

Did you know? Answers in a nutshell!

Part 2 – Living for the planet

Finding better roads to navigate through life.

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Where do we start?



Making good
cleaning
choices



Buy in bulk



Avoid
plastic

Read labels



Recycle
Reuse reduce





To view notes, right click on the speech bubble icon in the upper left corner of the pages.



Is cleaning safely possible?

- The first step to creating a nontoxic home is to replace chemicals with simple, natural materials.
- The most acutely dangerous cleaning products are corrosive drain cleaners, oven cleaners, and acidic toilet bowl cleaners.





Is cleaning safely possible?

- Be careful of the following chemicals: Chlorine Bleach, Formaldehyde, Ammonia
- Recommendations: Seventh Generation, Method and Bon Ami



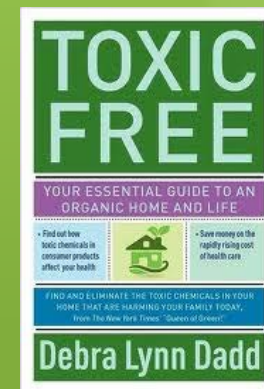
Safe and effective alternatives

- ..Baking soda
-Salt
-Distilled white vinegar
- Lemon juice – organically grown if possible
-Castile liquid soap
-Borax



Toxic Free by Debra Lynn Dadd

www.debralynndadd.com/



How, what & why to buy in bulk?



- Fill bags or containers with the amount that you want to purchase. Use the provided containers or, better yet, bring your own.
- Write on a twist tie or label the item number you see on the bin.
- At check out, the cashier will weigh and price your purchases. (Scales are sometimes found in the bulk area so you have an idea of the amounts and cost.)

How, what & why to buy in bulk?

- BASICS - Rice, grains, flours, pasta, soup mixes, beans, cereals.



- SNACKS – Trail mix, nut butters, dried fruits, nuts, seeds, chocolate and yogurt covered items.



- HERBS, SPICES AND SALT



- TEAS – Black, green, white, oolong and herbals



How, what & why to buy in bulk?

- Bins are typically replenished often, so ingredients are fresher.
- You can buy as much or as little as you need, so you can experiment with new products without getting stuck with something you don't care for.
- There is much less wasteful packaging, so you are saving money because you are not paying for expensive labels.



Do you live in Plasticsville?



- Having some basic knowledge about plastics can have a positive effect on your life and the planet.
- There are plastics that are very toxic, plastics that are pretty safe, and plastics that are in between.
- The form of the plastic makes the difference. The general rule is: **the harder the plastic, the less it outgasses and the softer the plastic, the more it outgasses.**
- Heat causes plastics to outgas.

Do you live in Plasticsville?



- Check the recycling symbol on the bottom of food containers. **The safest are 1-PETE, 2-HDPE, 4-LDPE and 5-PP.** Refuse to buy anything using others.





Are there keys to reading labels?

- The ingredient lists on cleaning supplies are not the same as the ingredients lists on food labels. Cleaning supply labels are not listed in order of how much of the ingredient is included, and there are no requirements for manufacturers to even list ingredients for cleaning supplies unless they contain disinfectants or items that are known to be hazardous.
- Look for manufacturers that list their ingredients either on the label or on their websites, so you can be sure what you are getting is non-toxic.

Are there keys to reading labels?

- The first thing you'll see is the label on the front of the food package. Manufacturers can say most anything they want on the front label. (To get the real story, see the Nutrition Facts panel on the back, especially the Ingredients).

INGREDIENTS: MILLED CORN, SUGAR, CORN SYRUP, MOLASSES, SALT, PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, COTTONSEED, AND SOYBEAN)***†, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, ZINC OXIDE, REDUCED IRON, WHEAT STARCH, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, BHT (PRESERVATIVE), ANNATTO COLOR, FOLIC ACID, VITAMIN D AND VITAMIN B₁₂.
*** ADDS A NEGLIGIBLE AMOUNT OF FAT.
† LESS THAN 0.5g *TRANS* FAT PER SERVING.

