

Eco-Friendly Marketplace



This document has been created by the Solid Waste Agency of Northern Cook County (SWANCC). The Agency was formed in 1988 to provide a regional approach to the solid waste management needs of its twenty-three member communities, representing over 800,000 residents in northern Cook County. SWANCC provides a number of recycling programs and resources for its members. The *Eco-Friendly Marketplace* provides residents with a multitude of recycled-content or sustainable options that have less of an impact on our Earth's resources.

For more information, call (847) 724-9205 or visit swancc.org.

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Live Green by Demand

Supporting companies that do good for the environment improves our lives and our planet.

Why Buy Eco-Friendly?

The Solid Waste Agency of Northern Cook County (SWANCC), an intergovernmental agency representing over 800,000 residents of northern Cook County in Illinois, strives to provide its residents with environmentally-friendly lifestyle options, including compact fluorescent light (CFL) bulb recycling, computer and electronic recycling, document destruction and recycling, mercury thermometer recycling and pharmaceutical/sharps disposal programs, as well as many resources for waste reduction and recycling initiatives.

As the world's population grows and resources are used to meet everyday needs, it is only prudent for consumers to examine their buying and throwing away habits, to minimize waste and support items that are made from recycled materials or sustainable/renewable resources.

This guide provides references for a variety of goods that have less of an impact on our environment to produce, but is not an endorsement of any company, product or service.

Care to learn more about how you can accomplish meaningful preservation and conservation measures in your everyday life? Visit swancc.org and peruse the many programs and resources available to residents.

For questions or comments, email info@swancc.org or call (847) 724-9205.

Reasons to Buy Eco-Friendly Items

- To decrease exposure to ingredients that may be harmful to your health
- To support businesses that care about your well-being
- To reduce your use of non-renewable resources
- To secure a better future for generations to come



Education Is Key

The more you know, the more you wonder what you don't know. Be informed and get reading!

General Resources

Resources

Care2

Promotes healthy lifestyles.
care2.com

Consumers Union Guide to Environmental Labels

Evaluates labels on products.
greenerchoices.org/labels

Earth 911

Locates recycling programs or resources.
earth911.com

Environmental Protection Agency

Protect human health and the environment
epa.gov/sustainability

Environmental Working Group

ewg.org

Green Washing Index

Evaluates environmental marketing claims.
trendhunter.com/trends/greenwashing-index

Local Harvest

Provides online tools for small farmers.
localharvest.org

New Dream Marketplace

Community-related campaigns and programs.
newdream.org

Organic Consumers Association

Non-profit promoting sustainability.
organicconsumers.org
Organic Trade Association
Promotes organic trade.
ota.com

The Institute for Market Transformation to Sustainability - SMART Certified

Rates building products, fabrics, apparel, textiles & flooring by complete life cycle.
mts.sustainableproducts.com

USDA Agricultural Marketing Service

Promotes food safety, agriculture, fair trade and sustainability.

Publications on Green Living

Big Green Purse, by Diane MacEachern

Uses buying power for a greener world.
biggreenpurse.com

Grist

grist.org

Mother Earth Living

motherearthliving.com

Mother Earth News

motherearthnews.com

TreeHugger

treehugger.com

Reuse

Creative Chicago Reuse Exchange

creativechirx.org/swap-circle

Craig's List

Offers used items in many cities across the country. There is a free category to post or look for items as well.
craigslist.org

Educational Assistance, LLC

Turns donated goods and services into college financial aid for needy students.
ealgreen.org

Fat Llama

Rent from people in your area.
fatllama.com

Freecycle

Offer items or receive items for free in your community.
freecycle.org

Freegan

Offer items or receive items for free in your community.
freegan.info

Reuse Development Organization

Promotes reuse as a social, beneficial and economical means for managing surplus and discarded materials.
redo.org

Rheaply

Resource management and exchange platform.
rheaply.com

Tools for Schools/Book Rescue

Excess supplies, furniture and books can be donated to the School & Community Assistance for Recycling and Composting Education. (SCARCE).
scarcecoed.org

The Waste Shed

Provides a resource for repurposed art, craft, and school materials and activities.
thewasteshed.com



Wear It In, Wear It Out

Our clothes can take a beating, but that doesn't mean the environment should have to. Be an eco-conscious consumer and lighten your load on the environment and create fewer greenhouse gas emissions too.

Apparel and Accessories

Accessories

Alchemy Goods
alchemygoods.com

Artisangear
artisangear.com

Cliff
cliffbelts.com

Eco-Handbags
eco-handbags.ca

Faeries Dance
faeriesdance.com

Floto Leather Bags
flotoimports.com

Foxglove Accessories
foxgloveaccessories.com

Gina Marie Handbags
etsy.com/shop/ginamariehandbags.com

Good Humans
goodhumans.com

Green Sewn
greensewn.com

Last Call Glass
lastcallglass.com

LittleEarth
shop.littleearth.com

Little River Sock Mill
littleriversockmill.com

Malia Designs
maliadesigns.com

Merry Trading Company
merrytrading.com

Moonrise Jewelry
moonrisejewelry.com

My Recycled Bags
myrecycledbags.com

Pop Can Jewelry
greentons.com

Rebound Designs
rebound-designs.com

Re-Sails
resails.com

Sea Bags
seabags.com

Simply Wood Rings
simplywoodrings.com

T-shirt Quilts
projectrepat.com

Ten Thousand Villages
tenthousandvillages.com

That's Caring
thatscaring.com

The Grommet
thegrommet.com

The Vegetarian Site
store.thevegetariansite.com

Tidal Vision USA
tidalvisionusa.com

Used Rubber USA
usedrubberusa.com

Vulcana
vulcana.net

ZKano
zkano.com

- Chemicals take a toll on our environment and human health as a whole. Every t-shirt made of conventional cotton requires a quarter pound of harmful chemicals.

- According to the USDA, in one year alone over 50 million pounds of pesticides were used on U.S. cotton fields. Pesticide and fertilizer use on cotton has been linked to ground and surface water contamination, and the pollution of drinking water. In California, cotton ranks third in the state for total number of pesticide-related illness. Fish and wildlife are also impacted, with pesticides causing migration die-offs and diminished reproductive capacity.

- Clothing made of hemp fiber is lightweight, absorbent and, with three times the tensile strength of cotton, strong and long lasting.

- It takes much less energy to grow and sustain bamboo than other similar trees and plants used for fiber production. Bamboo plantations require very little maintenance. Bamboo also requires very little water and can survive drought conditions as well as flooding.

- UV and mold-resistant, hemp is excellent for outdoor wear.

- Unlike synthetic fibers which incorporate petroleum additives, bamboo clothing is safe for municipal disposal programs, whether by landfill or incineration.

- Learn more about organic cotton, bamboo and hemp fibers at eartheasy.com.

- Hemp blends such as hemp/silk and hemp/cotton garments are now available.

Clothing

Bamboosa
bamboosa.com

Blue Canoe Organic
bluecanoe.com

Conscious Clothing
consciousclothing.us

Earth Creations
earthcreations.net

Earth Ragz, Inc.
earthfashions.com

Eco Choices
ecochoices.com

'e ko logic
ekologic.com

Indigenous Fair Trade and Organic
indigenousdesigns.com

Levi WasteLess and WaterLess Jeans
levistrauss.com/sustainability

Looptworks
looptworks.com

Maggie's Organics
maggiesorganics.com
Nau
nau.com

Of the Earth
oftheearth.com

Patagonia
patagonia.com

Rawganique
rawganique.com

Reware
rewarevintage.com

Texture
textureclothing.com

Tomorrow's World
tomorrowworld.com

TSDesigns
tsdesigns.com

Vickerey
vickerey.com

Maternity

Mine for Nine
minefornine.com

Motherhood Closet
motherhoodcloset.com

Rent

Armoire
armoire.style.com

Stitchfix
stitchfix.com

Rent the Runway
renttherunway.com

The Bump
thebump.com

Eyeglasses

Vinylize
vinylize.com

Footwear

Eco Sandals
ecosandals.com

Toms
toms.com

Olsen Haus
olsenhaus.com

ReKixx
rekixx.com

Sanuk
sanuk.com

Special Occasions

Brilliant Earth
brilliantearth.com

Of The Earth
custompaper.com

Earthwise Jewelry
leberjeweler.com/earthwise

New Name Boutique
Bridal gowns previously owned or samples.
bridalboutiquebynewname.org

Green Wedding Alliance
greenweddingalliance.com

Simply Wooden Rings
simplywoodenrings.com

- Bamboo fiber is made by pulping the grass until it separates into thin threads of fiber, which can be spun for weaving into cloth. Bamboo fiber resembles cotton in its un-spun form, a puffball of light, airy fibers.

- Hemp is a very eco-friendly crop. It requires no pesticides and needs little water, yet it renews the soil with each growth cycle. Its long roots prevent erosion and help retain topsoil. Hemp grows readily in most temperate regions.

- Popular demand for cotton textiles, and competition among producers, has seen a big change in the last two generations - the increased use of pesticide. Cotton is the most pesticide-dependent crop in the world, accounting for 25% of all pesticide use.

- 94% of recovered clothing can be recycled as clothing or transformed into recycled products. Recycling clothing brings environmental benefits, such as less space needed for landfills, and less pollution of water and air.

- Bamboo is one of the fastest growing plants on the planet, making it a high yield renewable resource. It can be selectively harvested annually and is capable of complete regeneration without need to replant.

