

In August

Reduce the use of plastic & paper

TIPS:

- ❖ Look for glass/boxed packaged food;
- ❖ Take your own bags, washable bottles & take-out containers;;
- ❖ Buy in bulk and take containers to fill;
- ❖ Look for 100% (80% post-consumer) recycled toilet paper & facial tissue;
- ❖ Avoid the use of paper towels by using old clothes or towels to clean;
- ❖ Read newspapers online, borrow or buy e-books, shop at the library book sales or secondhand bookstores;
- ❖ Look for Forest Stewardship Council (FSC) certified paper products and packaging;
- ❖ When you need to print, use recycled paper and print on both sides;

The environmental impact of a plastic water bottle:

The Pacific Institute estimates that the energy to produce, fill, seal and label each bottle, plus the energy for shipping and recycling or (worse!) disposing of it, is like filling the bottle $\frac{1}{4}$ full of oil; **Only 12%** of our plastic waste will be recycled; The rest ends up in our lakes, rivers and ocean;



TASK OF THE MONTH

Adopt earth-friendly cleaning methods

TIPS:

For House Cleaning:

- ❖ Look for Green Seal® certification;
- ❖ Look for powdered cleaners that dissolve in water;
- ❖ Use white vinegar and water;

For Personal Care:

- ❖ Look for dish soap bricks, shampoo bars, body lotion bars, toothpaste tablets; (They avoid the need for plastic packaging!)
- ❖ Use oxygen bleach alternatives;

For Laundry:

- ❖ Avoid PVA-wrapped laundry pods and thin laundry sheets because their top ingredient is PVA (polyvinyl alcohol) which has been detected in drinking water and breast milk;
- ❖ Use boxed powder or look for pre-measured compressed tablets;
- ❖ Also avoid fabric softener and dryer sheets, which emit toxic VOCs;

Do you have other experience with products or other tips to share?
Send them to us!

gstf;zero@uubloomington.org



Earth Care Bloomington

<http://www.earthcareindiana.org/>

Questions: contact@earthcareindiana.org