* * Intake of trans fat should be as low as possible

INGREDIENTS: WHOLE WHEAT AND WHEAT FLOUR, SALT, SPICES, RICE FLOUR, WHEY, CORN STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONCALCIUM PHOSPHATE), BEET POWDER, PAPRIKA, CALCIUM SULFATE, NON-FAT MILK POWDER, EXTRACT OF PAPRIKA, DEHYDRATED EGG YOLK, CARAMEL COLOR (TREATED WITH SULFITING AGENT), AND GARLIC POWDER.

Are there keys to reading labels?

- Here are some terms you may see there, and what they really mean:

1. Fortified, enriched, added, extra, and plus

2. Fruit Drink

3. Made with wheat, rye, or multigrain

4. Natural

**5. Organically grown, pesticide-free,
or no artificial ingredients**

6. Sugar-free or fat-free



Are there keys to reading labels?

- As a general guideline, ingredients are listed in descending order—the main ingredient is listed first and the smallest ingredient is listed last;
- Usually, fewer ingredients are best.
- Always avoid products with words you can't pronounce.**

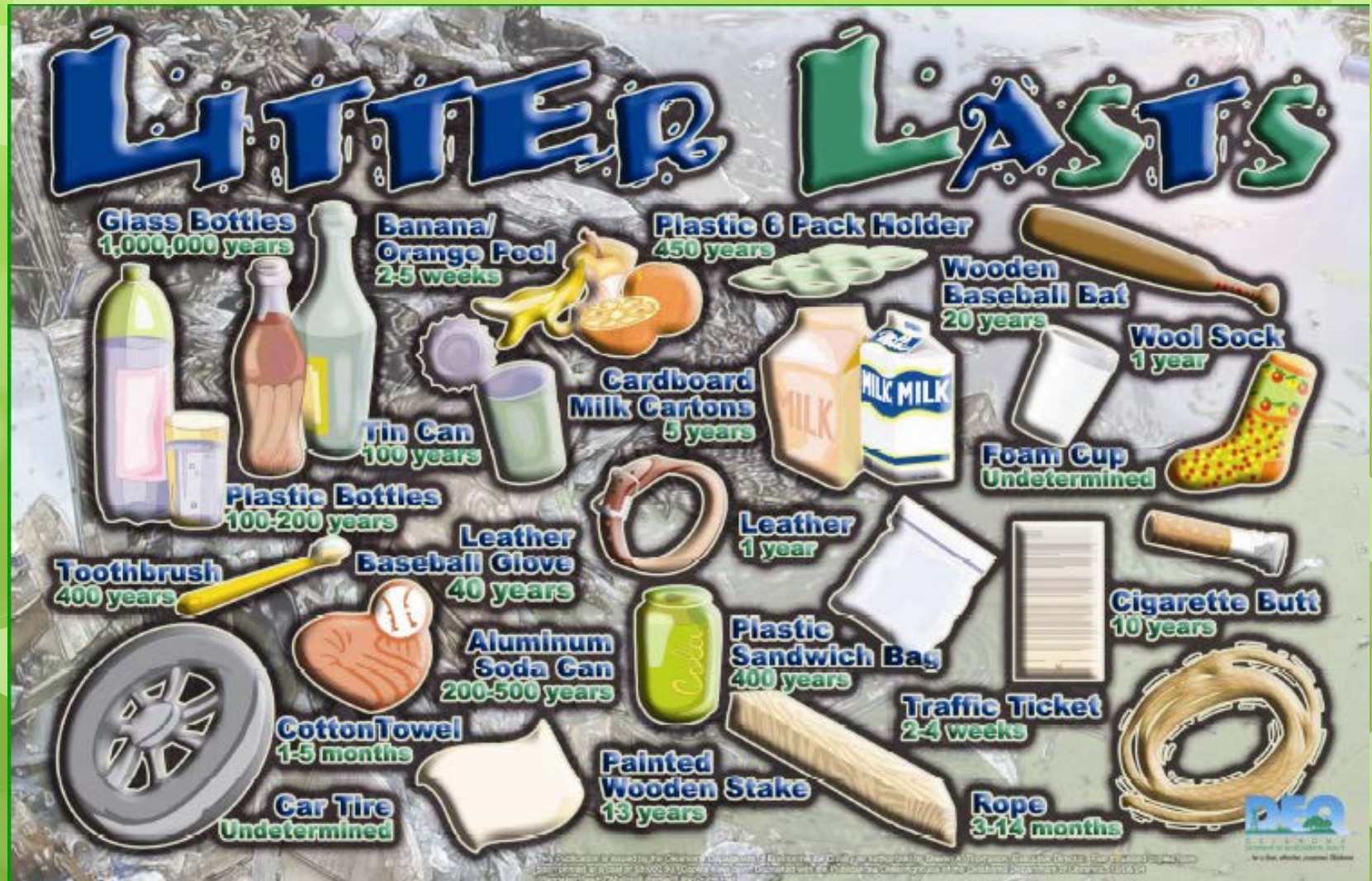
Nutrition Facts	
Serving Size 1/2 cup (52 g)	Servings Per Container 8
Amount Per Serving	Calories from Fat 45
Calories 200	
	% Daily Value*
Total Fat 5 g	8 %
Saturated Fat 2.5 g	13 %
Trans fat 0 g	
Cholesterol 0 mg	0 %
Sodium 160 mg	7 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 1 g	4 %
Sugars 17 g	
Protein 2 g	
Vitamin A 0 %	Vitamin C 0 %
Iron 10 %	Thiamin 10 %
Niacin 20 %	Vitamin B ₆ 0 %
	Folic Acid 10 %
*Percent Daily Values are based on a 2000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Ingredients: Enriched wheat flour (wheat flour, iron, Vitamin B ₆ , folic acid), high-fructose corn syrup, vegetable oil (canola and soybean oil, partially hydrogenated palm kernel oil), sugar, salt, raisins, cornstarch, whole grain oats, baking soda, artificial flavor, caramel color	

