



Going Down Green

What is natural burial?

Natural burial, or green burial, is the act of burying the body as naturally as possible in the earth. It is the most eco-friendly manner of caring for our dead.

Natural burial grounds offer a sanctuary for the planet, the living and the dead. The un-embalmed body is placed in a biodegradable casket or shroud and buried without a vault. Above ground, the land is restored to its natural habitat.

Worldwide, natural burials are growing in popularity. There are now over 330 natural burial sites in the UK and over 240 in North America.

Why people love the idea:

Your final act is giving back to the earth.

With green burial, your body naturally decomposes, allowing the nutrients from your body to contribute to the earth's renewal.

Your final resting place is in nature.

Imagine a beautiful Ontario meadow or a luscious woodlot. In the summer wildlife thrives and in the winter, the snow brings calm. This image brings immense comfort to those who would like to rest in nature, and for their family and friends who can visit this living sanctuary.

Natural burial does not pollute.

Many don't know that cremation is not eco-friendly. To burn the body, a cremation retort operates at 760 to 1150 degrees Celsius for one to three hours and releases about 400 kilograms of carbon into the atmosphere. Conventional burial isn't eco-friendly either. Caskets are made from hardwood and metal, concrete vaults are used to line the plot, and bodies are embalmed using formaldehyde. Then there are pesticides.

It's a return to the traditional approach.

Remove the embalming fluid, ornate casket and concrete, or cremation, and you're left with a burial closer to what our grandparents' grandparents would have considered the norm, and some faiths still practice today.

Your presence in the ground protects the land forever.

Once a body is buried, it is essentially acting as a permanent security guard, ensuring that no one can build on that habitat.

Natural burials and funerals

Whether it be big or small, religious or secular, a ceremony is absolutely compatible with green burials.

A service may be held before or after the burial, at a place of worship, funeral home, family home, or outdoors at the burial site. Because embalming is not compatible with natural burials, the burial will preferably be held within a few days following the death. There are circumstances that may require a longer delay between the death and burial and there are facilities where the body may rest in a cool environment until burial.

Costs

Most natural burial sites try to keep the price as low as possible, in an effort to make this environmentally friendly option accessible to everyone.

Eco-friendly burial containers, like shrouds or biodegradable caskets are less ornate than conventional caskets and therefore less expensive. Natural burial is usually more expensive than cremation, but people find value in this incremental expense because of the good they are doing for the planet.

Is it legal? Safe?

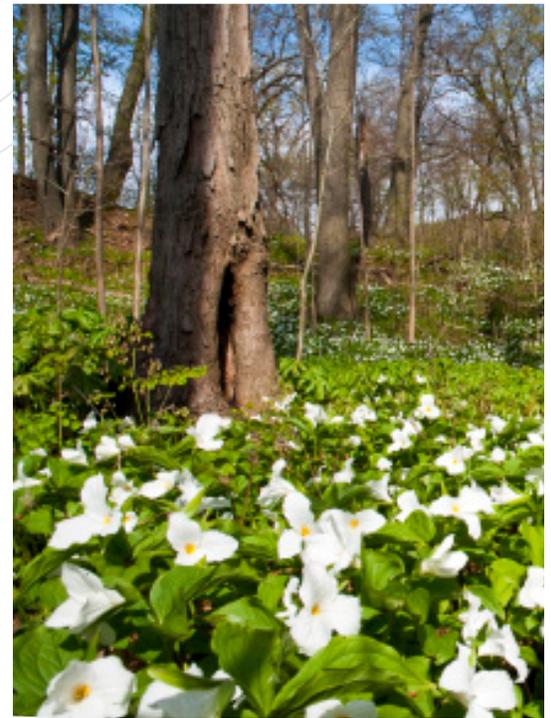
Yes, it's both legal and safe. Diseases don't leach into the soil, water isn't poisoned, and animals have no interest in us.

Cemeteries in Ontario are highly regulated and approved by a medical officer. It's perfectly legal and safe for everyone.

If you like the idea

Please visit www.naturalburialassociation.ca where you'll find answers to your questions.

You'll also see a sign-up form where we capture everyone's postal code. Each person who signs up helps support the natural burial movement and tells us which communities we should focus on. A few times a year you'll receive an update through our e-news.



About us

The Natural Burial Association is a volunteer w non-profit helping communities across Ontario create natural burial grounds. We are motivated to take care of our planet, and offer nature lovers an option at death that aligns with their values.

VISIT OUR WEBSITE

www.naturalburialassociation.ca

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