

We all know sustainability and green living are important to meeting the needs of the present without compromising the ability of future generations to meet their needs. There is also tons of green living information out there on the web and TV. There's no way we can cover it all in a single brochure, but we want to help break it down into manageable bits of information. We will focus on easy steps you can incorporate into your routine without a lifestyle make-over. You can start by making simple changes around your house and voting with your dollars by supporting green businesses and products.

Check out <http://greenliving.lifetips.com> for more information and visit

[http://www.conservation.org/act/live\\_green/Pages/ecofootprint.aspx](http://www.conservation.org/act/live_green/Pages/ecofootprint.aspx) to measure your Eco Footprint.

We know good food! We know good food! We know good food! We know good food!

Inside are  
easy things  
that you  
can do.

## We support environmental stewardship by:

- Using compostable corn-based plastic cups in our coffee bar.
- Moving towards using recycled, recyclable, or compostable sources for all our plastic and paper carry-out products.
- Recycling throughout the store, at registers, and in every office. We are a Bluegrass Pride Waste Buster business.
- Partnering with the city to offer a recycling center to the community behind our store.
- Encouraging canvas and string bag usage by giving 5¢ for each bag.
- Reusing your gently-used plastic grocery bags.
- Encouraging people to use their own containers for our bulk products.
- Recycling cardboard and pallets from our shipments.
- Supporting Kentucky Proud and buying local - saving energy costs and reducing pollution.
- Recycling printer cartridges, and we accept them from our shoppers.
- Accepting cell phones and batteries for recycling.
- Using reusable containers for food storage, rather than disposable.
- Offering reusable dishes and flatware to our café patrons.
- Using low-Volatile Organic Content (VOC) paints and biodegradable, non-toxic cleaning products.
- Using energy efficient compact fluorescent bulbs, instead of incandescent bulbs, reducing energy usage by 25 - 60% depending on bulb size.
- Converting our power supply from 208 to 480 volts, reducing the amperage required to run our store and substantially reducing repair and replacement costs.

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[www.goodfoods.coop](http://www.goodfoods.coop)

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# Go Green!



❑ **Replace a regular incandescent light bulb with a compact fluorescent light bulb (CFL).** A compact fluorescent light bulb uses 75% less energy than a regular bulb – and it can last up to four years.

❑ **Choose ENERGY STAR® appliances when making new purchases.** ENERGY STAR qualified appliances incorporate advanced technologies that use 10–50% less energy and water than standard models and can save you \$80 a year in energy costs. If just one in 10 homes used ENERGY STAR qualified appliances, the change would be like planting 1.7 million new acres of trees.

❑ **Turn off lights and electronics when finished using them or when you leave the room.** Do not leave appliances on standby. Use the 'on/off' function on the machine itself. A TV set that's switched on for 3 hours a day, and in standby mode during the remaining 21 hours, uses about 40% of its energy in standby mode. Plug all appliances into a power strip and turn off the power strip when not in use.

❑ **Buy Local. Shop Local.** The average meal in the United States travels 1,200 miles from a farm to your plate. By seeking out and supporting local farmers markets, other local businesses, and locally grown and produced foods, you will save fuel and keep money in your community.

❑ **Reuse, recycle, or give away unwanted items.** You might not want that ink-jet printer that works only with black ink anymore, but someone else might. If you don't feel up to holding a garage sale for your old stuff, ask around or join a network like Freecycle.org.

❑ **Phase out your chemical household cleaners.** Baking soda is a wonderful cleaner: use it to scrub porcelain and metals, deodorize carpets and drains, soften fabrics and more. Other good choices: lemon juice (cleans glass and removes stains), mineral oil (polishes furniture), and vinegar (dissolves grease, refreshes coffeepots and cleans off soap, mildew and wax). To make an effective all-purpose cleaner, either mix equal parts vinegar and salt, or dissolve four tablespoons of baking soda in one quart of warm water.

❑ **Be choosy about the types of fish you eat.** Imported shrimp caught by trawlers, for example, contribute to the accidental catching of turtles, sharks and other sea creatures, killing more than 1.8 million tons of animals per year. And farm-raised salmon can be heavily laden with pesticides and antibiotics; many farms also spread waste, parasites and other diseases to oceans. The Monterey Bay Aquarium's Seafood Watch provides more details on seafood types best for eating or avoiding, or shop at Good Foods. We only carry sustainable seafood choices.

❑ **Ditch the insecticides and bug sprays.** Mixed with sugar, the natural mineral borax can attract and kill ants and cockroaches. Ants can also be chased off with red chili pepper, dried peppermint, or paprika, while moths will be repelled by cedar chips, lavender or dried tobacco.

❑ **Frequent your local public library.** Why contribute to the generation of paper waste from newspapers or magazines you read only occasionally? Visit your library instead and save some money in subscription fees while you're at it.

❑ **Buy meat that is antibiotic-free, hormone-free, steroid-free, and free-range.** Overuse of antibiotics encourages the evolution of antibiotic-resistant bacteria. Animal waste contains significant amounts of antibiotics, hormones, and steroids that can contaminate surface and ground water, harm natural ecosystems, and eventually make their way back to humans. Free-range reduces the spreading of disease to animals (vs. confined animals) and allows animals to live out their natural behaviors.

