inSitu's Guide to Sustainable Living

How to Build and Live More Sustainably

May, 2025

inSitu

- Mont Ste-Marie -

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PURPOSE

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Purpose

inSitu's Vision

Foster communities where families can play & thrive in nature.

inSitu's Mission

Responsibly build vibrant communities while maintaining Mont Ste-Marie's (MSM) natural beauty & outdoor activities.

inSitu is a catalyst for elevating the MSM experience year-round through sustainable planning, community engagement, and strategic land stewardship. We offer you a sanctuary in the midst of everything that MSM has to offer: downhill; back-country and cross-country skiing; hiking, mountain biking; road and gravel biking; golf; tennis; lake life, and much more.

We have created this Sustainable Living Guide so that you too can live harmoniously with nature and reduce your impact. This guide provides actionable and impactful tips on how to reduce embodied and operational carbon during home design, construction, and everyday living. You will find information on how to approach outdoor living in a way that minimizes impacts on Lac Fournier and the flora and fauna that surround us. Details on existing grants and incentive programs are also included to support your sustainability goals. Finally, there is a checklist that you can share with your designers and contractors, providing clear guidance while they create your sustainable home.

Welcome to the Community!

Note: all information in this guide is up to date as of March 2025. www.insitumsm.ca will have a copy of the latest version.

A SUSTAINABLE HOME

02

A Sustainable Home

DESIGN & CONSTRUCTION

Designing a smart, energy-efficient home that limits reliance on hydrocarbon fuels and other natural resources is a powerful way to reduce your environmental footprint. Just as importantly, a sustainable home is ultimately more resilient, comfortable, and enjoyable to live in.

Passive house is an international standard for designing and constructing comfortable, affordable and energy-efficient homes. By ensuring airtight construction, preventing thermal bridging *(areas in the building structure where heat escapes)*, using well-framed and insulated windows, incorporating energy-recovery ventilation or efficient heating, and applying effective insulation, a Passive House could eliminate the need for conventional heating or cooling. A Passive house is not only **extremely energy efficient**, corresponding to low operational costs, but it also **protects the homeowner from any future cost increases** for energy.

If an entirely Passive home is not an option for your project, you can still incorporate key principles from the standard (see **link**) into your design. At a minimum, we encourage you to apply some of the concepts below to reduce the impact of your home.

10% of the world's **energy-related carbon** emissions come from **construction** (CaGBC, 2021). As a homeowner, you can help reduce this number by considering the **embodied carbon** of your build, which is the “upfront carbon” expenditure that comes with building a home. It includes carbon emissions associated with resource extraction, product manufacturing, transportation to the site, construction, demolition and waste processing, either during construction or at the building’s end of life.

Simple Tips to Reduce your Embodied Carbon Footprint:

1 STEEL

☑ Source rebar from Quebec or Canadian manufacturers that, at minimum, use **recycled content** in their product and use an **electric arc furnace** to reduce the carbon footprint from steel by 40-60%.

Here are some possible manufacturers:

- **ArcelorMittal** (Long Products)
- **Algoma Steel** (Plate and Sheet Products)
- **Gerdau Rebar** (North American Plants Only)

2 INSULATION

☑ Let your designer/architect and contractor know early on that you want to use products with **lower global warming potential** (GWP), as there are many options available for each type of insulation.

☑ For guidance, refer to **this guide** that was prepared for Nelson, BC.

Please note that this is relevant as of March 2025. Technologies change quickly and so it's important to have your designer or contractor do further research.

Due to revised regulations on hydrofluorocarbons (HFC)s, XPS foam and new generation blowing agents now have lower GWP, making them viable products for reducing carbon emissions.

- **HFCs**: Gases used in insulation and refrigeration.
- **XPS Foam**: A rigid insulation material that is durable, moisture-resistant, and used in walls, roofs, and foundations.
- **Next-Generation Blowing Agents:** New chemicals used to make insulation that have much less impact on the climate than older versions.

3 CONCRETE

- **Minimize the footprint** of your building.
- **Avoid a basement**, or consider using **insulated concrete forms**.
- **Reduce** slab **thickness** where possible (this can also lower costs).
- Ask for concrete that contains **Supplementary Cementitious Materials** (SCM) or an "eco-mix" concrete.
- Consider a **mass timber** or **Cross Laminated Timber** (CLT) home *(see Wood Tips below).*

4 FLOORING

- If pouring a concrete slab, consider polishing the slab as a **finished floor surface** rather than installing flooring on top.
- If you are considering hardwood flooring, source flooring that was **harvested locally** (within 500 km), or that is **Forest Stewardship Council** (FSC) certified.
- **Linoleum** and **cork flooring** have the lowest embodied carbon. **HDF laminate**, or engineered hardwood flooring containing recycled content are sustainable choices.
- While **vinyl** is affordable and easy to install, it has **high embodied carbon** and contains Poly Vinyl Chloride (**PVC)** which is harmful during production, use, and disposal. If unavoidable, choose a vinyl that is **FloorScore-certified** to reduce the negative impacts on indoor air quality.

5 WOOD

- Consider building with **CLT**, one of the most sustainable home materials. It is also produced locally (Ripon, QC & St-Thomas, ON), and can be installed by local contractors **(Fab Structures)**.
- **Avoid** using **tropical woods** which are often harvested unsustainably and unethically.
- When selecting wood products, choose products with an F**SC certification**, or choose products that are **locally harvested** and **processed**.

  Local sawmills include:
  - **Les Bois Heritage** (Kazabazua)- specializing in pine flooring, furniture, siding and moldings
  - **Scierie MSG** (Ste-Thérèse-de-la-Gatineau)- specializing in eastern white cedar products
  - **Edge Lumber & Forestry** (Venosta)- specializing artisanal lumber, firewood and kindling

6 WINDOWS

- Purchase windows that are **ENERGY STAR®-certified**.
- Source windows that are **manufactured locally** to reduce the embodied carbon of the product.
- When investing in windows, consider **triple pane windows**.

Windows account for at least **10% of a home's embodied carbon** and are closely linked to **operational emissions**. For improved overall energy efficiency—resulting in lower utility bills and greater comfort—triple-pane windows can be a worthwhile investment. However, if your budget cannot accommodate the higher upfront cost, or if you are not aiming for Passive House certification, it may be more impactful to prioritize other building materials *(such as those highlighted in this section)*, particularly in a region like Quebec, where the electricity grid already has low emissions.

