

ecoCaledon launching new challenge for residents]

Caledon Cares Enviro Challenge begins on May 6

By Zachary Roman

Do you have what it takes to meet ecoCaledon's Enviro Challenge?

ecoCaledon is launching its latest community event on May 6, the ?Caledon Cares Enviro Challenge?.

It's a year-long challenge that encourages Caledon residents to take action to reduce their impact on the environment. This can be done in a variety of ways, and that's why ecoCaledon has four different challenges taking place at different parts of the year ahead.

Between May and November, ecoCaledon will host four events corresponding to the following topics: food, transportation, home, and climate adaptation.

Each event will begin with learning about climate solutions, and end with a practical challenge that residents can implement in their everyday lives. The events will be recorded, so if a resident has to miss one they can go back and watch it later.

Participants in the Caledon Cares Enviro Challenge will have a chance to earn prizes and recognition, not to mention the fact they'll be lowering their carbon footprints.

The May 6 event will show residents how they can reduce food waste and eat nutritiously on a plant-based diet. One of the practical actions for this topic is to create weekly menus using shared base ingredients with other challenge participants.

The event will be held from 11:30 a.m. to 1:30 p.m. in the Bob Smith room at the Caledon Seniors Centre.

Vegan triathlete Jason Fonger will be the guest speaker at the event and will speak about how from ?farm to fork? the foods people choose have a major impact on the environment.

?You will learn how to eat nutritiously, reduce food waste and save money on your grocery bill,? said John MacRae, an ecoCaledon member. ?It promises to be an enjoyable and informative community event.?

MacRae said the Enviro Challenge is a fun and flexible way for Caledon residents to show they care about the environment as they can complete the practical actions on their own time.

The second event in ecoCaledon's new challenge will be held on June 17 at Caledon Day. This event's theme will be transportation, and some of the practical actions will include test driving an electric vehicle, combining shopping trips and carpooling.

Caledon businesses have donated prizes that can be won by challenge participants, said MacRae, noting prizes include Toronto FC tickets, gift cards for meals, and a rechargeable garden trimmer.

To sign up for the Caledon Cares Enviro Challenge and receive updates on it, interested residents can go online and visit ecocalledon.org.

While dates have not been announced yet, an event about helping the environment at home will be held by ecoCaledon in September. Closing out the Enviro Challenge will be an ecoCaledon event in November about climate resilience and adaptation.

The Enviro Challenge is being funded by the Town of Caledon's Climate Action Fund.