How do you contribute to the 3 R's?


- The 3 R's are **recycle, reuse and reduce**.
- Waste, like taxes and death, are an unavoidable part of life. According to the EPA, we create 4.6 lbs of waste per person per day.



How do you contribute to the 3 R's?



How do you contribute to the 3 R's?

- We have improved. However, do you question EVERYTHING you throw away? Batteries, motor oil, tires, printer cartridges, floppy discs, video tapes, CD's, CD cases, and pharmaceuticals are tricky items that can be disposed of properly.
- The best place to start is  **Earth911.com** Just type in your zip code for a listing of local resources. Also helpful is the National Recycling Coalition at www.nrcrecycles.org
- Encourage others, particularly youth, to follow the three R's.



Recycle, reuse and reduce

- Recycling saves energy, water, and other natural resources and it reduces pollution.
- Recycling labels on products means that the product is potentially recyclable, not that it will be recycled.
- Select goods that do not have much packaging and is not just catching your eye with “green” implications.
- E-waste or technological trash, is the fastest growing waste issue in the country.
- www.nrdc.org is the shopper’s guide to home tissue products, including whether it is recycled or contains chlorine.

Recycle, reuse and reduce

- Support companies that recycle, for example

1. Nike's Reuse-a-shoe accepts any brand of used athletic shoes that don't contain metal



2. Patagonia Common Threads

www.patagonia.com/recycle



3. www.rbrc.org stands for rechargeable battery recycling corp.