7 CLADDING

- **Sustainably harvested** (FSC-certified), **local** or **engineered** wood (with recycled content) is the most sustainable choice of cladding.
- Buildings are constantly being demolished. If you can access **recycled brick** or **metal**, these are durable and sustainable options for home siding.
- Stucco made with post-consumer **recycled** content, lime or clay based products are all good options.
- **Locally sourced stone veneer** will improve your home's energy efficiency, and is very durable. However, it is energy intensive to extract, and so it is very important that it is locally sourced (CaGBC, 2024).

8 OTHER

- **Minimize finishings** to lower embodied carbon and reduce overall maintenance—e.g., polish the concrete slab instead of adding flooring.
- Consider designing a **smaller home** to meet only your needs to reduce both emissions and operational costs.
- Maximize **solar energy** by orienting the house North-South and adding shades or overhangs to stay cool in summer.
- Request that your contractor bring your construction waste to a sorting facility (**TerraCube** or **LGL Globe**). Better yet, encourage them to reuse materials or donate useable extras to a repurpose centre such as **The Habitat for Humanity**.
- **Use low-VOC** (Volatile Organic Compounds) materials, such as paints and sealers, to promote healthier indoor air quality.

Simple Tips to Run a More Sustainable Home:

1 ENERGY

- Consider installing a **heat pump** to take advantage of Hydro-Québec's efficient energy and enjoy year-round comfort, while replacing inefficient window or portable air conditioners.

- Use an **ENERGY STAR® smart thermostat** to reduce energy use and emissions. The general guideline is to program it to 20 °C when at home and 17 °C at night. Lower the temperature even further when you're away, especially for several days. These settings can cut heating and cooling costs while reducing your carbon footprint (NRCan, Smart Thermostats).

  See "Incentive Programs" to save on the purchase and installation of a heat pump and smart thermostat.

- **Install blinds** and use them **strategically**: close them on hot summer days to block heat and open them in winter to let in warmth.

- In the fall, **assess** your window and door **weather stripping** to ensure that it's in good shape for the winter.

- **Unplug** appliances, chargers, tablets and other electronics when not in use.

- Install Wi-Fi–enabled blinds to allow for remote or automated climate control.

Chargers and appliances still consume power when plugged in and the constant heat can reduce their lifespan. Unplug devices like kettles and TVs when away, or use smart power strips which automatically control the power supply to connected devices.

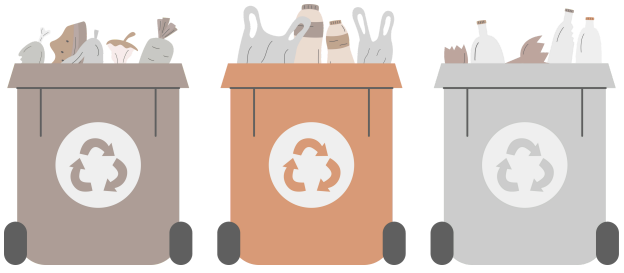
2 WASTE

- Furnish your home sustainably by exploring Buy Nothing groups, Facebook Marketplace, local thrift stores, or secondhand shops like **The Beggar's Bench** (Lac Ste-Marie) & **Comptoir familial** (Gracefield)
- Check out **IKEA's "As Is" program** that features lightly used or discontinued products.
- **Avoid plastic products** for your home. Not only are plastics made with hydrocarbons (the primary components of fossil fuels), they are often less durable and do not biodegrade. Opt for alternatives like **pottery** or **stoneware**.
- **Divert construction waste** from the landfill by using it for other projects, offering it to other community members or bringing it to a sorting station. **TerraCube** (Denholm) or **LGL Globe** (Gatineau) will sort and repurpose construction waste material as much as possible.

Reduce, Reuse, Recycle, Recover. In that order. Most waste ends up in landfills, where it lingers for generations, emits greenhouse gases, and places a financial burden on taxpayers—a cost that will continue to rise as landfills run out of space.

One of the most effective things we can do is consider the durability of a product before we purchase it. Choosing second-hand items is a great way to extend a product's life and helps reduce waste and resource use.

Proper waste sorting is also very important—placing items in the wrong bin can lead to contamination which results in everything being sent to landfill. While "when in doubt, throw it out" is a common rule, the "**Ça va où?**" app helps you quickly check where an item belongs, so you don't have to guess.



- It is strongly suggested that you **download** and **use** the free "**Ça va où?"** app to find out where to put your waste item.
- Recycling includes containers, packaging, and printed paper—plus styrofoam and takeout containers. Large styrofoam must go to the **Kazabazua Ecocentre**. Learn more about the updated program **here**.
- **Rinse recyclables** before putting them in the bin.
- **Remove lids** before throwing them into the bin to maximize space in the compactor truck. If the lid is less than 2 inches in diameter, keep it on the container.
- **Separate different materials** from the same piece of packaging (e.g., remove the plastic window of an envelope before recycling).
- **Roll aluminum** into a ball.
- Soiled paper and fiber products, such as a pizza box or a paper bag, go in the **compost** bin.
- Utilize Quebec's **refundable beverage container program**. Details on what is returnable can be found **here**. Returns can be made to **Marché Ami** in Lac Ste-Marie.
- Printable posters are included in the Appendix of this document. Be sure to update them with your municipality's specific guidelines.
- Dispose of construction, electronic, hazardous, and bulky waste at the **Ecocentre** (11 Bruntdland Rd, Kazabazua). Check the municipal website for hours and accepted items.

In Quebec, waste is sorted into three streams; **organics**, **mixed recyclables** and **garbage**. Quebec's updated waste program now accepts more recyclables and places greater responsibility on manufacturers and producers.

3 APPLICANCES

- Purchase **ENERGY STAR®-certified** appliances and read the Owner's Manual for guidance on how to use them effectively.
- **Remove dust** and **build-up** from the coils at the back of your refrigerator for it to run more efficiently.
- High-efficiency washers and modern detergents clean effectively with **cold water**—no need for hot or warm cycles.
- Consider **hanging** clothes outside in the summer and use **indoor racks** in the winter to save energy.
- When using a dryer, add **wool dryer balls** to help separate your laundry. This will result in a more efficient drying cycle.
- Consider a **dual washer-dryer**. Though slower to complete a load, it's more energy- and water-efficient, saving you money over time. They are also programmable to run outside of peak hours which will be useful if Hydro Quebec adopts time-of-use rates.
- Alternatively, consider purchasing **energy-efficient appliances** such as an induction range and heat-pump dryer.
- Wash your clothes and run the dishwasher **outside** of morning and evening **peak hours**.

