



# Green Building and Renovation Guide: Residential Products and Resources

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## Using this Guide

This guide has been compiled to assist Calgary's residents to find building materials that are free of toxins; contain recycled contents; have a lower environmental impact than conventional building products; and that are generally less harmful to both the environment and human health. The guide also has other useful green building and design resources, energy saving tips and information on obtaining green power in and around Calgary.

The guide is broken up into sections for ease of use. Many of the product links go straight to the supplier, giving people the utmost flexibility when trying to choose the best product for their home. Many of the product websites allow the user to select 'Dealer' or 'Find a retailer' in a specific area. Some of the products are available at local retails (in some cases this will require special ordering), while others are only available through mail order.

We know that wise decisions aren't easy to make without the right information. It is our hope that this guide will help Calgarians reach the necessary information so that they can make informed decisions. This document is a work in progress and we'd appreciate any feedback so that we can continually improve it.

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## General Home and Building Supplies

- **EcoLogo Certified Products** ([www.environmentalchoice.com](http://www.environmentalchoice.com)) – an ecolabelling program for a wide range of sustainable products.
- **Green Alberta** ([www.greenalberta.ca](http://www.greenalberta.ca)) – an Alberta-wide online database of green building products and materials for builders, designers and home owners. They cover ethical, health-conscious, environmentally low-impact and cost effective alternatives to conventional interior and exterior building design.
- **Green Space Building Products** ([www.ez2bgreen.ca](http://www.ez2bgreen.ca)) – an Okotoks, Alberta home-based business specializing in environmental/toxin free interior building products. Roxanne Calver is former owner of the Healthiest Home Calgary. Call **403-938-0800** or **403-999-2830** for more information and to learn what products they carry.
- **Greener Choices** ([GreenerChoices.org](http://GreenerChoices.org)): Consumer Reports web-based initiative to “inform, engage, and empower consumers about environmentally-friendly products and practices.”
- **Healthiest Home and Building Supplies** ([www.thehealthiesthome.com](http://www.thehealthiesthome.com)): Canada’s first green building store. They also have a green building consultant, a construction/renovation expert, marketing professionals and design consultants to go along with all of their green products.
- **Home Depot’s Eco Options**: offers a wide range of eco products for homeowners.

### Buyer Beware: A Closer Look at Eco Options

Kristi Wiedemann, Science and Policy Analyst for [GreenerChoices.org](http://GreenerChoices.org), Consumer Reports' eco-website, went shopping at Home Depot to see if the program lived up to its hype. Click [here](#) to read what she found out.

## General Green Building and Design Resources

### Environmental Building and Product Rebates

To learn more about incentives and rebates in your home province visit [www.incentivesandrebates.ca](http://www.incentivesandrebates.ca). The rebates cover everything from eco-renovations to installing solar panels to buying Energy Star rated appliances.

- **Built Green** ([www.builtgreencanada.ca](http://www.builtgreencanada.ca)) - an industry driven voluntary program that promotes "green" building practices.

- **Designing Green** ([www.designinggreen.com](http://www.designinggreen.com)) - a great Canadian Resource for green building suppliers.
- **EnerGuide for New Houses (EGNH)** – provides advice on building an energy efficient home.
- **EnviroHome** (<http://envirohome.chba.ca/index.html>) - Each year this designation is given to a select number of new home projects across Canada. To qualify, each home must be certified to the R-2000 Standard and include additional air quality and environmental features beyond what the R-2000 Program requires.
- **GreenHomeGuide** ([www.greenhomeguide.com](http://www.greenhomeguide.com)) - U.S. but still helpful for general information.
- **Green Building Blocks** ([www.greenbuildingblocks.com](http://www.greenbuildingblocks.com)) – a U.S. site listing green building products and partners and building techniques.
- **Lighthouse Sustainable building Centre** ([www.sustainablebuildingcentre.com](http://www.sustainablebuildingcentre.com)) – an educational centre dedicated to advancing and catalyzing sustainability in built environments.
- **Net Zero Energy Healthy House** ([www.netzeroenergyhome.ca](http://www.netzeroenergyhome.ca)) – a coalition working to advance the benefits of the more efficient use of zero or very low impact resources including cleaner air and healthier homes, climate protection and, economic development opportunities resulting from the expanded manufacturing and deployment of energy efficient technologies and appliances and onsite renewable energy generation in Canada’s residential marketplace.

