

# ECO-LIVING in the 21<sup>st</sup> Century

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**REDUCE** – take 30 days to decide on major purchases, look to repurposed alternatives.

**REUSE** – How much do we throw out that still has use life? How about second hand? Fight the psychology of the “new” as status. Cut the supply chain relationship.

**RECYCLE** – basic recycleables/not, also tabletop composting (new Cal Law on food composting)

**REPURPOSE** – Amazing how little work returns lost materials to functionality.

Electronics all on switchable power strips, ones that can be turned off. Have an **eco-Sabbath**; an hour, PM, day, weekend unplugged from media, electronics. Turn off lights.

**WATER**: fill a basin, turn flow off; never RUN while brushing teeth, shaving, washing dishes.

**FOOD** – US Dept. of Agriculture has a weekly recall list: who looks at that? **FOOD SECURITY**

Now involves understanding threats of under-inspected foods, pesticide/herbicide residue;

**WHAT MOST/LEAST IMPORTANT FOODS TO BE ORGANIC?** (Health, Kids, Workers, Planet);

Shopping in even discount stores have organic foods. Also consider distance of product.

## MOST IMPORTANT

Any baby food

Strawberries, Apples, Cherries, Nectarines, Grapes

Pears, Peaches, Tomatoes, Bell Peppers, Chilies

Blueberries, Lettuce, Potatoes, Carrots, Cucumbers

Celery, Squash, Dairy, Snap Peas, Spinach, Kale, Greens

## LEAST

Avocado, Pineapples, Sweet

Corn, Sweet Peas, Cabbage, Onions,

Mango, Papaya, Kiwi, Grapefruit,

Mushrooms, Cauliflower, Sweet

Potato, Cantaloupe, Honeydew,

Eggplant, Asparagus.

The problem of **MEAT**, especially **BEEF** (lower on food chain always better for ecosystem)

**CLEANER**, General: Vinegar ½ cup, baking soda ¼ cup, in gal water.

Avoid disposables for reusables. Bring your own container for eating out.

Wash more clothes on cold, hang dry when possible, same in dish washer, chill.

Get off mailing lists. Think of consuming locally; ask your MD if they refer you, prefer local.

Refrigerator shelf life: two layers of paper towel (Carrots, Lettuce, Mushrooms); clean crisper regularly.

Recycle batteries (Lithium Ion best, NiCad worst). Baby wipes bad, toilet paper: recycle.

A word about trees and survival of the planet.

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