

# UNM AREA GUIDE TO SUSTAINABLE LIVING



EMPOWERING CHOICES FOR  
IMPROVING THE HEALTH OF  
OUR LOCAL ENVIRONMENT.

# D.I.Y

ECO-CHEAP

EMPOWERING SOLUTIONS FOR SAVING MONEY WHILE  
IMPROVING YOUR HEALTH AND THE ENVIRONMENT.

WHAT WE DON'T *ALWAYS* THINK ABOUT :

As students we are always on the go , thinking of how to manage our time and money until the end of the semester while still aiming to have fun in the process.

Most of us have been brought up in a culture of convenience over true holistic benefit.

Manufacturing companies don't report on the health hazards contained in their products, less the environmental impact.

Making your own products and re-purposing things you already have is not only empowering, but also fun and environmentally responsible.

A FEW THINGS TO CONSIDER:

Making your own cleaning products is safe, beneficial to your pocket, your health, your pet's health and the planet.

Up-cycling or re purposing existing objects is a fun and efficient way to reduce the amount of waste that ends up in landfills.

Small changes in your everyday life , do make an impact!

# GROW YOUR OWN KOMBUCHA

(From a store-bought bottle)



## INGREDIENTS:

1 bottle of RAW organic Kombucha Original Flavor

4 green tea bags or equivalent

6 Black tea bags or equivalent

1 gallon of purified water

1 1/4 cups of white sugar

White Vinegar

1 Old t-shirt and a rubber band



1. Clean the jar with water and soap and then vinegar.
2. Boil the water and steep the tea for 5-7 minutes MAX.
3. After the tea has COOLED COMPLETELY, pour it into the jar along with the ENTIRE bottle of Kombucha.
4. Cover the jar with a piece of clean T-shirt and secure with rubber band.
5. Wait for about 4-5 weeks without disturbing the culture.
6. After the culture has grown, repeat the tea mix steps.  
New Kombucha will be ready in 5-7 days.

Each batch of Kombucha will  
produce about 4-5 16 oz bottles

For more information: [suom@unm.edu](mailto:suom@unm.edu)

<http://www.foodrenegade.com/how-to-grow-a-kombucha-scooby/>

# NON-TOXIC ALL PURPOSE CLEANER

Sometimes it is better to make your own cleaning products, rather than buying them.

Don't be afraid to do it yourself!

Simple ingredients and a few reusable spray bottles will make you feel at ease that you are keeping everything fresh and clean without sacrificing your health.

## Materials:

1 tsp borax

1/2 tsp washing soda (Arm & Hammer sodium carbonate)

2 Tablespoon vinegar or lemon juice (for mildew or lots of grease, increase to 3 Tablespoon)

1/2 tsp vegetable-oil-based liquid soap (like Dr. Bronner's)

2 cups very hot tap water

Combine in a spray bottle and shake until all ingredients are dissolved. These ingredients are all available at your local store, in the detergent aisle.



Using non-toxic ingredients for cleaning improves indoor air quality significantly.

Bond, Annie. Clean & green: The Complete Guide to Non-toxic and Environmentally Safe Housekeeping. Woodstock, N.Y.: Ceres Press, 1990. Print.

# **NON-TOXIC: CLEANING BASICS**

Check out how various combinations of a few basic ingredients can help keep your body, home, and the planet clean and healthy.



## **Dishwasher Soap:**

1 part Borax  
1 part washing soda  
Container (size of choice)

## **Dishwashing Liquid:**

Castile Soap  
Distilled White Vinegar  
Add soap to dishwater  
Add Vinegar to rinse water  
for extra shine.



## **Drain Cleaner:**

1/2 cup baking soda  
1 cup distilled white Vinegar  
Boiling water.  
Dissolve all ingredients and  
pour down the drain. Cover,  
wait several minutes and repeat



## **Floor Cleaner 1:**

1/4 Cup distilled white vinegar  
1 gallon of very warm water.  
Mop and rinse with water.

## **Floor Cleaner 2:**

1/8 cup castille soap  
1/8 cup distilled white vinegar  
1 gallon of water  
10 drops essential oil of choice

Making your own cleaning products is quick, easy, and cheap. This keeps ABQ's water safe to drink and irrigate with.

Hunter, Linda Mason, and Mikki Halpin. Green Clean: The Environmentally Sound Guide to Cleaning Your Home. New York, NY: Melcher Media, 2005. Print.