## Materials

### Cabinets

Although MDF (medium-density fiberboard) and particleboard are made from by-products of the wood-cutting process, they are bound together with urea formaldehyde glue. Formaldehyde is a probable carcinogen and urea formaldehyde glue is a major concern for indoor air quality. Similarly, the lamination process, whereby wood grains or veneers are bound to the MDF or particle board, is done with solvent based adhesives which may off gas toluene, benzene or other volatile organic compounds (VOCs).

It should be noted that several manufactures have switched to formaldehyde-free resins, with some incorporating low-VOC adhesives for binding wood grains and veneers.

- **Certified Wood** – work to promote environmentally responsible, socially beneficial and economically viable management of the world’s forests. To find FSC certified wood products in your area visit: [www.fsccanada.org/findwoodproducts.htm](http://www.fsccanada.org/findwoodproducts.htm).



FSC Trademark © 1996 Forest Stewardship Council A.C. FSC-US-0017

- **Reclaimed Agriculture Fibre** – a strong, lightweight, durable, environmentally sensitive alternative to wood – usable in furniture, cabinetry, casework and interior design elements. Visit [www.kireiusa.com/](http://www.kireiusa.com/) for more information.
- **Strawboard and Wheatboard** - essentially bio-based particle board/MDF which is made without formaldehyde and often finished with an FSC certified veneer. This can be found at [The Healthiest Home](#).

## Counters and Backsplashes

- **Bamboo**
  - Plyboo ([www.plyboo.com](http://www.plyboo.com)): a wide assortment of bamboo products.
  - Totally Bamboo ([www.totallybamboo.com](http://www.totallybamboo.com)) – a large selection of countertops, backsplashes and trims made from 100% bamboo.
- **Certified Wood**
  - Windfall Lumber ([www.windfalllumber.com](http://www.windfalllumber.com)): sustainably harvest wood countertops.
- **Composite Surfaces**
  - Paperstone ([www.paperstoneproducts.com](http://www.paperstoneproducts.com)): paper reinvented as a sustainable composite surface.
  - Richlite ([www.richlite.com](http://www.richlite.com)): manufacturer of paper-based fiber composites used for a variety of architectural, food service, recreational and industrial applications.
  - Squak Mountain ([www.tmi-online.com](http://www.tmi-online.com)): A Fibrous-cement material comprised of recycled paper, recycled glass, coal fly-ash and Portland cement.
- **Reclaimed Agriculture Fibre** – a strong, lightweight, durable, environmentally sensitive alternative to wood – usable in furniture, cabinetry, casework and interior design elements.
  - Kierei USA ([www.kireiusa.com](http://www.kireiusa.com)) for a list of their products.
- **Recycled Aluminum**
  - Eleek ([www.eleekinc.com](http://www.eleekinc.com)): recycled Aluminum countertops and tiles.
- **Recycled Glass and Concrete**
  - Icestone ([www.icestone.biz](http://www.icestone.biz)): durable surfaces made from recycled glass and concrete.
  - Sandhill Industries ([www.sandhillind.com](http://www.sandhillind.com)): glass tiles for backsplash and bathrooms which are 100% post-consumer recycled glass.

## Carpets

The Carpet and Rug Institute has introduced a [green label plus](#) rating that helps to identify carpets with very low VOC emissions.

- **Recycled Content Carpet** – Interface ([www.interfaceinc.com](http://www.interfaceinc.com)), Mohawk ([www.mohawk-flooring.com/carpeting/](http://www.mohawk-flooring.com/carpeting/)) and Shaw ([www.shawfloors.com/carpet](http://www.shawfloors.com/carpet)). Milliken's Earth Squares ([www.sustainablecarpet.com](http://www.sustainablecarpet.com)) are 100% refurbished post-consumer nylon. Milliken has also gone PVC free.
- **Recycled Pop Bottle Carpet** - Beaulieu, Mohawk and Talisman produce PET lines made from 100% recycled pop bottles.
- **Wool Carpet** - Eco Choices ([www.ecochoices.com](http://www.ecochoices.com)) and Earth Weave ([www.earthweave.com](http://www.earthweave.com)) sell undyed or vegetable-dyed organic wool area rugs and carpeting. Nature's carpet ([www.naturescarpet.com](http://www.naturescarpet.com)) is available in Calgary at Colin Campbell – 103 – 1207 11<sup>th</sup> Ave S.W. (403-245-9222). Wools of New Zealand ([www.wonz.com](http://www.wonz.com)) is a great resource for wool carpets and rugs available in Canada.

