

Health *capsule*

World Environment Day

World Environment Day, which aims to be the biggest global celebration for positive environmental action, is coordinated by United Nations Environment Programme every year on June 5th. World Environment Day is about taking action to be a part of the solution.

Air quality

We are routinely exposed to air pollution levels which can adversely affect our health. Exposure to air pollution may lead to respiratory problems and has been implicated in playing a role in chronic conditions such as cardiovascular diseases.

Here are several tips to improve the air quality in your home:

- Vacuum regularly to reduce your exposure to dust.
- Ensure your home is properly ventilated.
- When you clean, use only eco-friendly products in your home. It's best for you and the environment!
- Avoid air fresheners, including both plug-in and spray varieties.
- If you have a fireplace, have the chimney swept once a year.

Food quality

The average distance traveled by food from field to table is 2600 km, which represents the distance between Montreal and Florida. Each of these trips on a large truck releases 2730 kg of CO₂ in the air we breathe. In addition to reducing greenhouse gas emissions, buying local food helps to encourage local producers.

Join 30,000 Quebecers who receive each week directly from their [family farmer](#) an environmentally friendly basket of vegetables or meat. Once you've tasted this freshness and variety, you won't be able to do without it! To find out about the closest drop-off point to your home or workplace, and to find the contact information of the family farmers, visit this website: www.equiterre.org or call at 1-877-272-6656, ext 294.



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Other green tips

- Use reusable Meshy hotSACKS to buy your fruits and vegetables at the market. It is strong enough for a dozen apples, they can be used countless times, making them a great alternative to small disposable plastic bags offered in grocery stores. It's made in Canada, it is recyclable and made from 100% Polyethylene Resin. Go to Déco Découverte or visit the following website for more information: www.hotsacks.ca.
- To clean the microwave oven, heat up a bowl of water with slices of lemon in the microwave for 2 minutes, the steam will dislodge dirt. Then, wipe a wet cloth on the walls.
- To make an all purpose spray cleaner, mix 1/4 cup of vinegar, 3/4 cup of water, 1 tablespoon of liquid soap and 6 drops of essential oil such as lavender, lemon or tea tree, and pour into a spray bottle.
- To clear a clogged pipe, pour 60 ml of baking soda in the pipe, then 60 ml of vinegar. Let it rest for 15 minutes, then pour a full kettle of boiling water.
- Here are some websites that can guide you to more environmentally friendly choices :

www.equiterre.org
www.zetika.com
www.ethiquette.ca
www.deficlimat.qc.ca
www.avogel.ca

Did you know that...?

The United Nations General Assembly decided in 1987 to respond to the scourge of drugs. An International Day against Drug Abuse and Illicit Trafficking has been established, as of June 26. This day of action is intended to raise awareness of the risks involved in consumption of these substances.

If you or someone you know needs help to fight an addiction, please visit the following website for assistance www.dependances.gouv.qc.ca or call 1-800-265-2626.

For the French speaking employees from Laval and the surroundings, La Maisonnée Paulette Guinois can also help you. It is a non-profit organization that has existed for over 25 years, and helps recipients to overcome their addiction (alcohol, drugs and gambling). Rehabilitation programs offered by La Maisonnée Paulette Guinois are recognized and certified by the Ministère de la Santé et des Services sociaux du Québec and are accredited by the Correctional Service of Canada. The therapy center is also a member of the Association des intervenants en toxicomanie du Québec.

Whether you are someone struggling with an addiction or a relative willing to help, please visit their website to learn more about the programs offered by La Maisonnée Paulette Guinois (www.lamaisonneepauletteguinois.com). For assistance or additional information, please feel free to call 450-628-1011.

PLEASE NOTE: THE « HEALTH CAPSULE » IS FOR INFORMATION PURPOSES ONLY AND IS NOT INTENDED TO PROVIDE MEDICAL ADVICE.