

## Making an Environmental Impact at Home

Seems like everywhere we turn everyone is talking about the Green Movement; "going green", "sustainability" or "reducing your carbon imprint". Whatever terminology you are familiar with, are you doing your part? Green Economists assert that the basis for all economic decisions should be in some way tied to the ecosystem.

It's easy to get caught up in thinking we are doing our part especially if we work for an organization that has its own "green initiatives" but what can the average home and family do to make a difference? Here are some tips for "going green" at home:



### Buy Local

Support your local farmers by buying fruits and vegetables that are in season. Buying local has a dramatic impact on both your health and the environment. Have you ever stopped to think how many miles your fruits or veggies have travelled before making it to your table?

### Check out

[www.greenbeltfresh.ca/whats-in-season](http://www.greenbeltfresh.ca/whats-in-season)

### Eat Low on the Food Chain

The higher up you eat on the food chain the greater the impact on the environment due to manufacturing. Eat more fresh produce and grains, which is better for you anyway.

### Plant a Herb Garden

Planting your own herbs is another great way to save money, enrich the beauty of your backyard or balcony and add incredible flavor to your cooking.

### Pack Litter less Lunches

Avoid disposable lunch bags. There are some very unique and durable reusable lunch bags on the market today that would allow anyone to express their personal taste and flair. Use reusable containers rather than aluminum foil or baggies to store food and opt for a reusable thermos as opposed to packing a water bottle.

### Refill rather than disposables

Get your morning coffee cup refilled rather than getting a disposable cup each time.

### Reusables

Use reusable plates, cups and utensils and encourage others to do the same. If you absolutely "must" use disposable then opt for recycled brands. Use cloth napkins rather than paper, even to wrap food to take on-the-go. Stay away from the Styrofoam. Opt for reusable shopping bags for more than just your groceries. Keep them in your car so that they are readily available. They come in convenient fold away sizes for your purse or pocket too. Use post-consumer, recycled toilet paper versus "regular". You can ask the management in the store you regularly shop in to carry it if they don't.

### Make your own cleaning supplies

There is no big secret to making very effective, non-toxic cleaning products whenever you need them. All you need are a few simple ingredients like baking soda, vinegar, lemon and soap. Making your own cleaning products saves money, time and packaging along with improving your indoor air quality.

### Homemade Compost

Create a compost heap and enrich your garden. You can compost most food waste and yard waste.

### Repurpose Jars

Reuse glass jars for storage of bulk items or leftovers rather than buying new ones.

### Resources:

[www.nationalgeographic.com](http://www.nationalgeographic.com)

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## Fun Food Facts!



Recycling one ton of paper saves 20 trees, 7000 gallons of water, three cubic yards of landfill space, 60 pounds of air pollutants and saves energy to power the average home for six months

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The energy saved by recycling a single aluminum can, would run a TV for three hours

## Did You Know?



National Geographic reports that "worldwide, the equivalent of almost 270,000 trees is either flushed or dumped in landfills everyday and roughly 10 percent of the total is attributable to toilet paper according to the latest issue of World Watch magazine."