

Green Environment

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Changing Habits

Ok, I did it again.

I forgot to take the canvas bags into the grocery store again. How can I continue to give Green Talks and keep forgetting to change my own behavior? Sounds like a simple act, but it takes constant reinforcement before a change becomes a habit.

No one likes a hypocrite so if you see me in the grocery store without the canvas bags in my cart talk to me about it and I'll tell you what I'm going to do to improve my canvas bag toting behavior in the future.

One source estimated 380 billion plastic bags are made in the US every year. When I forget my canvas bags I walk out of the store with 4 to 10 plastic bags. Then what? Recycle.

One estimate has the average American family using 552 bags a year. Canvas bags are light weight, and easy to carry. Tuck one under your arm before going into your favorite clothing store, shoe store or home improvement store.

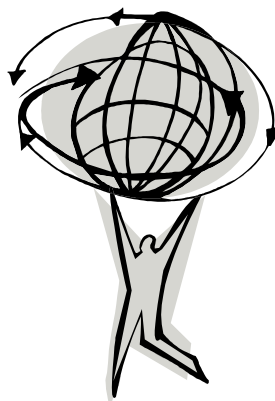
Canvas bags will last for several years and when they start to

wear the canvas will dispose quickly. Keep the canvas bags in clear site until the habit becomes re-enforced.

Tell your friends about your decision to reduce your carbon footprint and encourage them to use canvas too.

Many companies are using canvas bags as promotional items so collect those for free. Most grocery stores sell canvas bags and for \$1.00 think of the costs and saving earth.

A friend recently shared a story about a trip to the grocery in Colorado. He said he was asked by the clerk if he wanted a bag for his groceries.



Now that's a novel idea. If clerks were trained to help us change those habits by reminding us to use the canvas bags

instead. Sounds good to me!

Smart Living Tips

Understanding the drain on energy from our electronic gadgets helps us to live smart.



Tips: Charge the cell phone in the

car while driving.

Unplug the laptop when not in use. Plugged in electronics leech energy even when turned off, including the TV.

When batteries are replaced call 1-877-273-5923 for recycling used batteries.

A school in northern California had a contest for the students to recycle wine corks. 232 pounds were collected from restaurants. Be creative when recycling.

The corks were then sent to Re-Cork America to be used for making other products. A better choice and saving 232 pounds of solid waste.

Even if your neighborhood does not offer to recycle, with a disposable container ask if another collection point is within reasonable distance for collecting and later depositing the disposable in bulk.

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We can make a difference, together.

InaStoneandAssociates.com

Ina Stone & Associates
P.O. Box 660192
Birmingham, AL 35266

Tel: 205-822-9249
Mobile: 205-915-3088

Email: info@inastoneandassociates.com

A great speaker is a Stone's Throw Away

Did You Know?

Easy information you can incorporate into your home and office environment.

Flowers and plants when visible reduce stress at home or work.

42% of workers decorate their personal space with plants.

Kentia Palm (see below) can reduce 90% of benzene, a common chemical released indoors.

Benzene is a chemical used in the making of paints, plastics, pesticides and even pharmaceuticals.

In one study plants in the office environment increased productivity by 42%.

Shopping in areas with trees increase consumers believes regarding product

quality.

More research indicates workers have 12% higher post-task attentiveness in environments with plants.

The proceeding information provided by Green Build Organization.

Percentages from studies by Dr. Virginia Lohr, Washington State University and Dr. Roger Ulrich, Texas A&M University.



We have the whole world in our hands. We can make a difference, one earth friendly act at a time.

