



YORK REGION
ENVIRONMENTAL ALLIANCE

SHOP

LIKE THE PLANET'S WATCHING



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Please go to www.yrea.org to make a pledge to be an eco shopper and become eligible for the eco prize draw..

Sources mentioned are not an endorsement but serve as a helpful guide to eco shopping awareness. Research keywords to find out more about products and sources. Information was accurate at time of printing, but may change without notice – keep up to date!

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Being a smart eco shopper means meeting our present needs without hindering the ability of future generations to meet their own needs by limiting our consumption of goods and resources.

FACTS

- 🌍 For every one garbage can of waste put out at the curb, 70 garbage cans of waste were produced upstream to make the junk in that one garbage can.
- 🌍 Since the 1980s, 1/3 of the planet's natural resources have been consumed.
- 🌍 If everybody consumed at the rate of Canadians, we would need 4 planets to sustain us.

OUR EVER INCREASING DEMAND FOR MORE STUFF IS CONTRIBUTING TO:

- 🌍 Increases in CO₂ levels in the air
- 🌍 Melting glaciers
- 🌍 Droughts
- 🌍 Floods
- 🌍 Extreme weather patterns
- 🌍 Shortages of drinking water
- 🌍 Burning of fossil fuels
- 🌍 Deforestation

BECOME A ECO SHOPPER BY REDUCING THE AMOUNT YOU BUY

Ask yourself these questions before you make that next purchase:

- 🌍 Do I really NEED this item? 🌍 Can I BORROW IT or RENT IT instead?
- 🌍 Can I BUY IT USED?

BUT WHAT ABOUT THE THINGS YOU HAVE TO BUY?

Be an informed shopper. Learn the environmental, social and economic effects of your purchase through every phase of its lifecycle – called CRADLE TO GRAVE. Better still, look for CRADLE TO CRADLE or CLOSED LOOP – a sustainable system in which a product is created using renewable energy, with no pollutant output and no waste. The materials used in production are recycled, recovered and reused to create another product, often again and again, rather than discarded.

Consider:

- WHAT raw materials went into the product – were they from a sustainable source?
- WHAT standards were used in the extracting, manufacturing, assembly and work environment?
- WHERE did it come from, and how far did it travel to get to you?
- HOW is it packaged?
- HOW LONG will it last – is it repairable or disposable?
- WHEN you're done, what happens to it?

GREEN WASHING, CRYPTIC MARKETING AND LABELLING

Beware of terms like environmentally friendly, green, and natural. No one is ever going to advertise that they aren't fair trade or that their product harms the environment but they can distract you from that negative ingredient with something positive. **Checking certification labels is a good way to get the facts.**

LOOK FOR THE LABEL

LET THE LABELS GUIDE YOU IN SMART SHOPPING CHOICES

Certification assures consumers of standards verified by third party accreditation.



BIOLOGIQUE CANADA ORGANIC –
National standard for Canadian organic agriculture



FOREST STEWARDSHIP COUNCIL (FSC) –
Promotes good forest management practices across Canada and internationally



ENERGY STAR –
International symbol which identifies most energy efficient appliances and products on the market



ECOLOGO –
Respected certification of environmental stewardship for many consumer products



FAIR TRADE –
Buying products with this symbol ensures the support of producers and workers in developing countries to earn a decent wage and secure a better standard of living



CRADLE TO CRADLE or C2C –
Refers to a regenerative, holistic approach to product design systems

ABCs of CLOTHING & TEXTILES

ALTERNATIVE FIBRES

Seek out alternative fibres for clothing and textiles. Bamboo and hemp have been praised for their sustainable fast growth and natural pest resistance. Mechanically manufactured bamboo is the most eco-friendly choice. However, new methods, including nano-technology are emerging which will make chemical manufacturing more benign. Choose organic cotton or recycled polyester. Yarns made from industrial polyester waste and recycled plastic bottles use as much as 75% less crude oil than virgin polyester, and they divert waste from landfills and repurpose it into other products.