- PETA maintains an updated list of companies that are either vegan or sell vegan shoes at peta.org.



Is It Energy Star Rated?

Over the past 20 years, Energy Star's Homes program has helped American home owners save more than \$4.7 billion and reduce carbon pollution by over 53 billion pounds.

-Gina McCarthy, EPA Admin.

Appliances and Electronics

Resources

Abt Electronics
abt.com

Energy Tax Incentives Assistance Project
energytaxincentives.org

National Geographic
environment.nationalgeographic.com/environment/green-guide

Electronic Product Environmental
Assessment Tool
epeat.net

EPA's Energy Star Program
energystar.gov/products

Energy Efficiency and Renewable Energy
energy.gov/energysaver/energy-saver

Green Choices
greenchoices.org

Related Products

Abundant Earth
abundantearth.com

ECOS
ecos.com

Real Goods
realgoods.com

Bosch Appliances
boschappliances.com

Fisher & Paykel
fisherpaykel.com

Sun Frost
sunfrost.com

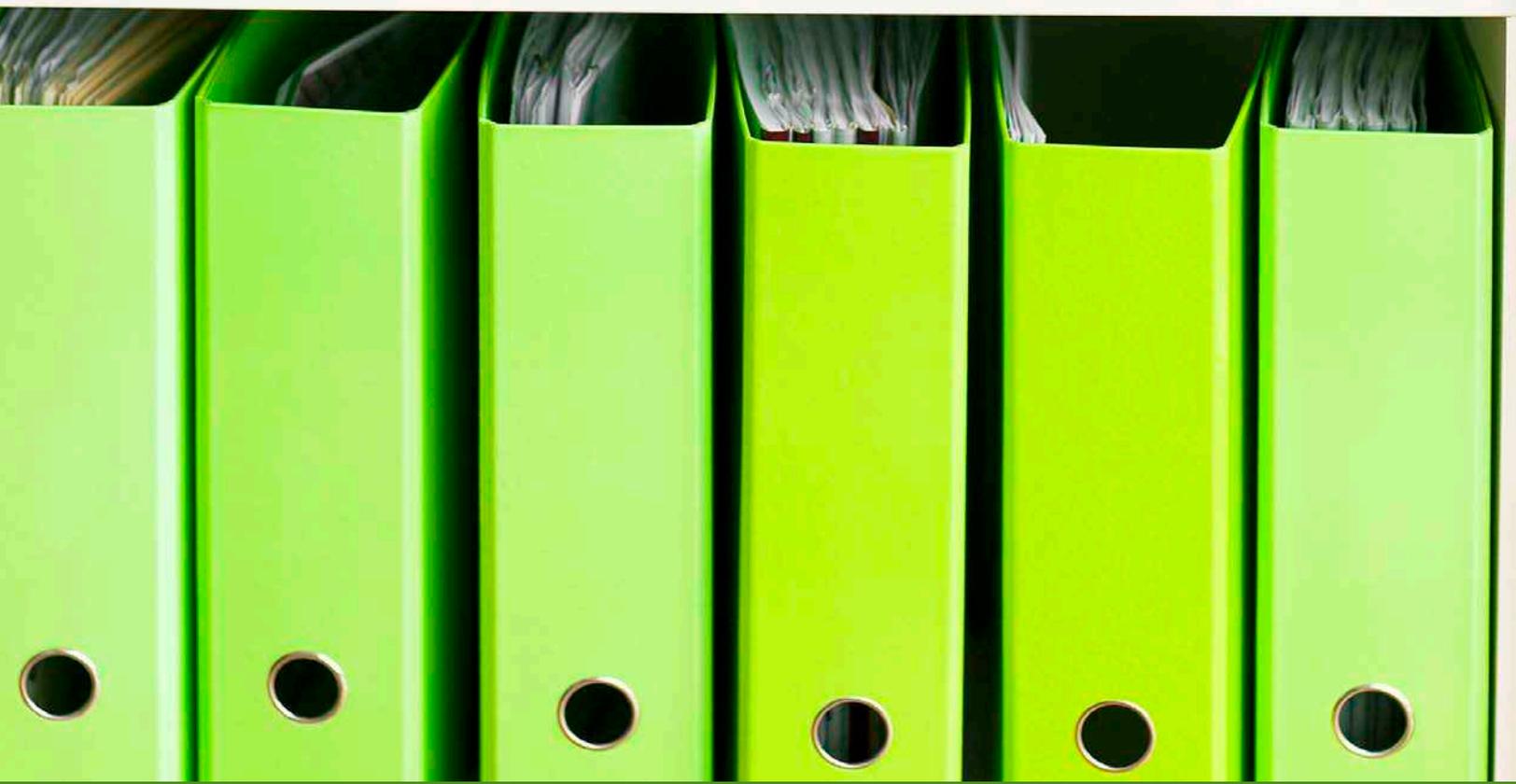
Conserv-a-Store
conserv-a-store.com

Maytag
maytag.com

Vermont Clothesline Company
smartdrying.com

What Does Energy Star Mean?

For an appliance to carry the Energy Star label it must operate using 10% to 30% less energy than other similar appliances currently available. If the appliance uses water, such as a dishwasher or a clothes washer, it must also use 30% to 50% less water than a similar model.



Rock Paper Scissors

Office supplies have quickly expanded into the world of green. Be sure to compare supplies for your next work order. 1, 2, 3, Go!

Art, Office Supplies and Furniture

Art Supplies

Crayon Rocks
crayonrocks.net

Crazy Crayons
crazycrayons.com

Creative Chicago Reuse Exchange
creativechirx.org

Dick Blick
dickblick.com

Dixon
dixonusa.com

Earth Pigments
earthpigments.com

Eclectic Products
eclecticproducts.com

Eco Choices
ecochoices.com

Eco Kids USA
ecokidsusa.com

Faber-Castell
fabercastell.com

Kids Gardening
kidsgardening.org

Milk Paint
milkpaint.com

Stubby Pencil Studio
stubbypencilstudio.com

Task Board
taskboard.com

The Waste Shed
thewasteshed.com

Wisdom Supply Company
Zero waste school and office supplies.
wisdomsupplyco.com

Paper

Dolphin Blue
dolphinblue.com

EcoPaper
ecopaper.com

Environmental Paper Network
papercalculator.org

Green Earth Office Supply
greenearthofficesupply.com

Green Field Paper Company
greenfieldpaper.com

Greg Barber Company
gregbarberco.com

GreenLine Paper Company
greenlinepaper.com

House of Doolittle
houseofdoolittle.com

New England Cartographics, Inc.
necartographics.com

New Leaf Paper
newleafpaper.com

Of the Earth
custompaper.com

Paper Culture
paperculture.com.com

Poo Poo Paper
poopoopaper.com

Planet Earth Promotions
planetearthpromotions.com

Quill
quill.com

The Green Office
thegreenoffice.com

Environmental Office Tips

- Think Before Printing. Do you really need to print that email, memo or set of instructions? If you can get away with leaving it on the screen, do so. Paper and ink are valuable resources, and printers use electricity.

- Buy in bulk. Buying toner or recycled paper in bulk saves on the per-unit cost and reduces waste by using less packaging. Look for the words “high-efficiency” or “high-capacity” to denote bulk-sized items that lower your per-print or per-unit cost.

- Return toner bottles and cartridges for recycling. Recycling programs have kept millions of used printer supplies out of landfills. Some manufacturers even offer pre-paid shipping labels to return empty toner cartridges.

- Turn off the lights in gathering areas such as lunch rooms and lavatories. Even better, have automatic sensors installed that turn on only when the room is occupied and turn off when the last person leaves.

- Install faucet aerators in the lavs and kitchens at your workplace. Gallons of water will be saved with no noticeable changes in delivery.

- Review your supply contracts for environmental commitment. Is your office supply company offering a large selection of recycled products? What is their corporate environmental position?

- Be sure to power down and turn off your computer at the end of the day.

- Use non-toxic cleaning products at home and office.

Binders, Cards, Giftwrap, Journals, and Stationary

Acorn Designs
acorndesigns.org

Binders
binders.com

Earth Presents
earthpresents.com

Ex Libris Anonymous
bookjournals.com

Guided Products
guided.com

Its Our Earth
itsourearth.com

Mr. Ellie Pooh Journals
mrelliepooh.com

Nomad Adventure Journals
nomadjournals.com

Paper Culture
paperculture.com

Paperworks Studio
paperworksstudio.com

Planet Earth Promotions
planetearthpromotions.com

Peg and Awl
pegandawlbuilt.com

Pleasantrees
pleasantrees.com

RedStamp
redstamp.com

Reuse First Journals
reusefirst.etsy.com

Waste Reduction Tips to Save the Trees



With the average office worker using 100 sheets of paper per day, one great way to reduce paper used is by limiting the amount of printing and photocopying in the office. This can be done by sharing

information in the workplace via email rather than printed out memos and a weekly or monthly newsletter that is produced online rather than in print.

Try to further reduce the amount of paper that you use when printing by reducing font size and print margins so less paper is used per document. If your printer can print double sided then use this function too.

As well as ordering in recycled paper, another great way to help save the trees is to reduce the amount of packaging coming into the office. When ordering from your suppliers request that they use recyclable packaging if available or request that the packaging be taken back to the supplier to be re-used. Ordering in bulk may also reduce the overall amount of packaging and the waste that it creates.