# POP BOTTLE GREEN HOUSE

Sometimes plants need a bit of help from us, whether they need protection from bugs or from the changing weather. Here is a neat idea for what to do with empty water and soda bottles. This is an easy and free solution you can use and pass on to your friends!



- Plastic bottles take 700 years to begin decomposing
- 80% of plastic bottles are not recycled
- 38 million plastic bottles go to the dump per year in America from bottled water (not including soda)

# WORM COMPOSTING

Contrary to popular belief, composting with worms A.K.A vermi-composting does not stink.

You can create a soil-making haven with simple materials which can be obtained for free and some worms.

This method is ideal for indoor composting in your kitchen.



## MATERIALS:

3 Five Gallon Buckets

Drill & 1/4" drill bit

Newspaper/scrap paper

1 lb Worms (Red Wigglers)

1 spigot

2-4 bricks or metal for base.



Start by drilling a few dozen holes in the top 2 buckets. Attach spigot to bottom bucket. Fit buckets together as shown.

Shred some newspaper or unbleached cardboard, moisten and place in the bucket. Add some soil and wait a day.

Add your worms and veggie scraps. Sprinkle with water every other day. When compost reaches half, add more fibrous material.

The worms will migrate to upper buckets when done feeding while the bottom bucket with spigot will collect worm tea.

MORE INFO: [www.diynatural.com/vermicomposting-worm-farm-diy-easy-and-frugal/](http://www.diynatural.com/vermicomposting-worm-farm-diy-easy-and-frugal/)



# PALLET GARDEN

Pallets make great raised beds for growing veggies but also make great vertical gardens for smaller spaces. Walk to the back of a super market and you are bound to find one and GET PLANTING ! Growing your own food guarantees it's safe and delicious. Growing ornamental flowers is also beneficial for pollination besides beautifying your space.



## MATERIALS:

- 1 found pallet
- 2 bags of potting soil
- seeds or starters.
- staple gun/staples
- small roll of landscape fabric
- sandpaper.



Lay the pallet face down. Roll the landscape fabric over the back. Cut two identically sized pieces that are long enough to go from the top edge of the back of the pallet and wrap all the way around the bottom, plus a few extra inches.

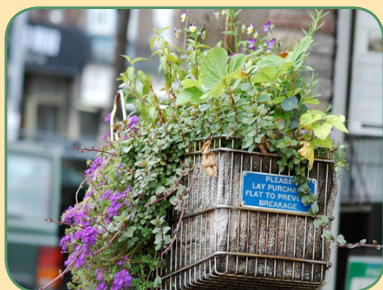


Turn the pallet face up and plant everything tightly. Pour the entire first bag of soil and level. Repeat with second bag. Leave pallet flat for a few weeks and water until the roots are strong.

<http://lifeonthebalcony.com/how-to-turn-a-pallet-into-a-garden/>



# UNUSUAL PLANTERS



A bit of potting soil, random household items and a lot of creativity can go a long way!



# PLASTIC CUP LAMP

This idea allows you to help the party host clean up, and create a beautiful lamp full of memories.



## MATERIALS:

200-250 large plastic cups  
600-700 staples  
a stapler  
a lamp socket, lamp cord  
and plug



Start stapling the cups together as shown.

Staple again and again and again...

Staple carefully the last cups to form the top of the sphere



Leave the bottom part open so that the light bulb goes in the sphere and attach it any way you like to the lamp socket!

<http://www.bit-of-green.com/crafts/crafts-plastic-cup-lamp>

# MAKE YOUR OWN CLEAN AIR

The air inside our home can be 2-5 times more polluted than the air outside. Common sources are volatile organic compounds (VOC's) from cleaning products, outgassing from carpets, furniture and pesticides. Indoor air pollution may be responsible for nausea, headaches and asthma. Plants can dramatically improve air quality, but some specifically can also remove chemicals. Please visit the links for more information and additional plants.