BAMBOO BASICS

- 🌱 Bamboo takes in 5 times the volume of greenhouse gasses as an equivalent stand of timber trees and releases 35% more oxygen
- 🌱 Bamboo regenerates naturally, without the need to replant or use pesticides or fertilizers
- 🌱 Its roots retain water in the watershed, sustaining riverbanks and reducing erosion and soil and water pollution

COTTON CONCERNS (NON ORGANIC)

- 🌱 10% of all agricultural chemicals in the US are used to grow cotton
- 🌱 47% of the chemicals used to grow cotton are considered human carcinogens
- 🌱 1/3 lb of chemicals (pesticides and fertilizers) are used to grow the cotton for just ONE T-shirt

RE-EVALUATE YOUR WARDROBE

Avoid impulse purchases; buy pieces that fit perfectly and coordinate with other existing garments.

Fewer purchases =

- 🌱 less demand on crop productivity
- 🌱 less dependence on pesticides
- 🌱 less use of non-renewable natural resources

CARE & CLEANING

Repair rather than toss out clothes. For dry cleaning, choose eco cleaners that use non carcinogenic CO₂ formulas.

BUY USED

Frequenting high end consignment shops, charity thrift stores, vintage clothing shops and raiding your friends' closets can yield some fantastic and unique finds!

- 🌱 If everyone in Canada bought one reclaimed woollen garment each year, it would save an average of 300 million gallons of water and 400 tonnes of chemical dyes.

RECYCLE

Even if items are too shabby to be resold, they can still be repurposed through secondary and tertiary streams into other products. Recycle ALL textiles and clothing.

- 🌱 There are approximately 7 kg of clothes and textiles per person in landfills in Canada.

HOME RENOS

Rather than moving to a new house, remodel to improve your home's health and energy efficiency.

Get an energy audit. Based on results of your home's assessment you will learn how to:

- 🌱 Put a stop to costly home energy loss
- 🌱 Save hundreds, even thousands of dollars each year
- 🌱 Enjoy a home that's warmer in winter, and cooler in summer
- 🌱 Avoid unsightly mould and condensation on your windowsills
- 🌱 Improve your health through better indoor air quality
- 🌱 Increase the value of your home

Consider these eco-choices when you retrofit:

FLOORING

Formaldehyde free sustainable bamboo, cork, river reclaimed wood or natural linoleum are all good flooring options

CARPETING

Natural fibres with jute backing or InterfaceFLOR carpet tiles (working towards closed loop, zero footprint products)

GREEN ROOF BENEFITS

- 🌱 Reduction in stormwater runoff that affects quality of local water resources which supply drinking water, are used for swimming, and serve as fish and wildlife habitat
- 🌱 Reduction in energy consumption
- 🌱 Reduction in the urban heat island effect and associated cooling costs
- 🌱 Beautification
- 🌱 Creation of more natural green spaces
- 🌱 Opportunities for local food production

WHITE ROOF BENEFITS

If you have a flat black roof, consider reroofing with a white, reflective membrane. This redirects heat and sunlight back into the atmosphere, keeping your house cooler and saving on energy costs.

HEATING AND COOLING

Geothermal or solar panels; Install programmable thermostat; or purchase your energy through Bullfrog, a green retailer.

INSULATION

Recycled denim. Envirofoam, no VOC spray insulation made from soybeans and recycled plastic.



LIGHT SWITCH

Switching your lights from incandescent to LED or CFL will save you energy and cost. In comparison to 700hrs for an incandescent, LEDs and CFLs have a lifespan of 50,000 and 10,000hrs or more respectively.

Comparative total environmental, replacement and operating cost of a 75W equivalent light bulb for 40,000hrs:

-  \$400 – incandescent
-  \$200 – CFL (compact fluorescent)
-  \$100 – LED (light emitting diodes)

T12 to T8 LED tube lighting

For offices and utility areas such as basements, workshops and garages, consider changing traditional T12 fluorescent tubes to the more energy efficient TB LED tubes.

Benefits Include:

50% energy saving
Less hum, flicker and no mercury
Better for the environment

PAINT

Choose zero or low VOC or natural paints for improved health and to reduce groundwater and ozone depleting contaminants. Indoor air is 3 times more polluted than outside and is a hazard to human health. Paints which contain volatile organic compounds (VOCs) release these toxins into the air you breath for years after application.

TOILETS

Look for highly efficient 3 litre LOW flush toilet to save water.

UPHOLSTERY FABRICS

Look for sustainable textiles made of recycled wool & polyester such as Climatex® Lifecycle™ or Eco Intelligent Polyester, a closed-loop system of manufacture, reuse, and recovery through an unlimited number of product lifecycles.