4 WATER

- As always, **only use what you need**. Energy and resources are required to make water potable, and so any wastage comes at a cost.
- Ensure that you're installing **low-flow water fixtures**. Recommended flow rates for optimal efficiency are **here**.
- If your landscaping or garden requires watering, make use of a **rain barrel**.

5 LIGHTING

- **LED lighting** is the current day standard. Ensure that your light fixtures use LED bulbs.

- Use **dimmers**, **timers** and **motion detectors** where possible, especially overnight.

- Dark Sky offers a simple guide outlining **Five Principles for Outdoor Lighting** to minimize light pollution, support wildlife, reduce energy costs, and still meet the need for nighttime visibility:
  1. Use light only **if** it is needed
  2. Strategically **direct** light so it illuminates only where needed
  3. Ensure lighting is **no brighter** than necessary
  4. Use light only **when** needed (e.g. using timers)
  5. Choose **warmer-colour** lights where possible

To avoid impacting wildlife, including birds, bats and owls, it is best to **minimize exterior lighting**. While lighting up the outside of a house has become a popular trend, exterior lighting can disrupt the navigation, mating and feeding behaviours of species that rely on dark sky.

6 SEPTIC SYSTEM

Provincial law requires regular septic pumping. In the MRC La-Vallée de-la-Gatineau, the municipality provides this service based on a schedule, dependent on how regularly your home is occupied.

- Please refer to this leaflet provided by the MRC La-Vallée de-la-Gatineau for important information on the design and operation of your septic system. If not maintained properly, your septic system has the potential to negatively impact Lac Fournier.

7 OTHER

- Steps taken during the construction of your home can have lasting effects on indoor air quality. Ask your contractor to:
  - **Seal off work areas** to contain dust
  - Perform **daily housekeeping** of the site, disposing of dusty waste
  - Keep **duct work contained** until the time of install

- **Use low-Volatile Organic Compounds (VOC) products**—especially during repainting or renovations—to promote healthier indoor air, protect long-term health, and support more sustainable waste systems. Refer to the table linked **here** for recommended limits.

- VOCs in cleaning products can contribute to acute and chronic health issues, and be harmful to the environment and your septic system. Look for **ECOLOGO**, **Ecocert** or **GreeSeal** certified products.

- To protect your septic system and nearby water bodies, **avoid products with phosphates**. When overused, phosphates can overload the septic system's filter bed and contribute to lake eutrophication. Common sources include dish soaps, laundry detergents, shampoos, and car wash products—opt for those labeled **phosphate-free**.

- For safe, septic-friendly cleaning, keep ingredients like baking soda, borax, vinegar, lemon juice, salt, and pure soap flakes on hand. Recipes are available **here**.

Eutrophication: High nutrient loads (often from fertilizers, septic systems, agriculture, or stormwater runoff) can lead to eutrophication—a process where water bodies become overly enriched, causing excessive algae growth.

THE GREAT OUTDOORS

03

The Great Outdoors

Your actions outside the home can directly impact the forest, flora, fauna and Lac Fournier. Follow these simple tips to help preserve the natural resources that make Mont Ste-Marie such a wonderful place to call home.

1 EROSION & SEDIMENT CONTROL

- ☑ Have your contractor prepare and present an **erosion and sediment control plan** prior to any work being conducted. Even if you aren't an expert in the field, this sets clear expectations around responsible site management that aligns with industry best practices.
- ☑ Consider using **permeable paving materials** that allow for stormwater to infiltrate the ground (e.g., gravel or permeable pavers)
- ☑ Consider installing a **rainwater capture system** to use for irrigation.

ⓘ Before undertaking any major work outdoors, including the construction of your home, you are encouraged to **consider the potential for erosion and sediment production**. Any loose sediment will eventually end up washing away in the rain and will likely **impact Lac Fournier**. Sediment clogs up the gills of fish and degrades water quality.

2 LIGHTING

ⓘ **Reminder from Section 2:** To avoid impacting wildlife, including birds, bats and owls, it is best to minimize exterior lighting. While lighting up the outside of a house has become a popular trend, exterior lighting can disrupt the navigation, mating and feeding behaviours of species that rely on dark sky.

3 WILDLIFE

- Living at Mont Ste-Marie means sharing your space with birds, animals, plants, and insects. It is helpful to know about their health and our region's biodiversity. We encourage you to **engage in citizen science** by recording a sighting on these platforms:
  - **iNaturalist**
  - **Carapace.ca**
  - **Chauves souris aux abris**

- Consider installing a **native bee home** in your yard to support pollination. Ottawa-based company **Scopa** offers beautiful bee homes and a helpful guide for installation and care.

- Help recover the declining bat populations by installing a **bat house**. Proper placement and design are key to success—learn more about choosing the right location and house type **here**.

- **Avoid leaving out animal attractants**, such as garbage and food waste. Ensure that waste bins and totes are secured and sealed.

- Follow **this guide** to animal proof your home to avoid nuisance and injury or death of animals.

4 SEPTIC SYSTEM

- To avoid nutrient loading in Lac Fournier, **plant drought-tolerant herbaceous perennials** to uptake phosphorus from your septic leach field.

- Follow municipal and/or provincial **requirements** for regular maintenance of your septic system. If not maintained properly, your septic system has the potential to negatively impact Lac Fournier.

Eutrophication: High nutrient loads (often from fertilizers, septic systems, agriculture, or stormwater runoff) can lead to eutrophication—a process where water bodies become overly enriched, causing excessive algae growth.

5 WATERING

- ☑ If possible, **avoid planting grass**. Grass is not native to the area and requires consistent watering to thrive. Instead, **embrace drought-tolerant** and **native planting** (see Yard & Lawn Maintenance below).
- ☑ Consider using a **rain barrel** to collect water for your garden or plants.

6 SNOW MANAGEMENT

Similar to pesticides and herbicides, de-icing products, such as road/rock salt, can have a negative impact on vegetation and can lead to an increase in salinity of Lac Fournier. The volume of de-icing product that is required to be effective is widely misunderstood.

- ☑ Limit rock salt use for de-icing. Approximately 12 ounces (the volume of a coffee cup) is required to de-ice a surface area equivalent to 10 sidewalk squares.
- ☑ Try one of these rock salt alternatives to rock salt to lessen the environmental impact:
  - Sand
  - Stone Grit
  - Calcium Chloride
  - Calcium Magnesium Acetate
  - Magnesium Chloride
- ☑ If using salt, consider these **Smart About Salt** tips:
  - Check the temperature as road salt is only effective at temperatures above -9°C
  - Shovel first
  - Use a traction aid such as sand or kitty litter to reduce the slip potential
  - Use de-icing materials on ice only
  - Sweep up any unused salt for reuse

5 YARD & LAWN

- **Minimize land clearing** and **disturbance**. Only remove trees when absolutely necessary.

