

# Highland Creek Watershed



For more information visit [www.trca.on.ca/highland](http://www.trca.on.ca/highland)  
or email: [highlandcreek@trca.on.ca](mailto:highlandcreek@trca.on.ca)

## Neighbourhood Greening RESOURCE GUIDE



Ontario  
Trillium Foundation



Fondation Trillium  
de l'Ontario

Highland Creek

TORONTO AND REGION  
**Conservation**  
for The Living City

Member of Conservation Ontario



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## Introduction

### Take Action! Green Your Neighbourhood!

Toronto and Region Conservation's (TRCA) Highland Creek Watershed Neighbourhood Greening Project has been working in the Milliken Park area to help residents take action to green their neighbourhoods and address key issues that impact the Highland watershed, namely stormwater runoff and loss of natural features. A Neighbourhood Greening Plan was developed with community members to identify greening projects for the neighbourhood.

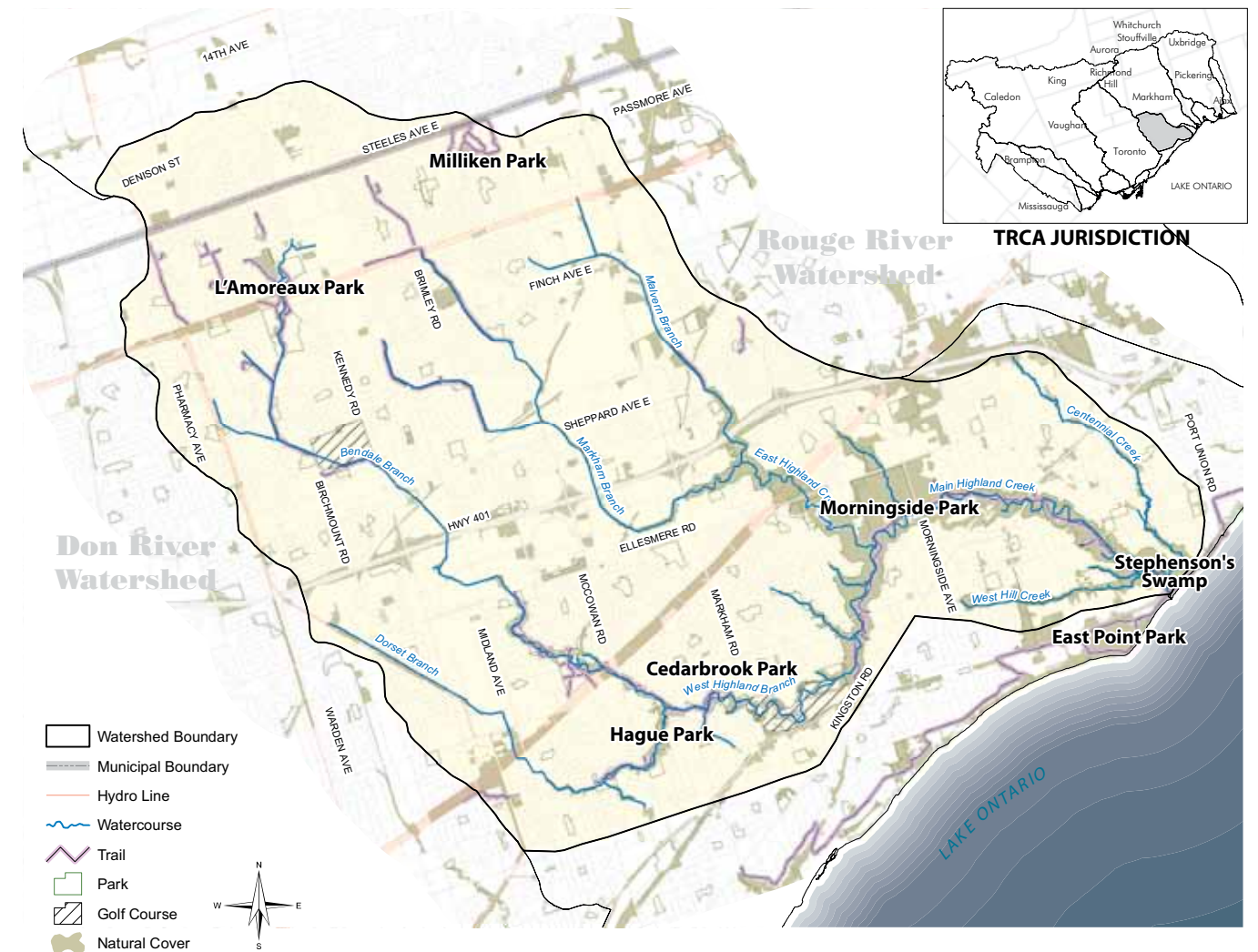
This resource guide is intended to help you take action and get started on greening projects at home and in your community. The guide includes information, tips on what you can do, and resources for Creating Natural Landscapes, Water-Wise Actions, Growing Local Food, Sustainable Transportation, Green Energy, and Funding Resources. Plus find out how to get involved in existing projects and programs and track your own progress in going green!

You can help the Highland Creek watershed, improve your neighbourhood and save money with these simple actions, programs and funding sources.

To get involved in activities across the Highland Creek watershed visit: [www.trca.on.ca/highland](http://www.trca.on.ca/highland) or call 416-661-6600 ext. 5243

## Highland Creek Watershed

The Highland is an "urban creek" with more than 85 km of watercourses draining an area of 102 km<sup>2</sup>. Due to intense pressures from urbanization, watercourses and natural ecosystems in the Highland Creek watershed are affected by compromised water quality, erosion caused by high storm flows, and degradation of terrestrial natural heritage. TRCA is working with the City of Toronto and other partners to help community members address these impacts through the Neighbourhood Greening Project.





