

# Eco-Friendly Marketplace



This document has been created by the Solid Waste Agency of Northern Cook County (SWANCC). The Agency was formed in 1988 to provide a regional approach to the solid waste management needs of its twenty-three member communities, representing over 800,000 residents in northern Cook County. SWANCC provides a number of recycling programs and resources for its members. The *Eco-Friendly Marketplace* provides residents with a multitude of recycled-content or sustainable options that have less of an impact on our Earth's resources.

For more information, call (847) 724-9205 or visit [swancc.org](http://swancc.org).

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Website information is current as of 2016. Please contact SWANCC at [info@swancc.org](mailto:info@swancc.org) with incorrect links.

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# Live Green by Demand

Supporting companies that do good for the environment improves our lives and our planet.

# Why Buy Eco-Friendly?

The Solid Waste Agency of Northern Cook County (SWANCC), an intergovernmental agency representing over 800,000 residents of northern Cook County in Illinois, strives to provide its residents with environmentally-friendly lifestyle options, including compact fluorescent light (CFL) bulb recycling, computer and electronic recycling, document destruction and recycling, mercury thermometer recycling and pharmaceutical/sharps disposal programs, as well as many resources for waste reduction and recycling initiatives.

As the world's population grows and resources are used to meet everyday needs, it is only prudent for consumers to examine their buying and throwing away habits, to minimize waste and support items that are made from recycled materials or sustainable/renewable resources.

This guide provides references for a variety of goods that have less of an impact on our environment to produce, but is not an endorsement of any company, product or service.

Care to learn more about how you can accomplish meaningful preservation and conservation measures in your everyday life? Visit [swancc.org](http://swancc.org) and peruse the many programs and resources available to residents.

For questions or comments, email [info@swancc.org](mailto:info@swancc.org) or call (847) 724-9205.

## Reasons to Buy Eco-Friendly Items

- To decrease exposure to ingredients that may be harmful to your health
- To support businesses that care about your well-being
- To reduce your use of non-renewable resources
- To secure a better future for generations to come



# Education Is Key

The more you know, the more you wonder what you don't know. Be informed and get reading!

# General Resources

## Resources

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### Care2

Promotes healthy lifestyles.  
[care2.com/greenliving](https://www.care2.com/greenliving)

### Consumers Union Guide to Environmental Labels

Evaluates labels on products.  
[greenerchoices.org/eco-labels](https://www.greenerchoices.org/eco-labels)

### Earth 911

Locates recycling programs or resources.  
[earth911.com](https://www.earth911.com)

### Environmental Protection Agency

Protect human health and the environment  
[epa.gov/sustainability](https://www.epa.gov/sustainability)

### Green Washing Index

Evaluates environmental marketing claims.  
[greenwashingindex.com](https://www.greenwashingindex.com)

### Local Harvest

Provides online tools for small farmers.  
[localharvest.org](https://www.localharvest.org)

### New Dream Marketplace

Community-related campaigns and programs.  
[newdream.org](https://www.newdream.org)

### Organic Consumers Association

Non-profit promoting sustainability.  
[organicconsumers.org](https://www.organicconsumers.org)

### Organic Trade Association

Promotes organic trade.  
[ota.com](https://www.ota.com)

### The Institute for Market Transformation to Sustainability - SMART Certified

Rates building products, fabrics, apparel, textiles & flooring by complete life cycle.  
[mts.sustainableproducts.com](https://www.mts.sustainableproducts.com)

### USDA Agricultural Marketing Service

Promotes food safety, agriculture, fair trade and sustainability.  
[ams.usda.gov](https://www.ams.usda.gov)

## Publications on Green Living

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### A Fresh Squeeze

[afreshsqueeze.com](https://www.afreshsqueeze.com)

### Big Green Purse, by Diane MacEachern

Uses buying power for a greener world.  
[biggreenpurse.com](https://www.biggreenpurse.com)

### GreenGuard Environmental Institute

[greenguard.org](https://www.greenguard.org)

### Grist

[grist.org](https://www.grist.org)

### Healthy Child Healthy World

[healthychild.org](https://www.healthychild.org)

### Mother Earth Living

[motherearthliving.com](https://www.motherearthliving.com)

### Mother Earth News

[motherearthnews.com](https://www.motherearthnews.com)

### Mother Nature Network

[mnn.com](https://www.mnn.com)

## Reuse

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### Craig's List

Offers used items in many cities across the country. There is a free category to post or look for items as well.  
[craigslist.org](https://www.craigslist.org)

### Educational Assistance, LLC

Turns donated goods and services into college financial aid for needy students.  
[inventorydonations.org](https://www.inventorydonations.org)

### Freecycle

Offer items or receive items for free in your community.  
[freecycle.org](https://www.freecycle.org)

### Reuse Development Organization

Promotes reuse as a social, beneficial and economical means for managing surplus and discarded materials.  
[redo.org](https://www.redo.org)

### Tools for Schools/Book Rescue

Excess supplies, furniture and books can be donated to the School & Community Assistance for Recycling and Composting Education. (SCARCE).  
[scarcecoed.org](https://www.scarcecoed.org)

### The Waste Shed

Provides a resource for repurposed art, craft, and school materials and activities.  
[thewasteshed.com](https://www.thewasteshed.com)



## Wear It In, Wear It Out

Our clothes can take a beating, but that doesn't mean the environment should have to. Be an eco-conscious consumer and lighten your load on the environment and create fewer greenhouse gas emissions too.



# Apparel and Accessories

## Accessories

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Alchemy Goods  
[alchemygoods.com](http://alchemygoods.com)

Artisangear  
[artisangear.com](http://artisangear.com)

Cliff  
[cliffbelts.com](http://cliffbelts.com)

Eco-Handbags  
[eco-handbags.ca](http://eco-handbags.ca)

Ethical Planet  
[ethicalplanet.ca](http://ethicalplanet.ca)

Faeries Dance  
[faeriesdance.com](http://faeriesdance.com)

Floto Leather Bags  
[flotoimports.com](http://flotoimports.com)

Foxglove Accessories  
[foxgloveaccessories.com](http://foxgloveaccessories.com)

GG2G  
[gg2g.com](http://gg2g.com)

Gina Marie Handbags  
[ginamariehandbags.com](http://ginamariehandbags.com)

Good Humans  
[goodhumans.com](http://goodhumans.com)

Green Sewn  
[greensewn.com](http://greensewn.com)

Last Call Glass  
[lastcallglass.com](http://lastcallglass.com)

LittleEarth  
[littlearth.com](http://littlearth.com)

Malia Designs  
[maliadesigns.com](http://maliadesigns.com)

Merry Trading Company  
[merrytrading.com](http://merrytrading.com)

Moonrise Jewelry  
[moonrisejewelry.com](http://moonrisejewelry.com)

My Recycled Bags  
[myrecycledbags.com](http://myrecycledbags.com)

Nittna  
[nittna.com](http://nittna.com)

Pop Can Jewelry  
[popcanjewelry.com](http://popcanjewelry.com)

Rebound Designs  
[rebound-designs.com](http://rebound-designs.com)

Recycled Skateboards International  
[recycledskateboardsinternational.com](http://recycledskateboardsinternational.com)

Re-Sails  
[resails.com](http://resails.com)

Sea Bags  
[seabags.com](http://seabags.com)

Simply Wood Rings  
[simplywoodrings.com](http://simplywoodrings.com)

Sprout Studio  
[sproutstudio.net](http://sproutstudio.net)

Ten Thousand Villages  
[tenthousandvillages.com](http://tenthousandvillages.com)

That's Caring  
[greengiftsshop.com](http://greengiftsshop.com)

The Grommet  
[thegrommet.com](http://thegrommet.com)

The Vegetarian Site  
[thevegetariansite.com](http://thevegetariansite.com)

Tidal Vision USA  
[tidalvisionusa.com](http://tidalvisionusa.com)

Used Rubber USA  
[usedrubberusa.com](http://usedrubberusa.com)

Vulcana  
[vulcana.net](http://vulcana.net)

World of Good  
[green.ebay.com](http://green.ebay.com)

• Chemicals take a toll on our environment and human health as a whole. Every t-shirt made of conventional cotton requires a quarter pound of harmful chemicals.

• According to the USDA, in one year alone over 50 million pounds of pesticides were used on U.S. cotton fields. Pesticide and fertilizer use on cotton has been linked to ground and surface water contamination, and the pollution of drinking water. In California, cotton ranks third in the state for total number of pesticide-related illness. Fish and wildlife are also impacted, with pesticides causing migration die-offs and diminished reproductive capacity.

• Clothing made of hemp fiber is lightweight, absorbent and, with three times the tensile strength of cotton, strong and long lasting.

• It takes much less energy to grow and sustain bamboo than other similar trees and plants used for fiber production. Bamboo plantations require very little maintenance. Bamboo also requires very little water and can survive drought conditions as well as flooding.

• UV and mold-resistant, hemp is excellent for outdoor wear.

• Unlike synthetic fibers which incorporate petroleum additives, bamboo clothing is safe for municipal disposal programs, whether by landfill or incineration.

• Learn more about organic cotton, bamboo and hemp fibers at [eartheasy.com](http://eartheasy.com).

• Hemp blends such as hemp/silk and hemp/cotton garments are now available.

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## Clothing

Bamboosa  
[bamboosa.com](http://bamboosa.com)

Blue Canoe Organic  
[bluecanoe.com](http://bluecanoe.com)

Clothes Made From Scrap  
[clothesmadefromscrap.com](http://clothesmadefromscrap.com)

Conscious Clothing  
[consciousclothing.us](http://consciousclothing.us)

Earth Creations  
[earthcreations.net](http://earthcreations.net)

Earth Ragz, Inc.  
[earthfashions.com](http://earthfashions.com)

Eco Choices  
[ecochoices.com](http://ecochoices.com)

'e ko logic  
[ekologic.com](http://ekologic.com)

Environgentle  
[environgentle.com](http://environgentle.com)

Indigenous Fair Trade and Organic  
[indigenousdesigns.com](http://indigenousdesigns.com)

Levi WasteLess and WaterLess Jeans  
[us.levi.com](http://us.levi.com)

Looptworks  
[looptworks.com](http://looptworks.com)

Maggie's Organics  
[maggiesorganics.com](http://maggiesorganics.com)

Morph and Thro  
[morphandthro.com](http://morphandthro.com)

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## Maternity

Mine for Nine  
[minefornine.com](http://minefornine.com)

Motherhood Closet  
[motherhoodcloset.com](http://motherhoodcloset.com)

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## Eyeglasses

Vinylize  
[vinylize.com](http://vinylize.com)

Nau  
[nau.com](http://nau.com)

Of the Earth  
[oftheearth.com](http://oftheearth.com)

Patagonia  
[patagonia.com](http://patagonia.com)

PrAna  
[prana.com](http://prana.com)

Rawganique  
[rawganique.com](http://rawganique.com)

Reware  
[rewarevintage.com](http://rewarevintage.com)

SustainU  
[sustainuclimbing.com](http://sustainuclimbing.com)

Texture  
[textureclothing.com](http://textureclothing.com)

The Organic Company  
[theorganiccompany.com](http://theorganiccompany.com)

Tomorrow's World  
[tomorrowworld.com](http://tomorrowworld.com)

TSDesigns  
[tsdesigns.com](http://tsdesigns.com)

Vickery  
[vickery.com](http://vickery.com)

VauteCouture  
[vautecouture.com](http://vautecouture.com)

Nine Little Months  
[ninelittlemonths.com](http://ninelittlemonths.com)

Rent Maternity Wear  
[rentmaternitywear.com](http://rentmaternitywear.com)

## Footwear

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Alternative Outfitters  
[alternativeoutfitters.com](http://alternativeoutfitters.com)

ReKixx  
[rekixx.com](http://rekixx.com)

Eco Sandals  
[ecosandals.com](http://ecosandals.com)

Sanuk  
[sanuk.com](http://sanuk.com)

Kalso Earth Shoes  
[earthbrands.com/kalsoearthshoe](http://earthbrands.com/kalsoearthshoe)

Splaff  
[splaff.com](http://splaff.com)

Olsen Haus  
[olsenhaus.com](http://olsenhaus.com)

Toms  
[toms.com](http://toms.com)

## Special Occasions

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A Vintage Wedding  
[vintagewedding.com](http://vintagewedding.com)

Of The Earth  
[custompaper.com](http://custompaper.com)

Brilliant Earth  
[brilliantearth.com](http://brilliantearth.com)

Simply Wooden Rings  
[simplywoodenrings.com](http://simplywoodenrings.com)

Earthwise Jewelry  
[leberjeweler.com/earthwise](http://leberjeweler.com/earthwise)

Vintageous  
[vintageous.com](http://vintageous.com)

- Bamboo fiber is made by pulping the grass until it separates into thin threads of fiber, which can be spun for weaving into cloth. Bamboo fiber resembles cotton in its un-spun form, a puffball of light, airy fibers.

