



10 Ways to Be SuperGreen

1. Buy items that are recycled, used, recyclable, compostable or long-lasting. Whatever it is, you can pretty easily stick within these parameters. Now even compostable trash bags, plates and tableware are readily available. Avoid plastics and synthetics whenever you can.
2. No more synthetic "fragrance." These are plasticizers that persist in the air and your lungs. They include air sprays, candles, shampoos, perfumes, laundry detergents, soaps, et cetera. Instead, get fragrance free or items scented with essential oils.
3. Filter your tap water instead of purchasing bottled. Carbon filters remove most of the chemicals and tastes you don't want. This way you can reduce the amount of plastic on packaging, fuel consumption and pollution from transportation and manufacturing processes.
4. Use natural cleaning products. Either white vinegar, lemon juice, baking soda, borax or a combination of these will clean most everything in your home. Or, you can purchase natural cleaners from a local store or online. There are some amazing eco-friendly products for heavier duty jobs so you can discontinue use of chlorine and detergents that contain harmful chemicals. If natural products + elbow grease can't get it, chances are it's not going to hurt you as much as the chemicals might.
5. Compost your food items. Start a compost bin in your backyard or under your sink. Don't compost meat or dairy items for a veggie garden.
6. Recycle all unwanted items. For most things you'd like to get rid of, there's probably someone who can use it. Look up recycling info at www.earth911.org or contact your local municipality. Also, you can post unwanted items online at Craigslist.org or via Freecycle.org or donate items directly to a charity.
7. When remodeling with building material or furniture, be sure to use items that won't off-gas (no VOCs) and that don't contain toxic material like formaldehyde and petroleum products in general. Buying re-cycled or used is a great way to avoid the worst off-gas as well as to conserve manufacturing carbon & material (& \$).
8. Use mass transit, bike or walk as much as possible. It's healthier for you, the environment and probably less expensive. If you do drive, be mindful of idling & shut off your engine while waiting at drive-through banks, etc. Also, simply accelerating less will conserve gas & emissions.
9. Support sustainable, independent & local business. What you spend your money on is the most effective form of activism. Do a little research to buy products and services from companies that are mindful of their manufacturing & operation practices so that they help sustain our environment and economy rather than deplete our resources. Also support credit unions or community banks, small businesses, artists and other self-employed folks to support your local economy.
10. Advocate for sustainability policies. Request sustainable products from your local businesses and be sure they pay living wages. Talk about sustainability with others. Make calls, write letters - put pressure on public servants and demand that our elected officials serve the best interest of the people and the planet.