# Millikien Park Neighbourhood Greening Plan



- |   |   |   |
|---|---|---|
| <b>Existing Conditions Legend</b><br><ul style="list-style-type: none"> <li>Highland Creek</li> <li>Floodline</li> <li>Trail</li> <li>Greening Plan Boundary</li> <li>Commercial Centre</li> <li>Institutional or Community Organization</li> <li>Residential Area</li> </ul> | <b>Opportunities Legend</b><br><ul style="list-style-type: none"> <li>Native Tree Green Link</li> <li>Forest Enhancement</li> <li>Meadow Naturalization</li> <li>Riparian Planting</li> <li>Wetland Enhancement</li> <li>Community Native Wildflower Garden</li> <li>Community Vegetable Garden</li> <li>Rain Garden</li> </ul> | <b>Opportunities Legend</b><br><ul style="list-style-type: none"> <li>Eco-School Designation</li> <li>Dark Sky Compliant Solar Lighting</li> <li>Trail Extension or Improvement</li> <li>Demonstration/Teaching Project</li> <li>Seating</li> <li>Permeable Paving</li> <li>Bioswale</li> <li>Infiltration Gallery</li> </ul> |
|---|---|---|

## Greening Actions Legend

<b>1 Green Your House &amp; Yard</b> <ul style="list-style-type: none"> <li>Disconnect your downspout</li> <li>Set up a rain barrel</li> <li>Construct a rain garden</li> <li>Contribute to forest enhancement</li> <li>Install permeable paving in driveways</li> <li>Plant a garden for food and colour</li> <li>Select plants for butterflies and song birds</li> <li>Plant trees to cool your home and reduce runoff</li> <li>Plant fruit trees for edible harvest</li> <li>Be a good neighbour to adjacent natural areas by planting native, non-invasive plants</li> <li>Undertake a green home audit</li> <li>Identify retrofits to reduce water and energy use &amp; save money</li> <li>Install solar panels where feasible</li> </ul>	<b>2 Green Your Apartment</b> <ul style="list-style-type: none"> <li>Grow a balcony garden for food and colour</li> <li>Start a community garden</li> <li>Plant trees to cool and clean the air &amp; reduce stormwater runoff</li> <li>Install permeable paving in driveways and parking lots</li> <li>Construct a green roof where feasible</li> <li>Install solar panels where feasible</li> <li>Turn off lights to save energy and money</li> <li>Pick up litter</li> </ul>	<b>3 Green Your Park</b> <ul style="list-style-type: none"> <li>Plant trees and shrubs to enhance connectivity between natural areas for wildlife</li> <li>Pick up litter</li> <li>Don't dump in the ravine</li> <li>Volunteer to help plant or clean up</li> <li>Plant a community flower and vegetable garden</li> <li>Plant native, non-invasive trees to increase the urban tree canopy, cool and clean the air and absorb stormwater</li> </ul>	<b>4 Green Your Hydro Corridor</b> <ul style="list-style-type: none"> <li>Plant native shrubs for terrestrial habitat improvement and connectivity</li> <li>Plant community native wildflower and vegetable gardens</li> <li>Naturalize the corridor with native meadow planting</li> <li>Incorporate informational and wayfinding signage</li> </ul>	<b>5 Green Your Pond</b> <ul style="list-style-type: none"> <li>Protect the water from pollution – stoop and scoop!</li> <li>Don't dump in the pond</li> <li>Don't release pet turtles, pet fish or fishing bait into the pond</li> <li>Garden organically without chemicals</li> <li>Filter the water by planting along the pond banks</li> <li>Volunteer to help plant or clean up along the pond bank</li> </ul>	<b>6 Green Your School</b> <ul style="list-style-type: none"> <li>Reduce paved areas and increase soft playgrounds</li> <li>Install permeable paving in driveways and parking lots</li> <li>Plant native trees and shrubs for shade &amp; to reduce runoff</li> <li>Start a native wildflower community garden featuring spring &amp; fall blooms</li> <li>Set up rain barrels to water the garden</li> <li>Become a Platinum Eco-School</li> <li>Collaborate with nearby schools to initiate greening projects</li> <li>Install solar panels where feasible</li> <li>Construct a green roof where feasible</li> </ul>	<b>7 Green Your Street &amp; Driveway</b> <ul style="list-style-type: none"> <li>Plant native, urban environment tolerant trees to shade and cool the pavement</li> <li>Make paved areas as small as possible</li> <li>Replace asphalt driveways and parking lots with permeable paving</li> <li>Use less road salt or no salt to protect our creeks and lakes</li> <li>Pick up litter</li> </ul>
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What can **Green** do for **You**?  
 What can **You** do for **Green**?

Notes:  
 The City of Toronto is initiating an Emerald Ash Borer Management Plan across Millikien Park

# NEIGHBOURHOOD GREENING RESOURCES

## Creating Natural Landscapes

Naturalization is about creating dynamic, natural landscapes with less lawn, and more trees, shrubs and flowers. Naturalized gardens feature a wide variety of native plants, complementing and enhancing any style of home and garden. Naturalized yards and other landscapes work in balance with existing natural conditions (soils, climate, water balance), rather than working against them. This results in a low-maintenance landscape that provides habitat for wildlife, birds and butterflies and can manage stormwater on your property.

Like any type of landscaping, there are many different ways to bring naturalization to your property. You can choose to focus on a small corner of your yard or balcony, a large area of your property, or you can introduce naturalization in pockets throughout your existing lawn. Naturalized gardens can range from yards full of perennials to a collection of container plantings to dry river beds with a sprinkling of plants. They can include meadows of wildflowers or terraced patios. The options are endless!