- A. Chinese Evergreen
- B. Corn Plant
- C. English Ivy
- D. Spider plant
- E. Golden Pothos

[www.mnn.com/health/healthy-spaces/photos/15-houseplants-for-improving-indoor-air-quality](http://www.mnn.com/health/healthy-spaces/photos/15-houseplants-for-improving-indoor-air-quality)

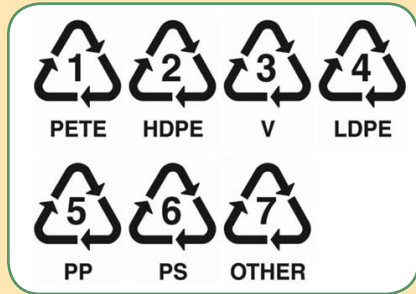
[www.extension.umn.edu/yardandgarden/ygbriefs/h110indoorair.html](http://www.extension.umn.edu/yardandgarden/ygbriefs/h110indoorair.html)

# RECYCLING 101:

## A SIMPLE GUIDE TO YOUR CAMPUS & SURROUNDING COMMUNITY'S RECYCLING RESOURCES

OUR GOAL with this handbook section is to share information and assist in educating you about the surrounding resources that will aid your decisions regarding personal improvements in recycling efforts and advocacy.

OUR VISION is that The UNM campus will guide its students, faculty and administration to set an example of leadership in sustainable recycling behavior for surrounding neighborhoods.



"Do what you can...with what you have... where you are."

-Theodore Roosevelt  
26th president of U.S.  
(1858 – 1919)





## PLASTIC PRODUCTS



Also known as PET. Usually clear, it is the plastic used for soda and water bottles. Generally Safe but not recommended using as makeshift reusable containers. This plastic is picked up by most curb side recycling programs.



**HDPE - High Density Polyethylene:**  
Usually opaque, milk jugs, butter tubs, detergent bottles and toiletries are made of this. Considered safe and has low risk of leaching. Picked up by most curb side recycling programs. However, #2 plastic used for spray pumps, buckets, films, bags and items containing toxic chemicals such as drain cleaner, are less likely to be accepted by recyclers.



# PLASTIC PRODUCTS



PVC - Polyvinyl Chloride: Used for making pipes, fencing, food wrap products, and soft toys for children. PVC gives off harmful toxins both during its manufacture and when it is breaking down. There are phthalates in this material, which are softening chemicals that interfere with hormonal development. You should minimize use of this plastic around food as much as possible. It is rarely accepted by recycling programs.



LDPE - Low-Density Polyethylene: This plastic is used to make bread and grocery bags, 6-pack rings, CD/DVD cases, and some food wraps. While it is considered safe, potentially toxic industrial chemicals involved in manufacturing the plastic include butane, benzene and vinyl acetate. It is not often accepted by curb side recycling programs.



# PLASTIC PRODUCTS



PP - Polypropylene: Yogurt cups and similar wide-necked containers are often made from it. Candy containers, dishes, auto parts, and straws are other PP products. This plastic is also considered safe and is beginning to be used more for electronic packaging rather than using toxic PVC. Curb side recycling programs are increasing pick-up services for #5 plastics.



PS - Polystyrene: Disposable fast-food containers, packing peanuts, and egg cartons are made of this. Avoiding the use of this product is strongly suggested. This compound contained in Styrofoam, may leach styrene. Styrene is both a suspected carcinogen and toxin. Although Polystyrene is difficult to recycle and most recycling programs won't accept it, ozone layer-depleting CFCs have not been used to make Polystyrene since the late 1980s.



"Everything Else": Polycarbonate and its content of BPA (bisphenol A) are included in this category code. Modern plastics used in anything from iPods to computer cases to disposable cutlery contain a mix of #7 plastics. The use of #7 is at your own risk since it may not be known what is in it. These are not currently accepted by recycling programs.





# ALUMINUM PRODUCTS

## Aluminum Recycling in Albuquerque, NM (Cans, Foil, Scrap)

### Wise Recycling

<http://www.wiserecycling.com/locations/new-mexico/>

Location – 2701 2nd Albuquerque, New Mexico 87107

Phone :505-345-8005 505-345-2404

### Albuquerque Metal Recycling

Location – 3339 2nd St SW Albuquerque, NM 87105

Phone: 505-877-6110

### W. Silver Recycling of New Mexico

Location – 1800 First Street West Albuquerque, NM 87102

Office: 505-244-1508 <http://wsilverrecycling.com/>

### City of Albuquerque Recycling Drop-Off Site – UNM South

Location – 1701 University Blvd SE Albuquerque, NM 87106

### City of Albuquerque Recycling Drop-Off Site – Hilton Hotel

Location – 1901 University Blvd NE Albuquerque, NM 87102

### National Metal Recycling, LLC

Location – 3906 4th St NW Albuquerque, NM 87107

Phone: 505-344-1700



**\*Tip for Aluminum Recycling-** Make sure that you have crushed the aluminum cans before sending them to aluminum recycling. Also, rinse out your cans so they will not make a bad smell and attract insects. Contact the above locations to find out what types of aluminum and metals are accepted.

