



Cedar Lane Unitarian Universalist Church
Environmental Task Force – Green Sanctuary Committee
Green Tips for Every Day

ENERGY AND RESOURCE CONSERVATION

Pledge to Save Energy ... Simply by Changing a Light Bulb! ...

Take the ENERGY STAR® Change a Light Pledge at www.energystar.gov/changealight and change an incandescent light bulb to an ENERGY STAR qualified one! Learn all about the wide variety of energy saving light bulbs, check out special offers from bulb suppliers, join the growing community of individuals who are taking action, and much, much more! October 4 is ENERGY STAR Change a Light Day – will you do YOUR part? And for your convenience, the Environmental Task Force will continue to sell ENERGY STAR light bulbs on Sundays when we have a table in the lounge.

For HUNDREDS of Ideas to Save Energy ...

Visit www.energystar.gov

Interested in Greening Your Home or other Buildings to Save Money, Resources, AND the Environment?

- The Amicus Green Building Store is now open in Kensington.
www.amicusgreen.com
- The National Building Museum has a fantastic Green House Exhibit.
www.nbm.org/Exhibits/greenHouse2/greenHouse.htm

Join the Virtual March to Stop Global Warming

Sign up for the virtual march by visiting <http://www.stopglobalwarming.org>.



LANDSCAPING

How “Green” is your Green Lawn? Consumers are forcing the \$35 billion per year lawn & garden care industry to make space for organics. Many stores which traditionally have only sold synthetic fertilizers and pesticides, are selling record amounts of organic soils and fertilizers this Spring. A recent survey from the National Gardening Association found that, while only 5% of U.S. households now use all-organic methods in their yards, some 21% said they would likely do so in the future. Studies over the past three decades have linked common lawn and garden chemicals with cancer and kidney or liver damage, particularly in children and pets. "Initially, it may feel harder, but in the long term, it's easier,"

says Scott Meyer, editor of Organic Gardening magazine. He likens using chemicals to "putting your yard on steroids." Over time, he says, "it weakens the system." www.organicconsumers.org/ofgu/lawn060418.cfm

Turn Your Backyard into a Wildlife "Green" Sanctuary

The National Wildlife Federation is celebrating its 70th Anniversary this year. They've set a goal to achieve 70,000 certified Backyard Wildlife Habitats (there are over 60,000 so far). It doesn't matter if your home is a farm in the country, a house in the suburbs, or even an apartment in the city; it's easy to create a habitat for birds, butterflies and other wildlife. The BWH program gives you all the information you'll need! Visit the National Wildlife Federation at www.nwf.org/backyardwildlifehabitat/ for info!

Free Composting Bins

If you're a Montgomery County resident, you're eligible for a free composting bin to help recycle your organic yard debris. For details, visit www.montgomerycountymd.gov/deptmpl.asp?url=/content/dep/Composting/home.asp



FOOD

Looking for Locally-Grown and Organically Grown Foods?

For a listing of hundreds of Farmers' Markets, where you can find locally-grown and often you can find organically-grown foods, visit www.newdream.org/consumer/farmers.html

Food Waste ...

On average, Americans waste 25 percent of the food we prepare. We throw away 44 percent of our yard trimmings and over 90 percent of our wood waste. It's time to be part of the solution. EPA launched its new organic materials Website. This Website is a great place for businesses and consumers to find ways to put surplus food, yard trimmings and wood waste to good use. With information on the Food Waste Recovery Hierarchy, EPA's GreenScapes program, and wood waste recovery options, everyone can find a way to be part of the solution. Visit the Organic Materials Website at <http://www.epa.gov/organicmaterials/> today!



PERSONAL CARE PRODUCTS

Healthy Heads-Up: How Toxic Are Your Body Products?

The Environmental Working Group has a wonderful new interactive website that will give you the safety and toxicity rating on the personal care and cosmetic products you use. Are your products toxic? Find out at:

<http://www.ewg.org/reports/skindeep/>