

Living Clean & Green!

Seasons “Green”ings: Deck the Halls and Avoid the Malls!

Avoid Mall Madness

Holiday shopping can be one of the most frustrating and wasteful chores of the season. It’s all too easy to become consumed with endless trips to the mall and countless internet orders. The hustle and bustle can make us lose sight of the spirit, fun, and family time that should define the holidays. In addition, waste generated by shopping bags, automobile traffic, and shipping materials can add tons of pollutants to our landfills and atmosphere. Don’t despair- there is hope! The following tips will save time, energy, and money, making shopping much easier for us and the environment.



During the nation’s busiest shopping season, bring your own shopping bags. Not only does this simple step prevent adding to landfills, but it has the added benefit of reducing our dependence on foreign oil, since plastic bags are petroleum-based.

If you forget your own tote bags, try to consolidate as many purchases into one bag as possible rather than getting a bag at each store. Try to use only paper bags, which biodegrade more readily than plastic and aren’t as harmful to wildlife.

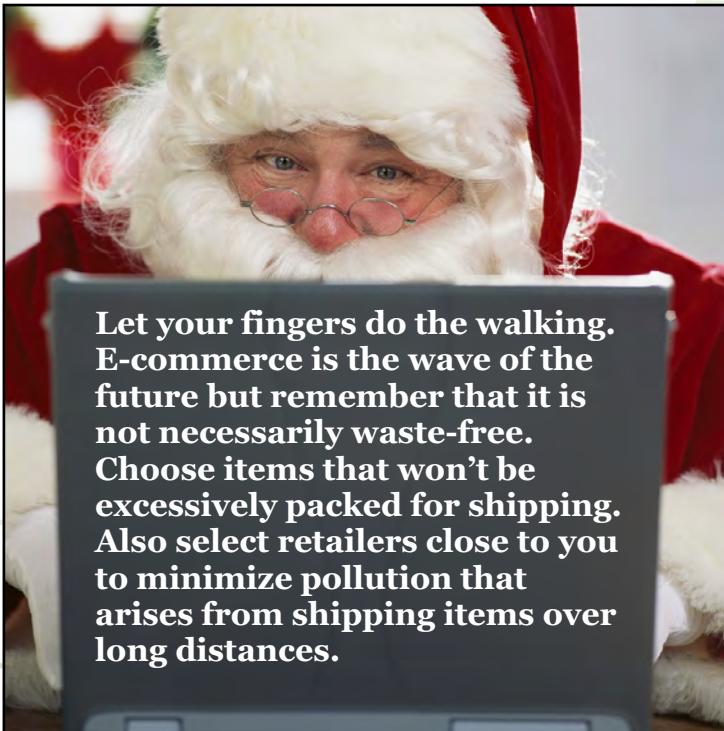


Plan your shopping in advance by building your gift idea list through online browsing. Instead of making multiple trips to the mall, start by perusing thousands of ideas for green, organic and fair-trade gifts available online. Consolidating your shopping trips saves fuel (and aggravation), and you’ll avoid those last minute frenzies that result in less thoughtful gift purchases.



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Let your fingers do the walking. E-commerce is the wave of the future but remember that it is not necessarily waste-free. Choose items that won't be excessively packed for shipping. Also select retailers close to you to minimize pollution that arises from shipping items over long distances.

Don't be a catalog hog. If you shop by mail order catalog, remember to cancel the ones you don't need. Did you know that if every catalog recipient cancelled 10 of them, it would reduce that household's trash by 3.5 pounds per year? (If everybody did this, the stack of cancelled catalogs would be 2,000 miles high!)



Consolidate purchases from online or catalog vendors. By purchasing multiple items from a single vendor, you'll reduce shipping costs and packaging materials, in addition to saving time and energy.

