



A ONE PLANET COMMUNITY

Guide for Residents
(Aalto, QC)



What is One Planet Living?

We are consuming resources and polluting the planet at a level the Earth cannot sustain. Ecological footprinting shows that if everyone in the world consumed as many natural resources as the average North American, we would need five planets to support us.

One Planet Living (OPL) **is the vision of a world in which people enjoy happy, healthy lives within their fair share of the Earth's resources**, leaving space for wildlife and wilderness.

Bioregional's OPL Framework comprises **10 easy-to-grasp principles** and detailed goals and guidance. Together, these provide a clear, practical roadmap to plan, deliver and communicate sustainable transformation.

	Health and Happiness	Encouraging active, social, and meaningful lives to promote good health and wellbeing.
	Equity and Local Economy	Creating safe, equitable places to live and work which support local prosperity and international fair trade.
	Culture and Community	Nurturing local identity and heritage, empowering communities, and promoting a culture of sustainable living.
	Land and Nature	Protecting and restoring land for the benefit of people and wildlife.
	Sustainable Water	Using water efficiently, protecting local water resources, and reducing flooding and drought.
	Local and Sustainable Food	Promoting sustainable humane farming, healthy diets high in local, seasonal organic food, and vegetable protein.
	Travel and Transport	Reducing the need to travel, encouraging walking, cycling, and low carbon transport.
	Products and Materials	Using materials from sustainable sources and promoting products which help people reduce consumption.
	Zero Waste	Reducing consumption, reusing, and recycling to achieve zero waste and zero pollution.
	Zero Carbon	Marking building and manufacturing energy efficient and supplying all energy with renewables.

Your Role as a Resident

Together with Bioregional, Zibi has developed an ambitious One Planet Action Plan (OPAP) which is interwoven into the design, construction and operation of Zibi. In other words, whether you are on-site hammering nails, in the office crunching numbers, living in your home at Zibi, working in retail, or renting a space, you play a significant role in changing our collective impact on the planet.

While all 10 OPL principles are of crucial importance to the success of the whole Zibi community, **your role as a resident focuses on 6 principles** of the OPAP:

1. Zero Waste
2. Sustainable Water
3. Zero Carbon
4. Culture & Community
5. Local & Sustainable food
6. Travel & Transport



*Let's show the rest of Canada, and the world, that living within the finite resources of **one planet** is possible and favourable!*



Zero Waste

At least **70% of household waste can avoid landfill through recycling and repurposing**. Zibi is committed to implementing innovative waste reduction and diversion strategies to meet our ambitious targets – **we aim to reduce the amount of residential waste produced by each resident to 291 kg/year, which is 20% less than the regional average**. While Zibi ensures the necessary infrastructure to meet these targets is available, in return, we need your help and participation in following best practices.

Waste at Aalto is collected by la Ville de Gatineau, which collects organics, mixed recyclables and landfill waste. Each floor at Aalto has a waste chute that is connected to a tri-sorter – please ensure you follow posted directions on how to properly sort and dispose of your waste items.

Remember: the best way to manage waste is to not create any! Practice mindful consumption by considering the complete lifecycle of an item, including its packaging, before buying.

Tips for Waste Management:

- Soiled cardboard (pizza boxes, donut boxes) should be composted and not recycled.
- Only certified compostable plastic bags can be used for composting (or paper bags).
- La Ville accepts plastics 1-5 and 7, any other types, including Styrofoam or unmarked items, should go in the trash.
- Electronics, batteries and hazardous waste can be recycled at [Ecocentres](#).
- When in doubt, consult the [Dtrituis](#) app to determine what goes where.





Sustainable Water

Zibi aims to **reduce water consumption by 15%** compared to the regional average of 163L/person/day. This means that each resident should **consume no more than 138L/day**, or 25L less than the average. All suites have been fitted with super-efficient appliances to aid in achieving this goal, but there are still some things you can do to help.

We may live in a water-rich country, but we should still take steps to **preserve this precious resource** and, in turn, the infrastructure that carries it.

Tips to reduce water consumption:

- Take shorter showers
- Turn off water when brushing teeth, shaving, doing dishes
- Run full laundry loads
- Run full dishwasher loads
- Notify Property Management of any leaky faucets or toilet issues
- Avoid flushing the toilet for anything other than excreta

Kichi Zibi – A Sacred River

The Anishinabe people call the Ottawa river 'Kichi Zibi' meaning 'Great River', which was a major factor in their decision to establish communities along the shoreline over 8,000 years ago. The river served basic needs like drinking, cleaning, cooking, hunting and fishing – making it ideal for communal living. Being connected to many other tributaries like the Rideau, Gatineau and St. Lawrence rivers, the Algonquin established tolls and meaningful trade with other Nations along these 'water highways'. Tools made of stone that could only be found in parts of Labrador or even Ohio, and copper which could only have come from northern parts of Ontario, have all been found on the banks of the Ottawa River.