How to Make a Simple Glue From Flour and Water

A paste of flour and water The simplest glue is one made from a paste of flour and water. You may remember making this type of glue in kindergarten. It is an easy, non-toxic recipe that is great for working with paper that needs gluing, including paper-mâché projects.

Simple Glue Ingredients

1/2 cup flour

1/3 cup water

Mix flour and water

Simple Glue Instructions Mix flour and water in a bowl. If you need more glue, simply double the recipe. If you need less glue, start with the amount of flour you will use, then add water a teaspoon at a time until it reaches the right consistency.

Blend until

smooth

Blend until your glue is smooth and a little runny, but not watery. It should not be too thick or too drippy.

Use promptly

Use it soon after creating it. It can be used to stick paper together for a variety of craft projects, such as making greeting cards and other small projects.

Store in the

refrigerator

Store in refrigerator. Keep any unused glue in a tightly-sealed container in the refrigerator, where it should last a week or two.

To view this recipe, as well as instructions for paper mache glue, cornstarch paste and a simple no-cook flour paste, visit [wikihow.com/Make-Glue](http://www.wikihow.com/Make-Glue).



Environmental Crafting Tips

- Check out the SWANCC Crafts From Trash ideas to create fun reuse projects at swancc.org.
- Collect common household items for reuse projects.
- Search online for homemade recipes to make playdough, paint, chalk, and crayons.
- Draw inspiration from the world outdoors and
- Re-purpose materials that would otherwise be tossed.
- An easy way to begin searching for the safest and most earth-friendly crafting materials is to check their ingredients and labels.
- Save paper scraps to use in future card-making and scrapbooking projects.
- Buy only what you need, when you need it - you will be less inclined to waste what materials you do have.
- Buying locally made products supports the local economy and reduces the amount of fuel consumption to get the product to market.
- Donate your leftovers. Schools, daycare centers, children's hospitals, adult care, convalescent centers, and Girl Scout troops are some of the places that happily accept donated craft supplies that are in usable condition.
- Using recycled and handmade papers helps lessen the burden of paper production in our environment.
- Utilize both sides of paper for coloring. Also, collect used one-sided paper for coloring.



Child Safe Childplay

Kids get into everything, but do you want everything getting into them? Be aware of the chemicals made in clothing that touches our skin every day.

Baby Items

Clothing

BabySoy
babysoyusa.com

Bamboosa
bamboosa.com

The Natural Baby Company
thenaturalbabyco.com

Baby Wit
babywit.com

Kee-Ka Organics
kee-ka.com

The Ultimate Green Store
theultimategreenstore.com

Diapers

Comfy Bummy
comfybummy.com

GDiapers
gdiapers.com

Formula/Bottles/Food

Earth's Best
earthsbest.com

EvenFlo
evenflo.com

Happy Family
happyfamilybrands.com

Furniture/Bedding

Ecobaby Bedding
purerest.com

JJ Cole Collections
jjcolecollections.com

The Clean Bedroom
thecleanbedroom.com

EcoChoices
ecochoices.com

Organic Bedding Store
theorganicmattressstore.com

Toys

Green Toys
greentoys.com

Plus-Plus
plus-plus.us

Cuddle + Kind
cuddleandkind.com

Shampoos

Earth Friendly Products
ecos.com



Fresh and Clean

With a little elbow grease, your home can be sparkling clean without unwanted residue, which some toxic commercial products leave behind.

Cleaning Products

Resources

Consumer Reports Greener Choices
greenerchoices.org

SWANCC Eco-Cleaning Guide
swancc.org

Environmental Working Group
ewg.org

Women's Voices for the Earth
womensvoices.org/safe-cleaning-products/

Products

Bag-e-Wash
bag-e-wash.com

CitraSolv
citasolv.com

Let's Go Green
letsogogreen.biz

Bio Green Clean
biogreenclean.com

Country Save
countrysave.com
Earth Friendly Products
ecos.com

Method
methodhome.com

Biokleen
biokleenhome.com

EcoConcepts
ecoconceptsusa.com

Mrs. Meyers Clean Day
mrsmeyers.com

Bon Ami
bonami.com

ESS
neutralsolution.com

PortionPac
portionpac.com

Caldrea
caldrea.com

Seventh Generation
seventhgeneration.com



Preserve the Environment

The planet we live on is the only planet suitable for our human needs. As a society, it is important that we conserve as much as possible to sustain our planet for future generations.

Energy Conservation Resources and Products

Resources

American Council for Energy Efficient Economy
aceee.org

Consumer Reports Greener Choices
greenerchoices.org

Electronic Product Environmental Assessment Tool
epeat.net

Energy Federation Inc.
efi.org

Energy Savers
energy.gov/energysaver/energy-saver

Energy Tax Incentives
energytaxincentives.org

Environmental Defense Fund
edf.org

EPA's Energy Star Program
energystar.gov/products

Illinois Department of Energy
illinoisenergy.org

U.S. Department of Energy
eere.energy.gov

Energy Related Products

Battery Stuff
batterystuff.com

FEIT Ecobulb
feit.com

Green Batteries
greenbatteries.com

Let's Go Solar
letsgosolar.com

Voltaic Pouch
voltaicsystems.com

Wattman LED Lamp
wattmanledlamp.com

Energy Conservation Tips

- Strive for an energy-efficient building
- Purchase Energy Star appliances
- Use power strips for electronics and turn off at night, over weekends and holidays when away
- Set computers and printers to enter "sleep" mode
- Use rechargeable batteries
- Fix leaky faucets and toilets
- Provide real plants to filter the air naturally
- Install motion sensors for lights
- Install programmable thermostats
- Replace heating/cooling air filters every three months
- Install solar panels if possible
- Switch to T8s, CFLs, or LEDs as new bulbs are needed



Fair Wages From the Bottom Up

All products have a hidden cost. Materials, production, administration, transportation and wages all are factored into the end product's cost. Often, the best deal undervalues the human component with wages.

Fair Trade and Organic Goods

Resources

Chicago Fair Trade
chicagofairtrade.org

Cooperative Grocers'
Information Network
grocer.coop

Cornucopia Institute's Organic
Integrity Project and Scorecard
cornucopia.org

Eat Well Guide
eatwellguide.com

Eco Fish
ecofish.com

Environmental Working Group
ewg.org

FairTrade International
fairtrade.net

Fair Trade Federation
fairtradefederation.org

Fair Trade USA
fairtradecertified.org

Food Alliance
foodalliance.org

Global Goods Partners
globalgoodspartners.org

Green America
greenamerica.org

Greenopia
greenopia.com

Local Harvest
localharvest.org

Monterey Bay Aquarium's Seafood
Watch Guide
seafoodwatch.org

Organic Consumers Association
organicconsumers.org

Organic. It's Worth It.
organicitworthit.org

Partners for Just Trade
partnersforjusttrade.org

The Center for Science in the Public
Interest - a food & health watchdog
cspi.org

Tree Hugger
treehugger.com

World Fair Trade Organization
wfto.com

Beverages / Food / Farm

Angelic Organics
angelicorganics.com

Café Campesino
cafecampesino.com

Cafe Mam
cafemam.com

Earth Friendly Coffee
earthfriendlycoffee.com

Good Food Catalyst
goodfoodcatalyst.org

Grounds for Change
groundsforchange.com

Higher Grounds Trading
highergroundstrading.com

Just Coffee
justcoffee.coop

Organo Gold
organogold.com

Peace Coffee
peacecoffee.com

That's Caring
thatscaring.com

The Organic Center
organic-center.org

The Talking Farm
thetalkingfarm.org

Upton Tea Imports
uptontea.com

• Visit greenamerica.org for The National Green Pages™, a directory listing nearly 3,000 businesses that have made firm commitments to sustainable, socially just principles, including the support of sweatshop-free labor, organic farms, fair trade, and cruelty-free products.

Examples of fair trade items:

- Bananas
- Chocolate
- Clothing
- Coffee
- Cotton
- Crafts
- Flowers
- Fruit
- Home Decor
- Honey
- Jewelry
- Olive oil
- Rice
- Sports balls
- Sugar
- Tea
- Vanilla
- Wine

• Look for the label! In the US, Fair Trade Certified™ food products carry the label of the US Fair Trade certifying body, TransFair USA. This label certifies that the farmer has received a fair price for the commodity.

Clothing & Accessories

Acacia Creations
acaciacreations.com

Asha Imports
ashaimports.com

ABLE
ableclothing.com

Colores del Pueblo
coloresdelpueblo.org

Equal Exchange
equalexchange.com

Fashion ABLE
livefashionable.com

Global Crafts
globalcraftsb2b.com

Global Fair Trade Crafts
globalcrafts.org

Green Sewn
greensewn.com

Hands of Mothers
handsofmothers.org

Imani Jewelry
imanijewelry.com

Indigenous Fair Trade and Organic
indigenousdesigns.com
Krochet Kids
krochetkids.org

Maggie's Organics
maggiesorganics.com

Mata Traders
matatraders.com

Noonday Collection
noondaycollection.com

Open Arms
theopenarmsshop.com

Raven and Lily
ravenandlily.com

Re:new Project
renewproject.org

Roots -n-Streams
roots-n-streams.com

SERRV
serrv.org

Sole Rebels
solerebels.com

Sudara
sudara.org

Taraluna
taraluna.com

Ten Thousand Villages
tenthousandvillages.com

Trades of Hope
mytradesofhope.com

Vibella
vibellajewelry.com

What is Fair Trade?

