

# WAYS YOU CAN GO GREEN

## WATER BOTTLES

Reducing the amount of water bottles that are purchased directly decreases the amount of plastic found in landfills. Of course, there are some considerations for water purchase. Some sisters live in areas where tap water is not safe to drink or bottled water is medically necessary. Also, there are times when purchasing water, for instance, when traveling, is convenient or even necessary. Instead of purchasing water, consider these options: 1) Purchasing a reusable water bottle that has a replaceable filter. 2) Keeping a water pitcher with a replaceable filter in the refrigerator for refilling bottles. 3) Installing a simple water filter on one faucet in your home. 4) Drinking tap water (in areas where it is safe to do so).



Watch the story of bottled water here: <http://www.youtube.com/watch?v=Se12y9hSOM0>

## STYROFOAM

- ✓ 80% of the respondents to the recycling survey said they were willing to eliminate the use of Styrofoam; 15% said no; 5% left the question blank.

Using cups, dishes, and containers that are washable is the best choice for the environment, but not always the most convenient especially if large groups are being served or no one is available to do the work of washing the cups or dishes. There are pros and cons to consider, for example, in the use of both Styrofoam and paper disposable cups. While the manufacture of paper cups adds to the carbon footprint and coated paper cups and plates do take a long time to decompose, the reality is that Styrofoam may never disintegrate. It's possible that if Blessed Angela drank from a Styrofoam cup it would probably still be in a landfill today.



Learn more about the debate here: <http://www.madsci.org/posts/archives/2004-06/1088324847.En.r.html> ; here: <http://www.earthresource.org/campaigns/capp/capp-styrofoam.html> and here: <http://en.allexperts.com/q/Environmental-Science-1471/disosable-paper-drinking-cups.htm>

Canada developed a styrofoam recycling program. More information is available here: <http://www.foamfacts.com/recycling/>

Options:

- If you are attending a workshop, bring your own mug that you can wash at home.
- Use recyclable cups and plates and remember to put out a trash receptacle to collect those items separately.
- Volunteer to wash cups and plates if it's reasonable to do so

## PLASTIC DINNERWARE

- ✓ 62% of the respondents to the recycling survey were in favor of eliminating plastic ware; 29% said no; 9% left the question blank.



Using regular silverware and china or other dishes is the best choice for the environment. Although they take water to clean, they generally are reused over a long period of time. Disposable dishes and silverware, in contrast, end up quickly in a landfill. Plastic silverware is often made from #6 plastic which can be difficult to recycle and may not be accepted by the municipal recycling program. However, there are times, especially when hosting large groups that disposable products are more convenient and cut back on labour, time and costs.

Options:

- Use regular silverware and dishes whenever possible.
- Purchase plates and utensils made from recycled materials and that are recyclable. Remember to put them into a separate bin after use, not in with the garbage, so they can be recycled. Silverware that is made out of cornstarch can be composted.
- Remember that it is not advisable to wash and reuse plastic silverware.

Read more about plastics and the environment here;

<http://www.scientificamerican.com/article/plastic-not-so-fantastic/> and here:

<http://www.endangeredspeciesinternational.org/plastickills.html>

## ECO-FRIENDLY PRACTICES

- ✓ 66% of the respondents to the recycling survey said that they purchased recycled products; 27% said they don't; 7% left the question blank.
- ✓ 56% said that they purchase products with less packaging; 31% responded no; 13% left the question blank.
- ✓ 73% said they use reusable shopping bags; 24% said no; 3% left the question blank.



We make environmental choices every day whether we consider ourselves doing that or not. Read the labels; if there is a choice to purchase a product made from recycled materials consider purchasing it. If you can buy in bulk or purchase a refillable product rather than a new one, make that choice. Some choices will call for a bit of a sacrifice, like picking a bulk cereal instead of individually packaged little boxes. Shop with an environmental stewardship goal in mind. Remember, every little bit counts; do what you can, when you can.

Here are some ideas: <http://www.enviromom.com/2008/07/one-can-chall-4.html>