There is and always will be a unique relationship to the Kichi Zibi that is held by the Algonquin people, it is one of respect, love and strength for the power it holds and the sustenance it has provided. **Let us continue to honour this relationship.**



Zero Carbon

Zibi is **committed to 100% zero carbon energy**. That means we will not burn greenhouse gas emitting substances to heat, cool or electrify our community. Instead, Zibi has invested in a District Thermal Energy System (DES) that uses post-industrial thermal energy from the nearby Kruger factory and Ottawa River water to heat and cool the entire community.

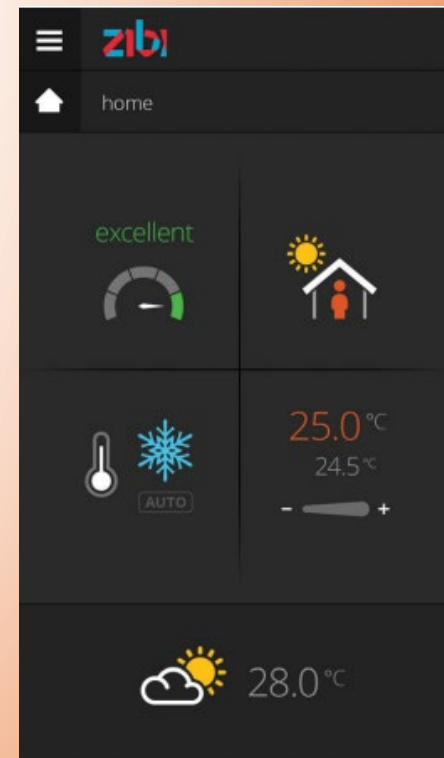
Just by living at Zibi you are reducing your carbon footprint – pretty cool, eh! But we should still take steps to minimize strain on our energy systems.

Tips to reduce energy consumption:

- Turn off unnecessary lights
- Unplug unused electronics
- Wash laundry in cold water & run full loads
- Hang-dry your laundry
- Keep your fridge (3°C) and your freezer (-18°C) at their optimal temperatures
- Skip the heat-dry setting for the dishwasher

In order to reap the greatest **financial and environmental benefits** from your reduced energy consumption, download the free ZibiStat mobile application.

The app allows you to control the temperature in your suite from anywhere and at any time. We strongly encourage you to program your heating/cooling settings based on your personal schedules (home, away, vacation, sleeping). Check out your user manual for all the details!





Culture & Community

Zibi has committed to providing community members with engaging workshops and activities that focus on sustainability and creating a sense of belonging, giving everyone opportunities to get to **know their neighbour**. Zibi will also give the public unprecedented and long overdue access to a site of great cultural relevance. Through signage, architecture, art, and community programming, Zibi will make the rich history of the site accessible to residents and visitors and **establish a distinct cultural identity**.

"Across numerous studies, researchers have shown that individuals who are more socially integrated tend to live happier, healthier, and longer lives."¹

How can you get involved?

Zibi is on all socials and you can register for our [mailing list](#) to receive general information directly. We also encourage you to get out in the community - take advantage of all the amenities Aalto has to offer like the games room, fitness centre, outdoor terrace, beautiful parks, etc. And don't be shy, say 'hi' to your neighbours :)

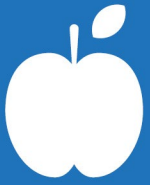
Join us on Mighty Networks!

You can think of it like our online town square. It's the best place to connect with fellow residents and colleagues and stay informed on initiatives and events at Zibi.

- Get exclusive content
- Connect with people that live or work near you
- Learn more about sustainable living
- Share your own events and experiences
- Join different Circles for targeted information
- And more!



[Join Today!](#)



Local & Sustainable Food

Easy access to seasonal, local, sustainably produced food within a community-scale food distribution network will **allow Zibi residents to reduce their dietary carbon footprint by 60%** as compared to a conventional diet. With the help of CSA programs, educational programming and community gardening, we hope that at least 50% of Zibi residents will report a decrease in high-carbon food consumption.

What is Community Supported Agriculture (CSA)?

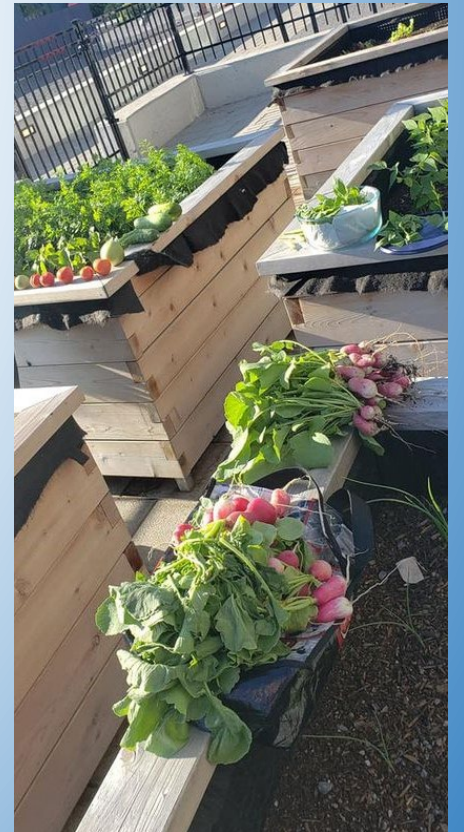
CSA is a production and marketing model whereby consumers buy shares of a farm's harvest in advance and then receive a corresponding allotment of produce on a weekly basis throughout the growing season.