In 2008, \$4.08 billion sales worldwide Fair Trade is an organized social movement and market-based approach that aims to help producers in developing countries obtain better trading conditions and promote sustainability. The movement advocates the payment of a higher price to producers as well as social and environmental standards. It focuses in particular on exports from developing countries to developed countries, most notably handicrafts, coffee, cocoa, sugar, tea, bananas, honey, cotton, wine, fresh fruit, chocolate and flowers.

22% increase in fair trade sales in one year in 2008 In 2008, Fair Trade certified sales amounted to approximately \$4.08 billion worldwide, a 22% year-to-year increase. While this represents a tiny fraction of world trade in physical merchandise, some fair trade products account for 20-50% of all sales in their product categories. In June 2008, Fairtrade Labelling Organizations International estimated that over 7.5 million producers and their families were benefiting from fair trade-funded infrastructure, technical assistance and community development projects.

The movement intends to provide market access to otherwise marginalized producers, connecting them to customers and allowing access with fewer middlemen. It aims to provide higher wages (than typically paid to producers) as well as helping producers develop knowledge, skills and resources to improve their lives. Fair trade advocates also seek to raise awareness of the movement's philosophies among consumers in developed nations.

Sources: Wikipedia, Fair Trade Labelling Organizations International (2009), The World Trade Organization, Fairtrade Labelling Organizations International & International Fair Trade Association (2008).

- Host a Fair Trade Party! It's just like a Tupperware party, except it benefits people and the planet. A Fair Trade house party is one exciting way to share Fair Trade with others in your community. Plan a snack menu that incorporates as many Fair Trade ingredients as possible – coffee, tea, and hot cocoa to drink, plus snackbars made with Fair Trade sugar and chocolate.

- Fair Trade weddings and commitment ceremonies: you can sign onto an online Fair Trade gift registry with Fair Trade retailers like Ten Thousand Villages (tenthousandvillages.com) and Global Exchange (store.gxonlinestore.org).

- Valentine's Day, birthdays, bar/bat mitzvahs, Christmas: Anytime you need to give a gift, consider giving Fair Trade. For example, Fair Trade flowers or chocolate make excellent Valentine's Day gifts, (and your beloved will be impressed by your commitment to justice). Olive oil and wine make great host gifts for dinner parties or a great birthday present for an adult.

- As a gift for a child, consider Fair Trade sports balls, or some of the toys on offer from various Fair Trade Federation businesses, like finger puppets, stuffed animals, musical instruments, and kites.

- Give out Fair Trade chocolate or other candies at Halloween.

- If your school, congregation, or non-profit organization is looking for a way to raise money while supporting a fair supply chain, a number of businesses make it easy, with a variety of different fundraising methods. Be sure to check out the Fundraiser section.



Put Your Hand In the Middle

And yell Team! Many hands make light work. Build successful fundraising teams by working together for a shared goal. It's the only way we can make our Earth a better place.

Collection Programs & Fundraising

Cell Phones/Printer Cartridges

Cartridges for Kids
cartridgesforkids.com

Funding Factory
fundingfactory.com

Planet Green
planetgreenrecycle.com

Cartridge World
cartridgeworldusa.com

Midwest Laser Cartridge
midwestlasercartridgecorp.com

Gardening

Flower Power Fundraising
flowerpowerfundraising.com

Lunchtime Items

Added Incentives
addedincentives.com

Lunch Bots
lunchbots.com

Eco-Promotional Products
ecopromotionsonline.com

Mighty Nest
Evanston
mightynest.com

Litter Free Lunch
litterfreelunch.com

Wrap-n-Mat
wrapnmat.com

• Winston Churchill once said, "You make a living by what you get. You make a life by what you give." That's something to consider when approaching fundraising.

• According to Giving USA, individual contributions to non-profits reached nearly \$200 billion in 2005.

• According to the Association of Fundraising Professionals, 7% more women volunteer than men (on average, about 31% of women volunteer versus 24% of men). The most active age range for both genders is 35 to 54.

• Some of the world's richest people are also the biggest philanthropists. Microsoft founder Bill Gates and Virgin founder Richard Branson are among the billionaires who've pledged significant portions of their fortunes towards worthy causes.

• Presidential campaigns are some of the biggest fundraisers today. Past candidate Barack Obama broke records with \$32.5 million raised in a three-month period.

• Helen Keller on giving: "Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose."

The above information is taken from FastTrack Fundraising at fasttrackfundraising.com.

• Keep all lines of communication open!

Material for Reuse/Recycling

Preserve's Gimme 5 Plastic Program
preserveproducts.com

Terracycle Brigade
terracycle.com/en-US

Partners for Just Trade

Partners for Just Trade is a non-profit, faith-based organization that builds partnerships between producers living in extreme poverty and consumers in North America. They address root causes of poverty through Fair Trade sales, education, solidarity, and a commitment to trade justice.

PJT began as an initiative of the Presbyterian Hunger Program. It began informally when a handful of Presbyterians visiting Peru through the Hunger Program's Joining Hands Network began bringing handcrafts made by their new colleagues back to the United States for sale in churches and among friends. Very quickly, thanks to the work of committed volunteers, that tiny partnership blossomed into a growing non-profit organization with a national outreach that sells a wide variety of Fair Trade products and creates educational materials about the importance of Fair Trade.

More than 15 artisan groups, with over 200 artisans, work with PJT through our Peruvian Trade Partner Bridge of Hope. They now work with five Trade Partners - Bridge of Hope and Manos Amigas in Peru, Comite Artisanal Haitien in Haiti, VillageWorks in Cambodia, and the Ayadi Masreya Foundation in Egypt.

The fair wages the artisans receive enables them to afford food, shelter and medicine for their families, to educate their children and to reclaim personal dignity so they may assert their economic, political and social rights.

Today PJT is a recognized player in the national Fair Trade movement, providing superior Fair Trade products, upholding strong, transparent relationships with its producer partners, and educating consumers about the benefits of Fair Trade. PJT is now a screened member of both the Fair Trade Federation and the Green America Business Network.

Source: partnersforjusttrade.org

Miscellaneous Products

Bags for Bucks
bagsforbucks.com

Equal Exchange Fundraiser Program
equalexchange.coop/fundraiser

EcoLabel Fundraising
ecolabelfundraising.com

Ruckus Entrepreneurs
ruckusteens.org

Paper/Gift Wrap/Note Cards/Stationary

Acorn Designs
acorndesigns.org

ScentCo
(scented pencils)
scentcoinc.com

Earth Presents
earthpresents.com

Textiles (Clothing & Shoes)

Chicago Textile Recycling
chicagotextilerecycling.com

USAgain
usagain.com

Sneakers 4 Funds
sneakers4funds.com

- Register your non-profit for earth-friendly fundraising at greenraising.com.

- Fundraising is necessary to supplement the income of an organization, institute special programs, or provide supplies which are needed.

- Look for fundraising products that help reduce waste by substituting reusables for disposables such as plastic water bottles, lunch bags and grocery bags.

- Get fundraising ideas at green-talk.com.

- A natural connection for green fundraisers is to center them around Earth Month.

- Allowing potential customers to actually see the product you are selling can help sales.

- Send out a press release to local papers about your fundraising effort.

- Be sure to communicate the message about raising funds for your group and the importance of the green product you are selling.

- Read the *30 Tips for a Winning Sales Fundraiser* at ptotoday.com.

- Be sure to give your group enough selling time after the fundraising promotions have gone out.

- Get leaders in the community on board with your fundraising effort.

- Remind people what their purchase was for when you drop off the products that were ordered to reinforce your mission.

Global Goods Partners

Global Goods Partners (GGP) is a nonprofit social enterprise dedicated to alleviating poverty and promoting social justice in the Global South. Founded in 2005, GGP creates economic opportunity for women in some of the world's poorest communities by providing access to the US market for the fair trade, handmade products they produce. Working in partnership with more than 40 partners in 20 countries, GGP provides technical assistance, product development, operational expertise and small capacity building grants to our community based partners. With this support, GGP is empowering women to create sustainable change - advancing the health and well-being of their families and communities.

Source: globalgoodspartner.org



In the USA, 40% of Food is Wasted

Food loss and waste occurs throughout the supply chain, which results in a waste of land, water, energy, and money. Wasting food has harmful environmental, economic, and ethical consequences. Learn about solutions to this worldwide problem!

Food Donation and Composting Resources

Organizations

EPA Sustainable Management of Food
epa.gov/sustainable-management-food

Illinois Stewardship Alliance
ilstewards.org

USDA Food Keeper
App: Your Tool for Smart Food Storage
blogs.usda.gov

Food Recovery Network
epa.gov/sustainable-management-food

NRDC and Ad Council Campaign
savethefood.com

Wasted Food Action Alliance
wastedfoodaction.org

Food and Agriculture Organization of the United Nations
fao.org/home/en

ReFED
ReFED.com

Illinois Food Scrap Coalition
illinoiscomposts.org

Sustainable Food Policy Alliance
foodpolicyalliance.org

Where to Donate Food and Volunteer

Ample Harvest
ampleharvest.org

Fresh Taste
FreshTaste.org

Northern Illinois Food Bank
solvehungertoday.org

Feeding America
feedingamerica.org

Greater Chicago Food Depository
chicagofoodbank.org

Too Good to Go App
toogoodto.com

Food Rescue
FoodRescue.net

Meal Connect App
cmealconnect.org

Books and Media

American Wasteland By Jonathan Bloom
wastedfood.com

Just Eat It
foodwastemovie.com

Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money By Wasting Less Food By Dana Funders

Composting at Home
youtu.be/1WTjVJtj-bM

Lats Week Tonight with John Oliver: Food Waste
youtu.be/i8xwLWb0ILY

The Extraordinary Life and Times of Strawberry
youtube.com/watch?v=uTaFYF1nA4c

Trashed
trashedmovie.com



Build Green and the Savings Will Come

When you take all the factors that go into creating an environmentally-friendly space, some large upfront expenses lead to cost savings for many years to come.