#### Rugmark

([www.rugmark.org](http://www.rugmark.org)) label ensures that the carpets were made without the use of child labour.

## Decking

- **Recycled Composite**
  - Taiga Building Products ([www.taigaforest.com/Products/composite/main.asp](http://www.taigaforest.com/Products/composite/main.asp)) carries Trek composite decking made from recycled plastic.

## Flooring

- **Bamboo** – quickly regenerates.
  - Bamboohardwoods ([www.bamboohardwoods.com](http://www.bamboohardwoods.com)): large range of bamboo flooring.
  - Ecotimber ([www.ecotimber.com](http://www.ecotimber.com))
  - Silkroad ([www.silkroadflooring.com](http://www.silkroadflooring.com)): carries EcoLogo certified bamboo flooring, plywood and veneers.
  - Plyboo ([www.plyboo.com](http://www.plyboo.com))
- **Cork** – may be harvested without damaging the tree.
  - Vida ([www.environmentalhomecenter.com/vida.shtml](http://www.environmentalhomecenter.com/vida.shtml))
- **Marmoleum** - natural linoleum which is made of pine resins, flax and linseed oil. There are no toxic by-products from the manufacturing process.
  - Forbo ([www.forbo.com](http://www.forbo.com))
  - Phoenix Floor and Wall Products Ltd. ([www.floorsbyphoenix.com](http://www.floorsbyphoenix.com)) – a Canadian distributor offering a broad range of marmoleum floor coverings.
- **Rubber** – recycled rubber flooring products.
  - DinoFlex ([www.dinoflex.com](http://www.dinoflex.com))
- **Solid Wood New** – certified wood products.
  - Ecotimber ([www.ecotimber.com](http://www.ecotimber.com))
  - Woodland ([www.woodlandflooring.com](http://www.woodlandflooring.com))

Bamboo is a grass which grows to a harvestable height of 20 metres in three to five years. Its extensive root system is naturally replenishing, making replanting unnecessary.

- **Solid Wood Reclaimed** – taken from lake floors, riverbeds and old barns. Don't be fooled by "vintage wood" that may be new wood that has been weathered to look like old wood.
  - Canadian Heritage ([www.canadianheritagetimber.com](http://www.canadianheritagetimber.com))
  - Ecotimber ([www.ecotimber.com](http://www.ecotimber.com))
  - Woodland ([www.woodlandflooring.com](http://www.woodlandflooring.com))
- **Solid Wood Rescued** - made from trees because of storm damage, disease, safety concerns or, perhaps, construction projects.
  - Urban Tree Salvage ([www.urbantreesalvage.com](http://www.urbantreesalvage.com))

## Heating and Cooling

- **Air Conditioners** - look for Energy Star rated units. These will use at least 10% less energy than similar new models. Energy Star central air systems will use about 20% less power. Visit <http://oee.nrcan.gc.ca/publications/equipment/roomaircond> to find the right air conditioner for the size of the home.
- **Fans** - they will use 90% less energy than an air conditioner. Fans range from floor models to reversible window fans or even whole-house fan systems. While popular in the U.S., they've yet to catch on in Canada. That said they use about one-tenth the energy of an air conditioner. Visit [www.housecooler.com](http://www.housecooler.com), [www.airvent.com](http://www.airvent.com) or [www.quietcoolfan.com](http://www.quietcoolfan.com) for more information.
- **Furnace** - look for Energy Star rated furnaces. These will save you 20-30% on your heating bills.
- **Geothermal** - a geothermal heat pump will regulate your home's temperature by tapping into stable temperatures found below the frost line. For a directory of geothermal contractors visit Earth Energy Society of Canada at [www.earthenergy.ca](http://www.earthenergy.ca).
- **Programmable thermostat** - Energy Star (<http://oee.nrcan.gc.ca/energystar/>) qualified thermostats have temperature and time settings and will save home owners at least 10% on their heating/cooling bills.
- **Windows** - poor windows can result in a heat loss of 25% from your home. Look for Energy Star qualified windows. The type of window that is best suited to the home will depend on the climate. Many window manufacturers, including All Weather Windows ([www.allweatherwindows.com](http://www.allweatherwindows.com)), now carry Energy Star-qualified windows.