- Hemp is a very eco-friendly crop. It requires no pesticides and needs little water, yet it renews the soil with each growth cycle. Its long roots prevent erosion and help retain topsoil. Hemp grows readily in most temperate regions.

- Popular demand for cotton textiles, and competition among producers, has seen a big change in the last two generations - the increased use of pesticide. Cotton is the most pesticide-dependent crop in the world, accounting for 25% of all pesticide use.

- 94% of recovered clothing can be recycled as clothing or transformed into recycled products. Recycling clothing brings environmental benefits, such as less space needed for landfills, and less pollution of water and air.

- Bamboo is one of the fastest growing plants on the planet, making it a high yield renewable resource. It can be selectively harvested annually and is capable of complete regeneration without need to replant.

- PETA maintains an updated list of companies that are either vegan or sell vegan shoes at [peta.org](http://peta.org).



## Is It Energy Star Rated?

Over the past 20 years, Energy Star's Homes program has helped American home owners save more than \$4.7 billion and reduce carbon pollution by over 53 billion pounds.

*-Gina McCarthy, EPA Admin.*

# Appliances and Electronics

## Resources

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Abt Electronics  
[abt.com](http://abt.com)

Energy Tax Incentives Assistance Project  
[energytaxincentives.org](http://energytaxincentives.org)

National Geographic  
[environment.nationalgeographic.com/environment/green-guide](http://environment.nationalgeographic.com/environment/green-guide)

Electronic Product Environmental  
Assessment Tool  
[epeat.net](http://epeat.net)

EPA's Energy Star Program  
[energystar.gov/products](http://energystar.gov/products)

State Electronics Challenge  
[stateelectronicschallenge.net](http://stateelectronicschallenge.net)

Energy Efficiency and Renewable Energy  
[energysavers.gov](http://energysavers.gov)

Green Choices  
[greenchoices.org](http://greenchoices.org)

## Related Products

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Abundant Earth  
[abundantearth.com](http://abundantearth.com)

Maytag  
[maytag.com](http://maytag.com)

Sun Frost  
[sunfrost.com](http://sunfrost.com)

Bosch Appliances  
[boschappliances.com](http://boschappliances.com)

Neboos Laundry Products  
[clotheslineshop.com](http://clotheslineshop.com)

Vermont Clothesline Company  
[smartdrying.com](http://smartdrying.com)

Conserv-a-Store  
[conserv-a-store.com](http://conserv-a-store.com)

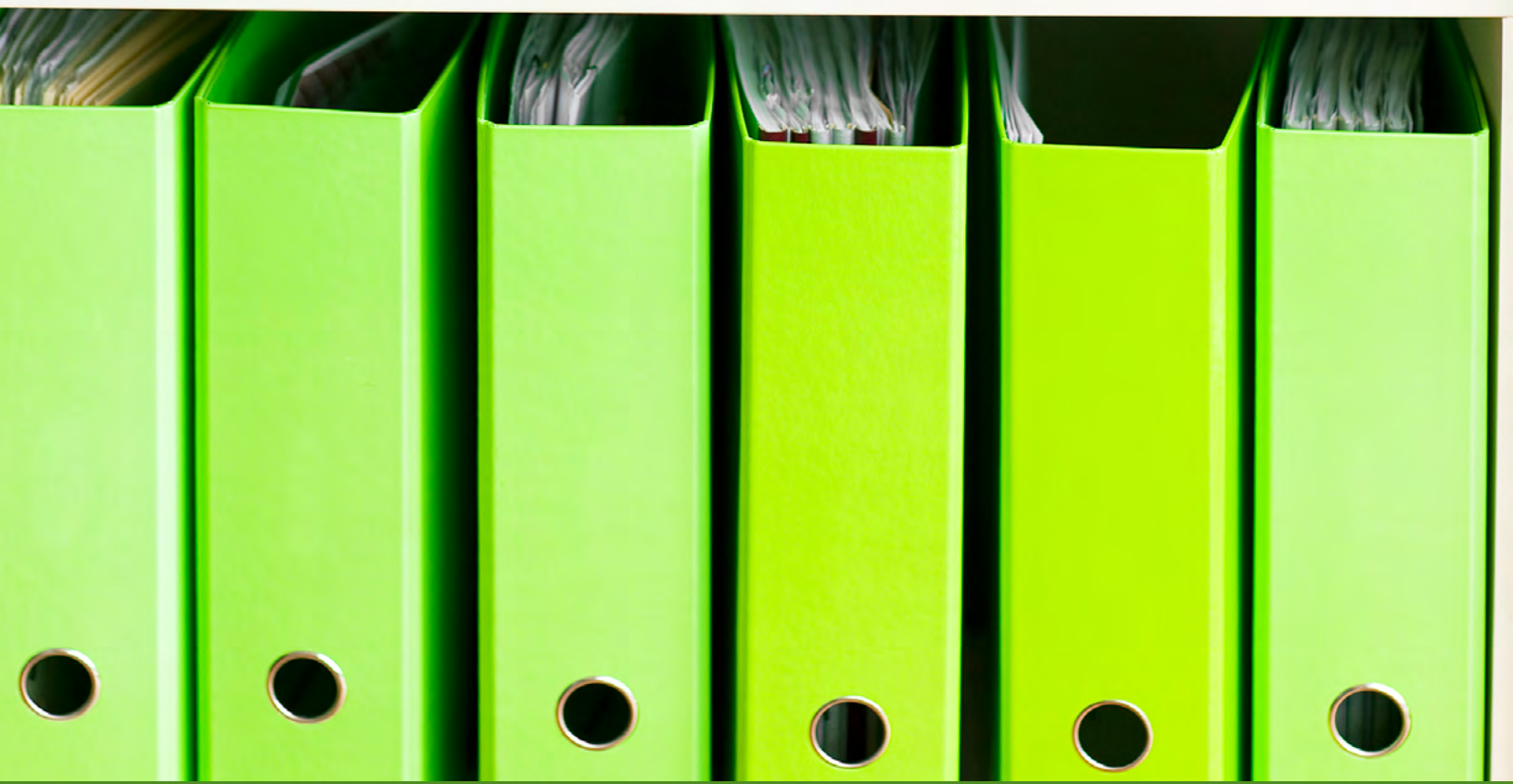
Real Goods  
[realgoods.com](http://realgoods.com)

Fisher & Paykel  
[fisherpaykel.com](http://fisherpaykel.com)

Snorkel  
[snorkel.com](http://snorkel.com)

### What Does Energy Star Mean?

For an appliance to carry the Energy Star label it must operate using 10% to 30% less energy than other similar appliances currently available. If the appliance uses water, such as a dishwasher or a clothes washer, it must also use 30% to 50% less water than a similar model.



# Rock Paper Scissors

Office supplies have quickly expanded into the world of green. Be sure to compare supplies for your next work order. 1, 2, 3, Go!

# Art, Office Supplies and Furniture

## Art Supplies

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Crayon Rocks  
[crayonrocks.net](http://crayonrocks.net)

Crazy Crayons  
[crazycrayons.com](http://crazycrayons.com)

Dick Blick  
[dickblick.com](http://dickblick.com)

Dixon  
[dixonusa.com](http://dixonusa.com)

Earth Pigments  
[earthpigments.com](http://earthpigments.com)

Eclectic Products  
[eclecticproducts.com](http://eclecticproducts.com)

Eco Choices  
[ecochoices.com](http://ecochoices.com)

Eco Kids USA  
[ecokidsusa.com](http://ecokidsusa.com)

Faber-Castell  
[fabercastell.com](http://fabercastell.com)

Great Art Starts Here  
[greatartstartshere.com](http://greatartstartshere.com)

Green Apple Supply  
[greenapplesupply.org](http://greenapplesupply.org)

Kids Gardening  
[kidsgardening.org](http://kidsgardening.org)

Milk Paint  
[milkpaint.com](http://milkpaint.com)

Stubby Pencil Studio  
[stubbypencilstudio.com](http://stubbypencilstudio.com)

Task Board  
[taskboard.com](http://taskboard.com)

The Waste Shed  
[thewasteshed.com](http://thewasteshed.com)

## Office Paper

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Dolphin Blue  
[dolphinblue.com](http://dolphinblue.com)

EcoPaper  
[ecopaper.com](http://ecopaper.com)

Environmental Paper Network  
[papercalculator.org](http://papercalculator.org)

Fish Lips Paper Designs  
[fishlipspaperdesigns.com](http://fishlipspaperdesigns.com)

Green Earth Office Supply  
[greenearthofficesupply.com](http://greenearthofficesupply.com)

Green Field Paper Company  
[greenfieldpaper.com](http://greenfieldpaper.com)

Greg Barber Company  
[gregbarberco.com](http://gregbarberco.com)

GreenLine Paper Company  
[greenlinepaper.com](http://greenlinepaper.com)

House of Doolittle  
[houseofdoolittle.com](http://houseofdoolittle.com)

New England Cartographics, Inc.  
[necartographics.com](http://necartographics.com)

New Leaf Paper  
[newleafpaper.com](http://newleafpaper.com)

Of the Earth  
[custompaper.com](http://custompaper.com)

Paper Doll  
[paperdollchicago.com](http://paperdollchicago.com)

Poo Poo Paper  
[poopoopaper.com](http://poopoopaper.com)

Step Forward Paper  
[prairiepaper.com](http://prairiepaper.com)

Quill  
[quill.com](http://quill.com)

The Green Office  
[thegreenoffice.com](http://thegreenoffice.com)

The Real Earth  
[treco.com](http://treco.com)

## Environmental Office Tips

- Think Before Printing. Do you really need to print that email, memo or set of instructions? If you can get away with leaving it on the screen, do so. Paper and ink are valuable resources, and printers use electricity.
- Buy in bulk. Buying toner or recycled paper in bulk saves on the per-unit cost and reduces waste by using less packaging. Look for the words “high-efficiency” or “high-capacity” to denote bulk-sized items that lower your per-print or per-unit cost.
- Return toner bottles and cartridges for recycling. Recycling programs have kept millions of used printer supplies out of landfills. Some manufacturers even offer pre-paid shipping labels to return empty toner cartridges.
- Turn off the lights in gathering areas such as lunch rooms and lavatories. Even better, have automatic sensors installed that turn on only when the room is occupied and turn off when the last person leaves.
- Install faucet aerators in the lavs and kitchens at your workplace. Gallons of water will be saved with no noticeable changes in delivery.
- Review your supply contracts for environmental commitment. Is your office supply company offering a large selection of recycled products? What is their corporate environmental position?
- Be sure to power down and turn off your computer at the end of the day.
- Use non-toxic cleaning products at home and office.

## Binders, Cards, Giftwrap and Journals

Acorn Designs  
[acorndesigns.org](http://acorndesigns.org)

Earth Presents  
[earthpresents.com](http://earthpresents.com)

Ex Libris Anonymous  
[bookjournals.com](http://bookjournals.com)

Guided Products  
[guidedproducts.com](http://guidedproducts.com)

Its Our Earth  
[itsourearth.com](http://itsourearth.com)

Mr. Ellie Pooh Journals  
[mrelliepooh.com](http://mrelliepooh.com)

Nomad Adventure Journals  
[nomadjournals.com](http://nomadjournals.com)

Paperworks Studio  
[paperworksstudio.com](http://paperworksstudio.com)

Peg and Awl  
[pegandawlbuilt.com](http://pegandawlbuilt.com)

Pleasantrees  
[pleasantrees.com](http://pleasantrees.com)

RedStamp  
[redstamp.com](http://redstamp.com)

Reuse First Journals  
Chicago  
[reusefirst.etsy.com](http://reusefirst.etsy.com)

United States Business Card Company  
[usbcards.net](http://usbcards.net)

### Waste Reduction Tips to Save the Trees



With the average office worker using 100 sheets of paper per day, one great way to reduce paper used is by limiting the amount of printing and photocopying in the office. This can be done by sharing information in the workplace via email rather than printed out memos and a weekly or monthly newsletter that is produced online rather than in print.

Try to further reduce the amount of paper that you use when printing by reducing font size and print margins so less paper is used per document. If your printer can print double sided then use this function too.

As well as ordering in recycled paper, another great way to help save the trees is to reduce the amount of packaging coming into the office. When ordering from your suppliers request that they use recyclable packaging if available or request that the packaging be taken back to the supplier to be re-used. Ordering in bulk may also reduce the overall amount of packaging and the waste that it creates.



## How to Make a Simple Glue From Flour and Water

**A paste of flour and water** The simplest glue is one made from a paste of flour and water. You may remember making this type of glue in kindergarten. It is an easy, non-toxic recipe that is great for working with paper that needs gluing, including paper-mâché projects.

### Simple Glue Ingredients

1/2 cup flour

1/3 cup water

### Simple Glue Instructions

**Mix flour and water** Mix flour and water in a bowl. If you need more glue, simply double the recipe. If you need less glue, start with the amount of flour you will use, then add water a teaspoon at a time until it reaches the right consistency.

**Blend until smooth** Blend until your glue is smooth and a little runny, but not watery. It should not be too thick or too drippy.