Green Building Resources and Materials

Resources

American Council for an Energy-Efficient Economy
aceee.org

Building Green
buildinggreen.com

Energy Federation Inc.
efi.org

Environmental Protection Agency
epa.gov/sustainability

Green Builder
greenbuilder.com

Green Building Supply Company
greenbuildingsupply.com

Green Home Building
greenhomebuilding.com

GreenHome Institute
greenhomeinstitute.org

Green Seal
greenseal.org

GreyWater
greywater.com

Healthy House Institute
healthyhouseinstitute.com

SCS Global Services
scsglobalservices.com

The Congress for the New Urbanism (CNU)
cnu.org

U.S. Department of Energy
eere.energy.gov

U.S. Green Building Council
usgbc.org

Countertops/Flooring/Hardware/Walls

AFM Safecoat
afmsafecoat.com

American Clay
americanclay.com

Auro Paint
aurointheusa.com

Bioshield Paint
bioshieldpaint.com

Caroma USA
caromausa.com

Classic Metal Roofing
classicmetalroofingsystems.com

Continuous Materials
continuousmaterials.com

DuroDesign
duro-design.com

Eco-Friendly Flooring
ecofriendlyflooring.com

Engineered Plastic Systems (EPS)
epsplasticlumber.com

EnviroGlas Products
enviroglasproducts.com

Forbo Flooring Systems
themarmoleumstore.com

- Recycle – ink jet cartridges, cell phones, and more – see SWANCC's Green Pages: Reuse and Recycling Directory at swancc.org.

- Conduct a waste audit to determine what can be reduced, reused or recycled.

- Stock kitchen with reusable cups, plates, silverware and napkins.

- Provide reusable mugs for staff and use at meetings.

- Install a filter on the faucet or get a water cooler to cut down on individual bottles.

- Encourage staff to bring waste-free lunches.

- Tap & stack trays to reduce volume in the garbage can.

- Set printer on double-sided default setting.

- "Be Nice Use It Twice Box" for drafts and faxes.

- Make note pads from old letterhead.

- Distribute newsletters and memos electronically.

- Subscribe to online newspapers/newsletters.

- Cancel junk mail.

- Take reusable bags to the store when shopping.

- Visit these sites to find new homes for items:

- freecycle.org
- craigslist.org
- ebay.com

- Recycle – office paper, newspaper, junk mail, magazines, cardboard, cans and bottles.

- Repair items before tossing and purchasing new ones.

Countertops/Flooring/Hardware/Walls

Gilasi
gilasi.com

Gilasi
gilasi.com

Green Planet Paints
greenplanetpaints.com

GreenDepot Environmental Living and Building
greendepot.com

Ice Stone
icestoneusa.com

Innovations
innovationsusa.com

Huma Built
buildinggreen.com

Loewen Designs
loewen.com

Mr. Bamboo
mrbambooflooring.com

NuWool
nuwool.com

Oceanside Glasstile
glasstile.com

Plasteak
plasteak.com

Furniture

Herman Miller
hermanmiller.com

Industrial Woodworking Corp
industrialwoodworking.com

Ki
ki.com

Scranton Products
scrantonproducts.com

Smith and Fong Plyboo
plyboo.com

Solar Light Store
hayneedle.com

Studio AIX
studioaix.com

US Floors
usfloorsllc.com

Steelcase
steelcase.com

US Green Building Council Information

Call LEED is an internationally recognized green building certification system LEED is an internationally recognized green building certification system, providing third-party verification that a building or community was designed and built using strategies aimed at improving performance across all the metrics that matter most: energy savings, water efficiency, CO2 emissions reduction, improved indoor environmental quality, and stewardship of resources and sensitivity to their impacts.

Developed by the U.S. Green Building Council (USGBC), LEED provides building owners and operators a concise framework for identifying and implementing practical and measurable green building design, construction, operations and maintenance solutions.

LEED is flexible enough to apply to all building types LEED is flexible enough to apply to all building types – commercial as well as residential. It works throughout the building lifecycle – design and construction, operations and maintenance, tenant fitout, and significant retrofit. And LEED for Neighborhood Development extends the benefits of LEED beyond the building footprint into the neighborhood it serves.

LEED is a voluntary certification program that can be applied to any building type and any building lifecycle phase LEED is a voluntary certification program that can be applied to any building type and any building lifecycle phase. It promotes a whole-building approach to sustainability by recognizing performance in these key areas: Sustainable Sites, Water Efficiency, Energy & Atmosphere, Materials & Resources, Indoor Environmental Quality, Locations & Linkages, Awareness & Education, Innovation in Design and Regional Priority.

Sources: U.S. Green Building Council

- Visit the Green Building Certification Institute's site to learn more about registering a project with LEED and the certification process at usgbc.org.

- Third-party certification through the independent Green Building Certification Institute (gbc.org) assures that LEED buildings are constructed as intended. GBCI includes a network of ISO-compliant international certifying bodies, ensuring the consistency, capacity and integrity of the LEED certification process.

- LEED points are awarded on a 100-point scale, and credits are weighted to reflect their potential environmental impacts. Additionally, 10 bonus credits are available, four of which address regionally specific environmental issues. A project must satisfy all prerequisites and earn a minimum number of points to be certified.

- In the United States alone, buildings account for:

- 72%: electricity consumption, 39%: energy use, 38%: carbon dioxide emissions, 40%: raw materials use, 30%: waste output, and 14%: potable water consumption.

- Environmental benefits of using the LEED system include: enhanced and protected ecosystems and biodiversity, improved air and water quality, reduced solid waste and conserved natural resources.

- LEED for Homes is a rating system that promotes the design and construction of high-performance green homes. Green homes use less energy, water and natural resources, create less waste, and are more durable and comfortable for occupants.



Home Is Where the Heart Is

Keep it this way. Take care of your home and loved ones with a healthy environment to live and play.

Home Decor

Bedding

Anna Sova
annasova.com

Life Kind
lifekind.com

Pure Fiber
pure-fiber.com

Carpet/Rugs

Earth Weave
earthweave.com

Milliken Floor Covering
millikencarpet.com

Sisal Rugs Direct
sisalrugs.com

FLOR
flor.com

Nature Area Rugs
naturalarearugs.com

The Mohawk Group
themohawkgroup.com

Interface
interfaceglobal.com

Shaw Contract Group
shawcontractgroup.com

Decoration

Bent Bottle
etsy.com/shop/bentbottle

It's Our Earth
itsourearth.com

Terrain
shopterrain.com

Bright Endeavors
brightendeavors.org

Resource Revival
resourcerevival.com

Corkology
corkology.com

Ten Thousand Villages
tenthousandvillages.com

Fabric

Ambatalia
ambatalia.com

Hemp Traders
hemptraders.com

Maharam
maharam.com

Clothworks
clothworks.com

Interface Fabrics
interfaceglobal.com

- Find green home tips at greenyourdecor.com.

- Use the green comparison shopping website at pristineplanet.com.

- Check out garage sales for unique items for your home.

- If you are doing remodeling, check to see if the items you are replacing can be used by someone else. Go to SWANCC's *Green Pages* for options at swancc.org.

- The use of reclaimed materials can be labor-intensive, but has environmental, aesthetic, and practical advantages—the pieces are often more attractive, and more durable, than their modern counterparts.

- Products claiming to be part or all recycled content can be certified by Scientific Certification Systems (SCS) and will bear the SCS Certified logo. SCS offers certification to manufacturers of products made from recycled or biodegradable materials.

- For an introduction to green home products and building materials, visit greenhomeimprovement.com. Each material or product listed is green certified.

- Bamboo can be flattened into flooring, molded into furniture, pressed into veneers, sliced up to make window blinds.

- Synthetic materials or those treated with synthetic substances can offgas chemicals which are toxic.

- Greenguard is a certification which ensures furniture is low toxicity. Learn more at greenguard.org.

Furniture

Barco Products
barcoproducts.com

Bean Products, Inc.
beanproducts.com

By The Yard
bytheyard.net

EcoLogic Furniture
ecologicfurniture.com

Engineered Plastic Systems
epsplasticlumber.com

Guilford of Maine
guilfordofmaine.com

Herman Miller
hermanmiller.com

Horigan Urban Forest Products, Inc.
horiganufp.com

Ki
ki.com

Knoll Group
knoll.com

Lifekind
lifekind.com

Newood
newood.com

Southcone
southcone.com

SteelCase
steelcase.com

Stone Design
stone-design.com

Tailwind Furniture
tailwindfurniture.com

Urban Woods
urbanwoods.net

Vermont Ski Recyclers
skifurniture.com

Viva Terra
vivaterra.com

Kitchen Supplies

Peg and Awl
pegandawlbuilt.com

Preserve Products
preserveproducts.com

ReUselt Network

ReUselt is an online forum that connects community members The ReUselt Network is an on-line forum that serves as a tool to make connections between community members who want to help each other, themselves, and their environment. In a disposable society where many items are discarded long before they have actually outlived their use. The ReUselt Network helps get things from people who have them but don't want them to people who want them but don't have them.

