



EcoNugget

'Tis the season to connect with nature and protect our earth!

Fresh air + exercise to stay warm = fun outdoors!
Deep connection with the beauty of nature is good for our physical and mental health and wellbeing.

- Keep walking to get around town while keeping your carbon footprint low. A toboggan can carry items through the snow.
- Embrace any chance to go cross-country skiing, skating or snowshoeing which are less polluting than snowmobiling.
- Bundle up to be comfortable! Layering clothing allows easy adjustments as you warm up. A good quality second hand coat from the local thrift store is a responsible choice.
- Walk through one of Wilmot's trails to identify trees by their bark, watch for animal tracks, and appreciate the cycles of the animals and plants. Leave no trace behind and stay on trails to respect and preserve habitats.
- Warm up before and after with a hot drink (fair trade and ethically sourced) from a reusable mug.

With a bit of planning, the chilly months ahead can be both joyful and sustainable for our planet!