**Use promptly** Use it soon after creating it. It can be used to stick paper together for a variety of craft projects, such as making greeting cards and other small projects.

**Store in the refrigerator** Store in refrigerator. Keep any unused glue in a tightly-sealed container in the refrigerator, where it should last a week or two.

To view this recipe, as well as instructions for paper mache glue, cornstarch paste and a simple no-cook flour paste, visit [wikihow.com/Make-Glue](http://www.wikihow.com/Make-Glue).



## Environmental Crafting Tips

- Check out the SWANCC Crafts From Trash ideas to create fun reuse projects at [swancc.org](http://swancc.org).
- Collect common household items for reuse projects.
- Search online for homemade recipes to make playdough, paint, chalk, and crayons.
- Draw inspiration from the world outdoors and
- Re-purpose materials that would otherwise be tossed.
- An easy way to begin searching for the safest and most earth-friendly crafting materials is to check their ingredients and labels.
- Save paper scraps to use in future card-making and scrapbooking projects.
- Buy only what you need, when you need it - you will be less inclined to waste what materials you do have.
- Buying locally made products supports the local economy and reduces the amount of fuel consumption to get the product to market.
- Donate your leftovers. Schools, daycare centers, children's hospitals, adult care, convalescent centers, and Girl Scout troops are some of the places that happily accept donated craft supplies that are in usable condition.
- Using recycled and handmade papers helps lessen the burden of paper production in our environment.
- Utilize both sides of paper for coloring. Also, collect used one-sided paper for coloring.



# Child Safe Childplay

Kids get into everything, but do you want everything getting into them? Be aware of the chemicals made in clothing that touches our skin every day.

# Baby Items

## Clothing

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All Natural Baby  
[allnaturalbaby.com](http://allnaturalbaby.com)

Bamboosa  
[bamboosa.us](http://bamboosa.us)

Kee-Ka Organics  
[kee-ka.com](http://kee-ka.com)

BabySoy  
[babysoyusa.com](http://babysoyusa.com)

Great Green Baby  
[greatgreenbaby.com](http://greatgreenbaby.com)

The Ultimate Green Store  
[theultimategreenstore.com](http://theultimategreenstore.com)

Baby Wit  
[babywit.com](http://babywit.com)

Green Babies  
[greenbabies.com](http://greenbabies.com)

## Diapers

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Comfy Bummy  
[comfybummy.com](http://comfybummy.com)

GDiapers  
[gdiapers.com](http://gdiapers.com)

## Formula/Bottles/Food

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Born Free  
[newbornfree.com](http://newbornfree.com)

EvenFlo  
[evenflo.com](http://evenflo.com)

Happy Family  
[happyfamilybrands.com](http://happyfamilybrands.com)

Earth's Best  
[earthsbest.com](http://earthsbest.com)

Green to Grow  
[greentogrow.com](http://greentogrow.com)

Healthy Times  
[healthytimes.com](http://healthytimes.com)

## Furniture/Bedding

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Ecobaby Bedding  
[purerest.com](http://purerest.com)

Jonti-Craft  
[www.jonti-craft.com](http://www.jonti-craft.com)

Organic Bedding Store  
[theorganicmattressstore.com](http://theorganicmattressstore.com)

EcoChoices  
[ecochoices.com](http://ecochoices.com)

Nirvana Safe Haven  
[nontoxic.com](http://nontoxic.com)

The Clean Bedroom  
[thecleanbedroom.com](http://thecleanbedroom.com)

JJ Cole Collections  
[jjcolecollections.com](http://jjcolecollections.com)

## Toys

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Green Toys  
[greentoys.com](http://greentoys.com)

Plus-Plus  
[plus-plus.us](http://plus-plus.us)

## Shampoos

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Earth Friendly Products  
[ecos.com](http://ecos.com)



## Fresh and Clean

With a little elbow grease, your home can be sparkling clean without unwanted residue, which some toxic commercial products leave behind.

# Cleaning Products

## Resources

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Consumer Reports Greener Choices  
[greenerchoices.org](http://greenerchoices.org)

Nontoxic Cleaning Information  
[care2.com](http://care2.com)

Household Products Database: Health and Safety Information  
[householdproducts.nlm.nih.gov](http://householdproducts.nlm.nih.gov)

SWANCC Eco-Cleaning Guide  
[swancc.org](http://swancc.org)

## Products

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Bag-e-Wash  
[bag-e-wash.com](http://bag-e-wash.com)

CitraSolv  
[citrastolv.com](http://citrastolv.com)

Let's Go Green  
[letsgogreen.biz](http://letsgogreen.biz)

Bio Green Clean  
[biogreenclean.com](http://biogreenclean.com)

Country Save  
[countrysave.com](http://countrysave.com)

Method  
[methodhome.com](http://methodhome.com)

Biokleen  
[biokleenhome.com](http://biokleenhome.com)

Dr. Bronner  
[drbronner.com](http://drbronner.com)

Mrs. Meyers  
[mrsmeyers.com](http://mrsmeyers.com)

Blissful Home  
[blissfulhomeproducts.com](http://blissfulhomeproducts.com)

Earth Friendly Products  
Addison  
[ecos.com](http://ecos.com)

Neu Homecare  
[neuhomecare.com](http://neuhomecare.com)

Bon Ami  
[bonami.com](http://bonami.com)

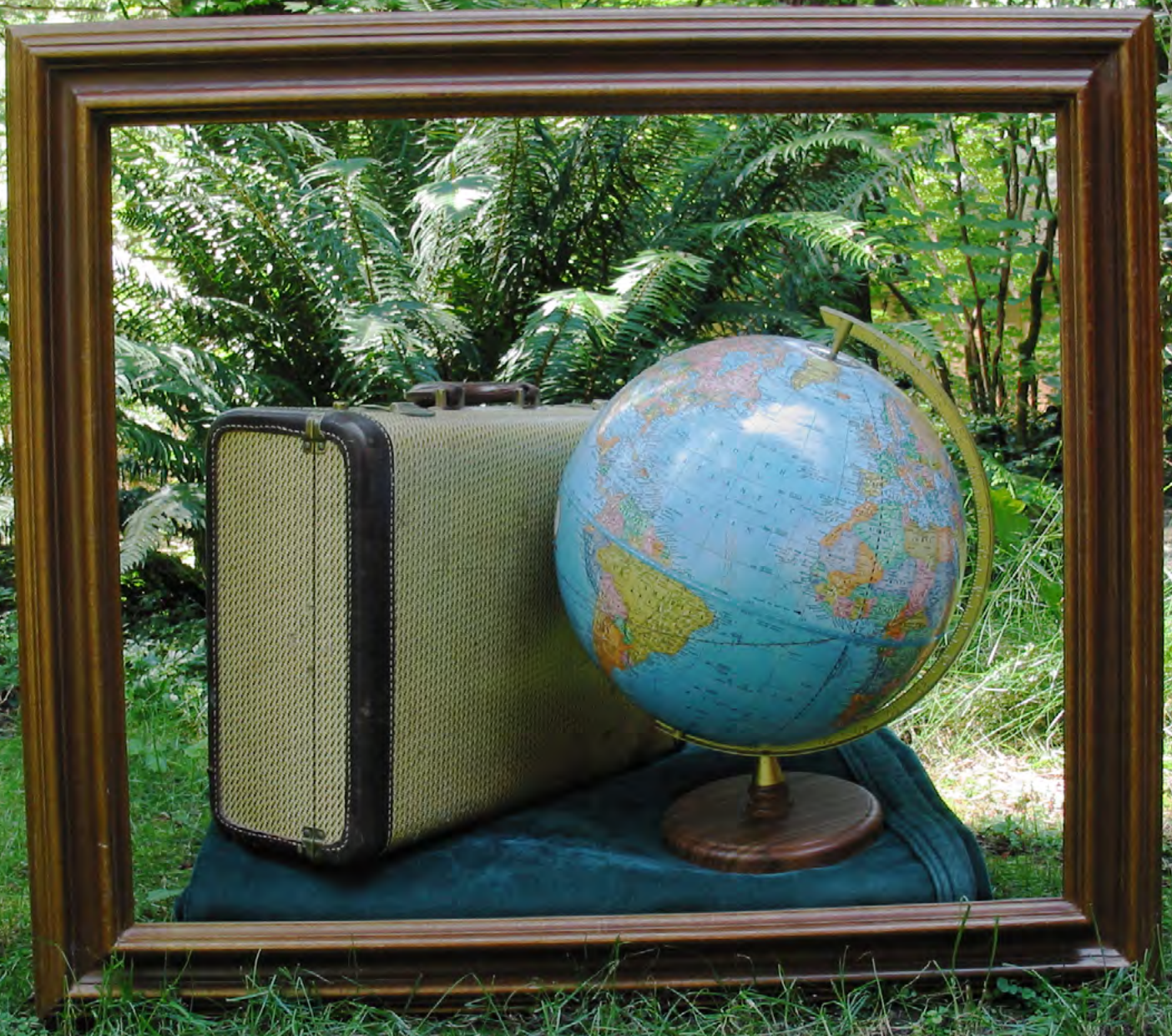
EcoConcepts  
[ecoconceptsusa.com](http://ecoconceptsusa.com)

PortionPac  
[portionpaccorp.com](http://portionpaccorp.com)

Caldrea  
[caldrea.com](http://caldrea.com)

ESS  
[neutralsolution.com](http://neutralsolution.com)

Seventh Generation  
[seventhgeneration.com](http://seventhgeneration.com)



# Preserve the Environment

The planet we live on is the only planet suitable for our human needs. As a society, it is important that we conserve as much as possible to sustain our planet for future generations.

# Energy Conservation Resources and Products

## Resources

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American Council for Energy Efficient Economy  
[aceee.org](http://aceee.org)

Consumer Reports Greener Choices  
[greenerchoices.org](http://greenerchoices.org)

Electronic Product Environmental Assessment Tool  
[epeat.net](http://epeat.net)

Energy Federation Inc.  
[efi.org](http://efi.org)

Energy Savers  
[energysavers.gov](http://energysavers.gov)

Energy Tax Incentives  
[energytaxincentives.org](http://energytaxincentives.org)

Environmental Defense Fund  
[environmentaldefense.org](http://environmentaldefense.org)

EPA's Energy Star Program  
[energystar.gov/products](http://energystar.gov/products)

Illinois Department of Energy  
[illinoisenergy.org](http://illinoisenergy.org)

U.S. Department of Energy  
[eere.energy.gov](http://eere.energy.gov)

## Energy Related Products

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Battery Stuff  
[batterystuff.com](http://batterystuff.com)

Borealis Lighting  
[borealislighting.com](http://borealislighting.com)

FEIT Ecobulb  
[feit.com](http://feit.com)

Forever Flashlights  
[foreverflashlights.com](http://foreverflashlights.com)

LED Liquidators  
[ledliquidatorsinc.com](http://ledliquidatorsinc.com)

Green Batteries  
[greenbatteries.com](http://greenbatteries.com)

Sundance Solar  
[sundancesolar.com](http://sundancesolar.com)

USB Cell  
[usbcell.com](http://usbcell.com)

Voltaic Pouch  
[voltaicsystems.com](http://voltaicsystems.com)

Wattman LED Lamp  
[wattmanledlamp.com](http://wattmanledlamp.com)

### Energy Conservation Tips

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- Strive for an energy-efficient building
- Purchase Energy Star appliances
- Use power strips for electronics and turn off at night, over weekends and holidays when away
- Set computers and printers to enter "sleep" mode
- Use rechargeable batteries
- Fix leaky faucets and toilets
- Provide real plants to filter the air naturally
- Install motion sensors for lights
- Install programmable thermostats
- Replace heating/cooling air filters every three months
- Install solar panels if possible
- Switch to T8s, CFLs, or LEDs as new bulbs are needed



# Fair Wages From the Bottom Up

All products have a hidden cost. Materials, production, administration, transportation and wages all are factored into the end product's cost. Often, the best deal undervalues the human component with wages.