Their goal is to find new uses for unwanted items Their goal is to find new uses for unwanted items that would otherwise be thrown into the trash. The primary benefit is that it reduces the amount of reusable items that end up in the trash with a secondary benefit of reducing the overall amount of items thrown into landfills. Reusing items not only cuts down on goods in landfills, but also helps reduce the strain on our natural resources by keeping useable items in circulation, reducing the need to manufacture additional goods.

The ReUselt Network also provides an opportunity for those looking far and item to ask for it The ReUselt Network also provides an opportunity for those looking for an item to ask for it. Requests for items may jog the memory of someone who has an unused item stashed in the garage or basement waiting to be used. It is a great way to help get rid of those things which we may have forgotten, giving every member the chance to ReUselt! All transactions must be free, legal, and family-friendly.

Sources: reuseitnetwork.org

- Take gently used unwanted items to a reuse store instead of pitching in the garbage.
- Check out **freecycle.org** for decorative items to give and take for free.
- Visit the Planet Reuse blog at **planetreuse.blogspot.com**.
- Visit the online yards of **ohmegasalvage.com** and **recyclingthepast.com** to get a coast-to-coast feel for the latest in salvage finds, and then dig in with a visit to your local dealer.
- Visit **etsy.com** for handcrafted pieces for your home or gifts. Many artists use reused, reclaimed or upcycled materials in their items.
- Reclaimed material is any building component or design feature, such as wood, brick, fabric, or an old fireplace mantle, that is salvaged from its original use and incorporated into a new project or space.
- Reclaimed materials skip the recycling process, thus using less energy between removal and reuse. Common reclaimed materials include: wood products from old barns and homes, bricks and other used masonry units, doors, paneling and a slew of other building products.
- Locally sourced fixtures and reclaimed materials can evoke a rich history.
- Reclaimed materials are often sold through home salvage auctions as well as online sales.
- Try to repair furniture before replacing it.



Photo courtesy of the Evanston ReBuilding Warehouse
Photo by Bill Burlingham

New Uses For Old Treasures

New materials may be shiny, but even the greenest of construction will never be as green as using what has already been created. Also, the character and historical appeal cannot be manufactured in new goods.

Home Reuse, Deconstruction, Salvage

Construction Materials

Building Materials Reuse Association
bmra.org

Construction and Demolition
Recycling Association
cdrecycling.org

Cook County Demolition Sales
demolitionsales.com

Whole Building Design Guide
wbdg.org

Deconstruction

Obi Deconstruction
obideconstruction.com

Blue Earth Deconstruction
blueearthdeconstruction.com

Murco Recycling Enterprises, Inc.
murco.net

Reuse

All American Reclaim
allamericanreclaim.com

Milwaukee Modern
milwaukeemodern.com

Reuse Marketplace
reusemarketplace.com

Architectural Artifacts
architecturalartifacts.com

Planet Reuse
planetreuse.com

ReUselt Network
reuseitnetwork.org

Cook County Demolition Sales
demolitionsales.com

ReBuilding Exchange
rebuildingexchange.org

Salvage One
salvageone.com

Craig's List
craigslist.org

Reuse Alliance
reusealliance.org

State Street Salvage
statestreetsalvage.com

Habitat for Humanity Restore
habitatnfv.org
restorechicago.org

Reuse Depot
reusedepot.org

Urban Remains
urbanremainschicago.com

Horigan Urban Forest Products
horiganufp.com

Reuse Development Organization
redo.org

Material Exchanges for Business

Build Recycle
build.recycle.net

Recycler's World
(buy-sell-trade-exchange)
recycle.net

Rheaply
(resource management and exchange
platform)
rheaply.com

Minnesota Materials Exchange
mnexchange.org

Repurposed Materials
repurposedmaterialsinc.com

Waste Exchange Network
(locate a recycler)
wastexchange.com



Get Your Green Thumb Moving

Work with nature by using products that will not do harm to you or the environment. Your outdoor space can look great without using chemicals.

Outdoor, Lawn Care & Gardening

Resources

Beyond Pesticides
beyondpesticides.org

Illinois Food Scrap Coalition
illinoiscomposts.org

Pesticide Action Network
pesticideinfo.org

Environmental Protection Agency
epa.gov

Midwest Grows Green
midwestgrowsgreen.org

Rich Soil
richsoil.com/lawn

Grassroots Environmental
Education
grassrootsinfo.org

Organic Life
organicgardening.org

The Land Connection
thelandconnection.org

Products, Supplies & Services

Abundant Earth
abundantearth.com

Gardens Alive!
gardensalive.com

Planet Natural
planetnatural.com

City Farmer
cityfarmer.info

Huskie Tools
huskietools.com

Tower Garden
sheloves.towergarden.com

Clean Air Gardening Company
cleanairgardening.com

Lawn Boy
lawn-boy.com

Vermico
vermico.com

Clean Air Lawn Care Service
cleanairlawncare.com

Natural Lawn of America
naturallawn.com

Worm Woman
wormwoman.com

Conserv-A-Store
conservastore.com

Natures Composites
naturescomposites.com

Eco Gardening
ecogardening.com

Neuton
neutonpower.com

Gardener's Supply Company
gardeners.com

People Powered Machines
peoplepoweredmachines.com

Composting Information:

- Outdoor composting breaks down food waste into rich soil. It is so rich that it must be diluted with other soil to use in gardens or with house plants. Composting decreases the amount of food waste and creates a useful soil additive. Please be mindful of municipal composting restrictions. Yard trimmings, fruit and vegetables can be composted at home.

For details, visit homecompostingmadeeasy.com.

- Vermicomposting is another way to break down food waste by composting with red wiggler worms. The worms eat lots of fruit and vegetables. This method is beneficial for small spaces and can be accomplished indoors or outdoors; however, in the winter months it must be inside or in a heated area. In about three months some soil will be ready to harvest, which may be added to plants or garden soil.

For more information, visit chicagohomecomposting.org

The Legacy of Aldo Leopold and the Land Ethic

“Green Fire” is a documentary about legendary conservationist Aldo Leopold and shares highlights from his extraordinary career, explaining how he shaped conservation and the modern environmental movement. It also illustrates how Leopold’s vision of a community that cares about both people and land continues to inform and inspire current projects around the country and around the world. View the

documentary at greenfiremovie.com.



Considered by many as the father of wildlife management and of the United States’ wilderness

system, Aldo Leopold was a conservationist, forester, philosopher, educator, writer, and outdoor enthusiast. Aldo Leopold developed an interest in the natural world at an early age, spending hours observing, journaling, and sketching his surroundings. Leopold investigated ecology and the philosophy of conservation, and in 1933 published the first textbook in the field of wildlife management. In 1935, he and his family initiated their own ecological restoration experiment on a worn-out farm along the Wisconsin River outside of Baraboo, Wisconsin. Planting thousands of pine trees, restoring prairies, and documenting the ensuing changes in the flora and fauna further informed and inspired Leopold. Leopold’s legacy continues to inform and inspire us to see the natural world “as a community to which we belong.”

Rain, Rain, Come this Way!

Conserving water at home is easy with these two conservation ideas:

Rain Barrels

Outdoor watering consumes up to 40% of tap water used during summer months Collecting rain showers conserves water that can be used for watering plants, lawns and gardens or washing the car. According to the Environmental Protection Agency (EPA), outdoor watering consumes up to 40 percent of tap water used during summer months. This amount can be significantly reduced by utilizing rainwater instead.

Rain barrels are primarily used as a water conservation tool, but they also manage stormwater. As rain falls, dirt, sediment, pesticides or other contaminants are picked up and carried to various water systems. Lawns, trees, shrubs and other plants naturally reduce water runoff by absorbing it for growth. Manually collecting rainwater runoff with a container is another method of reducing runoff.

Using rain barrels can improve local water quality and lessen the stress on water treatment facilities to meet residential demand for potable water.

Rain Gardens

Rain gardens require very little, if any, maintenance Absorbing rainwater runoff into the soil where native wildflowers and grasses are grown is helpful for the environment. Rain gardens reduce the amount of water entering the stormwater system, create lush wildlife habitats, require very little, if any, maintenance and provide a beautiful landscaped addition to any home.

To purchase a rain barrel, visit mwrld.org.

- The Metropolitan Water Reclamation District (MWRD) sells rain barrels each month from March through November. For information visit mwrld.org.

- For information about rain gardens, visit chicagowilderness.org, greenvalues.cnt.org, and raingardennetwork.com.

- Be sure to read warnings on packaging for mulch and other gardening supplies for their toxicity in regard to pets.

- Some nurseries and garden stores have plastic pot recycling programs. Check with your local nursery.

- There are a large variety of rain barrels, which makes finding the right one for your home easy.

- Adjust sprinklers so only your lawn is watered and not the house, sidewalk, or street.

- Choose shrubs and groundcovers instead of turf for hard-to-water areas such as steep slopes and isolated strips.

- Plant in the fall when conditions are cooler and rainfall is more plentiful.



