

# Greener on the other side



Whether you are environmentally conscious or not, there are habits most of us can adopt to be nice to our bodies as well as to the planet. Yes, you don't have to be an activist to go green! Try these simple budget friendly steps and you will soon be on your way!

#1 **START AN HERB GARDEN.** For beginners in the garden, it is recommended to use transplants instead of seeds. Herbs such as sage, rosemary, thyme, basil and oregano are easy to maintain. They can be grown indoors (make sure near plenty of sunlight) and provide flavorful, no-salt cooking any time of day! Besides reducing extra plastic waste from store bought seasonings, you'll be adding fragrance to your home. \*Try Planters Choice 9-Herb Garden.

#2 **DO NOT BUY PLASTIC BOTTLES.** It's hard to walk into any store without seeing a wide variety of tumblers and sports water bottles. Buy your water in larger gallon containers or use your own filtered water to fill instead of buying plastic recyclable bottles. You may be interested to know that only 3/10 water bottles are actually recycled. Most end up in landfills or end up as litter. Using water from the home or home-made beverages such as fresh-brewed tea will save money and reduce global waste.

#3 **MAKE FOOD AT HOME.** Home-made food, especially in large batches, can reduce the CO2 emissions from trips to fast food restaurants and delivery drivers. Be smart about how many ingredients you really need for a meal and limit excess food products. When possible, choose local growers to reduce carbon footprint in the transfer of food. Decreasing or eliminating packaged foods benefits everyone!

#4 **ALWAYS RECYCLE.** No matter how small the plastic, tin or paper container, be sure to always take the time to clean them appropriately and place in the recycle bin. Sometimes, it can be a hassle cleaning the peanut butter or jelly off the sides but you will be making a difference!

#5 **START A COMPOST BIN.** Put those orange and banana peels to good use! There are several affordable (under \$50) compost bins and tumblers out there that can be used indoors or outdoors. Some are smell-proof so they can sit on your kitchen countertop without being noticed. \*Try the Eco-Crock Counter Compost Bin.

#6 **SWITCH TO GREEN FOOD COMPANIES.** We all have to eat.. why not buy from companies committed to a sustainable future? Organic Valley and Imperfect Foods are two of many companies committed to providing green food products and transferring the savings to their consumers.

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