

Green Guide Tips

1. Drive less (or better yet, don't drive).

The Union of Concerned Scientists ranked a range of consumer activities in terms of environmental impact. The number one culprit: cars and light trucks. Walk, bike or get a monthly pass for your local public transportation system. If you have to drive, carpool or car share whenever possible. Choose a car with the best mileage per litre that you can find.

2. Eat fewer animal products (or don't eat them at all).

Meat and dairy products are incredibly resource-intensive. First of all, they waste other sources of food. The Worldwatch Institute estimates that the total amount of soy and grain fed to livestock in the US each year could feed everyone on the planet five times over.

3. Eat organic, locally grown, GE-free food.

Organic food is grown without synthetic chemicals. It's also produced without genetically engineered (GE) organisms. And, when you buy local produce, you cut out the greenhouse gas emissions required to transport food around the world. Unfortunately, GE food is not currently labelled in Canada. When buying non-organic, processed foods, avoid products containing corn, soy, canola or cottonseed oil. These ingredients are likely to be genetically engineered.

4. Buy less.

When making a purchase, ask yourself a standard set of questions. What is it made out of? How was it made? Under what conditions? How far did it travel to get to you? Who's really profiting from your purchase? Does it contain ancient forest wood or hazardous chemicals? Can you reuse it? Will it last? Can it be fixed when it breaks? Can it be recycled? Or, better yet, can you reduce your overall consumption and skip it completely?

5. Choose fair trade.

Our global economic system uses whatever it can the environment, human beings - to generate profit. In addition, rich countries have rigged international trade in their own favour. Countries like the US subsidize domestic industries while demanding 'barrier-free' trade from the rest of the world. Our current trading system is having a devastating impact on the lives of human beings and on the health of the planet.

Look for products that are fair trade certified. Demand that your local stores carry fair trade certified products.

Find out more about the world trading system and how you can help change it.



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6. Reduce waste (including energy waste).

Buy in bulk and bring your own bags and containers to the store. Use a reusable, stainless steel mug for take-out drinks. Set aside time to explore your municipality's website or literature to find out what do to with hazardous waste - including used electronics - and exactly what materials are accepted in your municipal recycling program. Use compact fluorescent light bulbs, turn off lights when you leave the room, turn down the thermostat at night and retrofit your home energy efficiency.

7. Reduce using chemical product (parabens).

A lot of "High Street" beauty products are mixed by toxin chemical for preservative. human being can absorb at least 60% whatever you put it on your skin, so those toxin chemical is direct carcinogen and report said parabens is the main ingredient caused female breast cancer. Choosing United Kingdom certified organic organization like Soil Association (SA), EcoCert and US certified organic organization like USDA approved beauty product contain at least 50% - 95% active certified organic ingredients.

8. A shopping system.

Spend a few hours putting together a shopping/ take-out kit. Assemble some cloth bogs and clean containers for shopping. Source a reusable coffee mug and some food-safe, re-useable take-out containers. Include a cloth napkin, reusable cutlery and chopsticks and a thermos.