A Pretty Face

Cleansing products help keep our bodies clean. Many of the hygiene products we use every day end up in our water system, including the Great Lakes. Please be mindful of the effects of these products beyond your skin when making purchases.

Personal Care Products

Resources

Environmental Working Group
ewg.org/skindeep

PETA Beauty and Skincare
peta.org

The Campaign for Safe Cosmetics
safecosmetics.org

Books

[Big Green Purse: Use Your Spending Power to Create a Cleaner, Greener World](#), by Diane McEachern

[The Body Toxic](#), by Nena Baker

[Exposed: The Toxic Chemistry of Everyday Products and What's at Stake for American Power](#), by Mark Shapior

[Gorgeously Green: 8 Simple Steps to an Earth-Friendly Life](#), by Sophie Uliano

[Not Just a Pretty Face](#), by Stacy Malkan

[No More Dirty Looks - The Truth about Your Beauty Products & Ultimate Guide to Safe, Clean Cosmetics](#) by Siobhan O'Connor

[Toxic Beauty: How Cosmetics & Personal Care Products Endanger Your Health... and What You Can Do About It](#), by Samuel Epstein, MD, with Randall Fitzgerald

Bath/Body/Cosmetics/Nail Polish

Acquarella
acquarella.com

Alaya Naturals
alayanaturals.com

Alima Pure
alimapure.com

Aromaleigh
aromaleigh.com

Aubrey Organics
aubrey-organics.com

Avaion Natural Products
avalonnaturalproducts.com

Aveda
aveda.com

Bare Escentuals
bareminerals.com

Beauty Counter
beautycounter.com

Benedetta
benedetta.com

Bright Endeavors
brightendeavors.org

Burt's Bees
burtsbees.com

Cate McNabb Cosmetics
catemcnabbcosmetics.com

Cranberry Lane
cranberrylane.com

Crazy Rumors
crazyrumors.com

Dr. Bronner's Soaps
drbronner.com

Dr. Hauschka
drhauschka.com

Ecco Bella
eccobella.com

Eco Lips
ecolips.com

Everyday Minerals
everydayminerals.com

Fruits and Passion
fruits-passion.com

Giovanni Cosmetics
giovannicosmetics.com

GladRags
gladrags.com

Good Clean Love
goodcleanlove.com

• GoodGuide collaborates with a wide range of non-profit organizations that work to educate the public about health, environmental, and social issues. Visit online at goodguide.com to compare ratings of different products.

• Large quantities of Pharmaceuticals and Personal Care Products (PPCPs) can enter the environment after use by individuals or domestic animals.

• Sewage systems are not equipped for PPCP removal. Currently, there are no municipal sewage treatment plants that are engineered specifically for PPCP removal or other contaminants.

• The risks posed to aquatic organisms, and to humans are unknown, largely because the concentrations are so low. While the major concerns have been the resistance to antibiotics and disruption of aquatic endocrine systems (the system of glands that produce hormones that help control the body's metabolic activity) by natural and synthetic sex steroids, many other PPCPs have unknown consequences.

• The number of PPCPs are growing. In addition to antibiotics and steroids, over 100 individual PPCPs have been identified (as of 2007) in environmental samples and drinking water.

• Personal care products tend to be made in large quantities - thousands of tons per year.

• The effects of PPCPs are different from conventional pollutants. Drugs are purposefully designed to interact at low concentrations and to elicit specific biological effects. Unintended adverse effects can also occur from the interactions.

Bath/Body/Cosmetics/Nail Polish (Continued)

Green Envee Organics
greenenvee.com

Honeybee Gardens
honeybeegardens.com

Intelligent Nutrients
i-nbeauty.com

John Masters Organics
johnmasters.com

Lush Handmade Cosmetics
lushusa.com

Miessence
miessence.com

Monave
monave.com

Mountain Rose Herbs
mountainroseherbs.com

Natracare
natracare.com

Nature's Cupboard
naturescupboardonline.com

Organic Health and Beauty
organichealthandbeauty.com

Pangea Organics
pangeaorganics.com

Peacekeeper Cause-Metics
iamapeacekeeper.com

Preserve Products
preserveproducts.com

Ruckus Entrepreneurs
ruckusteens.org

Seventh Generation
seventhgeneration.com

SpaRitual
sparitual.com

Sundara
sundarafund.org

The Natural Patch
(bug repellent)
thenaturalpatch.com

Tom's of Maine
tomsofmaine.com

Urban Decay
urbandecay.com

Vermont Soapworks
vermontsoap.com

What's in Your Nail Polish?

Even the most health-conscious people can fail to consider how nail polish is affecting their bodies. But a recent study found that many of the most popular nail polish brands in America are much more harmful than they would seem - and many do not disclose chemicals that are toxic.

Research is showing that nail polish containing Triphenyl Phosphate, Dibutyl Phthalate, Toluene, and Formaldehyde are toxins being absorbed in young girls and women's bodies, which poses health threats to hormonal regulation, metabolism, reproduction and development, as well as skin irritants and allergies!

Sources: healthy-holistic-living.com

11 Ingredients to Avoid

1. Formaldehyde
2. Parabens
3. Phthalates
4. Synthetic Colors
5. Sodium Lauryl Sulfate
6. Petroleum
7. DMDM Hydantoin
8. Polyethylene Glycol (PEG)
9. Quaternium-15
10. Triethanolamine (TEA) and Diethanolamine (DEA)
11. Synthetic Fragrances

Sources: alternet.org and mightyneat.com

Pharmaceuticals and Personal Care Products (PPCPs)

PPCPs comprise a diverse collection of thousands of chemical substances Pharmaceuticals and Personal Care Products as pollutants (PPCPs) refers, in general, to any product used by individuals for personal health or cosmetic reasons or used by agribusiness to enhance growth or health of livestock. PPCPs comprise a diverse collection of thousands of chemical substances, including prescription and over-the-counter therapeutic drugs, veterinary drugs, fragrances, and cosmetics.

PPCPs are present in our nation's waterbodies Studies have shown that pharmaceuticals are present in our nation's waterbodies. Further research suggests that certain drugs may cause ecological harm. The EPA is committed to investigating this topic and developing strategies to help protect the health of both the environment and the public. To date, scientists have found no evidence of adverse human health effects from PPCPs in the environment.

Do not flush your medications down the toilet or sink! The Resource Conservation and Recovery Act (RCRA) is a federal law controlling the management and disposal of solid and hazardous wastes produced by a wide variety of industries and sources. The RCRA program regulates the management and disposal of hazardous pharmaceutical wastes produced by pharmaceutical manufacturers and the health care industry.

Source: Environmental Protection Agency

- Be sure to take advantage of SWANCC's Prescription Drug and Sharps disposal program. Information at swancc.org.

- **Do not flush medications** down the water system.

- Be wary of products that do not disclose all ingredient information on packaging.

- PPCPs include:
 - Prescription drugs
 - Over-the counter drugs
 - Veterinary drugs
 - Fragrances
 - Cosmetics
 - Sun-screen products
 - Diagnostic agents
 - Nutraceuticals (e.g., vitamins)

- Sources of PPCPs:
 - Human activity
 - Residues from manufacturing
 - Residues from hospitals
 - Illicit drugs
 - Veterinary drug use
 - Agribusiness

- The importance of individuals directly contributing to the combined load of chemicals in the environment has been largely unrecognized. PPCPs in the environment illustrate the immediate connection of the actions/activities of individuals with their environment.

- Individuals add PPCPs to the environment through excretion (the elimination of waste material from the body) and bathing, and disposal of unwanted medications to sewers and trash.

- Effects may be subtle because PPCPs in the environment occur at low concentrations. There's a need to develop tests that detect more subtle end-points. Neurobehavioral effects and inhibition of efflux pumps are two examples. Subtle effects that accumulate may be significant.



Man's Best Friend

Be as loyal to your pet as he is to you. Find products that will be safe for him and the environment.