# Fair Trade and Organic Goods

## Resources

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Chicago Fair Trade  
[chicagofairtrade.org](http://chicagofairtrade.org)

Cooperative Grocers'  
Information Network  
[cgin.coop](http://cgin.coop)

Cornucopia Institute's Organic  
Integrity Project and Scorecard  
[cornucopia.org](http://cornucopia.org)

Eat Well Guide  
[eatwellguide.com](http://eatwellguide.com)

Eco Fish  
[ecofish.com](http://ecofish.com)

Environmental Working Group  
[ewg.org](http://ewg.org)

Factory Farm  
[factoryfarm.org](http://factoryfarm.org)

FairTrade International  
[fairtrade.net](http://fairtrade.net)

Fair Trade Federation  
[fairtradefederation.org](http://fairtradefederation.org)

Fair Trade USA  
[fairtradecertified.org](http://fairtradecertified.org)

Food Alliance  
[foodalliance.org](http://foodalliance.org)

Global Goods Partners  
[globalgoodspartners.org](http://globalgoodspartners.org)

Green America  
[greenamerica.org](http://greenamerica.org)

Greenopia  
[greenopia.com](http://greenopia.com)

Local Harvest  
[localharvest.org/food-coops](http://localharvest.org/food-coops)

Monterey Bay Aquarium's Seafood  
Watch Guide  
[mbayaq.org](http://mbayaq.org)

National Green Pages  
[greenpages.org](http://greenpages.org)

Organic Consumers Association  
[organicconsumers.org](http://organicconsumers.org)

Organic. It's Worth It.  
[organicitsworthit.org](http://organicitsworthit.org)

Partners for Just Trade  
[partnersforjusttrade.org](http://partnersforjusttrade.org)

Tree Hugger  
[treehugger.com](http://treehugger.com)

World Fair Trade Organization  
[wfto.com](http://wfto.com)

## Beverages and Food

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Angelic Organics  
[angelicorganics.com](http://angelicorganics.com)

Café Campesino  
[cafecampesino.com](http://cafecampesino.com)

Cafe Mam  
[cafemam.com](http://cafemam.com)

Earth Friendly Coffee  
[earthfriendlycoffee.com](http://earthfriendlycoffee.com)

Family Farmed  
[familyfarmed.org](http://familyfarmed.org)

Grounds for Change  
[groundsforchange.com](http://groundsforchange.com)

Healthy Green Goods  
[healthygreengoods.com](http://healthygreengoods.com)

Higher Grounds Trading  
[highergroundstrading.com](http://highergroundstrading.com)

Just Coffee  
[justcoffee.coop](http://justcoffee.coop)

Local First Chicago  
[localfirstchicago.org](http://localfirstchicago.org)

Organo Gold  
[organogold.com](http://organogold.com)

Peace Coffee  
[peacecoffee.com](http://peacecoffee.com)

The Organic Center  
[organic-center.org](http://organic-center.org)

Small Planet  
[smallplanettofu.com](http://smallplanettofu.com)

Sweet Riot  
[sweetriot.com](http://sweetriot.com)

That's Caring  
[thatscaring.com](http://thatscaring.com)

Upton Tea Imports  
[uptontea.com](http://uptontea.com)

• Visit [greenamerica.org](http://greenamerica.org) for The National Green Pages™, a directory listing nearly 3,000 businesses that have made firm commitments to sustainable, socially just principles, including the support of sweatshop-free labor, organic farms, fair trade, and cruelty-free products.

Examples of fair trade items:

- Bananas
- Chocolate
- Clothing
- Coffee
- Cotton
- Crafts
- Flowers
- Fruit
- Home Decor
- Honey
- Jewelry
- Olive oil
- Rice
- Sports balls
- Sugar
- Tea
- Vanilla
- Wine

• Look for the label! In the US, Fair Trade Certified™ food products carry the label of the US Fair Trade certifying body, TransFair USA. This label certifies that the farmer has received a fair price for the commodity.

## Clothing & Accessories

Acacia Creations  
[acaciacreations.com](http://acaciacreations.com)

A Fair World  
[afairworld.com](http://afairworld.com)

Asha Imports  
[ashaimports.com](http://ashaimports.com)

Beads of Hope Africa  
[beadsofhopeafrica.com](http://beadsofhopeafrica.com)

Blue Avocado  
[BlueAvocado.com](http://BlueAvocado.com)

Colores del Pueblo  
[coloresdelpueblo.org](http://coloresdelpueblo.org)

Equal Exchange  
[equalexchange.com](http://equalexchange.com)

Fashion ABLE  
[livefashionable.com](http://livefashionable.com)

Global Crafts  
[globalcraftsb2b.com](http://globalcraftsb2b.com)

Global Fair Trade Crafts  
[globalcrafts.org](http://globalcrafts.org)

Global Handmade Hope  
Park Ridge  
[globalhandmadehope.com](http://globalhandmadehope.com)

Global Women  
[globalwomen.com](http://globalwomen.com)

Green Sewn  
[greensewn.com](http://greensewn.com)

Greenopia  
[greenopia.com](http://greenopia.com)

Hill Country Hill Tribers  
[hilltribers.org](http://hilltribers.org)

Imagine Goods  
[imaginegoods.com](http://imaginegoods.com)

Imani Jewelry  
[imanijewelry.com](http://imanijewelry.com)

Indigenous Fair Trade and Organic  
[indigenousdesigns.com](http://indigenousdesigns.com)

Krochet Kids  
[krochetkids.org](http://krochetkids.org)

Maggie's Organics  
[maggiesorganics.com](http://maggiesorganics.com)

Manos de Madres  
[manosdemadres.org](http://manosdemadres.org)

Mata Traders  
[matatraders.com](http://matatraders.com)

Noonday Collection  
[noondaycollection.com](http://noondaycollection.com)

Open Arms  
[theopenarmsshop.com](http://theopenarmsshop.com)

Raven and Lily  
[ravenandlily.com](http://ravenandlily.com)

Re:new Project  
[renewproject.org](http://renewproject.org)

Roots -n-Streams  
[roots-n-streams.com](http://roots-n-streams.com)

SERRV  
[serrv.org](http://serrv.org)

Sochae  
[sochae.tumblr.com](http://sochae.tumblr.com)

Sole Rebels  
[solerebels.com](http://solerebels.com)

Sudara  
[sudara.org](http://sudara.org)

Taraluna  
[taraluna.com](http://taraluna.com)

Ten Thousand Villages  
[tenthousandvillages.com](http://tenthousandvillages.com)

Trades of Hope  
[mytradesofhope.com](http://mytradesofhope.com)

Vibella  
[vibellajewelry.com](http://vibellajewelry.com)

## What is Fair Trade?

**In 2008, \$4.08 billion sales worldwide** Fair Trade is an organized social movement and market-based approach that aims to help producers in developing countries obtain better trading conditions and promote sustainability. The movement advocates the payment of a higher price to producers as well as social and environmental standards. It focuses in particular on exports from developing countries to developed countries, most notably handicrafts, coffee, cocoa, sugar, tea, bananas, honey, cotton, wine, fresh fruit, chocolate and flowers.

**22% increase in fair trade sales in one year in 2008** In 2008, Fair Trade certified sales amounted to approximately \$4.08 billion worldwide, a 22% year-to-year increase. While this represents a tiny fraction of world trade in physical merchandise, some fair trade products account for 20-50% of all sales in their product categories. In June 2008, Fairtrade Labelling Organizations International estimated that over 7.5 million producers and their families were benefiting from fair trade-funded infrastructure, technical assistance and community development projects.

The movement intends to provide market access to otherwise marginalized producers, connecting them to customers and allowing access with fewer middlemen. It aims to provide higher wages (than typically paid to producers) as well as helping producers develop knowledge, skills and resources to improve their lives. Fair trade advocates also seek to raise awareness of the movement's philosophies among consumers in developed nations.

Sources: Wikipedia, FairTrade Labelling Organizations International (2009), The World Trade Organization, Fairtrade Labelling Organizations International & International Fair Trade Association (2008).

- Host a Fair Trade Party! It's just like a Tupperware party, except it benefits people and the planet. A Fair Trade house party is one exciting way to share Fair Trade with others in your community. Plan a snack menu that incorporates as many Fair Trade ingredients as possible – coffee, tea, and hot cocoa to drink, plus snackbars made with Fair Trade sugar and chocolate.

- Fair Trade weddings and commitment ceremonies: you can sign onto an online Fair Trade gift registry with Fair Trade retailers like Ten Thousand Villages ([tenthousandvillages.com](http://tenthousandvillages.com)) and Global Exchange ([store.gxonlinestore.org](http://store.gxonlinestore.org)).

- Valentine's Day, birthdays, bar/bat mitzvahs, Christmas: Anytime you need to give a gift, consider giving Fair Trade. For example, Fair Trade flowers or chocolate make excellent Valentine's Day gifts, (and your beloved will be impressed by your commitment to justice). Olive oil and wine make great host gifts for dinner parties or a great birthday present for an adult.

- As a gift for a child, consider Fair Trade sports balls, or some of the toys on offer from various Fair Trade Federation businesses, like finger puppets, stuffed animals, musical instruments, and kites.

- Give out Fair Trade chocolate or other candies at Halloween.

- If your school, congregation, or non-profit organization is looking for a way to raise money while supporting a fair supply chain, a number of businesses make it easy, with a variety of different fundraising methods. Be sure to check out the Fundraiser section.



# Put Your Hand In the Middle

And yell Team! Many hands make light work. Build successful fundraising teams by working together for a shared goal. It's the only way we can make our Earth a better place.

# Fundraising Opportunities

## Cell Phones/Printer Cartridges

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Cartridges for Kids  
[cartridgesforkids.com](http://cartridgesforkids.com)

Cure Recycling  
[earthtonesolutions.com](http://earthtonesolutions.com)

Funding Factory  
[fundingfactory.com](http://fundingfactory.com)

Cartridge World  
[cartridgeworldusa.com](http://cartridgeworldusa.com)

Eco Phones  
[ecophones.com](http://ecophones.com)

Midwest Laser Cartridge  
[midwestlasercartridgecorp.com](http://midwestlasercartridgecorp.com)

## Gardening

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Flower Power Fundraising  
[flowerpowerfundraising.com](http://flowerpowerfundraising.com)

## Light Bulbs

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Green Light Bulb  
[helpfundraise.com](http://helpfundraise.com)

One Planet  
[oneplanetfundraising.com](http://oneplanetfundraising.com)

Lights for Learning  
[lights4learning.org](http://lights4learning.org)

## Lunchtime Items

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Added Incentives  
[addedincentives.com](http://addedincentives.com)

Lunch Without Waste  
[lunchwithoutwaste.com](http://lunchwithoutwaste.com)

Eco-Promotional Products  
[ecopromotionsonline.com](http://ecopromotionsonline.com)

Mighty Nest  
[mightynest.com](http://mightynest.com)  
Evanston

Litter Free Lunch  
[litterfreelunch.com](http://litterfreelunch.com)

Wrap-n-Mat  
[wrapnmat.com](http://wrapnmat.com)

Lunch Bots  
[lunchbots.com](http://lunchbots.com)

• Winston Churchill once said, “You make a living by what you get. You make a life by what you give.” That’s something to consider when approaching fundraising.

• According to Giving USA, individual contributions to non-profits reached nearly \$200 billion in 2005.

• According to the Association of Fundraising Professionals, 7% more women volunteer than men (on average, about 31% of women volunteer versus 24% of men). The most active age range for both genders is 35 to 54.

• Some of the world’s richest people are also the biggest philanthropists. Microsoft founder Bill Gates and Virgin founder Richard Branson are among the billionaires who’ve pledged significant portions of their fortunes towards worthy causes.

• Presidential campaigns are some of the biggest fundraisers today. Past candidate Barack Obama broke records with \$32.5 million raised in a three-month period.

• Helen Keller on giving: “Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.”

The above information is taken from FastTrack Fundraising at [fasttrackfundraising.com](http://fasttrackfundraising.com).

• Keep all lines of communication open!

## Material Reclamation for Reuse/Recycling

Chicago Textile Recycling  
[chicagotextilerecycling.com](http://chicagotextilerecycling.com)

Preserve’s Gimme 5 Plastic Program  
[preserveproducts.com](http://preserveproducts.com)

Terracycle Brigade  
[terracycle.net](http://terracycle.net)

USAgain  
[usagain.com](http://usagain.com)

### Parteners for Just Trade

Partners for Just Trade is a non-profit, faith-based organization that builds partnerships between producers living in extreme poverty and consumers in North America. They address root causes of poverty through Fair Trade sales, education, solidarity, and a commitment to trade justice.

PJT began as an initiative of the Presbyterian Hunger Program. It began informally when a handful of Presbyterians visiting Peru through the Hunger Program’s Joining Hands Network began bringing handcrafts made by their new colleagues back to the United States for sale in churches and among friends. Very quickly, thanks to the work of committed volunteers, that tiny partnership blossomed into a growing non-profit organization with a national outreach that sells a wide variety of Fair Trade products and creates educational materials about the importance of Fair Trade.

More than 15 artisan groups, with over 200 artisans, work with PJT through our Peruvian Trade Partner Bridge of Hope. They now work with five Trade Partners - Bridge of Hope and Manos Amigas in Peru, Comite Artisanal Haitien in Haiti, VillageWorks in Cambodia, and the Ayadi Masreya Foundation in Egypt.

The fair wages the artisans receive enables them to afford food, shelter and medicine for their families, to educate their children and to reclaim personal dignity so they may assert their economic, political and social rights.

Today PJT is a recognized player in the national Fair Trade movement, providing superior Fair Trade products, upholding strong, transparent relationships with its producer partners, and educating consumers about the benefits of Fair Trade. PJT is now a screened member of both the Fair Trade Federation and the Green America Business Network.