WATER HEATER

Tankless or solar

WINDOWS

Tripane argon gas filled

HABITAT FOR HUMANITY

When renovating, consider donating reusable building materials to Habitat for Humanity. Not only are these used in the building of homes for people in need, but the public also has access to this resource. It's a great place to find windows, doors, paint, hardware, lumber, tools, lighting fixtures, sinks, appliances, etc. at great prices. <http://www.habitat.ca/restoresc648.php>

RE.USE.FUL <http://www.reuseful.yrmg.com/default.php>

Is a York Region virtual trading post for things needed or no longer wanted. Check out what is available before buying new.

Toxic substances used as household cleaners contribute to our poor indoor air quality – said to be 3 times worse than outdoors. With an increase in cancers, allergies, asthma and eczema, especially in children, we need to eliminate as many of these nauseous chemicals from our home environment as we can.

Some of the toxins we bring into our homes can be found in air fresheners, antibacterial dish detergents, carpet cleaners, fabric softeners, dryer sheets, oven cleaners, disinfectants, detergents, toilet, tub and tile cleaners, metal polishes and drain openers.

A-Terpineol, ammonia, benzyl acetate, benzene, chloroform, ethanol, ethylbenzene, dyes and fragrances, formaldehyde, toluene and xylene are but a few. These substances may damage fetuses and the nervous system, can cause cancer, asthma, respiratory illnesses, rashes, allergies and eczema.

While the people manufacturing these chemicals were likely well protected under health and safety regulations, they are marketed to us to use in keeping our families free from germs, bacteria, dirt etc. However, the health impacts from the use of these products are not mentioned. Most cleaners should be treated as hazardous waste and disposed of according to municipal guidelines.

SMART SHOPPER SOLUTIONS

Phase out the use of chemical cleaners by trying non-toxic alternatives. They are often household staples, are inexpensive and not harmful to your health.

White vinegar – contains acid that removes grease, kills germs, prevents mould formation, cleans windows and floors, acts as fabric softener and eliminates cling in laundry.

Table salt – disinfects and scours.

Baking soda – use as air freshener; scours, cleanses, deodorizes, removes spots, whitens, softens fabric and unclogs drains when mixed with vinegar. Mix with water for a paste to polish silver.

Oxygen bleach – non toxic alternative for laundry and deck and siding cleaner.

Borax – laundry booster; on carpets as a deodorizer, stain remover and freshener. Combats insects and larvae around the household.

There are also many eco shopper cleaning choices made with vegetable ingredients which biodegrade and have few or no warning labels. A variety of these safe cleaning products are available at health food and local grocery stores. They can be located in the organic aisle or integrated with conventional cleaning products.

PAPER

Despite the electronic age of email, voicemail and storing documents on computers, our paper consumption has increased five times since the 1950s. The Canadian forest industry does about 90% of its cutting in virgin forests, and 90% of the harvests are done by clearcutting (removing all tree life from the forest).

What can we do?

- 🌍 **Reduce:** The best solution is reduction, whenever possible use less paper - email, phone, and use alternatives like white boards, chalk boards and hemp paper.
- 🌍 **Reuse:** Keep your 'goose' (good on one side) paper in a box on your desk to write notes and lists on.
- 🌍 **Recycle:** Use your blue box and when you do need to buy paper make an informed choice.

How To Shop Like the Planet Is Watching:

- 🌍 **Look for the FSC logo:** The Forest Stewardship Council is a worldwide distinction that guarantees that the wood used in the product came from certified, sustainably managed forests.
- 🌍 **Recycled Content:** Paper that simply says **Recycled Content** just means that they have used the offcuts from creating lumber at the sawmill. **Pre-consumer Content** means they are reusing the trimmings left over from the large rolls when creating sheets of paper at the paper mill. The phrase to look for is **Post-consumer Content**. This usually has a percentage indicating how much blue box paper has been included when making the product. The more post-consumer content the better.
- 🌍 **Consider how the paper was made:** Because we tend to choose blindingly white paper products, the pulp generally has to be bleached. Best choice: **unbleached paper**. Second best, look for how it was bleached:



TCF: Has been whitened using oxygen-based bleaches instead of chlorine (best choice)



PCF: Contains some post-consumer recycled paper that may or may not have been bleached using chlorine in a previous life, but no chlorine has been used this time around.