# Insulation

## R-Values and Insulation Types

This is the rating that measures the insulations ability to resist heat flow. The higher the R-value, the more effective it is as an insulator.

For a description of the various types of green insulation, with each of their pros and cons, click [here](#).

- **Cellulose** – Can-Cell Industries ([www.can-cell.com](http://www.can-cell.com)) carries cellulose insulation that displays Environment Canada’s “EcoLogo”.
- **Formaldehyde-free Insulation** - Air Krete ([www.airkrete.com](http://www.airkrete.com)) carries formaldehyde-free cement-type insulation, while Johns Manville ([www.jm.com/insulation/building\\_insulation/4465.htm](http://www.jm.com/insulation/building_insulation/4465.htm)) carries formaldehyde-free insulations in various forms. Many of the products have 20% recycled content.
- **Natural Fibres** - Bonded Logic ([www.bondedlogic.com](http://www.bondedlogic.com)) manufactures natural fibre insulations.
- **Recycled Denim** – Bonded Logic’s ([www.bondedlogic.com](http://www.bondedlogic.com)) non-toxic panels make installation a breeze.
- **Expanded Polystyrene** – BioBase 501 ([www.biobased.net](http://www.biobased.net)) is like polyurethane foam but made in part with soybean oil. EnviroFoam Insulation ([www.whyfoamisbetter.com](http://www.whyfoamisbetter.com)) is a soy-based urethane spray foam made with recycled plastic bottles. Plasti-Fab Ltd. ([www.plastifab.com](http://www.plastifab.com)) manufactures a variety of EPS insulations.

# Lumber

## Forestry Certification Standards in Canada

With 134 million hectares of forest land dedicated to forestry operations in Canada, 127.75 million hectares are certified under three sustainable forestry management (SFM) standards: Canadian Standards Association (CSA: 59%), Sustainable Forestry Initiative Program (SFI: 26%) and Forest Stewardship Council (FSC: 15%).

### 1. CSA



[Canada's National Sustainable Forest Management Standard](#) (CAN/CSA-Z809-02);

### 2. FSC



[The Forest Stewardship Councils Principles & Criteria and/or Standard](#)

### 3. SFI



[The Sustainable Forestry Board's Sustainable Forestry Initiative program](#) (SFI 2005-2009)

- **Columbia Forest Products** ([www.columbiaforestproducts.com](http://www.columbiaforestproducts.com)) – offers a line of environmentally certified decorative panels and veneered particleboard that carries the Forest Stewardship Council (FSC) ecolabel. Also offers a line of formaldehyde-free hardwood plywood. Carried by P.J. White Hardwoods Ltd. ([www.pjwhitehardwoods.com](http://www.pjwhitehardwoods.com)) and Hardwoods Inc. ([www.hardwoods-inc.com](http://www.hardwoods-inc.com)), both of which are in Calgary.
- **MoCo Sustainable Connections** ([www.mocosustain.com](http://www.mocosustain.com)) serves as a sales representative for a group of FSC-certified operations offering a number of products from Cedar siding and Douglas-fir flooring to Sheathing and Forming plywood.
- **Triton Logging Inc.** ([www.tritonlogging.com](http://www.tritonlogging.com)) specializes in timber that has been retrieved from the bottom hydro dam reservoirs flooded over the past century.



**The Rainforest Alliance's SmartWood** program evaluates forest product operations that are reclaiming or using reclaimed, recycled and/or salvaged wood materials. Those that meet the standards are awarded certification for Rediscovered Wood. <http://www.rainforest-alliance.org/programs/forestry/smartwood/>

