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The Canadian Government's One-Tonne Challenge - is to persuade every Canadian household to reduce greenhouse gas emissions by 20% to help Canada meet its obligations under the Kyoto Protocol on climate change.

Getting started is easy. It's as simple as making a personal commitment to use energy and resources more efficiently in your daily life to reduce your emissions.

One tonne sounds like a lot, but think of this: Every time you drive a car, take out the garbage, or do anything else that uses energy from fossil fuels you contribute to greenhouse gas emissions (GHGs) that cause climate change. For the average Canadian, that's more than 5 tonnes of GHGs a year.

If you add this up, together, individual Canadians contribute more than a quarter of the country's total greenhouse gas emissions. The One-Tonne Challenge is your challenge to take action on climate change by reducing household waste, using less energy and using it wisely.

After all, if we're part of the problem, we can be part of the solution. You can make a difference.

Click [here](#) to join the One Tonne Challenge and find out how to begin to reduce your greenhouse gas (GHG) emissions and meet your one-tonne goal. Take the Challenge!

To learn more about Living Green click on the links at the top of this article.