### What you can do:

- Plant native plant species that are well-suited to local growing conditions and provide colour and habitat for wildlife.
- Build bird and butterfly houses.
- Avoid using chemical fertilizers and pesticides.
- Compost your kitchen and yard waste and improve your soil.
- Take action to control invasive plants in your backyard.

*Tip: For a natural look, plant in tight groups of 5 or 7 and include as many layers of vegetation as possible to mimic naturally occurring communities.*

## RESOURCES

### TRCA - Healthy Yards Program

Through a variety of free homeowner workshops and resource material, the Healthy Yards Program provides residents with the inspiration, information and tools required to create naturally beautiful lawns and gardens. Fact sheets are available on topics such as Organic Lawn Care, Butterfly and Bird Gardens.

Tel: 416-661-6600

[www.trca.on.ca/yards](http://www.trca.on.ca/yards)

### Toronto Public Health - A guide to natural lawn and garden care

This guide provides practical tips for planning and maintaining a pesticide-free lawn and garden with specific techniques, tools and products for great results. Natural lawn and garden care benefits the person caring for the lawn and garden, enhances the property being cared for and contributes to the greater well-being of the environment.

Tel: 311

[www.toronto.ca/health/pesticides/pdf/natural\\_lawn\\_guide.pdf](http://www.toronto.ca/health/pesticides/pdf/natural_lawn_guide.pdf)

### North American Native Plant Society

The North American Native Plant Society (NANPS) is a non-profit organization whose aim is to provide information and inspire an appreciation of native plants, restoring healthy ecosystems across the continent. NANPS offers education seminars and excursions across the GTA, and holds an annual native plant sale every spring.

Tel: 416-631-4438

[www.nanps.org](http://www.nanps.org)

### LEAF - Toronto and York Region Backyard Tree Planting Program and Native Garden Kits

LEAF (Local Enhancement & Appreciation of Forests) is a not-for-profit organization dedicated to the protection and improvement of the urban forest. LEAF actively engages residents in urban forest stewardship through planting, education and training. The Backyard Tree Planting Program offers native trees and shrubs to homeowners at a subsidized cost and Native Garden Kits make backyard naturalization easy by offering an assortment of native perennials and shrubs delivered right to your door, along with plans to assist you with garden design and planting.

Tel: 416-413-9244

[www.yourleaf.org](http://www.yourleaf.org)

### Toronto Green Community - Greening Toronto's Gardens

Toronto Green Community's Greening Toronto's Gardens program includes garden workshops, a train the trainer manual, and the Great Garden Adventure (GGA) - a children's gardening program.

Tel: 416-781-7663

[www.torontogreen.ca](http://www.torontogreen.ca)

### City of Toronto Forestry

Urban Forestry Services plants trees on City-owned street allowances fronting residential properties for free. Periodically, Urban Forestry Services will canvass neighbourhoods for tree planting opportunities. Order a free tree or download the residential street tree planting brochure.

Tel: 311

[www.toronto.ca/trees/tree\\_planting.htm](http://www.toronto.ca/trees/tree_planting.htm)

### Canadian Wildlife Federation - Wild About Gardening

For the gardening novice or the experienced pro, Wild About Gardening offers an abundance of advice, tools and resources including plant lists, nursery resources, and a Backyard Habitat Certification Program. Learn about the basic necessities of food, water and shelter to create an oasis for wildlife in your yard

Tel: 1-800-563-9453

[www.cwf-fcf.org/en/what-we-do/habitat/wag-home.html](http://www.cwf-fcf.org/en/what-we-do/habitat/wag-home.html)

### Ontario Invasive Plants Council and TRCA's "Grow Me Instead" Guide

Invasive plants are spreading through our natural ecosystems, urban landscapes, and agricultural areas, forcing out native plants and becoming the second greatest threat to biodiversity. A loss of native plants impacts the wildlife that depends on them. The Grow Me Instead guide highlights a variety of native and non-native plants that do well in gardens and are non-invasive in Ontario. It is a helpful resource for anyone adding new plants to their garden, starting a landscape project, or removing invasive plants.

[www.ontarioinvasiveplants.ca/files/GMI\\_Booklet\\_spreads\\_2011\\_Final\\_web.pdf](http://www.ontarioinvasiveplants.ca/files/GMI_Booklet_spreads_2011_Final_web.pdf)

#### For schools:

School grounds are a significant part of the City of Toronto's green spaces. How we design and care for our school grounds can have a positive impact on the environment and also make school grounds richer "learning grounds" for our students. Find out more about how to make your school ground a vibrant space through Toronto District School Board and the Toronto Catholic District School Board at:

[www.tdsb.on.ca/\\_site/ViewItem.asp?siteid=207&menuid=1496&pageid=1108](http://www.tdsb.on.ca/_site/ViewItem.asp?siteid=207&menuid=1496&pageid=1108)

[www.tcdsb.org/Board/environment/Documents/Evergreen%20Design%20Guide-%20Planning%20and%20Design%20Green%20School%20Grounds%20\(Final\)%20%20April%20%2009.pdf](http://www.tcdsb.org/Board/environment/Documents/Evergreen%20Design%20Guide-%20Planning%20and%20Design%20Green%20School%20Grounds%20(Final)%20%20April%20%2009.pdf)

#### For apartments:

Consider a collection of container plantings with native plants to add colour to your balcony and attract birds and butterflies. Many flowers and food plants, such as tomatoes, beans and peppers do well in containers. Check out Toronto Green Community's container gardening fact sheet at:

<http://www.torontogreen.ca/images/test/container%20gardening.pdf>

## Water-Wise Actions – Water Conservation and Storm Water Management

Canada has a remarkable 9% of the world fresh water. However, despite the abundance of this natural resource, water quality can be easily compromised, availability does not always match demand and many communities in Canada face water shortages during the summer months.

