

**Forest Ridge**

**Elementary**

**presents:**

Be An Earth  
Friendly  
Shopper

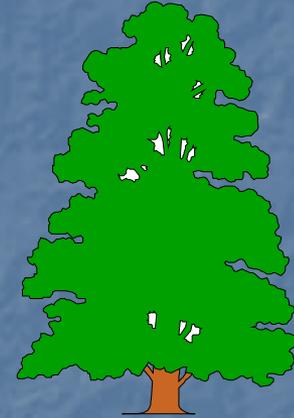




What is  
EARTH FRIENDLY  
SHOPPING ?

Why should we think about  
the earth as we shop for  
items?

# Earth Friendly Shopping REDUCES the use of our natural resources



# Earth Friendly Shopping REDUCES the waste stream



Following are some EARTH  
FRIENDLY considerations:



Avoid impulse buying  
Buy only what you NEED

*“Is this an item I could borrow  
or rent instead of purchasing?”*



Buy in bulk to avoid waste in over packaging of multiple, small quantity items.



Try to buy items that can be recycled, including the packaging.



Purchase products that are made from *post consumer recycled content*. That means they are made from materials that have been recycled. This reduces the amount of additional natural resources used to make or package the item. This is called "closing the loop".

Look for these signs:



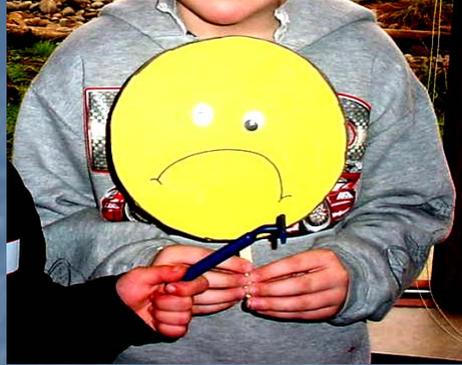
**Recyclable**



**Made from  
Recycled material**



Avoid single-use disposable items.



Is there a REUSABLE alternative?



If you must buy disposables, choose items that are recyclable.

Aluminum and glass  
are 98% recyclable.  
Using items packaged  
in either of these  
materials  
significantly  
**REDUCES**

the amount of natural  
resources used to  
create new product  
packaging from raw  
materials.

Please continue the  
recycle loop by  
reusing or placing  
them in your  
recycling bin after  
use.

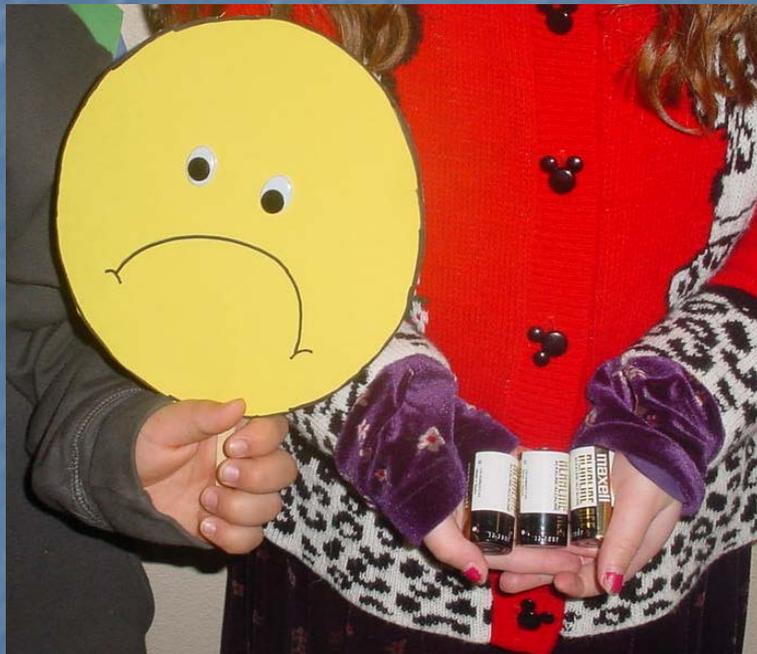


Consider the *quality* of the item.

Will it be *durable* or will it need to be replaced soon?

