eco BOOT CAMP

become yyc achieve green
challenge eco
intensive
work environment new commit learn weekly

Eco Boot Camp 4 Week Course
Course Content & Schedule

Join us for this 4-week course and become the "greenie" you've always wanted to be! Course topics include:

- energy efficiency & conservation
- water conservation
- waste reduction
- food sustainability
- non toxic cleaning and personal care

$75/person
(includes GST)

You'll get a workbook that includes helpful tips, checklists to help you incorporate practical green solutions, sample products, and a handy way to keep track of the practical actions you can implement immediately in your home.

The Eco Boot Camp program costs $75 (incl. GST) and is limited to a maximum of 12 people/course. Upon completion of the follow up survey, **you may be eligible for a $25 rebate of your course fee**. All sessions held at Green Calgary (#100, 301 - 14th St. NW Calgary in the Kensington/Hillhurst area)

Learn more and register online at greencalgary.org

? Did you know we operate a Help Desk to answer your "green" questions? Call, email, or drop in to our store and ask away!

Eco Boot Camps generously supported by:

THE CITY OF CALGARY
WASTE & RECYCLING SERVICES

Eco Action Logo

OUR DONORS

Week 1 @ 6:30 - 8:30 pm
1st Class Outline: Energy & Water
- Energy Presentation & Activity/Discussion
- Water Presentation & Activity/Discussion
- Take Home Activities

Week 2 @ 6:30 - 8:30 pm
2nd Class Outline: Waste
- Waste Presentation & Activity/Discussion
- Compost Presentation & Activity/Discussion
- Take Home Activities

Week 3 @ 6:30 - 8:30 pm
3rd Class Outline: Personal Care Products & Green Cleaning
- PCP Presentation & Make Your Own/Discussion
- Green Cleaning Presentation & Make Your Own/Discussion
- Take Home Activities

Week 4 @ 6:30 - 8:30 pm
Final Class Outline: Yard & Garden & Sustainable Food
- Yard & Garden Presentation & Activity/Discussion
- Sustainable Food Choices & Activity/Discussion
- Review - how did you do? Future Action Plan

This course also includes a 1 month self-reported follow up to learn what actions you've been able to adopt and what additional support/information you may need to further your "green" journey.