In urban areas, extensive impermeable surfaces (roads, parking lots, roofs) prevent rain water and snowmelt from soaking into the ground naturally. Instead, water is diverted into storm drains leading directly to creeks, rivers and lakes. This can lead to erosion, place a strain on the City's sewer system and cause degraded water quality in local rivers like the Highland Creek which flow into Lake Ontario – the source of our drinking water.

Water conservation and simple stormwater management, such using a rain barrel, can reduce the demand on municipal treated water supplies, helping to conserve energy used for pumping and treating water and lower consumer water bills.

#### What you can do:

- Disconnect and redirect your downspout to your garden or lawn instead of paved surfaces or direct connections to storm sewers to reduce the amount of water that runs into the local storm sewer system. This will be mandatory for all homes in Toronto by 2016.
- Reduce the amount of pavement around your home to help rain water absorb into the ground.
- Water your lawn or garden in the morning to reduce water loss from evaporation.
- Use water efficient landscaping.
- Keep your grass around 6-8cm long to help shade the soil and reduce evaporation.
- Install energy and water efficient appliances (dishwasher, washing machine).
- Install low flow toilets and water aerators and repair any leaking pipes or toilets.
- Take shorter showers.
- Keep pollutants out of the storm drain. Dispose of paints and chemicals properly and take your car to the carwash.
- Build a rain garden to absorb rain water from your roof and grow beautiful plants.

**Fact: A home with 60m<sup>2</sup> of roof space can harvest 33,200L (33.2m<sup>3</sup>) of water per year. That is over 120 bathtubs full of water!**

**Fact: Canadians have one of the highest per capita water uses in the world (343 litres per day) while paying one of the lowest water rates per litre (\$0.31).**

**City of Toronto - Downspout Disconnection**

Find out how the City's mandatory downspout disconnection program will help reduce the amount of stormwater sent through the sewer system thus protecting the environment and reducing the risk of basement flooding. Check out the practical steps to do it yourself and timelines for when the program becomes mandatory for different parts of Toronto.

Tel: 311

[www.toronto.ca/water](http://www.toronto.ca/water)

**TRCA - Downspout Disconnection Fact Sheet**

Handy guidelines for planning your downspout disconnection, including site considerations, common concerns and maintenance tips. Plus find out about different options for where to direct the rain water, including lawn, other pervious areas or rain barrels. Rainwater that is captured in your rain barrel can be used to water your garden, potted flowers and hanging baskets.

Tel: 416-661-6600

[www.sustainabletechnologies.ca/Portals/\\_Rainbow/Documents/Downspout%20Disconnection.pdf](http://www.sustainabletechnologies.ca/Portals/_Rainbow/Documents/Downspout%20Disconnection.pdf)

**RiverSides - Homeowners' Guide to Rainfall**

Find out more about the importance of rainwater conservation, how to effectively harvest rainwater and make use of it, and what type of rain barrel is right for your home. Plus find tips on how to replace potable water with rain water. Community groups can also order rain barrels.

Tel: 416-868-1983

[www.riversides.org/rainguide](http://www.riversides.org/rainguide) (click on '5 Things You Can Do')

**City of Toronto - Water Efficient Landscaping Garden Guide**

Learn how to save water and grow a healthy lush lawn and garden by using the City's guide to water efficient landscaping. The online guide contains information about natural lawn, shrub and tree care, water efficient plants and shows how to design and build your own water efficient garden from the ground up.

Tel: 311

[www.toronto.ca/watereff/landscaping](http://www.toronto.ca/watereff/landscaping)

**Sustainable Technologies Evaluation Program – Rainwater Harvesting Design and Costing Tool**

This relatively simple and easy to use tool was developed to assist with the design, sizing and costing of residential and commercial scale rainwater harvesting systems and is based on actual monitoring data. Simply provide information about your rainwater harvesting project in the Microsoft Excel spreadsheet – such as roof area, number of building occupants, and proposed rainwater uses - and the tool will calculate the optimum size of the rainwater storage tank and system components, and provide an estimate of how much the rainwater harvesting system will cost.

Tel: 416-661-6600

[www.sustainabletechnologies.ca/portal/alias\\_\\_Rainbow/lang\\_\\_en/tabID\\_\\_595/Default.aspx](http://www.sustainabletechnologies.ca/portal/alias__Rainbow/lang__en/tabID__595/Default.aspx)

**City of Toronto - Household Hazardous Waste**

Paints, pesticides, used motor oil and many cleaning products are just some examples of household hazardous wastes that are used daily by residents. These items contain toxic ingredients and should be used and disposed of with caution. Keep these wastes out of the storm water system and our creeks by taking them to Household Hazardous Waste Drop Off Depots.

Tel: 311

[www.toronto.ca/garbage/hhw.htm](http://www.toronto.ca/garbage/hhw.htm)

**Canada Mortgage and Housing Corporation (CMHC) - Maintaining a Home**

CMHC provides resources on maintaining your home, including landscaping. Topics include choosing plants for different types of soil, pruning trees to help prevent damage from storms, tips on growing low maintenance lawns, and water saving tips highlighting the benefits of rain gardens and proper lawn watering methods.

1-800-668-2642

[www.cmhc-schl.gc.ca/en/co/maho/la/index.cfm](http://www.cmhc-schl.gc.ca/en/co/maho/la/index.cfm)

**Harvest H2O.com - The Rainwater Harvesting Community**

HarvestH2o.com is dedicated to the advancement of sustainable water management practices for individuals, families, communities, and businesses through on-line sharing of knowledge and experiences.

[www.harvesth2o.com](http://www.harvesth2o.com)



### Innovative Stormwater Management Practices (ISWM)

ISWM is an online database of innovative and Low Impact Development stormwater management practices in Ontario, developed by the Toronto and Region Conservation Authority for the Ontario Ministry of the Environment. It is a free, publicly accessible archive for municipalities, developers, consultants and others to share information regarding these types of practices.