# GLASS PRODUCTS

Glass Recycling in Albuquerque, NM  
(Clear, Brown, Blue, Green, Bottle)

City of Albuquerque Recycling Drop-off Site  
(Wise Recycling Center)  
2525 Broadway SE Albuquerque, New Mexico 87102  
Phone: 505-345-2404

University of New Mexico  
2710 Campus Blvd NE Albuquerque, NM 87131

West Mesa Community Center  
5500 Glenrio Road NW Albuquerque, NM 87105  
Phone: 505-836-3487

City of Albuquerque Recycling Drop-Off Site – UNM South  
1701 University Blvd SE Albuquerque, NM 87106  
Phone: 505-761-8100

Savers – GLASS FURNITURE/TABLES/ETC.  
3300 San Mateo Blvd NE Albuquerque, NM 87110  
Phone: 505-888-0116



**\*Tip-** Before sending to glass recycling service, make sure you cleaned and rinsed off any remaining liquids from your used glasses, but you don't need to scrub off the labels because glass recycling service will burn it up. Remove any sugary remains. This helps to keep flies and wasps away. Separate glass color and keep them properly in boxes before you send them.

# PAPER PRODUCTS

## Paper/Newspaper Recycling in Albuquerque, NM (Office, Shredded)

### City of Albuquerque Recycling Drop-off Site

Location – 1701 University Blvd SE Albuquerque, NM 87106

Phone: 505-761-8100

### City of Albuquerque Recycling Drop-off Site

Location – 2710 Campus Blvd NE Albuquerque, NM 87131

Phone: 505-761-8100

## Cardboard Recycling in Albuquerque, NM

Cardboard (Papers, Boxes) Recycling Services, Centers, Bins & Companies in Albuquerque, NM

### City of Albuquerque Recycling Drop-Off Site – Macaroni Grille

Location – 2100 Louisiana Blvd NE Albuquerque, NM 87110

Master Fibers, Inc. <http://www.masterfibers.com/>

Location- 5109 Edith Northeast Albuquerque, NM 87107

(505) 345-6413

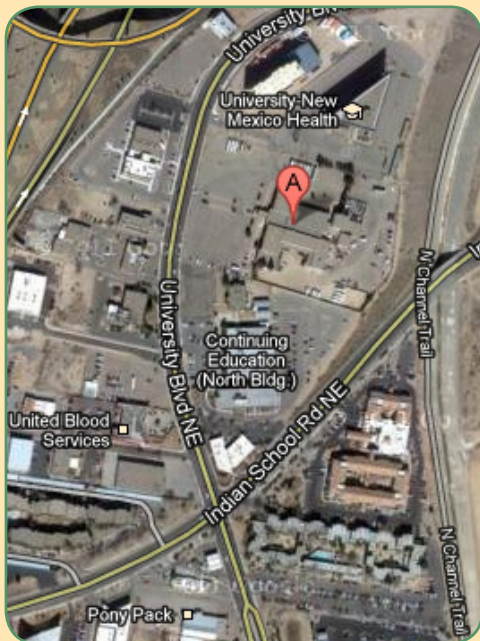
### Albuquerque Recycling Drop-Off Site – Hilton Hotel

Location – 1901 University Blvd NE Albuquerque, NM 87102



**\*Reduce-** The easiest way to minimize the use of paper products is to reduce the amount used each day. Consumers can reduce their use of paper by: Opting for cloth napkins, Use canvas bags for groceries and lunches, Print on both sides of a sheet of paper or use the plain side for scrap paper, Use junk mail envelopes, the backs of receipts, and other small scraps of paper for jotting notes and memos.

# LOCAL RECYCLING FACILITIES



## UNM RECYCLING CENTER:

The UNM Recycling Facility is located at 1642 University Blvd. NE (between Menaul and Indian School). The main number is 505-277-1681. E-waste recycling information is also available.