Source: [partnersforjusttrade.org](http://partnersforjusttrade.org)

## Miscellaneous Products

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Bags for Bucks  
[bagsforbucks.com](http://bagsforbucks.com)

Equal Exchange Fundraiser Program  
[equalexchange.coop/fundraiser](http://equalexchange.coop/fundraiser)

ChicoBag  
[chicobag.com](http://chicobag.com)

Greenraising  
[greenraising.com](http://greenraising.com)

EcoLabel Fundraising  
[ecolabelfundraising.com](http://ecolabelfundraising.com)

Let's Go Green  
[letsgogreen.biz](http://letsgogreen.biz)

EcoPromotional Products  
[ecopromotionsonline.com](http://ecopromotionsonline.com)

Reuse This Bag  
[reusethebag.com](http://reusethebag.com)

## Paper/Gift Wrap/Note Cards/Supplies

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Acorn Designs  
[acorndesigns.org](http://acorndesigns.org)

Smencils  
[smencils.com](http://smencils.com)

Earth Presents  
[earthpresents.com](http://earthpresents.com)

Stop junk mail  
[41pounds.org](http://41pounds.org)

Paper Retriever Recycling  
[paperretriever.com](http://paperretriever.com)

## T-Shirts/Clothing

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Eco Sprouts  
[ecosprouts.com](http://ecosprouts.com)

EcoPromotional Products  
[ecopromotionsonline.com](http://ecopromotionsonline.com)

Global Goods Partners  
[globalgoodspartners.org/schools](http://globalgoodspartners.org/schools)

- Register your non-profit for earth-friendly fundraising at [greenraising.com](http://greenraising.com).
- Fundraising is necessary to supplement the income of an organization, institute special programs, or provide supplies which are needed.
- Look for fundraising products that help reduce waste by substituting reusables for disposables such as plastic water bottles, lunch bags and grocery bags.
- Get fundraising ideas at [green-talk.com](http://green-talk.com).
- A natural connection for green fundraisers is to center them around Earth Month.
- Allowing potential customers to actually see the product you are selling can help sales.
- Send out a press release to local papers about your fundraising effort.
- Be sure to communicate the message about raising funds for your group and the importance of the green product you are selling.
- Read the *30 Tips for a Winning Sales Fundraiser* at [ptoday.com](http://ptoday.com).
- Be sure to give your group enough selling time after the fundraising promotions have gone out.
- Get leaders in the community on board with your fundraising effort.
- Remind people what their purchase was for when you drop off the products that were ordered to reinforce your mission.

### Global Goods Partners

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Global Goods Partners (GGP) is a nonprofit social enterprise dedicated to alleviating poverty and promoting social justice in the Global South. Founded in 2005, GGP creates economic opportunity for women in some of the world's poorest communities by providing access to the US market for the fair trade, handmade products they produce. Working in partnership with more than 40 partners in 20 countries, GGP provides technical assistance, product development, operational expertise and small capacity building grants to our community based partners. With this support, GGP is empowering women to create sustainable change - advancing the health and well-being of their families and communities.

Source: [globalgoodspartner.org](http://globalgoodspartner.org)



## In the USA, 40% of Food is Wasted

Food loss and waste occurs throughout the supply chain, which results in a waste of land, water, energy, and money. Wasting food has harmful environmental, economic, and ethical consequences. Learn about solutions to this worldwide problem!



# Food Donation and Composting Resources

## Where to Donate Food and Volunteer

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Ample Harvest  
[ampleharvest.org](http://ampleharvest.org)

Feeding America  
[feedingamerica.org](http://feedingamerica.org)

Feed the People Ministries  
[feedthepeopleministry.org](http://feedthepeopleministry.org)

Feed the World  
[feedtheworld.org](http://feedtheworld.org)

Food and Agriculture Organization of the United Nations  
[FAO.org](http://FAO.org)

Food Bus  
[FoodBus.org](http://FoodBus.org)

Food Rescue  
[FoodRescue.net](http://FoodRescue.net)

Fresh Taste  
[FreshTaste.org](http://FreshTaste.org)

Greater Chicago Food Depository  
[chicagofoodbank.org](http://chicagofoodbank.org)

Northern Illinois Food Bank  
[solvehungertoday.org](http://solvehungertoday.org)

Zero Percent  
[zeropercent.us](http://zeropercent.us)

## Books and Media

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*American Wasteland* By Jonathan Bloom  
[wastedfood.com](http://wastedfood.com)

*Composting at Home*  
[youtu.be/IWTjVJtj-bM](https://youtu.be/IWTjVJtj-bM)

*The Extraordinary Life and Times of Strawberry*  
[youtu.be/WREXBUZBrS8](https://youtu.be/WREXBUZBrS8)

*Just Eat It*  
[foodwastemovie.com](http://foodwastemovie.com)

*Lats Week Tonight with John Oliver: Food Waste*  
[youtu.be/i8xwLWb0ILY](https://youtu.be/i8xwLWb0ILY)

*Trashed*  
[trashedmovie.com](http://trashedmovie.com)

*Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money By Wasting Less Food* By Dana Funders

## Additional Resources

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EPA Sustainable Management of Food  
[epa.gov](http://epa.gov)

Illionis Food Scrap Coalition  
[illioniscomposts.org](http://illioniscomposts.org)

NRDC and Ad Council Campaign  
[savethefood.com](http://savethefood.com)

ReFED  
[ReFED.com](http://ReFED.com)

USDA Food Keeper app: Your Tool for Smart Food Storage  
[blogs.usda.gov](http://blogs.usda.gov)



# Build Green and the Savings Will Come

When you take all the factors that go into creating an environmentally-friendly space, some large upfront expenses lead to cost savings for many years to come.

# Green Building Resources and Materials

## Resources

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American Council for an Energy-Efficient Economy  
[aceee.org](http://aceee.org)

Building Green  
[buildinggreen.com](http://buildinggreen.com)

Energy Federation Inc.  
[efi.org](http://efi.org)

Environmental Design and Construction  
[edcmag.com](http://edcmag.com)

Environmental Home Center  
[environmentalhomecenter.com](http://environmentalhomecenter.com)

Environmental Protection Agency  
[epa.gov/sustainability](http://epa.gov/sustainability)

Green Builder  
[greenbuilder.com](http://greenbuilder.com)

Green Building Supply Company  
[greenbuildingsupply.com](http://greenbuildingsupply.com)

Green Home Building  
[greenhomebuilding.com](http://greenhomebuilding.com)

GreenHome Institute  
[greenhomeinstitute.org](http://greenhomeinstitute.org)

Green Seal  
[greenseal.org](http://greenseal.org)

GreenGuard Environmental Institute  
[greenguard.org](http://greenguard.org)

GreyWater  
[greywater.com](http://greywater.com)

Healthy House Institute  
[healthyhouseinstitute.com](http://healthyhouseinstitute.com)

ReGreen Program  
[regreenprogram.org](http://regreenprogram.org)

SCS Global Services  
[scsglobalservices.com](http://scsglobalservices.com)

The Congress for the New Urbanism (CNU)  
[cnu.org](http://cnu.org)

U.S. Department of Energy  
[eere.energy.gov](http://eere.energy.gov)

U.S. Green Building Council  
[usgbc.org](http://usgbc.org)

## Countertops/Flooring/Hardware/Walls

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AFM Safecoat  
[afmsafecoat.com](http://afmsafecoat.com)

American Clay  
[americanclay.com](http://americanclay.com)

Auro Paint  
[aurousa.com](http://aurousa.com)

Bioshield Paint  
[bioshieldpaint.com](http://bioshieldpaint.com)

Bright Idea Shops  
[plasticlumber.com](http://plasticlumber.com)

Caroma USA  
[caromausa.com](http://caromausa.com)

Classic Metal Roofing  
[classicmetalroofingsystems.com](http://classicmetalroofingsystems.com)

DuroDesign  
[duro-design.com](http://duro-design.com)

Eco-Friendly Flooring  
[ecofriendlyflooring.com](http://ecofriendlyflooring.com)

Eco Timber  
[ecotimber.com](http://ecotimber.com)

Engineered Plastic Systems (EPS)  
[epsplasticlumber.com](http://epsplasticlumber.com)

EnviroGlas Products  
[enviroglasproducts.com](http://enviroglasproducts.com)

- Recycle – ink jet cartridges, cell phones, and more – see SWANCC's Green Pages: Reuse and Recycling Directory at [swancc.org](http://swancc.org).

- Conduct a waste audit to determine what can be reduced, reused or recycled.

- Stock kitchen with reusable cups, plates, silverware and napkins.

- Provide reusable mugs for staff and use at meetings.

- Install a filter on the faucet or get a water cooler to cut down on individual bottles.

- Encourage staff to bring waste-free lunches.

- Tap & stack trays to reduce volume in the garbage can.

- Set printer on double-sided default setting.

- “Be Nice Use It Twice Box” for drafts and faxes.

- Make note pads from old letterhead.

- Distribute newsletters and memos electronically.

- Subscribe to online newspapers/newsletters.

- Cancel junk mail.

- Take reusable bags to the store when shopping.

- Visit these sites to find new homes for items:

- [freecycle.org](http://freecycle.org)
- [craigslist.org](http://craigslist.org)
- [ebay.com](http://ebay.com)

- Recycle – office paper, newspaper, junk mail, magazines, cardboard, cans and bottles.

- Repair items before tossing and purchasing new ones.

## Countertops/Flooring/Hardware/Walls

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Forbo Flooring Systems  
[themarmoleumstore.com](http://themarmoleumstore.com)

Gilasi  
[gilasi.com](http://gilasi.com)

Green Building Supply Company  
[greenbuildingsupply.com](http://greenbuildingsupply.com)

Green Planet Paints  
[greenplanetpaints.com](http://greenplanetpaints.com)

GreenDepot Environmental Living and Building  
[greendepot.com](http://greendepot.com)

Ice Stone  
[icestoneusa.com](http://icestoneusa.com)

Innovations  
[innovationsusa.com](http://innovationsusa.com)

Huma Built  
[buildinggreen.com](http://buildinggreen.com)

JaDecor  
[jadecor.com](http://jadecor.com)

Loewen Designs  
[loewen.com](http://loewen.com)

Mr. Bamboo  
[mrbambooflooring.com](http://mrbambooflooring.com)

Nass Fresco Finishes  
[frescoplaster.com](http://frescoplaster.com)

## Furniture

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Herman Miller  
[hermanmiller.com](http://hermanmiller.com)

Industrial Woodworking Corp  
[industrialwoodworking.com](http://industrialwoodworking.com)

Ki  
[ki.com](http://ki.com)

New Leaf Interiors  
[new-leafinteriors.com](http://new-leafinteriors.com)

NuWool  
[nuwool.com](http://nuwool.com)

Oceanside Glasstile  
[glasstile.com](http://glasstile.com)

Plasteak  
[plasteak.com](http://plasteak.com)

Radiant Floor Company  
[radiantcompany.com](http://radiantcompany.com)

ReWall Solutions  
[rewallsolutions.com](http://rewallsolutions.com)

Scranton Products  
[scrantonproducts.com](http://scrantonproducts.com)

Smith and Fong Plyboo  
[plyboo.com](http://plyboo.com)

Solar Light Store  
[hayneedle.com](http://hayneedle.com)

Steel Skin Inc.  
[steelskininc.com](http://steelskininc.com)

Te Ma  
[te-ma.com](http://te-ma.com)

US Floors  
[usfloorsllc.com](http://usfloorsllc.com)

Steelcase  
[steelcase.com](http://steelcase.com)

The Real Earth  
[treeco.com](http://treeco.com)

## US Green Building Council Information

**Call LEED is an internationally recognized green building certification system** LEED is an internationally recognized green building certification system, providing third-party verification that a building or community was designed and built using strategies aimed at improving performance across all the metrics that matter most: energy savings, water efficiency, CO2 emissions reduction, improved indoor environmental quality, and stewardship of resources and sensitivity to their impacts.

Developed by the U.S. Green Building Council (USGBC), LEED provides building owners and operators a concise framework for identifying and implementing practical and measurable green building design, construction, operations and maintenance solutions.

**LEED is flexible enough to apply to all building types** LEED is flexible enough to apply to all building types – commercial as well as residential. It works throughout the building lifecycle – design and construction, operations and maintenance, tenant fitout, and significant retrofit. And LEED for Neighborhood Development extends the benefits of LEED beyond the building footprint into the neighborhood it serves.

**LEED is a voluntary certification program that can be applied to any building type and any building lifecycle phase** LEED is a voluntary certification program that can be applied to any building type and any building lifecycle phase. It promotes a whole-building approach to sustainability by recognizing performance in these key areas: Sustainable Sites, Water Efficiency, Energy & Atmosphere, Materials & Resources, Indoor Environmental Quality, Locations & Linkages, Awareness & Education, Innovation in Design and Regional Priority.

Sources: U.S. Green Building Council

- Visit the Green Building Certification Institute's site to learn more about registering a project with LEED and the certification process at [usgbc.org](http://usgbc.org).

- Third-party certification through the independent Green Building Certification Institute ([gbci.org](http://gbci.org)) assures that LEED buildings are constructed as intended. GBCI includes a network of ISO-compliant international certifying bodies, ensuring the consistency, capacity and integrity of the LEED certification process.