ECF: No pure chlorine gas has been used, but other forms, such as chlorine dioxide have. (poor choice)



When choosing paper, read the labels carefully. There will probably be a note next to the symbol saying how much of the paper content is FSC certified. As with recycled, the more the better. Any combination of FSC certified, and recycled is also OK. For example: Paper with 60 percent recycled, 40 percent FSC certified content equals 100% sustainable.

Most mainstream grocery stores now carry green toilet paper, tissues and paper towels. For wider variety, go to the designated health food aisles of some stores as well as organic grocers.

10 AVOID BUYING/RECYCLE

BOTTLED WATER

What

- 🌱 It takes a quarter of a water bottle of oil and five bottles of water to make the plastic for that one bottle, to fill it with water and to transport it. Of course a lot more oil is used if your water comes from overseas. One and a half million tonnes of plastic are used worldwide per year to make plastic water bottles.
- 🌱 The production of one plastic bottle releases more than four times that bottle's weight in greenhouse gases.
- 🌱 The manufacture of PET plastic generates 100 times more toxic emissions than an equivalent amount of glass.

Where

- 🌱 2 of the top 3 sellers of bottled water in the GTA get their water from local city water supplies; the 3rd from underground aquifers.
- 🌱 Water bottles are recyclable and Mountain Equipment Co-op and others are making polyester fibre from them. But nearly 80% of all plastic water bottles end up as litter, in our oceans where bits are eaten by animals and work their way up the food chain or in landfills where they take 1000 years to break down.
- 🌱 If you must buy bottled water, buy a brand produced close by.

BATTERY AND ELECTRONIC FACTS

- 🌱 Batteries contain a combination of heavy metals, acids, and other chemicals. When tossed in the garbage rather than recycled, there is a danger of these contaminants leaching into a landfill.
- 🌱 Rechargeable batteries can often be recharged up to 1000 times and can hold their charge roughly as long as the single use ones.
- 🌱 Four rechargeable AA batteries can reduce the need to buy and dispose of roughly one hundred single use batteries – an eventual savings of approximately \$40 and eight pounds of hazardous waste.
- 🌱 Electronic materials can contain harmful substances such as mercury, lead and cadmium.

WAYS TO REDUCE THE AMOUNT OF BATTERIES AND ELECTRONICS CONTAMINATING LANDFILLS

- 🌱 Reduce your consumption of single use batteries
- 🌱 Purchase reusable (rechargeable) batteries
- 🌱 Dispose of or recycle your used batteries and e-waste responsibly
- 🌱 Take electronics that still work to organizations that will reuse and refurbish them
- 🌱 Other E-waste can be dropped off for recycling at York Region's Household Hazardous Waste depots or special collection events. For other reuse and recycling locations visit www.dowhatyoucan.ca

York Region collects over 120 tonnes of batteries and over 1,000 tonnes of electronic waste annually which are recycled for the metals and other components. Reusing limited resources reduces the need to mine raw materials such as steel, copper, aluminum and precious metals.

BATTERY DROP OFF LOCATIONS IN YORK REGION AND THE GTA:

Include household hazardous waste depots in Markham and East Gwillumbury, Ikea, Sears, the Source (Circuit City), Staples, Canadian Tire, Henry's, Home Depot, Zellers.

Sustainable consumerism

1. T or F: Consumerism refers to a progressively greater consumption of goods and resources.
2. Define: Sustainability
Refers to the ability to meet the needs of the present without compromising the ability of future generations to meet their own needs. (Unsustainable means that resources are being used up faster than the earth can replenish them)
3. Name 3 natural resources found in Canada.
(water, trees, ore, oil, etc.)
4. Define: Renewable Resource
A natural resource that is replenished by natural processes at a rate comparable to its rate of consumption by humans or other users
5. Name 2 renewable resources.
(wind, sun, trees, etc.)
6. Name 2 non-renewable resources.
(oil, ore, minerals etc.)
7. T or F: 40% of the stuff we buy is no longer in use 6 months after it was purchased
99% of the stuff we buy is no longer in use 6 months after it was purchased!
8. T or F: In the past 30 years, 1/3 of the planet's resources have been consumed.
9. If everyone on earth consumed resources like the average Canadian, how many earths would we need to sustain us?
a) 1 b) 4 c) 10
10. For every garbage can of waste you put out on the curb, how many garbage cans of waste were made upstream to make the junk in that one garbage can?
a) 10 b) 40 c) 70
11. Name one way you can reduce the amount you consume.
Buy only what you need, borrow from a friend, rent instead of buying, buy used instead of new
12. T or F: The Cradle to Grave process outlines the life cycle of a product from the raw materials that were extracted from the earth to where it ends up when it is no longer useful.
13. Which of the following should you know about a product before you purchase it?
a) Where it was made b) Is the packaging reusable or recyclable
c) Were the workers who made it fairly compensated d) All of the above
Should also know things like: how it affects the environment; where will it go when you're done with it; is it disposable or reusable; can it be repaired?