## UNM Contacts:

Linda McCormick - Resource Conservation Manager  
505-269-6131  
lindamcc@unm.edu

Dean Jojola - Recycling Coordinator  
505-220-6610  
djojola@unm.edu

# LOCAL RECYCLING FACILITIES



WHOLE FOODS:  
Indian School Plaza In-store  
Recycling Center  
(small products):  
2103 Carlisle Blvd. NE  
Albuquerque, NM 87110 USA  
Phone 505.260.1366



Currently WHOLE FOODS Market accepts #1, #2 & #5 recycled products generated during store and café visits. STARTING JAN. 2012 this location will be a neighborhood drop-off recycling center for glass. A point system for recycled glass will also be rewarded and can be used for store discounts.

Please contact Margarette Evans – Green Mission Rep at 505-260-1366 for more valuable information.

# LOCAL RECYCLING FACILITIES

## FOOD WASTE:

**SOILUTIONS Inc.** - Soilutions Organics Recycling Facility diverts and recycles organic material from the waste stream. "When we recycle organic materials, we extend the life of municipal landfills, save tax money, reclaim a valuable resource and replenish the soil. Organic recycling is an environmentally responsible alternative to landfills."

9008 Bates Rd. SE, Albuquerque, NM (505) 877-0220

<http://soilutions.net/>

## **City of Albuquerque – Backyard Composting**

This website has the "how to" and "do not's" for composting. Information is available for anyone who would like to attend a class with the Bernalillo County Extension Master Composter Programs hosted by NMSU.

<http://www.cabq.gov/solidwaste/recycling/bkydcmp>



## E-WASTE:

### **Albuquerque Recycling Inc.**

3726 Hawkins St. NE (505) 990-3732

Albuquerque, New Mexico 87109

<http://www.albuquerque recycling.net/>



### **Re505**

717 Coal Avenue SE Albuquerque, NM 87102-3963

(505) 508-5913 (located between UNM and downtown)

# LOCAL RECYCLING FACILITIES

## RECYCLED FASHION:

### Buffalo Exchange

<http://www.buffaloexchange.com/>

3005 Central Avenue NE

Albuquerque, NM 87106

(505) 262-0098



### PINK RHINO

3015 Monte Vista Blvd NE Albuquerque, NM 87106

(505) 369-1993

<http://purplepinkrhino.com/>



## RITZY RAGS RESALE

Upscale Clothing & Accessories for Women

### Ritzy Rags Resale

1200 YALE Blvd. SE

Albuquerque, NM 87106

(505) 255-6251





## **CITY OF ALBUQUERQUE RECYCLING SITES**



The Solid Waste Management Department is committed to helping maintain a healthy environment for Albuquerque's current and future generations. Recycling helps keep disposal costs down while preserving natural resources and protecting the air, soil, and groundwater. Much of the more than 1,800 tons of trash generated by the city each day can be recycled. The manufacturing of new products requires considerable energy. If these materials are reused or recycled instead of being disposed of at landfills, less energy will be used, saving on scarce resources. For example, the production of an aluminum can from recycled metal uses 95% less energy than a can produced from raw aluminum. For more information on the Three R's—Reduce, Reuse, Recycle—call the Solid Waste Management Department at (505) 761-8100.

Recyclables are collected curb side at Albuquerque households, at recycling drop-off sites throughout the city, and at the city's Eagle Rock Convenience Center. But collection is only the first step in the recycling process. To close the loop, materials then need to be processed into a form that allows them to be converted into a reusable product.

Albuquerque's recyclables are processed for marketing and distribution at the Solid Waste Management Department's Intermediate Processing Facility (IPF). Located west of downtown Albuquerque near the Cerro Colorado Landfill, the IPF was the first of its kind in the state.

For a complete data base of all recycling locations visit New Mexico Recycling Coalition.

<http://www.cabq.gov/solidwaste/recycling>

# CITY OF ALBUQUERQUE RECYCLING RESOURCES

[www.cabq.gov](http://www.cabq.gov)