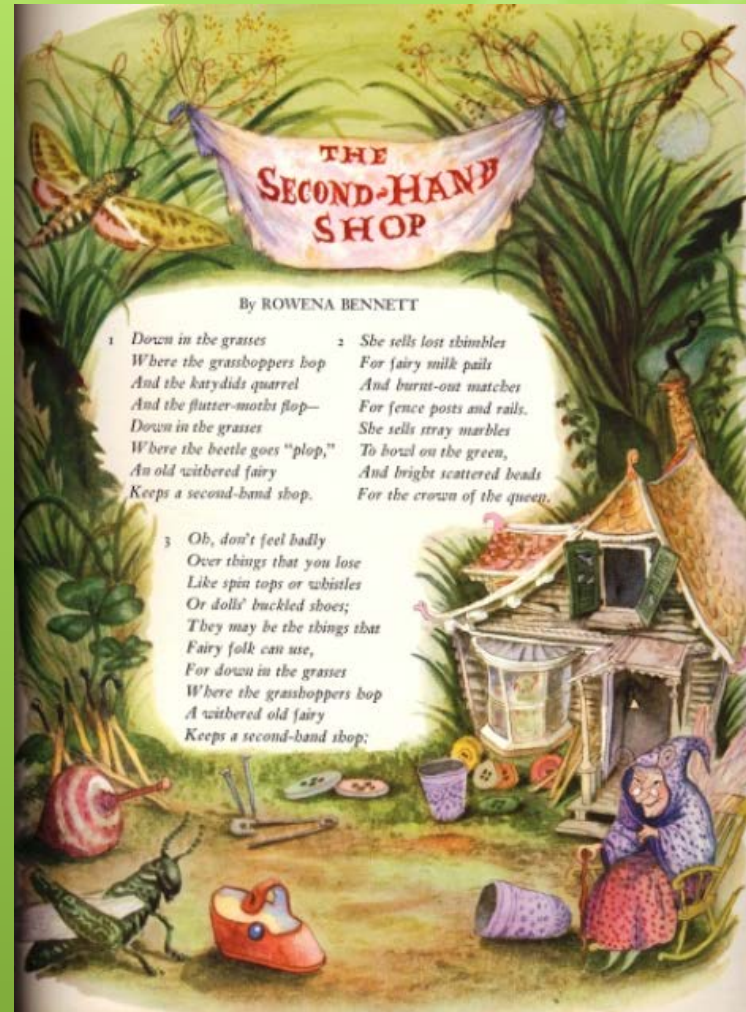


4. Staples offers everyday in store electronics and printer cartridge recycling. They also sell 100% recycled paper.



Recycle, reuse and reduce

- The greenest products are the ones that already exist: stuff you already own, or available for reuse from eBay, etc.
- Support second hand shops, consignment shops, and thrift stores.



Recycle, reuse and reduce

- Buy reusable products. Avoid disposable items such as cameras, batteries, water bottles, eating utensils, food containers and paper cups.
- Cut down on bags by bringing your own, reusing the shopping bags. Put small items in your pocket or purse with the receipt.
- Spend money repairing instead of purchasing new.





Recycle, reuse and **REDUCE!**



- This is the most effective of the 3 R's and it the best place to focus.
- If you buy less stuff, then you will have fewer things to be disposed of. Buy only what your really need.
- Buy local whenever possible.
- Support locally owned businesses and encourage them to institute policies that are good for the planet
- Consuming less can be your biggest gift to the planet and to yourself!
- Internet resource to help you get out of the clutter and avoid buying more stuff: www.use-less-stuff.com

A new R on the scene renew.



One of the newest concepts toward a solution is called “cradle to cradle”. This means producing products that don’t need to be dumped at the end of their life, but can be made into other products with a minimum of waste. William McDonough is promoting this concept.

A new R on the scene renew.



To learn more about his efforts and programs
go to www.mcdonough.com

Final thoughts

If we combine all of these - reduce, reuse, recycle, renew – we can make a difference in our environment and in our world.



So be the change you want to see
in the world. It is in your hands.

