and even the manufacturing processes for the products you use, can ultimately save forests, keep marine ecologies healthier and significantly [reduce your home's carbon footprint](#).

#2 Recycle, reuse, conserve.

Adopt 'Recycle and reuse' as your daily mantra - if something can be put to use multiple times instead of being trashed after one use, or recycled, then the practice must certainly be followed. It is not just about using the nearest recycling station, but of using it properly and often. Ditch the use of single-use plastic and substitute plastic food containers, bottles, straws and other items with glass or metal ones. Meanwhile, conserving resources can be both simple and complex. It could be as basic as switching off the power when not needed, or choosing building materials that do not deplete the forests in Canada (such as wood).

#3 Plant trees around your home.

Keeping your home shaded from the sunlight helps reduce the use of electricity in the summer season. A simple change to make in this regard, is to plant trees around your home and care for them till they become stable. Not only do trees provide shade, they become [nesting spots for birds](#), clear the air by providing oxygen, provide fruits and flowers, and so on. If you cannot plant trees, then aim to cultivate an organic kitchen garden. Growing your own produce is healthy for your home, and reduces the burden on commercial agriculture. Besides this, try reducing your dependence on meat every week and substitute it with vegetables, cereals and grains to lower emissions and save forest wildlife.

#4 Cook only as much as required.

Most households unintentionally discard uneaten food every day - this ends up in landfills and generates greenhouse gases like methane. The forests in Canada bear the brunt of [rising](#)

[greenhouse emissions](#). Meanwhile, food waste ends up wasting the resources that helped create that food in the first place, right from raw produce to fuel. Do ensure that you cook only as much as the household needs, and donate the uneaten portions to homeless persons instead of junking it. If you have kitchen waste, compost it rather than throwing it away.

Simple changes to everyday life can have a tremendous impact on the forests in Canada. Try and use biodegradable products wherever possible, shop locally instead of having products shipped from other cities or countries, and so on.