## Paint

- **Clays and Plasters**
  - **American Clay** ([www.americanclay.com](http://www.americanclay.com)) – supply natural earth plasters that add an appealing and healthful beauty to interior walls and ceilings.
- **Milk Paint** - the least toxic paint of all and it can be used on plaster, drywall or stucco.
  - **Old Fashioned Milk Paint Company** ([www.milkpaint.com](http://www.milkpaint.com)) specializes in this product.
- **Natural Paints**
  - **Eco-House** ([www.eco-house.com](http://www.eco-house.com)) sells natural paint products for use on concrete, stucco and new drywall. It's naturally antibacterial and solvent free. Mineral paints are also available.
  - **Farrow & Ball** ([www.farrow-ball.com](http://www.farrow-ball.com)) is a U.K. based company that offers clay-bases paints, free of VOCs, biocides, fungicides and ammonia.
- **Paint**
  - **AFM Saftecoat** ([www.afmsaftecoat.com](http://www.afmsaftecoat.com)) - leading provider of environmentally responsible, sustainable and non-polluting paints, stains, wood finishes.
  - **Benjamin Moore** ([www.benjaminmoore.ca](http://www.benjaminmoore.ca))
  - **CBR Products** ([www.cbrproducts.com](http://www.cbrproducts.com)) – supplier of environmentally responsible paints and sealers.
  - **Color Your World** ([www.coloryourworld.com](http://www.coloryourworld.com))
  - **General Paint** ([www.generalpaint.com](http://www.generalpaint.com))
  - **Yolo Colorhouse** (<http://www.yolocolorhouse.com/>) – supplier of environmentally responsible paint.

- **Recycled Paint**
  - **EcoCoat Paint** ([www.recyclepaint.com/ecocoat.htm](http://www.recyclepaint.com/ecocoat.htm)) is recovered from Calgary fire halls, re-blended and resold to prevent it from being incinerated in Alberta's hazardous waste treatment facility.
- **Stains and Finishes**
  - **AFM Saftecoat** ([www.afmsafecoat.com](http://www.afmsafecoat.com)) - leading provider of environmentally responsible, sustainable and non-polluting paints, stains, and wood finishes.
  - **CBR Products** ([www.cbrproducts.com](http://www.cbrproducts.com)) – supplier of environmentally responsible paints and sealers.
  - **Eco-House Inc** (<http://www.eco-house.com/>) – sells mineral paint and natural wood finishes.
  - **Hempola** ([www.hempola.com](http://www.hempola.com))
  - **Raincoast Alternatives** ([www.raincoastalternatives.com](http://www.raincoastalternatives.com)) - supplier of environmentally responsible stains and finishes.

## Roofing

- **Asphalt**
  - IKO (<http://www.iko.com/index.asp>) sells asphalt shingles made with organic felt.
- **Metal roofs**
  - Classic Metal Roofing Systems ([www.classicmetalroofingsystems.com](http://www.classicmetalroofingsystems.com)): roofing products made with 98% recycled metal.
- **Recycled roofing**
  - Authentic Roof (<http://www.authentic-roof.com/index.htm>) sells roofing products made from recycled materials. Available in Calgary at Enercon Roofing Products Ltd. (403-720-0600) and Taiga Forest Products (403-203-5338).
- **Recycled Rubber**
  - GEM EuroSlate/EuroShake ([www.euroslate.ca/](http://www.euroslate.ca/)), a Calgary based company, sells roofing tiles made from recycled tires.

## Sealants/Adhesives/Chaulking

- **AFM Safecoat** ([www.afmsafecoat.com](http://www.afmsafecoat.com)): sealants, adhesives and caulking with low-volatile organic compounds (VOC) and free of formaldehyde, ammonia, acetone and phthalates are available through AFM Safecoat.

## Tiles

- **Interstyle** ([www.interstyle.ca](http://www.interstyle.ca)): manufacturer ceramic and glass tile for kitchens, bathrooms and swimming pools.
- **Oceanside** ([www.glasstile.com](http://www.glasstile.com)): handcrafted glass tiles.
- **Sandhill Industries** ([www.sandhillind.com](http://www.sandhillind.com)): glass tiles for backsplash and bathrooms which are 100% post-consumer recycled glass.

## Wallpaper

- While most wallpaper is made from the dioxin-creating polyvinyl chloride (PVC), many options exist including wallpapers made from actual paper, bamboo, cloth, sisal, dried grasses and even cork. Check with your local dealers. See <http://www.innovationsusa.com/> for a selection of **non-vinyl** wallcoverings.

## Windows

- **Energy Star Rated Windows** – poor windows can result in a heat loss of 25% from your home. Look for Energy Star qualified windows. The type of window that is best suited to the home will depend on the climate.
  - All Weather Windows ([www.allweatherwindows.com](http://www.allweatherwindows.com))
  - CWD Windows & Doors ([www.cwdwindows.com](http://www.cwdwindows.com))
- **Wooden Windows** – CWD windows sells wooden windows made from “well-managed forests” certified by the Forest Stewardship council. Visit <http://www.cwdwindows.com/windows-wood/index.html> for more information.