- Ensure that any dirt or fill that you are bringing onto your property is **clean of contaminants**. Ask the supplier for documentation/certification indicating such.

- If you have a lawn that requires mowing, **keep the length of grass high**. This gives the grass a stronger chance at survival in a drought and provides more shelter for the insects living on your lawn.

- **Avoid raking leaves** in the spring and fall. These leaves provide shelter to insects including native pollinators. Also, the degradation of leaves and other organic litter enriches the soil in your yard.

- Everything that is applied to your lawn or yard has the potential to impact Lac Fournier. It is strongly encouraged that you **avoid the use of pesticides and herbicides**.

- **Avoid weed** and **feed products** that contain harmful herbicides and pesticides.

- The plants you select for your yard can influence both the time you spend on maintenance and the health of the surrounding environment. To minimize upkeep and preserve the local ecosystem, consider **planting drought-tolerant species** listed below *(Note: this list is not all encompassing).*

RoundUp is a common herbicide that is still available in some parts of Quebec. It contains glyphosate, a possible **carcinogen** that also wreaks havoc on the natural environment by **disrupting biodiversity**. Its use for cosmetic purposes (your home lawn) is banned in many other parts of Canada.

Invasive plants are still **readily sold in Quebec** and their impact on the environment can be **detrimental**; invasive plants outcompete native plants, impacting biodiversity and food sources for fauna. Specifically, **Japanese knotweed** can grow through foundation, **Giant hogweed** and **wild parsnip** contain sap that may cause serious burns, and most invasive plants are very difficult to manage once established.

☑ Best management practices for invasive plants:

- Learn to **identify invasive plants** and research before visiting a garden centre—**sales of invasive species are not banned** in all provinces, including Quebec.
- **Never dump pots or planters** in your yard or green spaces at the end of the season—this can spread non-native or invasive plants.
- When removing invasive plants, bag them and dispose of them in regular garbage—**not compost**—as most municipal compost systems don't reach temperatures high enough to kill them.
- For a fulsome guide on what to plant in your yard to avoid invasive plants, consult the following **Grow Me Instead** guide.

☑ Please do not plant invasive species *(see list below)*.

PLANTS TO PLANT	
Plant	**Details**
American Wintergreen	Native and Drought Tolerant
Anticosti Aster	Native and Drought tolerant
Black Eyed Susan	Native and Drought Tolerant
Butterfly Weed (NOT Butterfly Bush)	Native and Drought Tolerant
Christman Fern	Native and Drought Tolerant
Cinnamon Fern	Native and Drought Tolerant
Common Elderberry	Native
Common Milkweed	Native
Hosta	Drought Tolerant
Jackman Clematis	Native
Ostrich Fern	Native and Drought Tolerant
Red Osier Dogwood	Native
Saskatoon Berry	Native
Sedum	Drought tolerant
Silver Maple	Native
Sweetgrass	Native
Wild Roses	Native and Drought Tolerant
Wild Strawberry	Native and Drought Tolerant
Yarrow	Native and Drought tolerant
Wild Geranium	Native and Drought Tolerant

PLANTS TO AVOID

Plant	Details
Bellflower	Invasive Plant- outcompetes native plants and is difficult to contain.
Buckthorn	Invasive Plant- outcompetes native plants and is difficult to contain.
Butterfly Bush	Invasive Plant- outcompetes native plants and is difficult to contain.
Common Reed	Invasive Plant- outcompetes native plants and is difficult to contain.
Dog Strangling Vine	Invasive Plant- outcompetes native plants and is difficult to contain.
English Ivy	Invasive Plant- outcompetes native plants and is difficult to contain.
Eurasian water milfoil	Invasive Plant- outcompetes native plants and is difficult to contain.
Garlic Mustard	Invasive Plant- outcompetes native plants and is difficult to contain.
Giant Hogweed	Invasive Plant- contains a phototoxic sap that can cause severe burns on humans.
Goutweed	Invasive Plant- outcompetes native plants and is difficult to contain.
Japanese Knotweed	Invasive Plant- capable of growing through foundation, very destructive, fast spreading and outcompeting native species.
Lily of the Valley	Invasive Plant- outcompetes native plants and is difficult to contain.
Norway Maple	Invasive Plant -outcompetes native plants.
Periwinkle	Invasive Plant- outcompetes native plants and is difficult to contain.
Phragmites	Invasive Plant- outcompetes native plants and is difficult to contain.
Purple Loosestrife	Invasive Plant- outcompetes native plants and is difficult to contain.
Ragweed	Invasive Plant- outcompetes native plants and is difficult to contain.
Reed Canary Grass	Invasive Plant- outcompetes native plants and is difficult to contain.

INCENTIVE & REBATE PROGRAMS

04

Incentive & Rebate Programs

This section provide information on a variety of incentive programs that exist to help you build and live in a more sustainable home.

Program	Details
Hydro Quebec LogisVert Efficient Homes Program	• Up to $6,700 in financial assistance with the purchase of an efficient heat pump • $250 on an induction range • $250 on a heat-pump dryer • $140/1000 BTU/h at -8C for high-efficiency heat pump and caulking work
Hydro Quebec Hilo Program	• Rotating discounts on smart thermostats that will save you in energy costs • Hilo compatible EV chargers
Hydro Quebec Net Metering	• Credit applied to your Hydro Quebec account if you harvest renewable energy yourself (i.e. solar panels) and provide surplus to the grid. • Program specific to new builds, enables 20% energy cost savings with above standard insulation, airtightness, ENERGY STAR® window selection etc as well as $2,000 in financial assistance.

Novoclimat	• Program specific to new builds, enables 20% energy cost savings with above standard insulation, airtightness, ENERGY STAR® window selection etc as well as $2,000 in financial assistance • Cost Benefit Analysis • Builder must obtain or have Novoclimat certification
Canada Mortgage and Housing Corporation's Eco Plus Program	• You can apply for a partial premium refund of 25% if you're CMHC certified and have an energy efficient home (a Novoclimat home qualifies)
NRCan Canada Greener Homes Grant	• Currently closed, but is administered through the province of Quebec via some of the programs mentioned in this table
RoulezVert	• Financial assistance for the purchase of an electric vehicle or purchase and install of a home charger ($600)
EcoPeak Water Heater	• Receive a $100 rebate when you purchase Quebec made EcoPeak water heater which uses three elements to heat water more evenly throughout the day. Purchase at Canac, Hydro Solutions or Rona. • Valid until Dec 31, 2025.