<http://www.cabq.gov/solidwaste/recycling/links>

<http://www.cabq.gov/solidwaste/facilities>

<http://www.cabq.gov/solidwaste/recycling/greenwst>

<http://www.cabq.gov/solidwaste/news/bicycle-recycling-program/>

## HOUSEHOLD HAZARDOUS WASTE

<http://www.cabq.gov/envhealth/householdwaste.html>

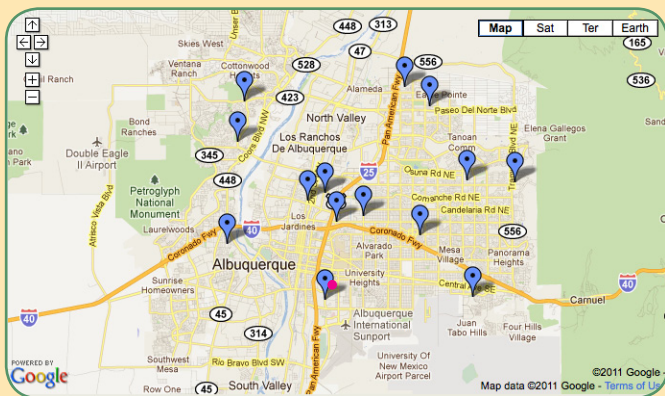
Wastes - Resource Conservation -  
Common Wastes & Materials - eCycling

<http://www.epa.gov/epawaste/conserve/materials/ecycling/donate.htm>

EPA Wastes - Hazardous Waste - Waste Types

<http://www.epa.gov/epawaste/hazard/wastetypes/listed.htm>

## DROP-OFF SITES



- UNM South 1701 University SE  
(Sunshine Terrace & University, South side of Baseball Field)

<http://www.cabq.gov/solidwaste/recycling/dropoff>

# WEB RESOURCES



The following website addresses provide valuable information for the campus community and its surrounding neighborhoods. Educational projects, resources and activities are updated weekly.

<http://sustainability.unm.edu/recycling.htm>

<http://sust.unm.edu/index.html>



(Look for these stations throughout Main and North Campus)

## ADDITIONAL INFORMATION

The following address list provided the resource information contained in this section. In addition to product description, labeling, and facility locations each source contributes in further detail how quality sustainable behavior can increase quality efforts described in the 3-R's: reduce, reuse, recycle.



FOCUS: IF YOU CARE® is committed to providing the consumer with responsible high-quality alternatives to conventional products that are safe for both the environment and human beings by using 100% unbleached or 100% recycled resources.

<http://www.ifyoucare.com/index.htm>



FOCUS: Advocate for endangered species, natural ecosystem preservation and restoration through sustainable practices.

Non-profit organization.

[www.onemoregeneration.org](http://www.onemoregeneration.org)



FOCUS: Earth911 is a privately owned, for-profit company that specializes in providing consumers with accessible and actionable recycling information across the country. The Earth911 Recycling Directory is the most accurate and comprehensive directory of its kind and contains recycling information for over 300 materials.

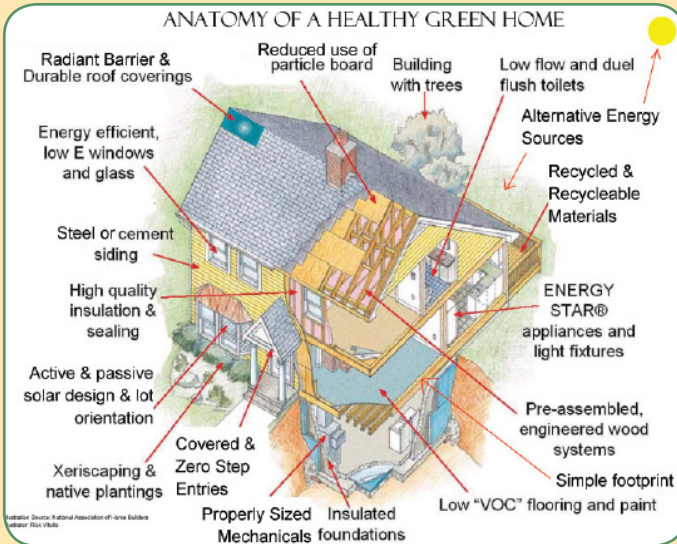
<http://earth911.com/>



Environmental Blog

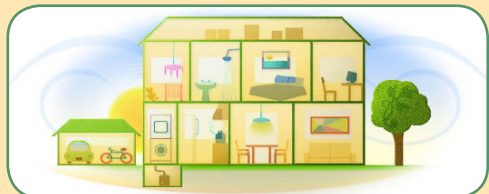
<http://dustbowl.wordpress.com/category/environment-sustainability/>

# SUSTAINABLE HOME TIPS



[http://www.newhomesdirectory.com/images/anatomy\\_of\\_a\\_green\\_home.jpg](http://www.newhomesdirectory.com/images/anatomy_of_a_green_home.jpg)

Whether you rent or own, these tips are easy and inexpensive and make a huge difference both for your wallet and for our local environment. If everyone makes some of these changes the results will be cumulative!