- LEED points are awarded on a 100-point scale, and credits are weighted to reflect their potential environmental impacts. Additionally, 10 bonus credits are available, four of which address regionally specific environmental issues. A project must satisfy all prerequisites and earn a minimum number of points to be certified.

- In the United States alone, buildings account for:

- 72%: electricity consumption,
- 39%: energy use,
- 38%: carbon dioxide emissions,
- 40%: raw materials use,
- 30%: waste output, and
- 14%: potable water consumption.

- Environmental benefits of using the LEED system include: enhanced and protected ecosystems and biodiversity, improved air and water quality, reduced solid waste and conserved natural resources.

- LEED for Homes is a rating system that promotes the design and construction of high-performance green homes. Green homes use less energy, water and natural resources, create less waste, and are more durable and comfortable for occupants.



# Home Is Where the Heart Is

Keep it this way. Take care of your home and loved ones with a healthy environment to live and play.

# Home Decor

## Bedding

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Pure Fiber  
[pure-fiber.com](http://pure-fiber.com)

## Carpet/Rugs

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Earth Weave  
[earthweave.com](http://earthweave.com)

The Maine Float Rope Co.  
[mainefloatroap.com](http://mainefloatroap.com)

Sisal Rugs Direct  
[sisalrugs.com](http://sisalrugs.com)

FLOR  
[flor.com](http://flor.com)

Milliken Floor Covering  
[millikencarpet.com](http://millikencarpet.com)

The Mohawk Group  
[themohawkgroup.com](http://themohawkgroup.com)

Garuda Woven Art  
[garudawovenart.com](http://garudawovenart.com)

Nature Area Rugs  
[naturalarearugs.com](http://naturalarearugs.com)

Interface  
[interfaceglobal.com](http://interfaceglobal.com)

Shaw Contract Group  
[shawcontractgroup.com](http://shawcontractgroup.com)

## Decoration

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Bent Bottle  
[etsy.com/shop/bentbottle](http://etsy.com/shop/bentbottle)

Eco-Friendly Housewares  
[fhdecor.com](http://fhdecor.com)

Ten Thousand Villages  
[tenthousandvillages.com](http://tenthousandvillages.com)

Bright Endeavors  
[brightendeavors.org](http://brightendeavors.org)

It's Our Earth  
[itsourearth.com](http://itsourearth.com)

Terrain  
[shopterrain.com](http://shopterrain.com)

Corkology  
[corkology.com](http://corkology.com)

Resource Revival  
[resourcerevival.com](http://resourcerevival.com)

## Fabric

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Ambatalia  
[ambatalia.com](http://ambatalia.com)

Green Sage  
[greensage.com](http://greensage.com)

Maharam  
[maharam.com](http://maharam.com)

Anna Sova  
[annasova.com](http://annasova.com)

Hemp Traders  
[hemptraders.com](http://hemptraders.com)

Clothworks  
[clothworks.com](http://clothworks.com)

Interface Fabrics  
[interfaceglobal.com](http://interfaceglobal.com)

• Find green home tips at [greenyourdecor.com](http://greenyourdecor.com).

• Use the green comparison shopping website at [pristineplanet.com](http://pristineplanet.com).

• Check out garage sales for unique items for your home.

• If you are doing remodeling, check to see if the items you are replacing can be used by someone else. Go to SWANCC's *Green Pages* for options at [swancc.org](http://swancc.org).

• The use of reclaimed materials can be labor-intensive, but has environmental, aesthetic, and practical advantages—the pieces are often more attractive, and more durable, than their modern counterparts.

• Products claiming to be part or all recycled content can be certified by Scientific Certification Systems (SCS) and will bear the SCS Certified logo. SCS offers certification to manufacturers of products made from recycled or biodegradable materials.

• For an introduction to green home products and building materials, visit [greenhomeimprovement.com](http://greenhomeimprovement.com). Each material or product listed is green certified.

• Bamboo can be flattened into flooring, molded into furniture, pressed into veneers, sliced up to make window blinds.

• Synthetic materials or those treated with synthetic substances can offgas chemicals which are toxic.

• Greenguard is a certification which ensures furniture is low toxicity. Learn more at [greenguard.org](http://greenguard.org).

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## Furniture

Alan Vogel Furniture  
[alanvogelfurniture.com](http://alanvogelfurniture.com)

Barco Products  
[barcoproducts.com](http://barcoproducts.com)

Bean Products, Inc.  
[beanproducts.com](http://beanproducts.com)

Bright Idea Shops  
[plasticlumber.com](http://plasticlumber.com)

By The Yard  
[bytheyard.net](http://bytheyard.net)

Conklin's Unique Country  
[uniquecountry.com](http://uniquecountry.com)

D & B Fabricators  
[dbfabricators.com](http://dbfabricators.com)

EcoLogic Furniture  
[ecologicfurniture.com](http://ecologicfurniture.com)

Engineered Plastic Systems  
[epsplasticlumber.com](http://epsplasticlumber.com)

El Furniture  
[el-furniture.com](http://el-furniture.com)

Furniture  
[furniture.com](http://furniture.com)

Greater Yellowstone Furniture & Designs  
[yellowstonefurniture.com](http://yellowstonefurniture.com)

Groovy Stuff  
[groovystuff.com](http://groovystuff.com)

Guilford of Maine  
[guilfordofmaine.com](http://guilfordofmaine.com)

Herman Miller  
[hermanmiller.com](http://hermanmiller.com)

Horigan Urban Forest Products, Inc.  
[horiganufp.com](http://horiganufp.com)

Ki  
[ki.com](http://ki.com)

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## Kitchen Supplies

Peg and Awl  
[pegandawlbuilt.com](http://pegandawlbuilt.com)

Knoll Group  
[knoll.com](http://knoll.com)

Lifekind  
[lifekind.com](http://lifekind.com)

Newood  
[newood.com](http://newood.com)

Organo  
[organonatural.com](http://organonatural.com)

Patio Furniture USA  
[patiofurnitureusa.com](http://patiofurnitureusa.com)

Southcone  
[southcone.com](http://southcone.com)

SteelCase  
[steelcase.com](http://steelcase.com)

Stone Design  
[stone-design.com](http://stone-design.com)

Tailwind Furniture  
[tailwindfurniture.com](http://tailwindfurniture.com)

Urban Woods  
[urbanwoods.net](http://urbanwoods.net)

Vermont Ski Recyclers  
[skifurniture.com](http://skifurniture.com)

Viva Terra  
[vivaterra.com](http://vivaterra.com)

Whit McLeod  
[whitmcleod.com](http://whitmcleod.com)

Preserve Products  
[preserveproducts.com](http://preserveproducts.com)



## ReUselt Network

**ReUselt is an online forum that connects community members** The ReUselt Network is an on-line forum that serves as a tool to make connections between community members who want to help each other, themselves, and their environment. In a disposable society where many items are discarded long before they have actually outlived their use. The ReUselt Network helps get things from people who have them but don't want them to people who want them but don't have them.

**Their goal is to find new uses for unwanted items** Their goal is to find new uses for unwanted items that would otherwise be thrown into the trash. The primary benefit is that it reduces the amount of reusable items that end up in the trash with a secondary benefit of reducing the overall amount of items thrown into landfills. Reusing items not only cuts down on goods in landfills, but also helps reduce the strain on our natural resources by keeping useable items in circulation, reducing the need to manufacture additional goods.

**The ReUselt Network also provides an opportunity for those looking far and item to ask for it** The ReUselt Network also provides an opportunity for those looking for an item to ask for it. Requests for items may jog the memory of someone who has an unused item stashed in the garage or basement waiting to be used. It is a great way to help get rid of those things which we may have forgotten, giving every member the chance to ReUselt! All transactions must be free, legal, and family-friendly.

Sources: reuseitnetwork.org

- Take gently used unwanted items to a reuse store instead of pitching in the garbage.
- Check out **freecycle.org** for decorative items to give and take for free.
- Visit the Planet Reuse blog at **planetreuse.blogspot.com**.
- Visit the online yards of **ohmegasalvage.com** and **recyclingthepast.com** to get a coast-to-coast feel for the latest in salvage finds, and then dig in with a visit to your local dealer.
- Visit **etsy.com** for handcrafted pieces for your home or gifts. Many artists use reused, reclaimed or upcycled materials in their items.
- Reclaimed material is any building component or design feature, such as wood, brick, fabric, or an old fireplace mantle, that is salvaged from its original use and incorporated into a new project or space.
- Reclaimed materials skip the recycling process, thus using less energy between removal and reuse. Common reclaimed materials include: wood products from old barns and homes, bricks and other used masonry units, doors, paneling and a slew of other building products.
- Locally sourced fixtures and reclaimed materials can evoke a rich history.
- Reclaimed materials are often sold through home salvage auctions as well as online sales.
- Try to repair furniture before replacing it.



Photo courtesy of the Evanston ReBuilding Warehouse  
Photo by Bill Burlingham

# New Uses For Old Treasures

New materials may be shiny, but even the greenest of construction will never be as green as using what has already been created. Also, the character and historical appeal cannot be manufactured in new goods.

# Home Reuse, Deconstruction, Salvage

## Construction Materials

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Construction and Demolition  
Recycling Association  
[cdrecycling.org](http://cdrecycling.org)

Building Materials Reuse Association  
[bmra.org](http://bmra.org)

Reuse Marketplace  
[reusemarketplace.com](http://reusemarketplace.com)

Whole Building Design Guide  
[wbdb.org](http://wbdb.org)

## Deconstruction

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Obi Deconstruction  
[obideconstruction.com](http://obideconstruction.com)

Blue Earth Deconstruction  
[blueearthdeconstruction.com](http://blueearthdeconstruction.com)

Reuse Depot  
[reusedepot.org](http://reusedepot.org)

Murco Recycling Enterprises, Inc.  
[murco.net](http://murco.net)

## Reuse

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Architectural Artifacts  
[architecturalartifacts.com](http://architecturalartifacts.com)

I Choose to Reuse  
[ichoosetoreuse.org](http://ichoosetoreuse.org)

Reuse Development Organization  
[redo.org](http://redo.org)

Cook County Demolition Sales  
[demolitionsales.com](http://demolitionsales.com)

Milwaukee Modern  
[milwaukeeemodern.com](http://milwaukeeemodern.com)

ReUseIt Network  
[reuseitnetwork.org](http://reuseitnetwork.org)

Craig's List  
[craigslist.org](http://craigslist.org)

Planet Reuse  
[planetreuse.org](http://planetreuse.org)

Salvage One  
[salvageone.com](http://salvageone.com)

Evanston ReBuilding Warehouse  
[evanstonrebuildingwarehouse.org](http://evanstonrebuildingwarehouse.org)

Random Acts of Flowers  
[rafchicago.org](http://rafchicago.org)

State Street Salvage  
[statestreetsalvage.com](http://statestreetsalvage.com)

Habitat for Humanity Restore  
[habitatnfv.org](http://habitatnfv.org)  
[restorechicago.org](http://restorechicago.org)

ReBuilding Exchange  
[rebuildingexchange.org](http://rebuildingexchange.org)

The Old Wood Co.  
[theoldwoodco.com](http://theoldwoodco.com)

Horgan Urban Forest Products  
[horganufp.com](http://horganufp.com)

Reuse Alliance  
[reusealliance.org](http://reusealliance.org)

Urban Remains  
[urbanremainschicago.com](http://urbanremainschicago.com)

## Material Exchanges for Business

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Build Recycle  
[build.recycle.net](http://build.recycle.net)

Minnesota Materials Exchange  
[mnexchange.org](http://mnexchange.org)

Repurposed Materials  
[repurposedmaterials.com](http://repurposedmaterials.com)

Ecyclr  
[ecyclr.com](http://ecyclr.com)

Recycle Match  
[recyclmatch.com](http://recyclmatch.com)

Waste Exchange Network  
[wastechange.com](http://wastechange.com)

Greater Chicago Waste to  
Profit Network  
[wtpnetwork.org](http://wtpnetwork.org)

Recycler's World  
[recycle.net](http://recycle.net)



# Get Your Green Thumb Moving

Work with nature by using products that will not do harm to you or the environment. Your outdoor space can look great without using chemicals.