Note: this list is current as of March 2025. Research should be done on the status of a program, and deadlines before pursuing an incentive. For most incentive programs, you can only apply to one program (federal and provincial). It's important to research which is more favourable for your situation before applying.

DESIGNER & CONTRACTOR CHECKLIST

05

Designer & Contractor Checklist

Use this checklist to indicate what you would like your designer and contractor to consider and present as part of your sustainable home. Feel free to edit or add comments as needed.

DESIGN

- [ ] Please explore a Passive House design, suggesting strategies that can be incorporated.
- [ ] Please explore a cross laminated timber (CLT) home.
- [ ] Orient the home and shade windows to optimize impacts of solar radiation.
- [ ] To reduce the volume of concrete required, I'd like to consider the following measures:
  - Reduce the floor area
  - Avoid a basement or use of ICF
  - Reduce slab thickness as much as possible
- [ ] Keep any concrete slab floors uncovered and polished.
- [ ] Avoid the use of vinyl and plastic products.
- [ ] Consider durability of products for my home, choose products with a long life cycle.
- [ ] Prioritize locally produced materials.

CONSTRUCTION

Environmental Protection

- [ ] Inform me of any reusable construction waste that I could repurpose.
- [ ] Minimize land disturbance, only remove trees and vegetation when necessary.
- [ ] Divert construction waste from the landfill by using it for other projects or bringing it to a sorting station. **TerraCube** in Denholm or **LGL Globe** in Gatineau will sort and repurpose construction waste material.
- [ ] Ensure that all fill brought in is clean and free of contaminants.
- [ ] Provide me with an **Erosion and Sediment Control Plan** before beginning construction.

Energy

- [ ] Install an air source heat pump with electric back up.
- [ ] Select ENERGY STAR® certified thermostats.
- [ ] Ensure that the HVAC system is appropriately sized.
- [ ] Install external window shading.
- [ ] Design and build an efficient envelope.
- [ ] Insulate hot water pipes.

Concrete

- [ ] Use concrete that contains Supplementary Cementitious Materials or use an Eco-Mix concrete.
- [ ] Source concrete as locally as possible.

Insulation

- [ ] Use insulation **products** with low global warming potential (GWP).

Flooring

- [ ] Ensure that hardwood flooring is either locally sourced or is Forest Stewardship Council certified.
- [ ] No vinyl flooring, please.
- [ ] Present options in the following flooring types: linoleum, cork, HDF laminate or engineered hardwood containing recycled content.
- [ ] Ensure that flooring is **FloorScore-certified**.

Wood

- [ ] Source wood that was harvested and processed locally (within 500 km).
- [ ] Source only Forest Stewardship Council (FSC) certified wood.
- [ ] Avoid all tropical woods.

Concrete

- [ ] Source rebar from Quebec or Canadian manufacturers that use recycled content in their product and an electric arc furnace for manufacturing. Here are some potential manufacturers:
  - **ArcelorMittal** (Long Products)
  - **Algoma Steel** (Plate and Sheet Products)
  - **Gerdau Rebar** (North American Plants Only)

Doors & Windows

- [ ] Present options for locally manufactured windows and doors.
- [ ] Ensure that all windows and doors are ENERGY STAR® rated.
- [ ] Present options for triple pane windows.

Cladding

- [ ] Present options for Forest Stewardship Council (FSC) certified wood cladding.
- [ ] Present options of cladding made of locally sourced wood (within 500 km).
- [ ] Present options for recycled or second hand cladding.
- [ ] Present stucco made with post consumer recycled content, lime or clay.
- [ ] Present options of locally sourced veneer.

Air Quality

- [ ] Protect HVAC equipment from dust during construction.
- [ ] Install high quality air filters.
- [ ] Design for outdoor air venting.
- [ ] Design with garage pollution prevention in mind (such as installing an external venting exhaust fan)
- [ ] Follow the CARB standards for products used to construct the home.

Water

- [ ] Include a rain barrel and associated equipment in the design.
- [ ] Use LEED guidance when selecting water fixtures:

Fixture	Flow Rate
Toilet (water closet)	4.8 lpf
Lavatory faucet	5.7 lpm
Showerhead	7.6 lpm
Kitchen faucet	6.7 lpm

Lighting

- [ ] Install LED light fixtures.
- [ ] Include dimmers and timers where it makes sense.
- [ ] Minimize outdoor lighting and follow the Dark Sky Principles.

Applicances

- [ ] Install ENERGY STAR® water-efficient appliances.
- [ ] Install a dual washer dryer.
- [ ] Install an induction range.
- [ ] Install a heat-pump dryer.
- [ ] Design exterior space with a clothes line.

Landscaping

- [ ] Minimize land clearing, tree and vegetation removal.
- [ ] If removing invasive plants, bag them for disposal in the municipal landfill.
- [ ] Ensure that all fill brought in is clean and free of contaminants.
- [ ] Please do not use herbicides or pesticides in my yard.
- [ ] Please present a design that consists of drought tolerant native species.
- [ ] Use this Grow Me Instead guide for plant selection.
- [ ] Avoid planting grass.
- [ ] Plan for shallow-root, drought-tolerant plants on my septic leach field.

RESOURCES

06

Learn More

1. Bac Impact, 2025
2. CaGBC, 2021: Embodied Carbon: A Primer for buildings in Canada (English only)
3. CaGBC, April 30, 2024 – Environmentally Friendly Siding Options You Need to Know About (English only)
4. California Air Resources Board, 2025 – Table of VOC Limits (English only)
5. City of Nelson, March 2022 – Material Carbon Emissions Guide (English only)
6. Consignaction, 2025 – Liste des contenants de boissons consignés et montant de la consigne applicable (French only)
7. Dark Sky International, 2025 – The Five Principles for Outdoor Lighting (English only)
8. Erosion and Sediment Control Association of British Columbia – ESC Best Management Practices (English only)
9. FloorScore, 2025 (English only)
10. Information Sheet #4: Cleaning products & your septic system. CRD Septic Savvy (English only)
11. International Passive House Association, 2014 – Active for More Comfort: Passive House (English only)
12. MRC de La Vallée-de-la-Gatineau – Gestion des boues de fosses septiques
13. Natural Resources Canada, 2025 – Cross-laminated timber
14. Natural Resources Canada – Smart Thermostats
15. Neighbourhood Bat Watch – Setting Up a Bat House
16. Ontario Invasive Plant Council, 2020: Grow Me Instead
17. Scopa, 2025 – Bee Home Guides
18. Smart About Salt: Ice Clearing & Winter Tips (English only)
19. USGBC, 2025 – Table 6. Maximum Installed Flush or Flow Rates for a Prescriptive Path (English only)
20. Valkyrie Pest Solutions, 2024 – Keep Rodents Out with Effective Home Proofing (English only)

