Small steps you can make inside your home to heal yourself and the world. What you do in your home and for yourself has massive global ramifications!

Mass Plastics

Did you know?
Mass production of plastics, which began just sixty decades ago, has accelerated so rapidly that it has created 8.3 billion metric tons.

Of that, 6.3 billion metric tons has become plastic waste.

8 million metric tons of plastic ends up in landfills or the natural environment every year.

It takes more than 400 years for plastic to degrade!

Stop using disposable products or use earth-friendly ones!

Household Reusables

Click for link to websites:

Mighty Nest/ Mighty Fix
Healthy products for home and family handpicked to help build a non-toxic, eco-friendly and stylish home. $30/month subscription to make one change each month towards a more eco-friendly home. Household items such as containers, beeswax wraps, cleaning items, and more.

U-Konserve
Reusable stainless steel containers for packing lunches or picnics to go. Can also be found at The Container Store.

Etee
Reusable plastic wrap made from organic fabric and bamboo, compost when you are finished using them. Canadian Company. On Etsy: search plastic wrap or use earth-friendly ones!

Lunchbots
Stainless steel lunch containers.

Kleen Kanteen
Easy to clean insulated beverage bottles, with a variety of interchangeable tops to choose from. Also available at Target.

Preserve
Toothbrushes made with recycled #5 plastic (and new nylon bristles) that can be sent back to company to recycle again.

The Goodwill Company
Sustainable toothbrushes and biodegradable and compostable flossers delivered to your door every other month.

Bogobrush
Recycled or compostable toothbrushes made in the USA; for each bought, one is delivered to your door every other month.

Disposable Earth Friendly Options

Click for link to websites:

Bamboo Baby Wipes
Bamboo baby wipes and toilet tissue sold on Amazon in the US.

Green Paper Products
Petroleum-free, compostable, renewable-source, or bio-degradable, cutlery, plates, cups, napkins for small to large parties.

Eco Party Time
Make your next birthday party or holiday event eco-friendly!

Bambu
Bamboo compostable dinnerware.

Is Bamboo Eco-Friendly?
Click for more information about bamboo and why it’s earth-friendly!

Apparel Industry

Did you know?
The apparel industry is responsible for a full 10% of the carbon output the whole world creates.

It is also responsible for 20% of all fresh water pollution

Our polyester is now 85% of the human-made material found on the world’s shorelines and the industry’s hunger for fabrics like rayon and modal causes up to 100 million trees to be cut down each year.

In other words, the apparel industry has a huge impact on the environment.

Clothing

Click for link to websites:

Cariloha
Clothing, towels, bedding

Patagonia
Click here.

Pact
Click here.

Everlane
Click here.

Threads for Thought
Click here.

Alternative Apparel
Click here.

Additional Ways to Go Green in Your Home

Check out these ten easy tips to GO GREEN.

Stay informed about being green by subscribing to one of these websites:

The Organic Consumers Association
Deals with crucial issues of food safety, industrial agriculture, genetic engineering, children’s health, corporate accountability, Fair Trade, environmental sustainability and other key topics. It is the only organization in the US focused exclusively on promoting the views and interests of the nation’s estimated 50 million organic and socially responsible consumers.

EcoWatch
Is a leading environmental news site engaging millions of concerned individuals every month. It is leading the charge in using online news in the U.S. to drive fundamental change to ensure the health and longevity of our planet.

Questions?
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Worldwide, as many as one trillion plastic bags are used each year – that’s two million per minute!

Start taking reusable shopping bags to the grocery store!

Questions?