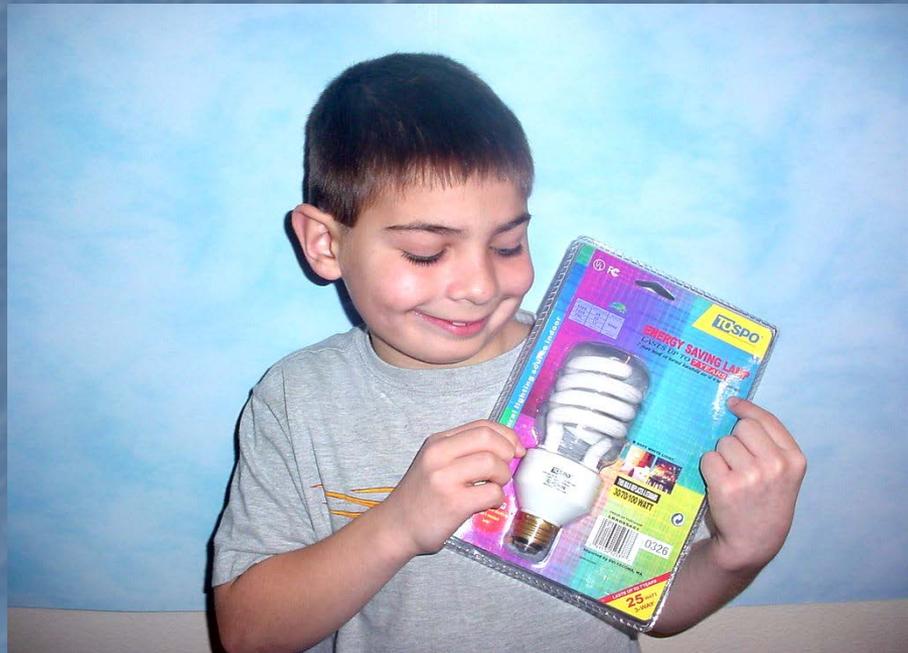


Use rechargeable batteries/dry cells.  
Use solar powered alternatives when possible.



Buy energy saving,  
long lasting  
light bulbs.

They save energy  
and \$'s over time.



Purchase organically grown foods, this reduces pesticides, herbicides and other chemicals that wash into our watersheds.



Choose pump sprays instead of aerosol cans.

This helps protect our ozone layer.



# Buy LOCAL

- Purchasing locally made or grown products reduces transportation costs and carbon emissions into the atmosphere which contribute to global warming.



# Purchase beef grown in a sustainable manner

- There are many environmental costs of raising beef for food. Sustainable ranchers avoid harmful chemicals such as herbicides, pesticides and fertilizers are used in growing feed crops for beef. Cattle not properly restrained by fencing can cause great damage to watersheds. Ranchers using sustainable practices take care to prevent this from occurring.

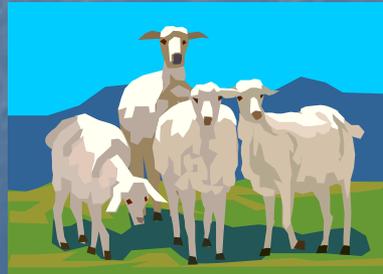


# Become Informed About the Treatment of Animals

Read the label on products you buy that are made from animals.

Were the animals treated humanely?

Were artificial hormones or chemicals given to them such as rBGH?



# Choose alternatives to polystyrene (Styrofoam) in packaging.



Even though the tray or fast food box may carry the recycle symbol, gases harmful to the ozone are released during the recycling process.



Buy "old fashioned" cleaners like soda, borax, lemon and vinegar instead of cleaners with harmful chemicals.

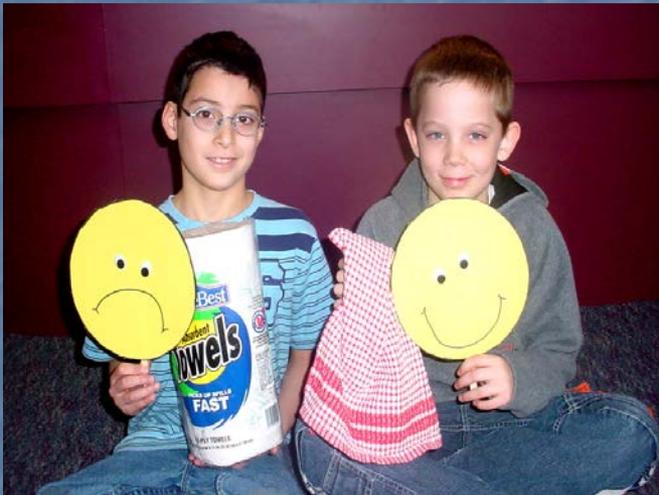


Avoid detergents or  
cleaners containing  
phosphates.

Buy vegetable based  
soaps instead.



Use cloth that can be washed and REUSED instead of paper towels and one-wipe, throw away cleaners.





Choose cloth diapers  
instead of disposable diapers.

Use  
REUSABLE bags  
instead of  
plastic or paper  
when transporting  
purchases.



Use REUSABLE  
lunchbags  
or boxes when  
packing your  
lunch.



We hope you will join our efforts to **REDUCE** our waste stream and *conserve* our natural resources by becoming an



**EARTH FRIENDLY SHOPPER!!!**

We HOPE you will . . .

H elp

O ur

P lanet

E arth!

*Thank you to student representatives from B-1, C-6 and A-3:*

*Elizabeth*

*Jaime*

*Garrett*

*Bonnie*

*Christian*

*Alex*

*and special thanks to Sam for his assistance with this slide show.*

*For further information please contact*

*Forest Ridge Elementary*

*503.399.5548*

*Laurie Aguirre*

*[aguirre\\_laurie@salkeiz.k12.or.us](mailto:aguirre_laurie@salkeiz.k12.or.us)*