Water

14. What percentage of disposable water bottles (on average) don't get recycled and end up in landfills?
a) 5% b) 15% c) 20% or more
15. Drinking bottled water is convenient when we're away from home, but it creates waste, costs a lot of \$ and can cause health problems from chemicals in the plastic. Where is another source of drinking water we can use?
Tap water!

Paper

16. T or F: Thanks to the electronic age of email, voicemail and storing documents on computers, our paper consumption has decreased 50% since the 1950's.
The world demand for paper has increased 5X since the 1950s
17. Name 5 things in your home that are made of paper from trees.
Paper towel, toilet paper, tissues, serviettes, computer paper, books, newspapers, magazines, cardboard boxes, file folders
18. If you are purchasing office paper for your printer and you see the words "Recycled Content", it means:
 a) Paper fibres from used paper from our blue boxes
 b) **Paper trimmings from the floors of the paper mill**
 c) Paper that can be recycled
It will say "Post Consumer" Recycled Content if it comes from used blue box paper
19. T or F: The Canadian forest industry does about 90% of its cutting in virgin forests (never been harvested before)
20. T or F: In Ontario, 30% of trees harvested are done by clear-cutting.
It is 90% that are clear-cut
21. How does the production of paper harm the environment?
Habitat loss and climate change from deforestation. Cancer-causing dioxins are released into our streams from the chlorine used to bleach the wood fibre white
22. What does the FSC symbol tell you about the paper product it's printed on?
Forest Stewardship Council: certifies that the wood used in the product comes from certified, well managed, sustainable forests.
23. When choosing paper, which is the best eco-shopper choice: PCF  TCF  or ECF  ?
Best Choice – TCF
 PCF: Contains some post-consumer recycled paper that may or may not have been bleached using chlorine in a previous life, but no chlorine has been used this time around.
 TCF: Has been whitened using oxygen-based bleaches instead of chlorine (best choice)
 ECF: No pure chlorine gas has been used, but other forms, such as chlorine dioxide have (Poor choice)
24. Name 2 ways you can save paper at home.
Use dish cloths to wipe up spills rather than paper towel, use the duplex feature on your printer to double side the pages, have a one-sided paper box in your office, subscribe to online newspapers, newsletters and magazines rather than paper versions, borrow books from the library or buy used books, recycle your double sided paper when you're finished with it

Batteries

25. When you take batteries to one of York Region's hazardous waste depot, what do they do with them?
 a) **They are recycled** b) They are taken to a secure landfill c) They are taken to a regular landfill
26. T or F: If 10 percent of children under twelve used re-chargeable batteries for their toys, an estimated thirty-eight million single-use batteries could be saved from disposal each year.
27. Rechargeable batteries can be recharged up to 1000X and are a much better choice for the environment than single use batteries. What is the best choice you can make when purchasing portable power sources?
Ask yourself do I really need batteries at all? All batteries will die eventually and will need to be recycled or disposed of so re-think how you use battery operated devices and see if there is a way you can reduce the amount of batteries (of any kind) you consume.
28. To recycle your rechargeable batteries for free, you can take them to:
 a) Home Depot b) The Source c) Staples d) **All of the above**

Lighting

29. What percent of the energy from an incandescent bulb is turned into light?
a) 10% b) 50% c) 90% **The other 90% is turned into heat.**
30. CFLs (compact fluorescent) are how many times more efficient than incandescent bulbs?
a) 2X b) 5X c) 10X
31. LED (light emitting diodes) lights: How many hours will an average LED bulb last?
a) 1000 hrs b) 10,000 hrs c) 100,000 hrs
Times for a) and b) are for incandescent and CFLs respectively
32. T or F: A CFL bulb should be disposed of at a hazardous waste depot.
They contain mercury which can be released into the air if broken.

