



At Maple Leaf Foods, every day is Earth Day.

Tim's Top 10 Tips for Preserving our Planet

76% of Canadians are looking for tips on how they can help preserve our planet for future generations*. **Maple Leaf Foods' Green Guru, Tim Faveri** shares little changes you can make, that can have a big impact on the environment:

1 Choose Reusables



Use reusable cups, containers and shopping bags to reduce waste and cut down on plastic sent to landfills.

2 Make the Leap to LEDs

Energy efficient bulbs, such as LEDs, are a bright idea – they reduce greenhouse gas emissions.



3 Switch to Silicone



Ditch single-use plastic wrap for silicone or beeswax food covers.

4 Walk the Talk



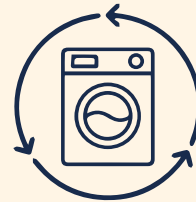
Walk or cycle when possible and carpool when driving's your only option.

5 Meal Plan



Prevent food waste by meal planning for the week ahead.

6 Cold Wash Clothes



Washing weekly laundry in cold water and switching from a dryer to a clothes line can significantly cut your carbon footprint.



7 Grow Your Own Veg

Even the smallest of spaces can be transformed into carbon and waste-reducing vegetable gardens.

8 Forget Fast Fashion

Avoid 'fast fashion' that typically becomes landfill and donate used clothing to charity, friends or family.



9 Upcook Leftovers



'Upcook' excess ingredients to reduce food waste – bacon's not just for breakfast, but a topping for salad or ice cream!

10 Look for Logos

Check food packaging for a Carbon Zero logo and an ENERGY STAR® efficiency symbol on appliances.



*These are the findings of a study commissioned by Maple Leaf Foods among a nationally representative sample of 1,532 Canadians who are members of the online Angus Reid Forum, balanced and weighted on age, gender, region and education. For comparison purposes only, a sample of this size would yield a margin of error of +/- 2.4 percentage points at a 95% confidence level. The study was conducted in English and French from March 17-21, 2022.

