

Walk *the* Green Walk

We can make a change! You can help create a sustainable world by incorporating any or all of these 10 things into your life: (Sustainability means meeting the needs of the present without compromising the ability of future generations to meet their own needs.)

① Don't buy bottled water

Drink from your own stainless steel bottle. (available at Nori's and Blue Line) The landfills are full of plastic water bottles and there are carbon miles on every sip. Research shows that colorful plastic Nalgene water bottles made from Lexan, a polycarbonate plastic (#7 in the recycling triangle) could be a health hazard.

② Change your light bulbs

Replace the light bulbs in your house with compact fluorescent or LED bulbs and plug all your lights and electronics into a power strip that you can turn off at night or when not in use.

<http://www.evo.com/content/2316>

③ Shop in local stores for locally made products

There is gasoline attached to every item you buy, in it's production and in it's purchase. Support local merchants. Make sure what you buy is from as close to home as possible.

④ Support local farmers markets. Buy organic.

Buying your produce and meat from local farmers helps keep small farms alive and helps support the local economy. Organic farming works to sustain a healthy, fertile and biologically active environment without using chemicals and synthetic additives. Don't buy CAFO (Concentrated Animal Feeding Operations) meat. Animal breeding factories are not only inhumane, but they are one of the greatest contributor to global warming. For more info:

<http://www.sustainabletable.org/issues/factoryfarming/> 

For a list of local beef, lamb, pork & chicken producers, go to www.adirondack.org/ag/pasturefedmeatfarmers.php)

5 Plant a vegetable garden

Make a dent in your weekly food budget by planting your own small garden. Why mow when you can plant a garden that can feed you?

6 Drive a fuel efficient car

Or buy a scooter! Car pool, take public transportation when it's available and plan ahead to make more efficient trips to the market.

If you can, make time to walk or bike to your destination.

<http://www.fueleconomy.gov/>

7 Compost

A 3' circumference of chicken wire in your backyard makes a compost! Tons of organic materials are thrown away, needlessly.

Then use the proceeds in your garden!

<http://www.planted.com/compost-materials.htm>

8 Have an energy audit

Find out where you are losing heat, how to fix up your dwelling to be energy efficient. Save money and the planet at the same time!

9 Consume less, reuse more

Do you want it or do you need it? If you need it, can you buy it locally? Buy it used? Mend it? Repair it? You'd be surprised what you can find at yard sales and thrift shops. And bring your own shopping

bags when you shop. <http://www.freecycle.org>

<http://www.shophetrilakes.com>

10 Vote for Green Candidates

How does your candidate stack up? This website will help you decide www.grist.org/candidate_chart_o8.html

This flier was created by the Adirondack Green Circle,
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