# Outdoor, Lawn Care and Gardening

## Resources

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Beyond Pesticides  
[beyondpesticides.org](http://beyondpesticides.org)

Midwest Pesticide Action Center  
[midwestpesticideaction.org](http://midwestpesticideaction.org)

Rich Soil  
[richsoil.com/lawn](http://richsoil.com/lawn)

Environmental Protection Agency  
[epa.gov](http://epa.gov)

Organic Life  
[organicgardening.com](http://organicgardening.com)

Seven Generations Ahead  
[sevengenerationsahead.org](http://sevengenerationsahead.org)

Grassroots Environmental  
Education  
[grassrootsinfo.org](http://grassrootsinfo.org)

Pesticide Action Network  
[pesticideinfo.org](http://pesticideinfo.org)

The Land Connection  
[thelandconnection.org](http://thelandconnection.org)

## Products, Supplies & Services

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Bio Bag  
[biobagusa.com](http://biobagusa.com)

Gardens Alive!  
[gardens-alive.com](http://gardens-alive.com)

People Powered Machines  
[peoplepoweredmachines.com](http://peoplepoweredmachines.com)

Biodegradable Store  
[biodegradablestore.com](http://biodegradablestore.com)

Green Depot  
[greendepot.com](http://greendepot.com)

Planet Natural  
[planetnatural.com](http://planetnatural.com)

City Farmer  
[cityfarmer.org](http://cityfarmer.org)

GroundSmart Rubber Mulch  
[groundsmartrubbermulch.com](http://groundsmartrubbermulch.com)

Solar Greens Company  
[solargreens.net](http://solargreens.net)

Clean Air Gardening Company  
[cleanairgardening.com](http://cleanairgardening.com)

Huskie Tools  
[huskietools.com](http://huskietools.com)

Tower Garden  
[sheloves.towergarden.com](http://sheloves.towergarden.com)

Clean Air Lawn Care Service  
[cleanairlawncare.com](http://cleanairlawncare.com)

Lawn Boy  
[lawn-boy.com](http://lawn-boy.com)

Vegware  
[vegwareus.com](http://vegwareus.com)

Conserv-A-Store  
[conservastore.com](http://conservastore.com)

Natural Lawn of America  
[naturallawn.com](http://naturallawn.com)

Vermico  
[vermico.com](http://vermico.com)

Eco Gardening  
[ecogardening.com](http://ecogardening.com)

Natures Composites  
[naturescomposites.com](http://naturescomposites.com)

WellSpring  
[wellspringltd.com](http://wellspringltd.com)

EcoMowers  
[ecomowers.com](http://ecomowers.com)

Neuton  
[neutonpower.com](http://neutonpower.com)

Worm Woman  
[wormwoman.com](http://wormwoman.com)

Gardener's Supply Company  
[gardeners.com](http://gardeners.com)

Nature Friendly Products  
[nfpc.com](http://nfpc.com)

## Composting Information:

- Outdoor composting breaks down food waste into rich soil. It is so rich that it must be diluted with other soil to use in gardens or with house plants. Composting decreases the amount of food waste and creates a useful soil additive. Please be mindful of municipal composting restrictions. Yard trimmings, fruit and vegetables can be composted at home.

For details, visit [homecompostingmadeeasy.com](http://homecompostingmadeeasy.com).

- Vermicomposting is another way to break down food waste by composting with red wiggler worms. The worms eat lots of fruit and vegetables. This method is beneficial for small spaces and can be accomplished indoors or outdoors; however, in the winter months it must be inside or in a heated area. In about three months some soil will be ready to harvest, which may be added to plants or garden soil.

For more information, visit [chicagohomecomposting.org](http://chicagohomecomposting.org)

## The Legacy of Aldo Leopold and the Land Ethic

“Green Fire” is a documentary about legendary conservationist Aldo Leopold and shares highlights from his extraordinary career, explaining how he shaped conservation and the modern environmental movement. It also illustrates how Leopold’s vision of a community that cares about both people and land continues to inform and inspire current projects around the country and around the world. View the documentary at [greenfiremovie.com](http://greenfiremovie.com).



Considered by many as the father of wildlife management and of the United States’ wilderness system, Aldo Leopold was a

conservationist, forester, philosopher, educator, writer, and outdoor enthusiast. Aldo Leopold developed an interest in the natural world at an early age, spending hours observing, journaling, and sketching his surroundings. Leopold investigated ecology and the philosophy of conservation, and in 1933 published the first textbook in the field of wildlife management. In 1935, he and his family initiated their own ecological restoration experiment on a worn-out farm along the Wisconsin River outside of Baraboo, Wisconsin. Planting thousands of pine trees, restoring prairies, and documenting the ensuing changes in the flora and fauna further informed and inspired Leopold. Leopold’s legacy continues to inform and inspire us to see the natural world “as a community to which we belong.”

## Rain, Rain, Come this Way!

Conserving water at home is easy with these two conservation ideas:

### Rain Barrels

**Outdoor watering consumes up to 40% of tap water used during summer months** Collecting rain showers conserves water that can be used for watering plants, lawns and gardens or washing the car. According to the Environmental Protection Agency (EPA), outdoor watering consumes up to 40 percent of tap water used during summer months. This amount can be significantly reduced by utilizing rainwater instead.

Rain barrels are primarily used as a water conservation tool, but they also manage stormwater. As rain falls, dirt, sediment, pesticides or other contaminants are picked up and carried to various water systems. Lawns, trees, shrubs and other plants naturally reduce water runoff by absorbing it for growth. Manually collecting rainwater runoff with a container is another method of reducing runoff.

Using rain barrels can improve local water quality and lessen the stress on water treatment facilities to meet residential demand for potable water.

### Rain Gardens

**Rain gardens require very little, if any, maintenance** Absorbing rainwater runoff into the soil where native wildflowers and grasses are grown is helpful for the environment. Rain gardens reduce the amount of water entering the stormwater system, create lush wildlife habitats, require very little, if any, maintenance and provide a beautiful landscaped addition to any home.

To purchase a rain barrel, visit [mwrld.org](http://mwrld.org).

- The Metropolitan Water Reclamation District (MWRD) sells rain barrels each month from March through November. For information visit [mwrld.org](http://mwrld.org).

- For information about rain gardens, visit [chicagowilderness.org](http://chicagowilderness.org), [greenvalues.cnt.org](http://greenvalues.cnt.org), and [raingardennetwork.com](http://raingardennetwork.com).

- Be sure to read warnings on packaging for mulch and other gardening supplies for their toxicity in regard to pets.

- Some nurseries and garden stores have plastic pot recycling programs. Check with your local nursery.

- There are a large variety of rain barrels, which makes finding the right one for your home easy.

- Adjust sprinklers so only your lawn is watered and not the house, sidewalk, or street.

- Choose shrubs and groundcovers instead of turf for hard-to-water areas such as steep slopes and isolated strips.

- Plant in the fall when conditions are cooler and rainfall is more plentiful.



## A Pretty Face

Cleansing products help keep our bodies clean. Many of the hygiene products we use every day end up in our water system, including the Great Lakes. Please be mindful of the effects of these products beyond your skin when making purchases.



# Personal Care Products

## Resources

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Environmental Working Group  
[ewg.org/skindeep](http://ewg.org/skindeep)

PETA Beauty and Skincare  
[peta.org](http://peta.org)

No More Dirty Looks  
[nomoredirtylooks.com](http://nomoredirtylooks.com)

The Campaign for Safe Cosmetics  
[safecosmetics.org](http://safecosmetics.org)

## Books

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**Big Green Purse: Use Your Spending Power to Create a Cleaner, Greener World**, by Diane McEachern (Penguin Group, 2008)

**Exposed: The Toxic Chemistry of Everyday Products and What's at Stake for American Power**, by Mark Shapior (Chelsea Green, 2007)

**Not Just a Pretty Face**, by Stacy Malkan (New Society, 2007)

**The Body Toxic**, by Nena Baker (North Point Press, 2008)

**Gorgeously Green: 8 Simple Steps to an Earth-Friendly Life**, by Sophie Uliano (Harper Collins, 2008)

**Toxic Beauty: How Cosmetics & Personal Care Products Endanger Your Health...and What You Can Do About It**, by Samuel Epstein, MD, with Randall Fitzgerald (BenBella, 2009)

## Bath/Body/Cosmetics/Nail Polish

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Acquarella  
[acquarella.com](http://acquarella.com)

Bright Endeavors  
[brightendeavors.org](http://brightendeavors.org)

Ecco Bella  
[eccobella.com](http://eccobella.com)

Alima Pure  
[alimapure.com](http://alimapure.com)

Burt's Bees  
[burtsbees.com](http://burtsbees.com)

Eco Lips  
[ecolips.com](http://ecolips.com)

Aromaleigh  
[aromaleigh.com](http://aromaleigh.com)

Cate McNabb Cosmetics  
[catemcnabbcosmetics.com](http://catemcnabbcosmetics.com)

Enviro Products World  
[enviropductsworld.com](http://enviropductsworld.com)

Aubrey Organics  
[aubrey-organics.com](http://aubrey-organics.com)

Cranberry Lane  
[cranberrylane.com](http://cranberrylane.com)

Everyday Minerals  
[everydayminerals.com](http://everydayminerals.com)

Avaion Natural Products  
[avalonnaturalproducts.com](http://avalonnaturalproducts.com)

Crazy Rumors  
[crazyrumors.com](http://crazyrumors.com)

Fruits and Passion  
[fruits-passion.com](http://fruits-passion.com)

Aveda  
[aveda.com](http://aveda.com)

Dr. Bronner's Soaps  
[drbronner.com](http://drbronner.com)

Giovanni Cosmetics  
[giovannicosmetics.com](http://giovannicosmetics.com)

Bare Escentuals  
[bareminerals.com](http://bareminerals.com)

Dr. Hauschka  
[drhauschka.com](http://drhauschka.com)

GladRags  
[gladrags.com](http://gladrags.com)

Benedetta  
[benedetta.com](http://benedetta.com)

Dr. Vita  
[drvita.com](http://drvita.com)

Good Clean Love  
[goodcleanlove.com](http://goodcleanlove.com)

- GoodGuide collaborates with a wide range of non-profit organizations that work to educate the public about health, environmental, and social issues. Visit online at [goodguide.com](http://goodguide.com) to compare ratings of different products.

- Large quantities of Pharmaceuticals and Personal Care Products (PPCPs) can enter the environment after use by individuals or domestic animals.

- Sewage systems are not equipped for PPCP removal. Currently, there are no municipal sewage treatment plants that are engineered specifically for PPCP removal or other contaminants.

- The risks posed to aquatic organisms, and to humans are unknown, largely because the concentrations are so low. While the major concerns have been the resistance to antibiotics and disruption of aquatic endocrine systems (the system of glands that produce hormones that help control the body's metabolic activity) by natural and synthetic sex steroids, many other PPCPs have unknown consequences.

- The number of PPCPs are growing. In addition to antibiotics and steroids, over 100 individual PPCPs have been identified (as of 2007) in environmental samples and drinking water.

- Personal care products tend to be made in large quantities - thousands of tons per year.

- The effects of PPCPs are different from conventional pollutants. Drugs are purposefully designed to interact at low concentrations and to elicit specific biological effects. Unintended adverse effects can also occur from the interactions.

## Bath/Body/Cosmetics/Nail Polish (Continued)

Green Envee Organics  
[greenenvee.com](http://greenenvee.com)

Honeybee Gardens  
[honeybeegardens.com](http://honeybeegardens.com)

Intelligent Nutrients  
[intelligentnutrients.com](http://intelligentnutrients.com)

John Masters Organics  
[johnmasters.com](http://johnmasters.com)

Lush Handmade Cosmetics  
[lushusa.com](http://lushusa.com)

Miessence  
[miessenceproducts.com](http://miessenceproducts.com)

Monave  
[monave.com](http://monave.com)

Mountain Rose Herbs  
[mountainroseherbs.com](http://mountainroseherbs.com)

Natracare  
[natracare.com](http://natracare.com)

Nature's Cupboard  
[naturescupboardonline.com](http://naturescupboardonline.com)

Organic Diva  
[organicdivas.com](http://organicdivas.com)

Organic Health and Beauty  
[organichealthandbeauty.com](http://organichealthandbeauty.com)

Pangea Organics  
[pangeaorganics.com](http://pangeaorganics.com)

Peaceful Parlour  
[peacefulparlour.com](http://peacefulparlour.com)

Peacekeeper Cause-Metics  
[iamapeacekeeper.com](http://iamapeacekeeper.com)

Preserve Products  
[preserveproducts.com](http://preserveproducts.com)

Seventh Generation  
[seventhgeneration.com](http://seventhgeneration.com)

Soap Studio Brookside  
[soapstudiobrookside.com](http://soapstudiobrookside.com)

SpaRitual  
[sparitual.com](http://sparitual.com)

The Organic Company  
[theorganiccompany.com](http://theorganiccompany.com)

The Organic Make-up Company  
[organicmakeup.ca](http://organicmakeup.ca)

Tom's of Maine  
[tomsofmaine.com](http://tomsofmaine.com)

Urban Decay  
[urbandecay.com](http://urbandecay.com)

Vermont Soapworks  
[vermontsoap.com](http://vermontsoap.com)

### What's in Your Nail Polish?

Even the most health-conscious people can fail to consider how nail polish is affecting their bodies. But a recent study found that many of the most popular nail polish brands in America are much more harmful than they would seem - and many do not disclose chemicals that are toxic.

Research is showing that nail polish containing Triphenyl Phosphate, Dibutyl Phthalate, Toluene, and Formaldehyde are toxins being absorbed in young girls and women's bodies, which poses health threats to hormonal regulation, metabolism, reproduction and development, as well as skin irritants and allergies!