<http://www.greenhome.com/images/h4-notitle.jpg>

# SUSTAINABLE HOME TIPS



## Space heating and cooling

Window clear shrink film less than \$10- \$15 at your local hardware store.

In the summer, window blinds and drapery to shade your home can save about 40% of cooling costs. 'Black Out' fabric can be used to reinforce existing curtains or, on its own. \$5/yd at your local fabric store. Light colors are available but light does not pass through the material.



Plant a tree for shade in the summer. Deciduous varieties allow light in for winter warmth and fruit trees offer treats. \$20 -\$50 at your local nursery.

## Insulation

Will keep your home both warm in winter and cool in summer.

Install weather-stripping on any doors leaking air. \$5-\$10 at your local hardware store.



If you have a fireplace and don't use it often, you can cut a piece of fiberglass insulation and stuff it into the chimney to block the cold air coming through. This is easy to remove when you make a fire. \$5 - \$10



Insulate your hot water tank with an insulating blanket. \$20-\$25.



# SUSTAINABLE HOME TIPS

## WATER EFFICIENCY/RE-USE



Keep a bucket in the shower to water plants. \$5 at your local hardware store.

Look out for empty buckets at local restaurants. Ask around where they use tomato sauce, pickles or frosting. Try to reuse before you buy.

Keep a 50 gallon water barrel at downspouts for water catchment and use the water for growing vegetables. \$100 - \$130 at your local hardware store.



Make sure gutters and downspouts are clean, having no leaves. Wet leaves remaining in the gutters over winter add significant weight and volume to the gutter when frozen and increase the risk of damage.



## LANDSCAPING/GARDENING

Plant some pots with herbs to enhance home cooking.

If you have a yard, consider replacing the lawn with native grasses or gravel to reduce water consumption.



# SUSTAINABLE HOME TIPS

## ENERGY SUSTAINABILITY

Use a surge protector and flip the switch when not using connected electric items. \$10 at your local hardware store.



Unplug appliances when not in use.

Replace your old thermostat with a newer programmable one. \$25 - \$100 at your local hardware store. Instructions to install a new one can be found on YouTube.



Install a ceiling fan as an alternative to air conditioning. \$50 - \$200 at your local hardware store. Instructions for installation can be found on YouTube. (Consult with a licensed electrician for proper and safe installation)

Having lots of food in your fridge keeps it from warming up too fast when the door is open so your fridge doesn't have to work as hard to stay cool.



Line dry clothes whenever you can.



# TRANSPORTATION TIPS

## Ride your bike



If you don't currently have a bike you can request one and even help build it here: [communitybikerecycling.org](http://communitybikerecycling.org)

## Take the bus

Bus rides are free when a student ID is shown. A #12 sticker can be obtained from UNM Parking and Transportation Services in order to participate in the program.



## Get a Skateboard

## If you drive a car:

Keep air pressure in tires filled so that the engine does not have to work as hard.

Change oil and filters regularly as these actions improve fuel efficiency and reduce emissions.

Reduce idling to less than 10 seconds whenever possible or stop and start your engine for longer periods to reduce pollution.

# SMART CONSUMER

These easy tips can help to save your time, money, and environment!

Minimize consumption:

Look to use or reuse what you have first.

Purchase products made from recycled materials.

Purchase products with less packaging:  
Also check to make sure the packaging is reusable or recyclable.



Make a list:

Know exactly what you need while you're at the store. Use a cell phone note application or scrap piece of paper.



Buy local products:

If local isn't an option, look for products that were shipped shorter distances.

Bring your own reusable shopping bags to stores.

Don't buy plastic bags unless absolutely necessary:

Washable/reusable containers are a smart alternative to plastic bags. If you must use plastic bags, purchase bags that are made from recycled plastic and reuse the bags when safe.

All the above tips reduce fossil fuel consumption, CO2 emissions, and waste.

Buy from bulk bins and reuse bags or containers:

Buying from bulk bins allows you to get the exact amount needed. This saves money and cabinet space while reducing waste.