Tel: 416-661-6600

[www.iswm.ca/technologies.php#perpav](http://www.iswm.ca/technologies.php#perpav)

### Get creative!

Rain barrels don't need to be boring. Many different colours and styles now exist for purchase, or consider painting your barrel to fit in (or stand out!) with your house and yard. Rainwater that is captured in your rain barrel can be used to water your garden, potted plants and hanging baskets.

## Growing Local Food

Urban agriculture is the practice of growing, harvesting, processing and distributing food in an urban area for local consumption. Parks, backyards, balconies and community spaces have the potential to support food production and make healthy and locally grown food more accessible your community. Growing food locally has many social, economic, environmental and health related benefits.

### What you can do:

- Plant a vegetable garden in your own backyard.
- Plant a container garden in your balcony.
- Plant a fruit tree.
- Get involved in a community garden program in your neighbourhood.
- Champion a community garden in your neighbourhood.
- Subscribe to a Community Supported Agriculture Program. By purchasing a share for the farm season you are guaranteed fresh, seasonal and local produce, while supporting a local farmer.
- Purchase your food from a Farmers' Market.

**Fact: In 2010 Not Far From the Tree picked 19,695 pounds of fruit. That's heavier than one African Elephant (14000lbs average). Species included: sweet cherries, sour cherries, mulberries, plums, apples, crab apples, pears, grapes, apples, elderberries, ginkgo, and quince.**

## RESOURCES

### TRCA - Urban Agriculture Programs

TRCA programs support community gardening and urban agriculture city-wide, such as the demonstration of beneficial management practices (BMPs) in urban agriculture, youth and adult training in organic food production, and children's gardening. The New Farmers Incubator Program at the TRCA - FarmStart McVean Farm is aimed at anyone who is ready to start a viable, locally oriented, ecological farm.

Tel: 416-661-6600

[www.trca.on.ca/the-living-city/programs-of-the-living-city/near-urban-agriculture](http://www.trca.on.ca/the-living-city/programs-of-the-living-city/near-urban-agriculture)

### Live Green Toronto

Live Green Toronto promotes and supports the greening of Toronto by offering grants, expertise and a one-stop website full of resources, rebates, tips and tools to help residents and businesses take action to reduce emissions, protect our climate and clean our air. At [livegreentoronto.ca](http://livegreentoronto.ca) you'll find information and resources related to local food, community gardens, community grants, how-to videos, volunteer opportunities, and our community animators who are here to help Toronto residents get organized and turn great green ideas into action.

Tel: 311

[www.livegreentoronto.ca](http://www.livegreentoronto.ca)

### City of Toronto - Community Gardens Program

The Community Gardens Program works in partnership with many different community groups and draws on the collective heritage of the many different cultures in Toronto. Community gardens benefit everyone by creating safe and healthy recreational activity within our parks system, and on other city-owned lands.

Tel: 416-392-7800

[www.toronto.ca/parks/engagement/community-gardens](http://www.toronto.ca/parks/engagement/community-gardens)

### FoodShare Toronto

FoodShare Toronto's vision is Good Healthy Food for All and takes a unique multifaceted and long-term approach to hunger and food issues. We work to empower individuals, families and communities through food-based initiatives, while advocating for the broader public policies needed to ensure that everyone has adequate access to sustainably produced, good healthy food. Programs reach over 145,000 people per month, and include Community Gardening, Urban Agriculture, Student Nutrition, Focus on Food youth internships, the Good Food Box, Good Food Markets, Fresh Produce for Schools and Community Groups, Community Kitchens, and many others.

Tel: 416-363-6641

[www.foodshare.net](http://www.foodshare.net)

### The Stop - Community Food Centre

The Stop strives to increase access to healthy food in a manner that maintains dignity, builds health and community and challenges inequality.

Tel: 416-652-7867

[www.thestop.org](http://www.thestop.org)

### Toronto Community Garden Network

The Toronto Community Garden Network (TCGN) is a great source of information to assist groups with starting and maintaining community gardens. The website also has a multitude of resources, whether you're trying to find the closest urban garden, looking up a community event, or even trying to find a job, the TCGN has it all.

[www.tcgn.ca/wiki/wiki.php?n=TCGN.FrontPage](http://www.tcgn.ca/wiki/wiki.php?n=TCGN.FrontPage)

### Not Far From the Tree

Do you prefer fresh picked fruit to vegetables? As a volunteer picker or a home owner, you can pick or lend your fruit tree to the organization. Not Far From The Tree offers a self-described "win-win-win" situation by providing the owners of a fruit tree, the volunteers who pick the fruit, and local food banks, each with one third of the harvest.

Tel: 647-774-7425

[www.notfarfromthetree.org](http://www.notfarfromthetree.org)

### Fresh City Farms

Fresh City Farms sells fresh, local produce, which is grown all over the GTA. Their home base is located in Downsview Park.

Tel: 647-721-1150

[www.freshcityfarms.com](http://www.freshcityfarms.com)

### Highland Highlight:

East Scarborough Storefront Community Garden - The Roots of Scarborough East (R.O.S.E) community garden provides opportunities to the residents of Kingston-Galloway to grow fresh vegetables and share traditions between multicultural communities and generations. The R.O.S.E. garden also encourages community members to create their own sustainable environment, and most importantly to build capacity and a sense of community. Local community groups, church groups and community agencies came together to grow fresh produce for the local food bank. More than 30 plots have been allocated to community members living in the apartment buildings on Galloway, Kingston Road & Orton Park.