❑ **Plant a tree.** A single tree will absorb one ton of carbon dioxide over its lifetime. Shade trees can also reduce your air conditioning bill by 10% to 15%.

❑ **Buy in bulk, and reuse your own containers.** \$1 out of every \$10 spent buying goods goes for packaging that is thrown away. Packaging represents about 65% of household trash.

❑ **Get leaks fixed.** A dripping faucet, at one drop per second, will waste about 1,200 liters of water a year or 4 liters a day. If the drip becomes a stream, it can waste up to 90 liters a day! Running the tap can use 10 – 14 liters of water a minute, enough for a small bath!

❑ **Ride your bike, use public transportation, or car pool on trips.** Per year, public transportation saves more than 855 million gallons of gasoline, or 45 million barrels of oil. This is equal to three months of the energy that Americans use to heat, cool and operate their homes.

❑ **Recycle your old electronics and ink cartridges.** The amount of e-waste produced is growing at a rate three times faster than municipal trash. Good Foods accepts cell phones, batteries, and ink cartridges near the customer service desk. For other e-waste contact Electronic Environmental Solutions Inc., 1195 Versailles Rd., Bldg. B, Lexington, KY 40508, (859)252-0321.

❑ **Adjust your thermostat.** By moving your thermostat down 2° in the winter and up 2° in the summer, you could save about 2000 pounds of carbon dioxide a year.

❑ **Cover your pots while cooking.** Doing so can save a lot of the energy needed for preparing the dish. Even better are pressure cookers and steamers: they can save around 70%.

❑ **Wash your clothes in cold or warm water.** Hot water won't get your clothes any cleaner, and it wastes a lot of energy.

❑ **Be sure you are recycling at home, and buy products made from recycled content.** Plastics make up about 11% of the weight in the average household garbage. Burning plastic in an incinerator uses twice as much energy as recycling it. Incinerating 10,000 tons of waste creates 1 job, landfilling the same amount creates 6 jobs, while recycling the same 10,000 tons creates 36 jobs. Each ton (2,000 pounds) of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4,000 kilowatts of energy, and 7,000 gallons of water!

❑ **Take reusable bags with you when you go shopping.** Less than 5 percent of plastic bags are recycled. About 4 billion plastic bags are thrown away--littered throughout the world--each year. Tied end to end, they could circle the earth 63 times. Instead they hang from fences and trees, blow across streets and fields. A paper bag

generates greater methane emissions in the landfill than a plastic bag, and for strength, most paper grocery bags are made from virgin pulp, not recycled materials.

❑ **Shop Fair Trade.** Fair Trade provides the means for small farmers to become sustainable by making enough money to support themselves while using the premiums to improve their standard of living.

❑ **Buy organic.** Organics reduce your exposure to harmful pesticides, prevent soil erosion, protect water quality, save energy, support local farmers, promote biodiversity, and support the economy from the hidden costs of conventional farming from federal subsidies.

❑ **Use a reusable water bottle and coffee/tea mug.** Americans use 2,500,000 plastic beverage bottles every hour and throw away 25,000,000 plastic beverage bottles every hour.

❑ **Close the refrigerator door.** Every time you open the door, up to one-third of the cold air can escape. So make sure you get everything you need out of the refrigerator in one go.

❑ **Take a short shower instead of a long bath.** It might take 25 gallons of hot water to fill the bathtub, compared to only seven gallons for a quick shower.

❑ **Put plastic sheeting on windows.** Blocking cold drafts is called "weatherizing" and it can save a lot of energy. A crack as small as 1/16th of an inch around a window frame can let in as much cold air as leaving the window open three inches!

❑ **Stop junk mail.** Go to [www.greendimes.com](http://www.greendimes.com), they'll stop your junk mail and plant 10 trees on your behalf. The average household throws away 13,000 separate pieces of paper each year. Most is packaging and junk mail.

❑ **Use the dishwasher.** An automatic dishwasher uses less hot water than doing dishes by hand - an average of six gallons less, or more than 2,000 gallons per year. Make sure you fill the dishwasher before running it.

❑ **Compost organic waste.** About a third of household waste is kitchen and garden waste - help reduce it by adding vegetable peelings and fruit skins to your compost heap. It's as simple as picking a spot in your yard or a container, and throwing all your organic waste there.

❑ **Buy shade grown coffee** which prevents deforestation, and provides a bean of a higher quality.

❑ **Eat a plant based diet or eat more plant-based foods.** Meat production requires 10 to 20 times more energy per edible ton than grain production. Roughly one fifth of the world's land area is used for grazing, twice the area used for growing crops. Excess animal waste often ends up in rivers and groundwater where it contributes to nitrogen, phosphorus, and nitrate pollution.

❑ **Collect gray water to water plants and lawns.** Dish, shower, sink, and laundry water comprise 50-80% of residential "waste" water. Benefits include reduced water bills, less energy use, lower fresh water use, and reduce strain on failing septic tanks or treatment plants.

❑ **Neutralize your carbon footprint.** Visit <http://fightglobalwarming.com> for a list of where you can buy offsets in the form of green energy for the carbon emissions you create.