ÉCOCENTRES

GRILLE TARIFAIRE

MATIÈRES		ÉCOCENTRE NORD 161, rue du Parc Industriel, Maniwaki	ÉCOCENTRE SUD 11, ch Brundtland, Kazabazua	TARIF
Déchets *Garbage*		✓	✗	210 $ /t
Gros déchets *Large waste items*		✓	✓	210 $/t
Très gros déchets *Overzied large waste*		✓	✓	210 $ /t + 100 $ /VISITE
Matières recyclables *Recyclable materials*		✓	✓	GRATUIT/*FREE*
Matières compostables *Compostable waste*		✗	✓	90 $ /t GRATUIT/*FREE* Sur preuve de résidence ou de propriété
Béton, armé ou non *Concrete, reinforced or non-reinforced*		✓	✓	50 $ /t
Bois naturel et branches, sans peitnure, teinture ni colle *Natural wood and branches without paint, stain or glue*		✓	✓	65 $ /t
Bardeau d'asphalte *Asphalt Roofing shingles*		✓	✓	125 $ /t
Matériaux de construction *Construction Materials*		✓	✓	190 $ /t
Pneus hors d'usage *Used tires*		✓	✓	GRATUIT/*FREE*
Pneus surdimensionnés, pneus sur jantes, pneus coupés, chenilles en caoutchouc *Oversied tires, tires on rims, ripped or cut tires, rubber tracks*		✓	✓	0.30 $ /kg
RDD (résidus domestiques dangereux) *HHW (hazardous household waste)*		✓	✓	GRATUIT/*FREE*
Équipement électronique *Électronic waste*		✓	✓	GRATUIT/*FREE*
Métaux *Metal*		✓	✓	GRATUIT/*FREE*
Plastique d'ensilage *Agricultural silage plastic*		✓	✗	GRATUIT/*FREE*
Pesée publique *Public weighing*		✓	✓	20 $

MATIÈRES REFUSÉES

- Sols contaminés
- Déchets générés hors du Québec
- Cadavres d'animaux
- Déchets biomédicaux
- Boues, fumiers et lisiers
- Déchets radioactifs
- BPC et cyanures
- Munitions et feux de Bengale

PLANTES INVASIVES REFUSÉES DANS LES MATIÈRES ORGANIQUES

Acceptées sous certaines conditions strictes, contactez-nous pour plus d'informations

- Berce du Caucase, berce commune
- Herbe à puce
- Herbe à poux
- Myriophylle à épis
- Roseau commun (phragmite)
- Renouée du Japon
- Panais sauvage
- Châtaigne d'eau

MRC VALLÉE-DE-LA-GATINEAU

DÉVELOPPER SERVIR REPRÉSENTER

MRC
VALLÉE-DE-LA-GATINEAU

DÉVELOPPER SERVIR REPRÉSENTER

COMPLEXE ENVIRONNEMENTAL NORD

ÉCOCENTRE

CENTRE DE TRANSFERT

161, rue du Parc Industriel à Maniwaki

- Ouvert du lundi au vendredi de 7 h à 16 h
- Samedi (lorsque ouvert) 10 h à 16 h

COMPLEXE ENVIRONNEMENTAL SUD

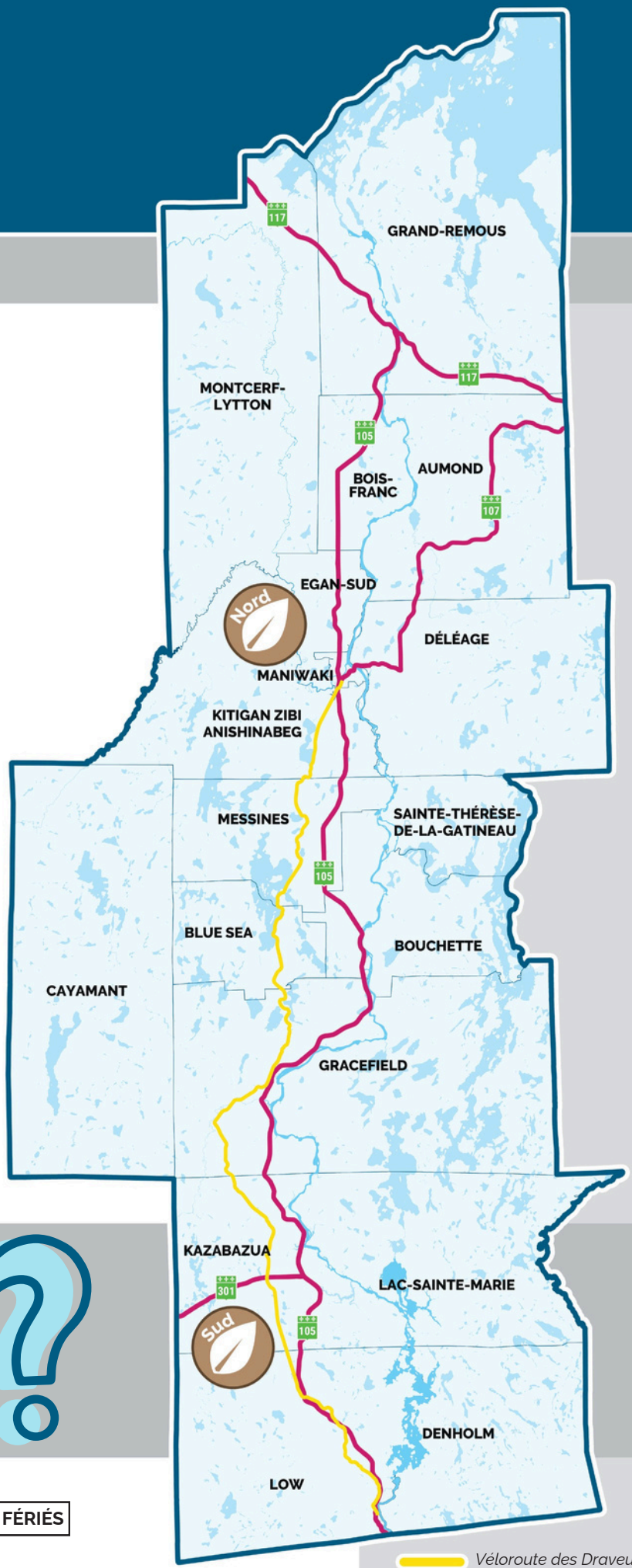
ÉCOCENTRE

PLATEFORME DE COMPOSTAGE

TRAITEMENT DES BOUES DE FOSSES SEPTIQUES

11, chemin Brundtland à Kazabazua

- Ouvert du lundi au vendredi de 7 h à 16 h
- Samedi (lorsque ouvert) 10 h à 16 h



Saviez-vous que...

