

In August

Reduce the use of plastic & paper

TIPS:

- Look for glass/boxed packaged food;
- Take your own bags, washable bottles & take-out containers;
- Buy in bulk and take containers to fill;
- Avoid the use of paper towels by using old clothes or towels to clean;
- Read newspapers online, borrow or buy e-books, shop at the library book sales or secondhand bookstores;
- Look for 100% (80% post-consumer) recycled toilet paper & facial tissue;
- Look for Forest Stewardship Council (FSC) certified paper products and packaging;
- When you need to print, use recycled paper and print on both sides.

The environmental impact of a plastic water bottle:

The Pacific Institute estimates that the energy to produce, fill, seal and label each bottle, plus the energy for shipping and recycling or (worse!) disposing of it, is like filling the bottle $\frac{1}{4}$ full of oil. **Only 12%** of our plastic waste will be **recycled**; the rest ends up in lakes, rivers & oceans.



TASK OF THE MONTH

Adopt earth-friendly cleaning methods

TIPS:

For House Cleaning:

- Look for Green Seal® certification;
- Look for powdered cleaners that dissolve in water;
- Keep a spray bottle handy with white vinegar and water.

For Personal Care:

Look for dish soap bricks, shampoo bars, body lotion bars, toothpaste tablets. They avoid the need for plastic packaging!

For Laundry:

Avoid plastic by using powdered detergent



Do you have experience with other products or other tips to share?

Send them to us:

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**Green Sanctuary Task Force
on Global Climate Change**