Sources: [healthy-holistic-living.com](http://healthy-holistic-living.com)

## 11 Ingredients to Avoid

1. Formaldehyde
2. Parabens
3. Phthalates
4. Synthetic Colors
5. Sodium Lauryl Sulfate
6. Petroleum
7. DMDM Hydantoin
8. Polyethylene Glycol (PEG)
9. Quaternium-15
10. Triethanolamine (TEA) and Diethanolamine (DEA)
11. Synthetic Fragrances

Sources: altnet.org and mightynest.com

## Pharmaceuticals and Personal Care Products (PPCPs)

**PPCPs comprise a diverse collection of thousands of chemical substances** Pharmaceuticals and Personal Care Products as pollutants (PPCPs) refers, in general, to any product used by individuals for personal health or cosmetic reasons or used by agribusiness to enhance growth or health of livestock. PPCPs comprise a diverse collection of thousands of chemical substances, including prescription and over-the-counter therapeutic drugs, veterinary drugs, fragrances, and cosmetics.

**PPCPs are present in our nation's waterbodies** Studies have shown that pharmaceuticals are present in our nation's waterbodies. Further research suggests that certain drugs may cause ecological harm. The EPA is committed to investigating this topic and developing strategies to help protect the health of both the environment and the public. To date, scientists have found no evidence of adverse human health effects from PPCPs in the environment.

**Do not flush your medications down the toilet or sink!** The Resource Conservation and Recovery Act (RCRA) is a federal law controlling the management and disposal of solid and hazardous wastes produced by a wide variety of industries and sources. The RCRA program regulates the management and disposal of hazardous pharmaceutical wastes produced by pharmaceutical manufacturers and the health care industry.

Source: Environmental Protection Agency

- Be sure to take advantage of SWANCC's Prescription Drug and Sharps disposal program. Information at [swancc.org](http://swancc.org).

- Do not flush medications down the water system.

- Be wary of products that do not disclose all ingredient information on packaging.

- PPCPs include:
  - Prescription drugs
  - Over-the counter drugs
  - Veterinary drugs
  - Fragrances
  - Cosmetics
  - Sun-screen products
  - Diagnostic agents
  - Nutraceuticals (e.g., vitamins)

- Sources of PPCPs:
  - Human activity
  - Residues from manufacturing
  - Residues from hospitals
  - Illicit drugs
  - Veterinary drug use
  - Agribusiness

- The importance of individuals directly contributing to the combined load of chemicals in the environment has been largely unrecognized. PPCPs in the environment illustrate the immediate connection of the actions/activities of individuals with their environment.

- Individuals add PPCPs to the environment through excretion (the elimination of waste material from the body) and bathing, and disposal of unwanted medications to sewers and trash.

- Effects may be subtle because PPCPs in the environment occur at low concentrations. There's a need to develop tests that detect more subtle end-points. Neurobehavioral effects and inhibition of efflux pumps are two examples. Subtle effects that accumulate may be significant.



# Man's Best Friend

Be as loyal to your pet as he is to you. Find products that will be safe for him and the environment.

# Pet Care Products

CycleDog  
[cycledog.com](http://cycledog.com)

Dogtime  
[dogtime.com](http://dogtime.com)

Eagle Pack  
[eaglepack.com](http://eaglepack.com)

Earth Bath  
[earthbath.com](http://earthbath.com)

Earth Friendly Products  
[ecos.com](http://ecos.com)

Great Green Pets  
[greatgreenpet.com](http://greatgreenpet.com)

Green Dog Inc.  
[greendoginc.com](http://greendoginc.com)

Natural Pet Market  
[naturalpetmarket.com](http://naturalpetmarket.com)

Only Natural Pet Store  
[onlynaturalpet.com](http://onlynaturalpet.com)

Pitaya  
[cybercanine.com](http://cybercanine.com)

Planet Dog  
[planetdog.com](http://planetdog.com)

Spectrum  
[spectrumbrands.com](http://spectrumbrands.com)

Swheat Scoop  
[swheatscoop.com](http://swheatscoop.com)

Tail Wagging Dog Bakery  
[tailwaggingbakery.com](http://tailwaggingbakery.com)

The Green Pup  
[greenpupdogbeds.com](http://greenpupdogbeds.com)



## Read Between the Lines

There are many eco-friendly opportunities when you send out files to print. Ask your printing representative what options are available to you.

# Printing and Publishing

American Graphics Network  
Glenview  
[agninc.com](http://agninc.com)

Digital Hub  
[digitalhubchicago.com](http://digitalhubchicago.com)

Chelsea Green Publishing  
[chelseagreen.com](http://chelseagreen.com)

Consolidated Printing  
[consolidatedprinting.net](http://consolidatedprinting.net)

Greg Barber Company  
[gregbarberco.com](http://gregbarberco.com)

New Society  
[newsociety.com](http://newsociety.com)

Rolling Press  
[rollingpress.com](http://rollingpress.com)



## Green Promotions

When looking for give-a-ways, be sure to look at the many eco-friendly options available and pay it forward to your cause and the environment.



# Promotional Items and Awards

Added Incentives  
Northbrook  
**addedincentives.com**

American Graphics  
Glenview  
**agninc.com**

AmeriMark Direct  
**amerimarkdirect.com**

Clothes Made from Scrap  
**clothesmadefromscrap.com**

Crestline  
**crestline.com**

Discovering the World  
**dtworld.com**

Eco Promotional Products  
Glenview  
**ecopromotionsonline.com**

IAS Promotes  
**iaspromotes.com**

Rivanna Designs  
**rivannadesigns.com**

Signature Marketing  
**signaturemarketing.com**

Stan Miller & Associates  
**millerpromos.net**

Target Marketing Group  
**recycledpromos.com**

Treetop Promotions  
Elk Grove Village  
**(847) 734-5400**

Weisenbach Recycled Products  
**recycledproducts.com**



## It *Can* Be Done

A good recycling system consists of well marked containers to keep contamination as low as possible. Pairing recycling and landfill containers together allows people to make a choice at the point of pitch.

# Recycling Containers

Barco Products  
[barcoproducts.com](http://barcoproducts.com)

Busch Systems  
[buschsystems.com](http://buschsystems.com)

Clean River  
[cleanriver.com](http://cleanriver.com)

Consolidated Plastics Co.  
[consolidatedplastics.com](http://consolidatedplastics.com)

D & B Fabricators  
[dbfabricators.com](http://dbfabricators.com)

Forms + Surfaces  
[forms-surfaces.com](http://forms-surfaces.com)

Glasdon  
[us.glasdon.com](http://us.glasdon.com)

Keep Tidy  
[keeptidy.com](http://keeptidy.com)

Recycle Away  
[recycleaway.com](http://recycleaway.com)

Recycle Box Bin  
[recycleboxbin.com](http://recycleboxbin.com)

Recycle Clear  
[recycleclear.com](http://recycleclear.com)

Rehrig Pacific Company  
[rehrigpacific.com](http://rehrigpacific.com)

T2 Site Amenities  
[t2-sa.com](http://t2-sa.com)

The Fibrex Group  
[fibrexgroup.com](http://fibrexgroup.com)

T.M. Fitzgerald & Assoc.  
[tmfitzgerald.com](http://tmfitzgerald.com)

Toter  
[toter.com](http://toter.com)

Upbeat  
[upbeat.com](http://upbeat.com)

Windsor Barrel Works  
[windsorbarrel.com](http://windsorbarrel.com)

## Tips For Recycling Containers

- Place a recycling receptacle next to every trash can, also called “twinning”. This allows individuals to have a choice – and to “Think Before They Throw”. Make recycling an easy and convenient choice to make.
- Recycling receptacles should be visibly different than trash cans, providing instant recognition.
- Recycling receptacles need to be placed in classrooms, offices, work rooms and high traffic areas, such as the cafeteria, hallways, concession and vending machine areas, outdoor sports fields, etc.
- Specific locations may require different sizes or kinds of containers, depending on the materials targeted for collection and the space constraints of the location.
- Be sure to label each recycling receptacle with the materials you want to collect to reinforce your overall message and to deter from incorrect behaviors.



## Bag It Up

Remember to bring your own bag when shopping to create less waste in the first place.

# Reusable/Compostable Bags and Dishware Products

## Reusable Bags

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I Bag at a Time  
[onebagatatime.com](http://onebagatatime.com)

ChicoBag  
[chicobag.com](http://chicobag.com)

Papermart  
[papermart.com](http://papermart.com)

Bio Bags  
[biobagamericas.com](http://biobagamericas.com)

Eco Bags  
[ecobags.com](http://ecobags.com)

Reuse This Bag  
[reusethisbag.com](http://reusethisbag.com)

## Water Bottles, Food Containers and Dishware Products

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Added Incentives  
[addedincentives.com](http://addedincentives.com)

Kids Konserve  
[store.kidskonserve.com](http://store.kidskonserve.com)

Mighty Nest  
[mightynest.com](http://mightynest.com)  
Evanston

Bento & co  
[bentoandco.com](http://bentoandco.com)

Laptop Lunches  
[laptoplunches.com](http://laptoplunches.com)

Preserve Products  
[preserveproducts.com](http://preserveproducts.com)

Crestline  
[crestline.com](http://crestline.com)

Libbey Food Service  
[foodservice.libbey.com](http://foodservice.libbey.com)

Stainless steel containers  
[lunchbots.com](http://lunchbots.com)

EcoPromotional Products  
[ecopromotionsonline.com](http://ecopromotionsonline.com)

Litter Free Lunch  
[litterfreelunch.com](http://litterfreelunch.com)

Vegware  
[vegwareus.com](http://vegwareus.com)

Enviro Products  
[newwaveenviro.com](http://newwaveenviro.com)

Love Bottle  
[lovebottle.net](http://lovebottle.net)

The Bottle Box  
[thebottlebox.com](http://thebottlebox.com)

Go Fresh  
[freshsnackpack.com](http://freshsnackpack.com)

Lunch Without Waste  
[lunchwithoutwaste.com](http://lunchwithoutwaste.com)

Wrap-n-Mat  
[wrapnmat.com](http://wrapnmat.com)

International Paper  
[internationalpaper.com](http://internationalpaper.com)

### BYOB - Bring Your Own Bag

According to the Worldwatch Institute, approximately 100 billion plastic bags are buried in landfills each year in the United States. Additionally, littered plastic bags are impacting the health and safety of wildlife on land and in the water. Reduce waste and conserve resources – please take your own reusable bags when shopping!



# Trains, Planes and Automobiles

And buses, bikes and foot power. There are many ways to get from point A to point B with less of an impact.

# Transportation and Travel

## Resources

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Active Transportation Alliance  
[activetrans.org](http://activetrans.org)

Bike Commuting Tips  
[runmuki.com/commute](http://runmuki.com/commute)

Bureau of Transportation  
Statistics  
[bts.gov](http://bts.gov)

Fuel Cell Resources  
[fuelcells.org](http://fuelcells.org)

Green Car  
[greencar.com](http://greencar.com)  
U.S. Dept. of Energy  
[fueleconomy.gov](http://fueleconomy.gov)

U.S. EPA Green Vehicle Guide  
[epa.gov/greenvehicles](http://epa.gov/greenvehicles)

## Products

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Better World Club  
[betterworldclub.com](http://betterworldclub.com)

Divvy Bikes  
[divvybikes.com](http://divvybikes.com)

eGo  
[egovehicles.com](http://egovehicles.com)

Elektrik Motion  
[elektrikmotion.com](http://elektrikmotion.com)

I-Go  
[igocars.org](http://igocars.org)

Pedro's  
[pedros.com](http://pedros.com)

Rickshaw Rick's Tours and Taxi  
[rickshawrick.com](http://rickshawrick.com)

Schwinn  
[schwinnbike.com](http://schwinnbike.com)

Working Bikes Cooperative  
[workingbikes.org](http://workingbikes.org)

Zip Car  
[zipcar.com](http://zipcar.com)

## Travel

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Eco Tour Directory  
[ecotourdirectory.com](http://ecotourdirectory.com)

Green Concierge Travel  
[greenconciergetravel.com](http://greenconciergetravel.com)

Green Hotels Association  
[greenhotels.com](http://greenhotels.com)

Sierra Club  
[sierraclub.org](http://sierraclub.org)

Sustainable Travel International  
[sustainabletravelinternational.org](http://sustainabletravelinternational.org)

Travel Green Wisconsin  
[travelgreenwisconsin.com](http://travelgreenwisconsin.com)

# Products With Impact.



Reduce, reuse, recycle and buy recycled. These are important elements in living a green lifestyle. Buying recycled-content and sustainable products is a vital component of completing the chain.

The *Eco-Friendly Marketplace* provides many different green products and services that impact the Earth and our well being in a positive way. They create less of a demand on the Earth's resources and a safer environment for our families, which provides a better future for us all.

As consumers, our role is important. Through purchasing, we are giving feedback to companies about the types of products we desire. We vote with our dollars each and every day. On your next shopping trip, think about what you want from the products you purchase and the message this gives.

For information about recycling and waste reduction, visit **[swancc.org](http://swancc.org)**.

Visit SWANCC on the web at **[swancc.org](http://swancc.org)**.