Les matériaux apportés aux écocentres peuvent être concassés et recyclés localement pour des travaux routiers, intégrés au compost comme agent structurant, transformés en carburant alternatif, ou encore triés et valorisés dans des centres spécialisés à travers le Québec?

HORAIRE SUJET À CHANGEMENT ET FERMÉ LES JOURS FÉRIÉS

CRD SEPTIC SAVVY

Know your system

Types of Systems

- Type 1: common style of treatment by a septic tank and distribution field only. Effluent may flow by gravity or be pressurized.
- Type 2: more advanced treatment that produces a higher quality effluent and can be distributed into a smaller sized field. Often uses a package treatment process with mechanical or media components.
- Type 3: advanced treatment that produces a high quality effluent and may require oversight by an Engineer.

Resources

Island Health

To find records or report a health hazard:
Phone: 250.519.3401
Email:gateway_office@viha.ca
w w w.islandhealth.ca

Ministry of Health

To view the Sewerage System Regulation and the Standard Practice Manual: www.gov.bc.ca/environment

Applied Science Technologists & Technicians of BC (ASTTBC)

To find a ROWP and learn more: owrp.asttbc.org

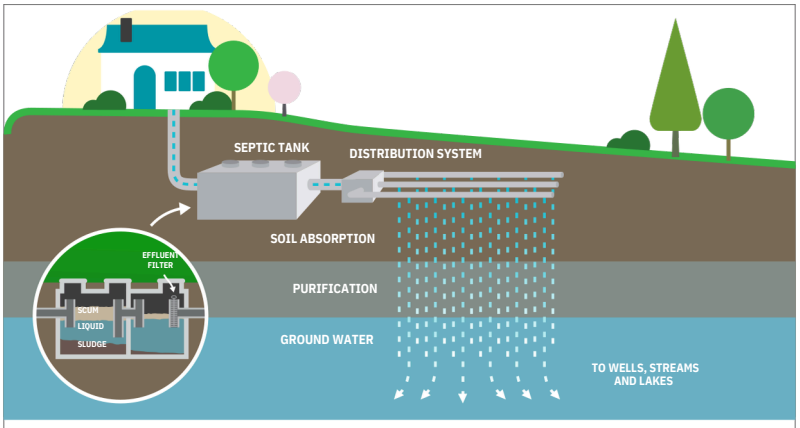
Capital Regional District | Septic Savvy
625 Fisgard St., Victoria, BC V8W1R7
T: 250.360.3187 E: septic@crd.bc.ca
www.crd.bc.ca/septic

How to Care for Your Residential Septic System

A well maintained septic system is key to protecting one of your most valuable investments – your home.

SEPTIC SAVVY

CRD



How Septic Systems Work

Properly functioning and maintained onsite septic systems are an excellent means of treating domestic wastewater. They are used for homes that are not connected to a municipal sewer line. Although many different types and styles of systems are used, they generally operate under the same principles:

Wastewater flushes into a septic tank

Wastewater from sinks, tubs, showers and toilets flush out of the house into a septic tank that allows for retention of the wastewater for a period of time, usually three days. The retention time allows solid particles to either settle to the bottom as sludge or float to the top as scum. Beneficial bacteria help to break down the accumulated solids in these tanks, but eventually they build up and must be pumped out, usually every 3-5 years.

An effluent filter keeps solids in the tank

An effluent filter, helps to keep solids in the tank so that they can be contained and pumped out. When solids make it into the drainfield, they cause clogging and expensive repairs. After leaving the tank, the partially treated wastewater then flows into the distribution system.

Wastewater is distributed one of two ways

In a gravity distribution system, a distribution box or 'D-Box' evenly divides the wastewater into a network of pipes that lie buried in trenches in the drainfield. Small holes in the pipes allow the wastewater to seep into the drain rock trenches, and then into the soil. In a pressure distribution system, a pump is used to evenly dose the drainfield pipes with wastewater.

In both cases, the soil further purifies the wastewater by natural filtration and micro-organisms that remove any remaining particles and any dangerous viruses and pathogens. When this filtration is complete, the wastewater has been treated and cleansed.

When septic systems work properly, they are efficient, inexpensive to maintain and safe for people and the environment. If they malfunction, they can cause a serious health risk, odours, pollution of our streams and shorelines and be very expensive to repair or replace.

Printed on recycled paper.

SECTEUR EST

Lac-Sainte-Marie

CALENDRIER DES COLLECTES 2025-26

ATTENTION CHANGEMENT COLLECTES

mars '25

D	L	M	M	J	V	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

avril '25

D	L	M	M	J	V	S
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13	14	15	16	17	18	19
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27	28	29	30			

mai '25

D	L	M	M	J	V	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

juin '25

D	L	M	M	J	V	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

juillet '25

D	L	M	M	J	V	S
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13	14	15	16	17	18	19
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27	28	29	30	31		

août '25

D	L	M	M	J	V	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

septembre '25

D	L	M	M	J	V	S
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

octobre '25

D	L	M	M	J	V	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

ATTENTION CHANGEMENT COLLECTES

novembre '25

D	L	M	M	J	V	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

décembre '25

D	L	M	M	J	V	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

janvier '26

D	L	M	M	J	V	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

février '26

D	L	M	M	J	V	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

RECYCLAGE ORDURES COMPOST CONGÉ

RECYCLAGE BAC BLEU

Les matières dont vous pouvez disposer au bac bleu requièrent que vous vous posiez d'abord deux questions.

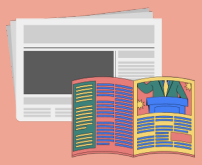
QUESTION # 1

Est-ce que l'objet à déposer au bac se retrouve dans l'une des catégories suivantes?

CONTENANT

EMBALLAGE

IMPRIMÉ



QUESTION # 2

Est-ce que l'objet est composé de l'une des matières suivantes?

MÉTAL

PLASTIQUE

VERRE

CARTON

PAPIER

NON

Vous avez répondu NON à l'une des questions ? Assurément, l'objet ne peut pas être mis au bac de recyclage.