## Sustainable Transportation

Sustainable transportation systems make a positive contribution to the environmental, social and economic sustainability of the communities they serve. Whether it's by bus, car, foot, or bike, accessible transportation can greatly improve a person's daily commute. In addition, commuting by bike, foot, public transit, or carpooling, will help lessen the output of harmful greenhouse gases and promote a healthier lifestyle.

### What you can do:

- Ride your bike or walk to work, school, and around your community.
- Use the TTC.
- Carpool with friends or coworkers.

*Tip: Riding your bike is a great way to stay healthy and save money. It's also great for the environment because unlike your car, a bike emits zero emissions.*

## RESOURCES

### City of Toronto - Cycling

Toronto offers a bikeway network of 555km bike lanes, pathways, shared roadways and signed routes linking cyclists with neighbourhoods and destinations across the City. The Toronto Cycling Map is a great resource for planning your route to work, school, shopping, or simply to explore. Hard-copy maps are produced by the City of Toronto and available free of charge at bike shops and community and civic centres.

Tel: 311

[www.toronto.ca/cycling](http://www.toronto.ca/cycling)

### City of Toronto - Parks and Trails Map

The City of Toronto has many trails which wind through forests, meadows and along rivers, wetlands and ponds. Herons, hawks, deer, rabbits, muskrats and butterflies are just some of the wildlife that you may spot when you discover Toronto's trails. Check out the parks and trails map featuring major trail access points, TTC connections, popular parks and gardens. The full colour map is also available at community and civic centres.

Tel: 311

[www.toronto.ca/parks/trails](http://www.toronto.ca/parks/trails)

### Toronto Transit Commission (TTC)

The TTC offers an extensive and efficient transit system throughout Toronto. Check out the TTC's website for routes, schedules and updates on services near you.

Tel: 416-393-4636

[www3.ttc.ca/Routes/General\\_Information/Maps/System.jsp](http://www3.ttc.ca/Routes/General_Information/Maps/System.jsp)

### Toronto Transit Commission (TTC) - Bicycles: Rack it and Rocket

Take advantage of the bike friendly routes offered by the TTC. Find valuable information about the best time to travel with a bike and how to use the bike racks on buses.

Tel: 416-393-4636

[www3.ttc.ca/Riding\\_the\\_TTC/Bicycles.jsp](http://www3.ttc.ca/Riding_the_TTC/Bicycles.jsp)

### Smart Commute

If you're looking to save money and reduce your greenhouse gas output, Smart Commute can help you find alternative forms of travel throughout the Greater Toronto and Hamilton Area. Employees at Smart Commute workplaces can benefit from customized transportation plans that will make commuting less expensive, more enjoyable and less harmful to the environment. The free, online ride-matching service, CarpoolZone.ca, is available to anyone.

Tel: 416-650-8205

[www.smartcommutetoronto.ca](http://www.smartcommutetoronto.ca)

## Green Energy

Are you interested in saving money, improving home comfort for your family, and helping the environment? Check out the resources below that can help you to reduce your daily energy consumption, lower your bills and mitigate and adapt to climate change.

### What you can do:

- Turn off lights and unplug appliances when not in use.
- Setting your thermostat 2°C to 3°C higher than usual during summer and 2°C to 4°C lower than usual during winter can reduce your energy consumption by approximately 10%.
- Use weather stripping and caulking to seal cracks around windows, doors and sill plates. Older homes can lose up to 30% of their heat due to such leaks.
- Replacing your old fridge or freezer can save you up to \$125/year.
- Doing laundry with cold water can save you \$20-50 per year.
- Using a power bar to turn off your computer when not in use can save you \$50-100 per year

**Fact: 20% of a house's energy is to heat hot water, another 20% is used for all other electrical related appliances.**

## RESOURCES:

### TRCA - Living City Campus

Nestled in an oasis of nature, The Living City Campus will inspire people from all over the world to live more sustainably. From renewable energy to green buildings to new technologies and sustainable transportation, visitors will experience the latest in green living, inspiring change in how we live, work and play today for a healthier tomorrow.

Tel: 416-667-6295

[www.trca.on.ca/the-living-city/the-living-city-campus](http://www.trca.on.ca/the-living-city/the-living-city-campus)

### GreenSaver - Home Assistance Program.

The Home Assistance Program (HAP) is a province-wide initiative funded by the Ontario Power Authority and sponsored by Ontario hydro utilities, including Toronto Hydro. GreenSaver provides assessments and energy improvements at no cost to income-qualified homeowners for whom energy costs is a significant financial burden. Home owners can qualify for thousands of dollars of improvements including lighting, appliances, insulation and draft-proofing. All work is fully guaranteed for two years.

Tel: 1-855-591-3121

[www.greensaver.org/programs/current-programs/home-assistance-program](http://www.greensaver.org/programs/current-programs/home-assistance-program)

### Clean Air Partnership - 20/20 The Way to Clean Air

The goal of 20/20 Campaign is to help you reduce your energy consumption by 20 percent at home and on the road. Reductions in pollutants will improve local air quality and lessen the impact of smog and climate change on the environment and your health. The 20/20 Planner provides practical actions that we can immediately take to reduce our energy use, all while saving money and increasing our home comfort.

Tel: 416-392-6672

[www.cleanairpartnership.org/2020](http://www.cleanairpartnership.org/2020)

### Ontario Power Authority - Efficiency Tips and Tools

The OPA provides 12 different categories of energy saving tips and tools you can use in your own home and provides FREE pickup of old fridges and freezers.

Tel: 1-877-797-9473

[www.saveonenergy.ca/Consumer/Efficiency-Tips---Tools.aspx](http://www.saveonenergy.ca/Consumer/Efficiency-Tips---Tools.aspx)

### Toronto Hydro - Electricity Conservation

Participate in Toronto Hydro's conservation programs to reduce energy consumption and help manage your electricity bill. Enrol in *peaksaverPLUS™* and receive a free in-home Energy Display to help monitor your electricity consumption. Other free incentive programs for your home include fridge & freezer pickup, heating & cooling incentive, and in-store coupon events.