Two Beets Farm has a drop box location right here at Zibi, so you can get fresh local veggies delivered right to you! [Sign up on their website](#) and set up your personalized boxes at their online farm-stand. You'll want to register ASAP as shares sell out fast!

Zibi will serve as a model for integrating agriculture into the urban landscape, maintaining a 1:10 ratio of food-growing garden spaces to households.

Aalto has a community garden!

On the 2nd floor outdoor terrace, you will find several garden boxes just for Aalto residents. If you are interested in joining the gardening committee and securing a plot of your own, contact the One Planet Ambassador today! (While supply lasts).





Travel & Transport

Zibi has modified the Eddy-Booth corridor to prioritize active modes of transportation over personal automobile use. In doing so, **we anticipate that residents will choose public transit 45% of the time, non-motorized transit 20% of the time, personal vehicle use less than 25% of the time, and carpool 10% of the time** for their commuting needs. In addition, 20% of parking spaces will be equipped for electric car charging stations, and you might notice there are less overall parking spaces than households.

Bike & Walking Paths

Zibi is centrally connected to the extensive network of paths in the NCR that can get you anywhere you need to go.

Bus Routes

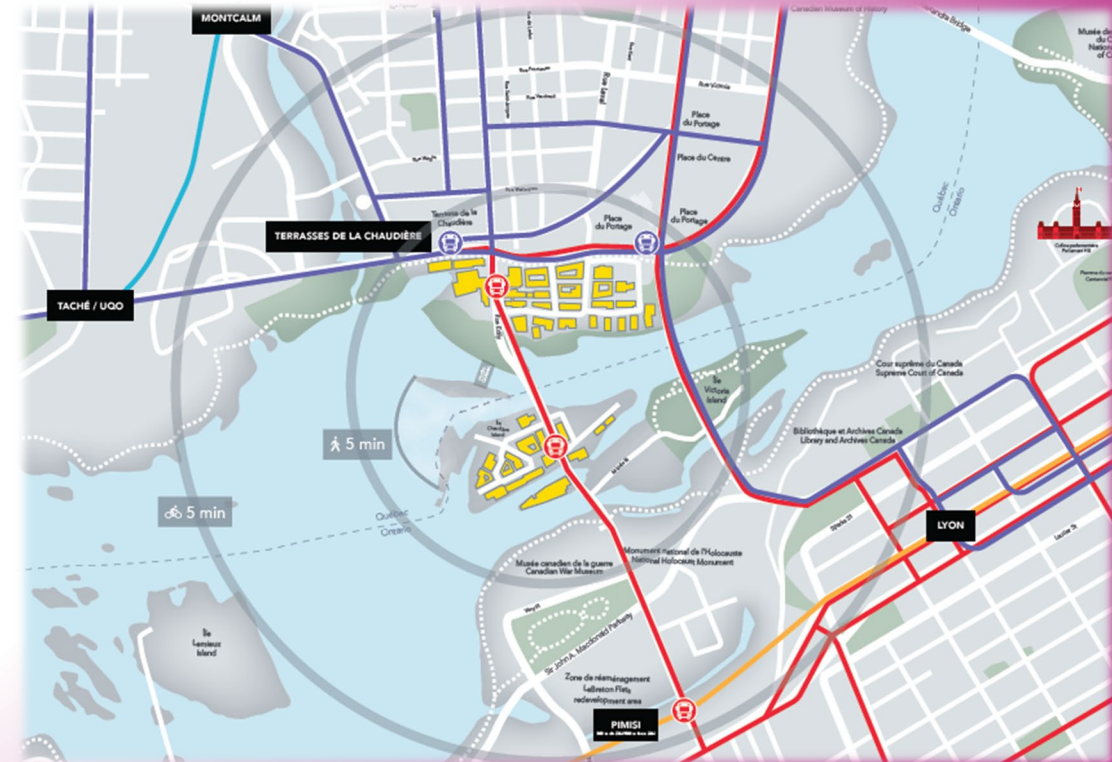
You can catch STO and OC Transpo right up the street in Gatineau at Terraces de la Chaudière.

Communauto

Unless in use, you can find a Communauto car parked in the Zibi House parking lot. Register on their app to reserve a car.

Local Retailers

As we prepare to welcome a variety of vendors in the near future, there are so many great local grocers and retailers nearby you can check out in the meantime! You can consult our [Zibi Local Economy map](#) to find reputable and sustainable businesses within 5 kms of Zibi – that’s a long walk or short bike ride away ;)



Connect with Zibi's One Planet Ambassador

Should you have any questions, concerns, comments or suggestions on anything related to sustainability, please contact Zibi's One Planet Ambassador, **Brittany** - she is always delighted to discuss and explore ways to live a more happy, healthy, sustainable life!

- E. oneplanet@zibi.ca
- T. 613-404-9749.