OUI

Vous avez répondu OUI aux deux questions? Il y a de bonnes chances que l'objet puisse être mis au bac de recyclage. Pour le déterminer, passez à l'étape suivante.

CRITÈRES PARTICULIERS RELIÉS AU PLASTIQUE

Deux critères sont à surveiller lorsque l'objet est conçu de plastique

CRITÈRE #1

Repérer le symbole du triangle fléché sur l'objet

Repérer ensuite le chiffre présent au centre de ce symbole. Les chiffres 1, 2, 3, 4, 5 et 7 peuvent tous être recyclés, alors que le chiffre 6 va plutôt aux ordures, notamment les contenants en styromousse qui sont conçus de ce type de plastique.

CRITÈRE #2

Les sacs d'épicerie, les pellicules de plastique et tous sacs d'emballage qui s'étirent facilement lorsque qu'on y insère le pouce sont acceptés dans le bac de recyclage. Si possible, il est conseillé de tous les rassembler dans un même sac avant de s'en départir dans le bac.

Les sacs conçus de plastiques rigides ou à double surfaces ne doivent pas être mis au bac de recyclage.

OUI

NON

Pour plus de renseignements, contactez l'équipe environnement à la MRCVG

819 463-3241 poste 228

MRC VALLÉE-DE-LA-GATINEAU

DÉVELOPPER SERVIR REPRÉSENTER

POUBELLE BAC VERT

Les matières qui ne peuvent être mises au compostage ou au recyclage vont généralement à la poubelle.

LES PLASTIQUES

Les plastiques identifiés du symbole incluant le chiffre 6 ou qui ne portent tout simplement aucun symbole ainsi que les emballages de plastique rigide.

LES CONTENANTS ET EMBALLAGE

Les contenants ou emballage en tissus, à double surface ou conçus d'une surface métallisée

ATTENTION !
CERTAINS OBJETS SONT ABSOLUMENT À PROSCRIRE DU BAC

Les encombrants, les objets électroniques, les produits domestiques dangereux ainsi que les matériaux de construction, rénovation et démolition doivent plutôt être dirigés vers un écocentre.

AUTRES

Il est recommandé d'envoyer vers un organisme de réemploi, tous les autres objets tels que des vêtements, des jouets, des articles de sports ou des meubles, s'ils sont encore en bon état.

Pour plus de renseignements, contactez l'équipe environnement à la MRCVG
819 463-3241 poste 228

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COMPOSTAGE BAC BRUN

Les matières dont vous pouvez disposer au bac brun se divisent sous 4 catégories.

LES RÉSIDUS ALIMENTAIRES

Les fruits et les légumes, les viandes, les poissons et les fruits de mers (cuits ou crus), y compris les os et les coquilles, les huiles et les graisses, les produits laitiers et céréaliers.

LES RÉSIDUS VERTS

Les feuilles mortes, le gazon, les fleurs, les plantes, les mauvais herbes, les brindilles, le bran de scie, les copeaux et les écorces.

LES FIBRES

Tous les papiers et les cartons non cirés, souillés par des résidus alimentaires, le papier parchemin, les papiers mouchoir et les papiers essuie-tout.

AUTRES

Les cheveux, les poils, les cendres bien refroidies, le sable à litière ainsi que les excréments d'animaux

Pour plus de renseignements, contactez l'équipe environnement à la MRCVG

819 463-3241 poste 228

MRC VALLÉE-DE-LA-GATINEAU

VOC Limits for Adhesives (g/L, less water)	
Architectural Applications	**Limit (g/L)**
Carpet Adhesives	50
Carpet Pad Adhesives	50
Wood Flooring Adhesives	100
Rubber Floor Adhesives	60
Subfloor Adhesives	50
Porcelain/Ceramic Tile Adhesives	65
VCT & Asphalt Tile Adhesives	50
Drywall & Panel Adhesives	50
Cove Base Adhesives	50
Corner Guard Adhesives	50
Multipurpose Construction Adhesives	70
Structural Glazing Adhesives/Sealants	100
Substrate Specific Applications	**Limit (g/L)**
Metal to Metal	30
Plastic Foams	50
Porous Material (except wood)	50
Wood Flooring Adhesives	30
Fibreglass	80

Specialty Applications	**Limit (g/L)**
PVC Welding	510
CPVC Welding	490
ABS Welding	325
Plastic Cement Welding	250
Adhesive Primer for Plastic	550
Contact Adhesive	80
Special Purpose Contact Adhesive	250
Structural Wood Member Adhesive	140
Sheet Applied Rubber Lining Operations	850
Aerosol Spray Adhesives (VOC's by Weight)	**Limit (%)**
Mist	65%
Web	55%
General Purpose	70%
VOC Limits for Sealants (g/L, less water)	
Architectural	250
Structural Glazing Adhesives/Sealants	100
VOC Limits for Sealant Primers (g/L, less water)	
Architectural, non-porous	250
Architectural, porous	775

(California Air Resources Board, 2025)

VOC Limits for Coatings (g/L, less water)	
Product Type	**Limit (g/L)**
Flat Paint	50
Non-Flat Paint	150
Anti-Corrosive/Anti-Rust Paint	250
Bond Breakers	350
Clear Wood Finishes: Lacquer	550
Clear Wood Finishes: Sanding Sealers	350
Clear Wood Finishes: Varnish	350
Clear Brushing Lacquers	680
Concrete-Curing Compounds	350
Dry-Fog Coatings	400
Floor Coatings	100
Fire Proofing Exterior Coatings	350
Fire Retardant Coatings, Clear	650
Fire Retardant Coatings, Pigmented	350
Graphic Arts (sign) Coatings	500
High-Temps. Industrial Maintenance Coatings	420
Industrial Maintenance Coatings	250
Japans/Faux Finishing Coatings	350

Magnesite Cement Coatings	450
Mastic Coatings	300
Metallic Pigmented Coatings	500
Multi-Color Coatings	250
Pigmented Lacquer	550
Pre-Treatment Wash Primers	420
Primers, Sealers, and Undercoaters	200
Quick-Dry Enamels	250
Quick-Dry Primers, Sealers, and Undercoaters	200
Recycled Coatings	250
Roof coatings	250
Roof Primers, Bituminous	350
Shellac: Clear	730
Shellac: Pigmented	550
Specialty Primers	350
Swimming Pool Coatings (New or Repairs)	340
Traffic Coating	150
Waterproofing Sealers	250
Wood Preservatives	350
Zinc-Rich IM Primers	340

(California Air Resources Board, 2025)