Tel: 416-542-3100

[www.torontohydro.com/saveonenergy](http://www.torontohydro.com/saveonenergy)

### Toronto Atmospheric Fund (TAF)- TowerWise Program

The TowerWise program focuses on improving the energy efficiency of Toronto's high-rise condominium and rental apartment buildings as a way of reducing emissions from a sector that produces 40 percent of Toronto's residential emissions. To accelerate the adoption of energy efficiency in Toronto's high-rise residential buildings, TAF has developed the Energy Savings Performance Agreement which provides building owners with up to 100% financing for energy efficiency measures. The financing is considered to be a non-debt instrument and repayment is based entirely on energy savings; if you don't save, you don't pay.

Tel: 416-392-0268

[www.towerwise.ca](http://www.towerwise.ca)

### Enbridge Gas Distribution – Helping You Manage Your Energy Use

As the largest natural gas utility in Canada, Enbridge Gas Distribution delivers safe and reliable natural gas to more than 1.9 million customers in Ontario, including the Highland Creek watershed in Toronto. Enbridge has offered customers energy efficiency programs and tips to help them use energy wisely and save money for more than 15 years. You can also join the Enbridge Energy Club and get information about energy efficiency sent directly to you by email.

[www.enbridgegas.com/energyefficiency](http://www.enbridgegas.com/energyefficiency)

### Canada Mortgage and Housing Corporation (CMHC) – Maintaining a Home

Find out how to make your home more energy-efficient from various publications offered by CMHC. CMHC can help you to learn about alternate sources of home energy including photovoltaic systems and easy to understand renovation tips for energy savings that can improve your indoor air quality, humidity levels, and your overall comfort level.

Tel: 1-800-668-2642

[www.cmhc.ca/en/co/maho/enefcosa/index.cfm](http://www.cmhc.ca/en/co/maho/enefcosa/index.cfm)

## Funding Resources

Fundraising is a great way to get your community project off the ground and raise awareness of your project. Use this short list of the funding sources that are available for community projects to start your fundraising, research the many other sources that are out there, or get creative with raising funds in your own community.

### Live Green Toronto

Live Green Toronto promotes and supports the greening of Toronto by offering grants, expertise and a one-stop website full of resources, rebates, tips and tools to help residents and businesses take action to reduce emissions, protect our climate and clean our air. At [livegreentoronto.ca](http://livegreentoronto.ca) you'll find information and resources related to local food, community gardens, community grants, how-to videos, volunteer opportunities, and our community animators who are here to help Toronto residents get organized and turn great green ideas into action.

Tel. 311

[www.livegreentoronto.ca](http://www.livegreentoronto.ca)

### TD Friends of the Environment Foundation

TD Friends of the Environment Foundation is a national organization, formed by TD Bank Financial group that provides funding for local projects dedicated to preserving the environment.

Tel: 416-308-5589

[www.fef.td.com](http://www.fef.td.com)

### Ontario Trillium Foundation

A leading grantmaker in Canada, the Ontario Trillium Foundation strengthens the capacity of the voluntary sector through investments in community-based initiatives. An agency of the Government of Ontario, OTF builds healthy and vibrant communities.

Tel: 416-963-4927

[www.otf.ca](http://www.otf.ca)

### Environment Canada - EcoAction Community Funding Program

The EcoAction Community Funding Program provides financial support to community-based, non profit organizations for projects that protect, rehabilitate or enhance the natural environment, and build the capacity of communities to sustain these activities into the future. The program supports projects that address the following four themes: clean air, clean water, climate change, and nature.

Tel: 1-800-661-7785

[www.ec.gc.ca/ecoaction](http://www.ec.gc.ca/ecoaction)

### Evergreen Grants

Evergreen is one of Canada's leading funders of community and school greening projects. They offer a variety of grant programs for community groups and schools and also provide training, design and maintenance advice, and a range of print and online resources to ensure the success of your project.

Tel: 416-596-1495 ext 320

[www.evergreen.ca/en/funding](http://www.evergreen.ca/en/funding)

### Earth Day Canada - Community Environment Fund

The Earth Day Canada (EDC) Community Environment Fund, in partnership with Sobeys, provides financial grants of up to \$20 000 to support projects in Ontario that benefit the environment and local community. Grants are provided to not-for-profit organizations, charities, and schools to develop sustainable projects that educate and inspire action in communities across the province.

Tel: 416-599-1991 ext 109

[www.earthday.ca](http://www.earthday.ca)

For more environmental grant programs, see the list on Live Green Toronto's website at:

[www.toronto.ca/livegreen/greenneighbourhood\\_rebates.htm](http://www.toronto.ca/livegreen/greenneighbourhood_rebates.htm)

## UNDERSTAND, EXPLORE, LOOK AFTER...

If you prefer to get your hands dirty and enjoy interacting and learning in a natural environment, there are many opportunities to do so. Take part in one of the many events or programs offered across Toronto to learn about your local environment, what you can do at home and in your community to help make a difference and engage your friends, family and neighbours to take action to green the Highland!

### What you can do:

- Contact one of the organizations listed below and get involved.
- Join the Highland Creek Watershed Green Team.
- Volunteer at various community events whether they have an environmental theme or not (you can always help make existing events more environmentally friendly).
- Encourage your local schools to take advantage of some of the free environmental education programs offered by TRCA.
- Take a walk through the woods and enjoy nature.
- Tell your friends, family and neighbours about what you have learned and encourage them to take action.