Clothing

33. What amount of chemicals (pesticides and fertilizers) is used to grow enough cotton for just ONE T-shirt?
a) 1/3lb b) 1/2 lb c) 1lb
34. What does it mean when you see Organic Cotton on a clothing label?
The cotton in the garment was grown without any pesticides or fertilizers.
35. What natural resource are synthetic fibres like nylon and polyester made from?
Petroleum/oil
36. What does the Fair Trade logo mean on products?
Ensures that farmers and workers in developing countries are paid a fair price, fair labour conditions, democratic and transparent organizations, community development and environmental sustainability
37. What can you do with clothes you no longer wear rather than tossing them in the garbage?
Donate your old, good condition clothing to local charities, second hand stores or shelters.

Household Cleaners

38. What do phosphates do to water resources?
If too much phosphate is present in the water, the algae and weeds will grow rapidly, may choke the waterway, and use up large amounts of precious oxygen. In the absence of photosynthesis and as the algae and plants die and are consumed by aerobic bacteria, the result may be the death of many fish and aquatic organisms.
39. Where do the excess amounts of phosphorous come from?
Detergents like dish and laundry soap, synthetic fertilizers used on farmers' fields, lawns etc.
40. There are quite a few inexpensive and non-toxic cleaning agents you can find in your home. What's something you could use to clean windows that would cut grease and leave no streaks?
A mixture of vinegar and water (1 part each) in a spray bottle
41. What could you use that would act like scouring powder?
Salt or baking soda
42. What could you use that would disinfect surfaces rather than using commercial anti-bacterial products?
Ordinary vinegar, salt
43. What could you use to deodorize laundry rather than toxic fabric softeners?
Baking soda or borax washing soda

TAKE THE PLEDGE TO BECOME AN ECO SHOPPER –

as individuals and as a household commitment.

Check off all the things you do or will do to green your shopping.

Be counted – make an online **SMART ECO SHOPPER** pledge and become eligible for eco prizes draw at www.yrea.org

ECO SHOPPER PLEDGE

- I will read labels and choose more sustainable products certified as Organic, Energy Star, FSC, Fair Trade EcoLogo or C2C (cradle to cradle)
- I will consider borrowing, renting or buying used instead of buying new

CLOTHING

- I will ask myself if I really NEED to buy each item I consider purchasing
- I will re-evaluate my wardrobe and avoid impulse purchases
- I will consider more sustainable fibres such as organic cotton, hemp, bamboo and recycled polyester
- I will first visit a consignment or second hand store the next time I need clothing
- I will recycle all textiles and clothing by donating to charities

HOME

- I will get an energy audit for my home
- I will install a programmable thermostat
- I will purchase my hydro from Bullfrog Power, a green energy provider
- I will start converting my lighting to CFL or LED (best choice)
- I will choose zero or low VOC or natural paints to improve indoor air quality
- I will install a 3 litre low flush toilet
- I will install a tankless or solar water heater
- When renovating, I will consider Habitat for Humanity for supplies
<http://www.reuseful.yrmg.com/default.php>
- I will trade household items at RE • USE • FUL
<http://www.reuseful.yrmg.com/default.php>

HOUSEHOLD CLEANERS

- I will inform myself about the toxic substances that may be in my home
- I will dispose of these at a hazardous waste facility if applicable
- I will read the labels and choose products that will not be bad for my health and my home environment
- I will buy cold water unscented laundry detergent
- I will buy phosphate free dishwasher detergent
- I will use white vinegar as a window cleaner and fabric softener
- I will use baking soda as an air freshener, drain cleaner and stain remover
- I will switch from chlorine to oxygen bleach
- I will choose products made with vegetable ingredients that are biodegradable

PAPER

- I will buy paper that is Forest Stewardship Council (FSC) certified with a high or 100% recycled content
- I will purchase paper products made from post consumer recycled content that is unbleached or that carries the TCF or PCF logo
- When possible I will reduce my paper consumption by communicating via email or phone
- I will use both sides of a sheet of paper whenever possible

AVOID BUYING

- I will avoid buying bottled water and use a refillable container instead
- I will avoid buying single use batteries and will dispose of used batteries and electronics responsibly

Be counted – make an online **SMART ECO SHOPPER** pledge and become eligible for eco prizes draw at www.yrea.org

Tell us how you have become an **ECO SHOPPER** and the changes you have made by going online to www.yrea.org You may also download this booklet from our website.

WE MAY FEATURE YOUR STORY IN OUR NEWSLETTER.



WE THANK ALL THESE SUPPORTING SPONSORS