# SMART CONSUMER

Don't buy bottled water:

Instead, use reusable cups or bottles to drink home tap water from. Tap water may be better quality than the bottled water you normally purchase. In 1999, the National Resources Defense Council (NRDC) published the results of a four-year study in which researchers tested more than 1,000 samples of 103 brands of bottled water. These researchers found that close to one-third of the waters tested contained levels of contamination. When bottled waters are covered by the FDA's rules, they are subject to less rigorous testing and purity standards than those that apply to city tap water. For example, bottled water is required to be tested less frequently for bacteria and chemical contaminants than city tap water. Contrary to tap water rules, bottled water rules allow for some contamination by E. coli or fecal coliform (which indicate possible contamination with fecal matter). Similarly, there are no requirements for bottled water to be disinfected or tested for parasites such as cryptosporidium or giardia, unlike the rules for big city tap water systems that use surface water sources. [1]

Reduces fossil fuel consumption, CO2 emissions, and waste.



1 "Summary Findings of NRDC's 1999 Bottled Water Report." Natural Resources Defense Council – The Earth's Best Defense. Natural Resources Defense Council Mag., 29 Apr. 1999. Web. 15 Nov. 2011.

## SMART PRODUCTS

All of these sustainable products can be found locally in the Albuquerque area.

**CFL Light Bulbs:** Use “soft white” to replace the standard incandescent bulb. Compact fluorescent light bulbs may be a little more expensive to purchase than incandescent bulbs. However, these bulbs use typically one fifth of the energy to produce the same amount of light and last six to ten times longer. That means you’re actually saving a lot of money and using less energy. Like all fluorescent lamps, CFLs contain a small amount of mercury, which complicates their disposal.



### Recycling:

Home Depot and select Wal-Mart stores recycle CFL bulbs for free. These local businesses also recycle CFL bulbs:

Rinchem Company, Inc  
6133 Edith Blvd. NE  
(505) 345-1650

Albuquerque Lighting Company  
2100 Osuna Rd. NE  
(505) 345-2727

**Whoops, I broke one:** Do not use a vacuum or broom. Open the window. Carefully scoop the fragments and powder with a stiff piece of paper into a sealed bag. Put everything used to scoop and clean, along with the first sealed bag of fragments and powder, into another sealed bag. Put the sealed bag into an outside trash bin. Keep the window open for at least 15 minutes to be safe. [2] For full details on proper mercury cleanup, please check the EPA’s website on mercury releases and spills:

<http://www.epa.gov/mercury/spills/index.htm>

*CFLs save consumers money by lasting longer and lowering energy bills. As a result, they reduce fossil fuel consumption, CO2 emissions, and waste.*

2 “Safe Use and Proper Disposal of CFLs.” PNM: Electricity Utility Power Company in Albuquerque, Santa Fe, New Mexico; Public Service Company of New Mexico. PNM. Web. 15 Nov. 2011.

# SMART PRODUCTS

## Reusable + Biodegradable Cloths:

Using reusable materials will save a lot of money and reduces the amount of trips you make to the store. Instead of using paper towels, try reusable and biodegradable cloths. These durable cloths can be used to wipe tables and counter tops or to clean up spills, but may be washed and reused. They will dry out after getting wet and are made of biodegradable materials so they will not take up space in landfills or contribute to deforestation.

*Saves money by lasting much longer than a paper towel.*

*Reduces fossil fuel consumption, CO2 emissions, and waste.*



Low-Flow Shower Heads: Replacing your existing shower head with a low flow shower head can save a lot of money. Not only do these shower heads reduce the amount of water coming out of them, but some have a button that may be pressed to limit flow even more while you scrub or put shampoo and conditioner in your hair.

*Saves money by lowering your water and/or gas bills.*

*Reduces fossil fuel consumption, CO2 emissions, and water use.*



# SMART PRODUCTS

Organic, Eco-friendly cosmetics and personal care products: When thinking of items that one would not want to include harmful chemicals, most think about what they eat and ignore what goes on their skin and gets washed away every time they bathe. This database has information on many cosmetics/personal care products and the possible risks associated with them. The site allows you to click on the type of item you are looking to purchase and see what brands have the lowest hazard.

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

*Reduces chemical hazards both personally and in the waste stream that affects everything on the planet.*



Stainless Steel/Glass Water Bottles: Carrying a reusable bottle can save you from having to stop places to purchase a drink. You can fill it up at water fountains or local restaurants that have a self-service soda fountain.

*Reduces fossil fuel consumption, CO2 emissions, and waste.*



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