

SENIOR COLLEGE CLASS 4 FALL 2010: LIVING GREEN

What Green Products Should I Use?

- I. Did you do your homework (set *three* goals for being green)?
 - A. Simple
 - B. Meaningful
 - C. Manageable

- II. Being a green consumer
 - A. Keep your goals in mind
 - B. Take it one purchase at a time
 - C. Always be open and willing to learn
 - D. Be restrained (*less is more/quality over quantity*)
 - E. Be thoughtful
 - F. Remember, it's consumer choice that affects our environment the most
 1. Direct
 2. Indirect
 - G. Consumption
 1. What we buy
 2. What we use
 3. What we throw away or recycle/reuse
 - H. "The Three Laws"
 1. Buy not (need versus want)
 - a. Decreasing resources
 - b. Increasing pollution
 - c. Increasing waste
 2. Buy less (...when less will do)
 - a. Don't super-size
 - b. Don't buy for "someday"
 3. Buy green (whenever possible)
 - a. Choose the one that causes the least harm

- III. What it means to be a green product or company
 - A. **REVIEW: Green means something that has no, or very little, negative effect on the environment**
 - B. Thus, green products or companies do the same

- C. Goals of green products or companies
 - 1. Preserve resources
 - 2. Protect air, soil, and water quality
 - 3. Produce less pollution and waste
 - 4. Maintain land integrity and area
 - 5. Protect animal welfare
 - D. Green questions to ask about the company and/or product
 - 1. **REVIEW: Take a few minutes here to list at least three questions to ask before purchasing a product or using a company (HINT: discussed in first session)**
 - 2. **REVIEW: Eco-labeling (also discussed during the first session)**
- IV. Products to ban forever
- A. Nonstick cookware
 - 1. When heated releases toxic gases
 - a. Linked to cancer, organ failure, reproductive damage
 - 2. Use anodized aluminum, stainless steel, or cast iron
 - B. Chemical insecticides and herbicides
 - 1. Linked to kidney damage, eye/skin/respiratory concerns, and central nervous system damage
 - C. Conventional cleaners
 - 1. Linked to kidney and liver damage, chemical burns, emission of toxic fumes
 - D. Flame retardants
 - 1. Foam products (mattresses, mattress pads, couches, chairs, pillows, carpet padding) purchased before 2005
 - 2. Linked to liver, thyroid, and neurodevelopmental toxicity
 - E. Antibacterial products
 - 1. Helps create “superbugs” that are antibiotic resistant
 - 2. May interfere with immunity in immunosuppressed populations
 - 3. Be clean, not germ-free
 - F. Air fresheners
 - 1. Toxic
 - 2. Linked to respiratory problems and/or exacerbations
 - G. Chemical fertilizers
 - 1. Choose organic
- V. Green products you probably already own (and an example of how each can be used aside from the intended purpose of the product)

- A. Vinegar (pet deodorizer)
- B. Baking soda (teeth whitener)
- C. Boiling water (tablecloth stain remover)
- D. Cold water (blood stain remover)
- E. Club soda (wine stain remover)
- F. Salt (tile cleaner)
- G. Egg (white: chewing-gum remover, yolk: hair conditioner)
- H. Mayonnaise (skin conditioner)
- I. Tomato juice (de-skunker)
- J. Lemon (air freshener)
- K. Grapefruit (carpet shampoo ingredient)
- L. Potato (vegetable-stain remover)
- M. Apple (potato-presenter)
- N. Cream of tartar (ink stain remover when combined with lemon juice)
- O. Spices (air freshener)
- P. Fresh air (detoxifier)
- Q. Newspaper (freezer cleaner)
- R. Toothpaste (glassware scratch fixer)
- S. Hydrogen peroxide (blood remover)
- T. Borax (laundry freshener)
- U. Essential oils (air freshener AND mood enhancer)
- V. Dish soap (grease remover)
- W. Castile soap (laundry detergent)
- X. Antiques (home furnishing)
- Y. Re-gifts (enough said!)
- Z. Repurposed items (household item)
- AA. Reclaimed items (flooring)
- BB. Recycled items (cabinets)
- CC. "Elbow grease" (does more than most of the above!)

Take a few moments now for a break-out discussion selecting 2-3 items per person. Discuss how you've used these green items in your home other than for the specific purpose for which they were intended.

VI. Green products you may want to own

- A. Bamboo
 - 1. Highly renewable
- B. Reclaimed coconut
- C. Organic cotton

1. Safe for harvesting
2. Decreased water usage
- D. Organic wool
 1. Durable
 2. Breathable
 3. Flame-retardant naturally
- E. Peace silk
 1. Silk worms remain alive
- F. Hemp
 1. Durable
 2. Versatile
 3. Mold-resistant
 4. UV-resistant
- G. Recycled glass
 1. Made from recycled glass into countertops
- H. Natural stone
 1. Durable
 2. Non-toxic
- I. Recycled paper
 1. Preserves resources
 2. Decreases pollution
- J. Agricultural fibers
 1. Aside from food products, can be used for countertops
- K. Double-duty pieces
 1. Less spending
 2. Less waste

VII. Next session

- A. More specifically where and how to use green products in your home
- B. NO HOMEWORK!

VIII. Now, on to some fun green cooking with Greta! As Julia Child would have said ***Bon appetit!***