

## Caledon Cares Enviro Challenge entering second phase

**By Zachary Roman**

A local environmental group is challenging Caledon residents to think of the environment when they're getting around.

On May 6, ecoCaledon launched its Caledon Cares Enviro Challenge, a year-long challenge that asks Caledon residents to take actions to reduce their impact on the world around them.

Four topics are covered through the challenge: food, transportation, home, and climate adaptation.

The May 6 event covered food and was all about food waste and plant-based eating. It taught residents how to not be wasteful with their food, and showed them how to get more plants in their diet.

Triathlete Jason Fonger spoke at the event and said food is a secret weapon to use in the fight against the climate crisis.

"It's very possible to save money while eating a diet that's healthier for the planet," said Fonger.

John MacRae, co-chair of ecoCaledon, said residents have been taking lessons learned to heart and have been participating in the challenge.

"Participants of the challenge have been taking a variety of these actions to make a difference," said MacRae.

A resident named Citas has been cooking more vegetarian dinners, a resident named Anne has been making double-portions for dinner and eating the leftovers for lunch, and a resident named Bob and his family have only been eating meat once a week.

MacRae said it's been exciting to see the actions people have been taking as a result of the challenge, which is sponsored by the Town of Caledon's Climate Action Fund.

The next part of the Enviro Challenge, transportation, is set to begin on June 17. That's Caledon Day, and ecoCaledon will have a booth at Caledon Day alongside the Caledon chapter of the electric vehicle society.

MacRae explained some of the challenges residents can try to reduce their footprint when traveling are combining shopping trips, carpooling, and reducing idling.

At Caledon Day, residents will be able to test drive an electric vehicle and chat with electric vehicle owners.

Those participating in the Enviro Challenge can earn prizes and recognition while they reduce their carbon footprint. Anyone interested in signing up for the challenge can do so online at [ecocalledon.org](http://ecocalledon.org) or in person at Caledon Day.

An event about saving the environment at home will be held by ecoCaledon in September, and in November, there will be an event all about climate resilience and adaptation.