

Living Clean & Green!

Seasons “Green”ings: Breathe Easier this Holiday Season

Air Quality

During the busy holiday season, there are several small steps that can help us all breathe a little easier... literally.

Consolidate trips. Prior to leaving on shopping excursions, make lists and plan trips to make as few as possible. The less driving we do, the less harmful emissions are dumped into the atmosphere.

Another way to cut down on driving is to car pool to parties and events. Fewer cars means less air pollution.

Be natural. When cleaning, use alternative cleaners made from natural oils or common pantry ingredients. The fewer toxic chemicals we have in our homes, the healthier our indoor environment is. Plus, natural cleaners also mean healthier air and water outdoors.

When decorating, use live or cut greenery to add a festive air to your homes. Artificial and mass-produced decorations are often made from materials that can release toxic chemicals into the air. Live greenery, on the other hand, rewards you with its oxygen-producing power!



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Slow down. Speed limits are not just a matter of safety, they are a matter of healthier air as well. Research shows that obeying posted speed limits, especially on highways, helps improve air quality.

Recycle. Many of the common items we use this holiday season, including paper, plastic, and aluminum, are easily recyclable. In most cases, creating products from recycled materials takes as much as 95% less energy than creating products from raw materials. The less energy we use, the less air pollution is created to generate that energy.



Save energy. Turn the thermostat down a little or use energy-saving lights and appliances. Traditional energy sources are a major source of air pollution, so conserving energy helps reduce impact. Plus, you'll spend less money each month on utilities!

Think local. Even if you are purchasing items online, select vendors that are closest to you. By purchasing from local vendors and craftsmen, you will be supporting the local economy. Even better, select vendors that also support local craftsmen and farmers and you'll do your part to support local art and agriculture. In addition to boosting the local economy, you'll be helping to boost the local air quality- the farther away an item is shipped, the more fuel is used in transit and the more emissions are emptied into the atmosphere.

Warm the hearth. When selecting logs for your fireplace, consider artificial logs made from sawdust, cast off nut shells, or even coffee grounds. Many of these logs are also held together with vegetable wax, as opposed to paraffin wax. Plant-based wax releases fewer toxic chemicals than traditional petroleum-based wax. In addition, many of the vegetable wax materials are produced locally, supporting local agriculture.