**Fact: Between the various programs listed below there are over 50 interactive learning programs available from pre-school to adult.**

## RESOURCES

### TRCA - Highland Creek Watershed Green Team

The Highland Creek Watershed Green Team is getting projects started in three pilot project areas in Scarborough - the neighbourhoods around Milliken Park, Morningside Park and Cedarbrook Park. Join the Green Team to help implement greening projects in these communities, or contact us for help with turning project ideas into action in other neighbourhoods.

Tel: 416-661-6600

[www.trca.on.ca/highland](http://www.trca.on.ca/highland)

### TRCA - Kortright Centre for Conservation

Situated 10 minutes north of Toronto, on 325 hectares of pristine woodlands, Kortright Centre combines a natural oasis with some of the most leading edge sustainable education programs and events in Canada. The centre hosts 135,000 visitors annually and offers over 50 environmental education programs for schools and 25 sustainable technology workshops for the public, trades and professionals.

Tel: 905-832-2289

[www.kortright.org](http://www.kortright.org)

### City of Toronto - Natural Environment and Community Programs

The Natural Environment and Community Programs unit within the City of Toronto's Urban Forestry division aims to protect, restore and enhance priceless natural environments located within the City of Toronto's parkland and ravine systems. Check out their website to volunteer for parkland naturalization planting events or to get involved in the Community Stewardship Program where volunteers help to maintain and monitor restoration sites.

Tel: 311

[www.toronto.ca/greentoronto](http://www.toronto.ca/greentoronto)

### TRCA - Multicultural Connections

TRCA engages new Canadians in environmental initiatives and stewardship projects by reducing language, cultural and economic barriers, traditionally limiting their participation. The program collaborates with community partners to continually develop a variety of innovative strategies and programs to engage the diverse audiences we serve and works with community groups, faith groups, cultural organizations, English as a Second Language (ESL) and Language Instruction for Newcomers to Canada (LINC) centres and settlement agencies.

Tel: 416-661-6600 ext 5394

[www.trca.on.ca/get-involved/stewardship/multicultural-connections.dot](http://www.trca.on.ca/get-involved/stewardship/multicultural-connections.dot)

### TRCA - Watershed on Wheels

Watershed on Wheels (WOW) education programs are free and curriculum linked! They engage students in hands on learning experiences and expand their local environmental knowledge. Qualified WOW instructors travel to your school, bringing with them all the necessary equipment to deliver lessons related to your local area. Our programs can be conducted in a classroom setting, a school yard or a nearby park or natural area.

Tel: 416-661-6600

[www.trca.on.ca/school-programs/facilities-and-programs/watershed-on-wheels](http://www.trca.on.ca/school-programs/facilities-and-programs/watershed-on-wheels)

### Live Green Toronto

Live Green Toronto promotes and supports the greening of Toronto by offering grants, expertise and a one-stop website full of resources, rebates, tips and tools to help residents and businesses take action to reduce emissions, protect our climate and clean our air. At [livegreentoronto.ca](http://livegreentoronto.ca) you'll find information and resources related to local food, community gardens, community grants, how-to videos, volunteer opportunities, and our community animators who are here to help Toronto residents get organized and turn great green ideas into action.

Tel: 311

[www.livegreentoronto.ca](http://www.livegreentoronto.ca)

### Toronto Botanical Garden

Discover the Toronto Botanical Garden (TBG), Toronto's magical oasis in the city. The TBG's 17 contemporary, themed, urban-sized gardens span nearly four acres and offer four seasons of inspiration. The TBG brings together plants, people and the natural world to inspire and educate, offering a wide array of indoor and outdoor activities for all ages including more than 150 adult courses, lectures and programs each year.

Tel: 416-397-1340

[www.torontobotanicalgarden.ca](http://www.torontobotanicalgarden.ca)

### East Scarborough Storefront (ESS)

The East Scarborough Storefront provides accessible sites for community members of all ages and cultures to find and share solutions they need to live healthy lives, find meaningful work, play and thrive. They are a partnership of community members and services working together to create a thriving community in East Scarborough. The ESS also features a new eco-food hub, a community garden and the Community Design Initiative (CDI) that involves youth working with architects, planners and designers to redesign the East Scarborough Storefront and incorporate environmentally sustainable features.

Tel: 416-208-9889

[www.thestorefront.org](http://www.thestorefront.org)

### Park People

Park People advocates for better parks for all communities by facilitating neighbourhood engagement in their parks, building a network of local community park groups, acting as a watchdog on issues affecting parks and highlighting the importance of good parks to the social, health, environmental and economic well-being of all residents of Toronto. Resources include a free Park Friends Group Guidebook and a Park Group Help Centre.

[www.parkpeople.ca](http://www.parkpeople.ca)

### TRCA – Green Home Makeover

Are you considering a more efficient air conditioner, new low flow toilet, or creating beautiful easy-care landscaping? If so, the Green Home Makeover is for you! With help from private and public sponsors, we have totally transformed one lucky home to give homeowners and renovators a real-life example of how indoor and outdoor water and energy renovations can have a big impact. The Green Home Makeover is located at 71 Turtlecreek Blvd in Brampton, and is part of the SNAP (Sustainable Neighbourhood Retrofit Action Plan) for this community. Take a free tour of the home, talk to the homeowners, and learn more about innovative eco-friendly home improvements. Visit the project website to watch renovation videos and see all the features included in the home.

Tel: 416-661-6600 ext. 5778

[www.sustainableneighbourhoods.ca/v2/projects/green-home](http://www.sustainableneighbourhoods.ca/v2/projects/green-home)

## CONCLUSION

This resource guide highlights some of the many resources available to help you green your community, save money and improve the health of your local environment. Getting involved and making a change is easy and it all starts with a single step. Whether your first step is to support your local farmers market, collect rain water, or use native plants in your garden, the important thing is to start. Through simple actions you can make a difference and the steps you take today can inspire others to join you in creating greener, more sustainable communities.