Pet Care Products

Bentley's Pet Stuff
petstuff.com

CycleDog
cycledog.com

Dogtime
dogtime.com

Eagle Pack
eaglepack.com

Earth Bath
earthbath.com

Earth Friendly Products
ecos.com

Funny Fur
funnyfur.com

Great Green Pets
greatgreenpet.com

Green Dog Inc.
greendoginc.com

Honest Pet Product
lhonestpetproducts.com

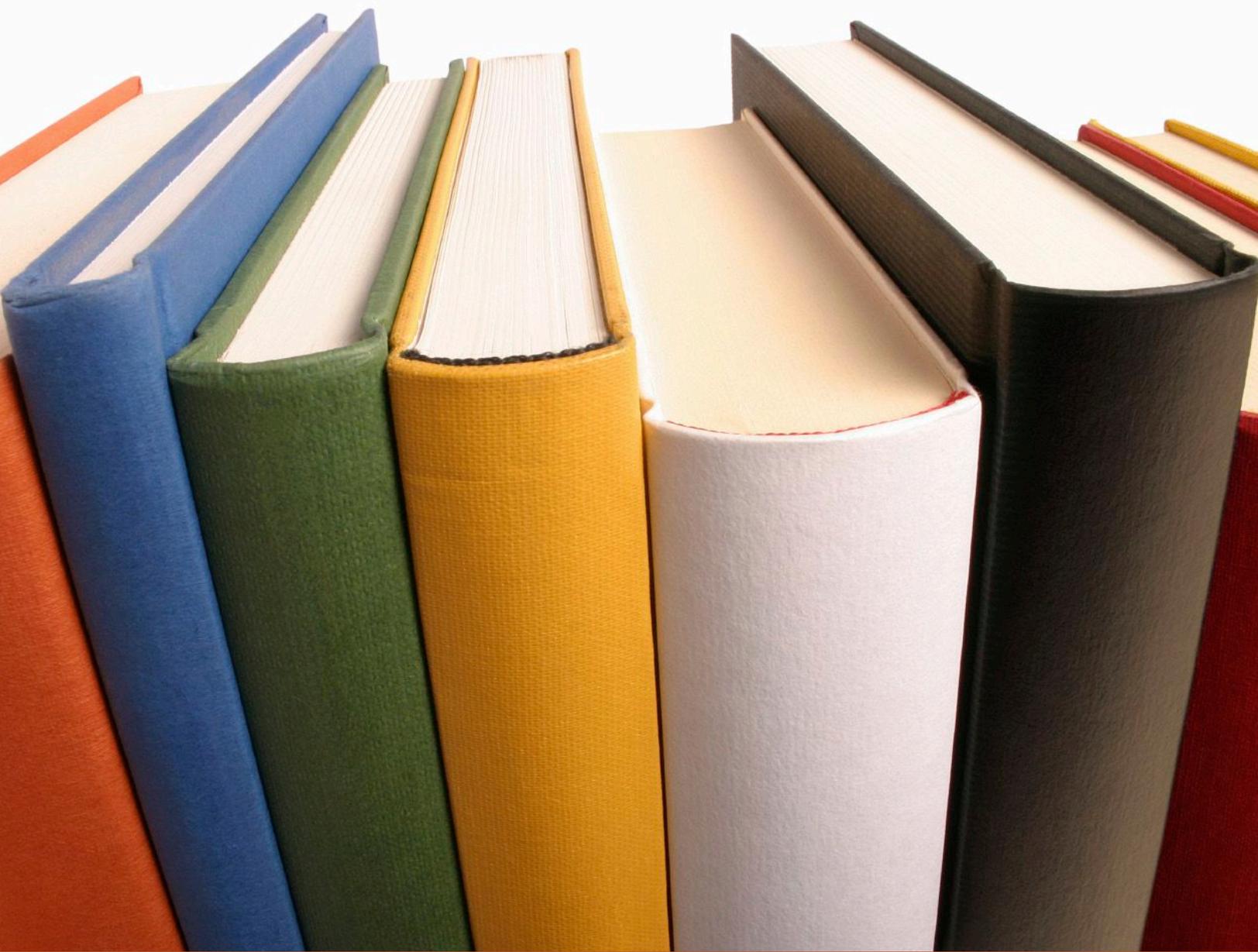
Olive Green Dog
olivegreendog.com

Only Natural Pet Store
onlynaturalpet.com

Simply Fido
simplyfido.com

Swheat Scoop
swheatscoop.com

Tail Waggins Dog Bakery
tailwagginsbakery.com



Read Between the Lines

There are many eco-friendly opportunities when you send out files to print. Ask your printing representative what options are available to you.

Printing and Publishing

American Solutions for Business
Glenview
agninc.com

Chelsea Green Publishing
chelseagreen.com

Consolidated Printing
consolidatedprinting.net

MOO
moo.com

New Society
newsociety.com

Rolling Press
rollingpress.com

Vistaprint
vistaprint.com



Green Promotions

When looking for give-a-ways, be sure to look at the many eco-friendly options available and pay it forward to your cause and the environment.

Promotional Items and Awards

Added Incentives
Northbrook
addedincentives.com

American Solutions for BusinessGraphics
Glenview
agninc.com

AmeriMark Direct
amerimarkdirect.com

Crestline
crestline.com

Discovering the World
dtworld.com

Eco Promotional Products
Glenview
ecopromotionsonline.com

IAS Promotes
iaspromotes.com

Planet Earth Promotions
planetearthpromotions.com

Rivanna Designs
rivannadesigns.com

Signature Marketing
signaturemarketing.com

Stan Miller & Associates
millerpromos.net

Target Marketing Group
recycledpromos.com

Treetop Promotions
Elk Grove Village
treetoppromotions.com



It *Can* Be Done

A good recycling system consists of well marked containers to keep contamination as low as possible. Pairing recycling and landfill containers together allows people to make a choice at the point of pitch.

Recycling Containers

Barco Products
barcoproducts.com

Busch Systems
buschsystems.com

Clean River
cleanriver.com

Forms + Surfaces
forms-surfaces.com

Glasdon
us.glasdon.com

Keep Tidy
keeptidy.com

Kettle Creek
kettlecreek.com

Recycle Away
recycleaway.com

Recycle Box Bin
recycleboxbin.com

Recycle Clear
recycleclear.com

Rehrig Pacific Company
rehrigpacific.com

T2 Site Amenities
t2-sa.com

The Fibrex Group
fibrexgroup.com

TMF Corporation
tmfcorporation.com

Toter
toter.com

Upbeat
upbeat.com

Tips For Recycling Containers

- Place a recycling receptacle next to every trash can, also called “twinning”. This allows individuals to have a choice – and to “Think Before They Throw”. Make recycling an easy and convenient choice to make.
- Recycling receptacles should be visibly different than trash cans, providing instant recognition.
- Recycling receptacles need to be placed in classrooms, offices, work rooms and high traffic areas, such as the cafeteria, hallways, concession and vending machine areas, outdoor sports fields, etc.
- Specific locations may require different sizes or kinds of containers, depending on the materials targeted for collection and the space constraints of the location.
- Be sure to label each recycling receptacle with the materials you want to collect to reinforce your overall message and to deter from incorrect behaviors.



Bag It Up

Remember to bring your own bag when shopping to create less waste in the first place.

Reusable/Compostable Bags and Dishware Products

Resources

Biodegradable Products Institute
bpiworld.org

Composting Manufacturing Alliance
compostingmanufacturingalliance.com

US Composting Council
compostingcouncil.org

Center for Environmental Health
(Green Seal Certification)
ceh.org

Biocycle
biocycle.net

Compostable Products

Bio Bag
biobagamericas.com

Onyxcompany
onyxcompany.com

EcoProducts
ecoproducts.com.com

Vegware
vegwareus.com

Reusable Water Bottles & Food Containers

1 Bag at a Time
1bagatatime.com

EcoPromotional Products
ecopromotionsonline.com

Preserve Products
preserveproducts.com

Added Incentives
addedincentives.com

Enviro Products
newwaveenviro.com

Reuse This Bag
reusethisbag.com

Bee's Wrap
beeswrap.com

Etee
shopettee.com

ReZip
rezip.com

Bento & co
en.bentoandco.com

International Paper
internationalpaper.com

Stainless steel containers
lunchbots.com

Bentology
bentology.com

Kids Konserve
ukonserve.com

The Bottle Box
thebottlebox.com

ChicoBag
chicobag.com

Libbey Food Service
foodservice.libbey.com

Vayalife
vayalife.com

Crestline
crestline.com

Mighty Nest
mightynest.com

Wrap-n-Mat
wrapnmat.com

Eco Bags
ecobags.com

Papermart
papermart.com

BYOB - Bring Your Own Bag

According to the Worldwatch Institute, approximately 100 billion plastic bags are buried in landfills each year in the United States. Additionally, littered plastic bags are impacting the health and safety of wildlife on land and in the water. Reduce waste and conserve resources – please take your own reusable bags when shopping!



Trains, Planes and Automobiles

And buses, bikes and foot power. There are many ways to get from point A to point B with less of an impact.

Transportation and Travel

Resources

Active Transportation Alliance
activetrans.org

Bike Commuting Tips
runmuki.com/commute

Bureau of Transportation
Statistics
bts.gov

Green Global Travel
greenglobaltravel.com

U.S. Dept. of Energy
fueleconomy.gov

U.S. EPA Green Vehicle Guide
epa.gov/greenvehicles

Products and Rentals

Better World Club
betterworldclub.com

Boat Setter
boatsetter.com

Divvy Bikes
divvybikes.com

eGo
egovehicles.com

Elektrik Motion
elektrikmotion.com

Pedro's
pedros.com

Rickshaw Rick's Tours and Taxi
rickshawrick.com

RV Share
rvshare.com

Schwinn
schwinnbike.com

Spinlister
spinlister.com

Working Bikes Cooperative
workingbikes.org

Zip Car
zipcar.com

Travel

Beyond Green Travel
beyondgreentravel.com

Eco Tour Directory
ecotourdirectory.com

Go Green Travel
gogreentravel.com

Green Hotels Association
greenhotels.com

Sierra Club
sierraclub.org

Sustainable Travel International
sustainabletravel.org

Products With Impact.



Reduce, reuse, recycle and buy recycled. These are important elements in living a green lifestyle. Buying recycled-content and sustainable products is a vital component of completing the chain.

The *Eco-Friendly Marketplace* provides many different green products and services that impact the Earth and our well being in a positive way. They create less of a demand on the Earth's resources and a safer environment for our families, which provides a better future for us all.

As consumers, our role is important. Through purchasing, we are giving feedback to companies about the types of products we desire. We vote with our dollars each and every day. On your next shopping trip, think about what you want from the products you purchase and the message this gives.

For information about recycling and waste reduction, visit swancc.org.

Visit SWANCC on the web at swancc.org.