



Green Shopping

Each year, 160 million tons of municipal solid waste is generated. In your lifetime, you will eat approximately 30 tons of food and throw away 600 times your weight in garbage. By changing even one small area of your buying habits – body care, office supplies, cleaning supplies, clothing, food – to more responsible consumption, you make a difference.

Why Shop Green?

Shopping green reduces pollution and toxins in the environment, promotes fair treatment for workers, conserves vital resources, and reduces animal suffering.

Does Buying Recycled Really make a Difference?

Yes it does! In the U.S., the average household generates more than one ton of waste per year, which on the average includes:

- 4 trees worth of paper
- 270 bottles and jars
- 450 metal cans
- 50 kilograms of plastic

The average person throws out one beverage container a day – that's 365 a year!

Buying recycled diverts waste from the landfill into useful purposes and saves resources and energy. If every household in the U.S. replaced just one roll of virgin fiber toilet paper with 100% recycled tissue, we could save:

- 297,000 trees
- 1.2 million cubic feet of landfill space (1,400 full garbage trucks' worth)
- 122 million gallons of water (a year's supply for 3,500 families of four)

Tips for Shopping Green

- Buy products in the largest size you can use.
- Purchase what you can in bulk and store them at home in glass mason jars or plasticware.
- If you buy purified water, buy it in large plastic jugs instead of small individual bottles. Or, switch from bottled water by installing a water filter on your tap, saving resources and money.
- Buy reusable and long lasting items such as: rechargeable batteries, cloth diapers, non-disposable cameras, cloth towels and napkins, hand razors, high quality/long life tires, and coffee mugs.
- Shop for clothing that is made from renewable materials such as organic cotton or hemp, produced locally, union-made, cruelty-free (not made from animals), made with natural dyes, fair trade-produced, and/or recycled.
- Shop for food that is organic, locally grown or processed, and doesn't contain pesticides or genetically modified ingredients (GMOs).

Green Shopping Resources

General

Gaiam - www.gaiam.com

Gaiam offers a range of products in categories such as Home and Outdoor, Mind and Spirit, Yoga and Fitness, Books and Media, and Health and Solar Energy.

Green Home - www.greenhome.com

An environmental store with an online magazine and articles to help you go green. All of their products go through a rigorous product approval policy.

The Green Store - www.greenstore.com

From organic clothing and natural bedding to solar and wind home energy systems, from composting toilets to non-toxic paints and gardening supplies, from appliances to fair trade gifts.

Real Goods - www.realgoods.com/

Sustainable solutions for a healthy lifestyle, indoor home, outdoor home and office. Many energy efficient appliances to choose from.

Home

The Grassroots Store - www.grassrootsstore.com

Detoxify your home and body with their great environmental products - household cleaners, women's products and laundry products.

Office

Green Earth Office Supply - www.greenearthofficesupply.com

An environmentally friendly office supply store, also selling biodegradable foodware and gifts

Clothing

Patagonia - www.patagonia.com

Patagonia has been offering quality outdoor clothing and gear since 1973. Since 1985, Patagonia has donated 10 percent of their annual profits (or 1 percent of sales, whichever is greater) to hundreds of grassroots environmental groups.

Wildlife Works - www.wildlife-works.com

Wildlife Works has built its business entirely around sustainable environmental and labor practices. In its first production location in Kenya, Wildlife Works has protected 80,000 acres of land, created an ecologically-friendly at its edge, and provided fair trade jobs and social services to Kenyan employees.

Commercial

Eco-Wares - www.eco-wares.com

Eco Wares specializes in environmentally safe residential, commercial and industrial building and maintenance supplies. Each product's materials are ensured to greatly exceed all U.S. State and Federal EPA guidelines.

Consumer Information

Responsible Shopper - www.workingforchange.com/shop/responsibleshop.cfm

What does your shopping support? This site can help you find out! Investigate hundreds of companies on a range of issues including, sweatshops, pollution, discrimination, ethics and more.

Search

Eco Cities - www.ecocities.net

Choose from a wide range of quality clothing from eco-conscious retailers, all with the protection of the environment in mind.

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