It takes eight times more energy to manufacture a PVC (vinyl) window than an equivalent timber frame.

**Source:** Window of opportunity: The environmental and economic benefits of specifying timber window frames

## Green Energy

- **Bullfrog Power** – residents can buy Renewable Energy Certificates (REC) to offset all or a portion of their energy needs with wind projects. [www.bullfrogpower.com](http://www.bullfrogpower.com).
- **Canadian Hydro Developers Inc.** – residents can buy Renewable Energy Certificates (REC) to offset all or a portion of their energy needs with wind, hydro and biomass projects. [www.canhydro.com](http://www.canhydro.com).



**Renewable Energy Certificates (RECs)** – represent the property rights to the environmental benefits from generating electricity from renewable energy sources. While the energy entering a person's home isn't necessarily renewable, RECs ensure that the issued renewable energy is fed into the grid somewhere along the line. In this respect, the environmental attributes are separated from the actual energy but by supporting renewable energy through RECs, the market is able to expand and contribute more renewable energy to the grid.

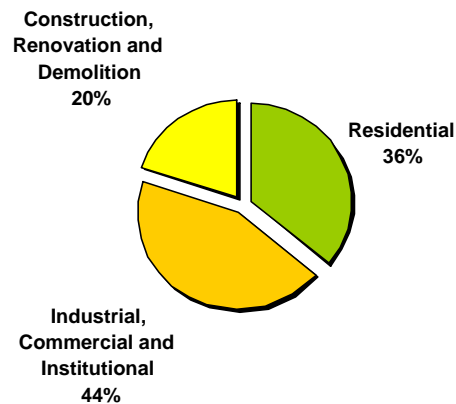
- **Greenmax** – wind power energy sold at a flat fee.  
<https://www.enmax.com/Energy/Res/Go+Green/Greenmax.htm>.
- **Pembina Institute** – Pembina sells RECs for your computer, home, or office. Visit [www.pembina.org/wind](http://www.pembina.org/wind) for more information.

## Recycling & Waste Removal

Construction recycling just doesn't happen in Calgary, in most cases it has to be requested. Several waste haulers provide recycling services but usually if only one bin is provided for the site the contents are destined for landfill once removed.

It is important to discuss your expectations with the hauler before hiring them, otherwise you might be disappointed.

**Components of Calgary's Landfilled Waste Stream (2004)**



- **Calgary Materials Exchange** ([www.cmex.ca](http://www.cmex.ca)) – a program of the Clean Calgary Association ([www.cleancalgary.org](http://www.cleancalgary.org)), CMEX assists companies in finding landfill alternatives. The program is well connected with all of Calgary's recyclers, while the website serves as a valuable tool for posting and browsing reuse items. The program deals with all waste that is non-residential.
- **Enervison** (<http://www.whywasteit.ca/>) – a construction and demolition (C&D) waste diversion and recycling directory.

## Renewable Energy Systems

- **Clean Energy Developments** ([www.cleanenergydevelopments.com](http://www.cleanenergydevelopments.com)) – a Calgary based firm specializing in a combination of technologies including solar, geothermal and other clean energy technologies for heating, cooling and hot water solutions. 403-244-6866.
- **Goose Creek Renewable Energy Inc** ([www.goosecreek.ca](http://www.goosecreek.ca)) – renewable energy business based out of Blackie, Alberta. 403-333-0748

- **Sedmek Inc** ([www.sedmek.com](http://www.sedmek.com)) – a Calgary based business specializing in renewable energy systems including solar thermal, on/off grid photovoltaic and wind turbines. 403-804-3223
- **Solar Services** ([www.solarthermal.com](http://www.solarthermal.com)) – home and commercial solar products. Based in Airdrie, Alberta. 403-948-6847.
- **Trimline Design Centre** ([www.trimlinedesigncentre.com](http://www.trimlinedesigncentre.com)) – supplies products and offers workshops on solar thermal, solar photovoltaic (PV), wind power, hybrid systems, biodiesel and straw bale building. Based in Edmonton, Alberta. 780-466-9034.

Produced by the [Clean Calgary Association](http://www.cleancalgary.org)

