

ENVIRONMENTAL HEALTH

*"The land is being desecrated by the thoughtless waste of vital resources. You must obey my commandments and be in the forefront of those who would mediate this needless destruction while there is yet day,"
Doctrine & Covenants 150:7, W. Wallace Smith, 1972.*

Today the catch-phrase is "Going Green" but caring for our earth has been a dominant theme for Community of Christ for a long time.

Green products are environmentally and socially responsible. They are made without toxic chemicals and with recycled or organic products. Producers and consumers of green products have a sense of accountability to places that provide them and the people who inhabit those places.

Green Products Categories:

- Personal Products (clothing, cosmetics, bedding)
- Home (appliances, furniture, kitchen and garden)
- Electronics (computers)
- Food and Drink
- Automobiles and Travel

Recycle Recycle Recycle

- 40% of an average aluminum can is recycled
- 40 million replacement PCs entered the secondary market from United States businesses in 2007.
- Dell is powering its Twin Falls, Idaho, facility with 100 percent green power, 97 percent of which is wind power and three percent solar.

Provided by Community of Christ Health Ministries Association
www.HMACofChrist.org 816-833-1000 ext. 1262

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10 Ways to Live Greener Today

1. Get a High-Efficiency Showerhead

A high-efficiency showerhead saves up to 3,000 gallons of water per person per year and saves \$50 of energy costs.

2. Recycle Water in Your Bathroom

Reuse sink water for flushing your toilet or fill a bucket with the cold water that comes out before the hot water to water your plants.

3. Compost- Use a composter to turn your food and lawn wastes into rich mulch.

4. Purchase Green Power from Your Utility

Show utility executives and government officials that we need more investment in renewable energy projects.

5. Improve the Efficiency of Your Hot Water Heater

Reduce the temperature of your hot water heater to 120 degrees, wrap it in a water heater insulating blanket and insulate the first 3 to 6 feet of hot and cold water pipes.

6. Use High-Efficiency Outdoor Lighting

Replace those floodlights with compact-fluorescent versions — they're just as bright and use 1/4 the energy.

7. Replace High-Use Indoor Lights with Compact Fluorescents or LEDs

Today's compact fluorescent bulbs are better than ever.

8. Load Up the Washing Machines

Make sure you run dishwashers and clothes washers only when they're full.

9. Drive Smarter

Hybrids, biodiesels, electric! Simple changes in our existing driving habits can improve fuel efficiency by up to 25%.

10. Avoid the Daily Waste of Fast Food and Shopping

Use reusable shopping bags whenever you go to the store.

Sources: www.ecologue.com, www.americanrecycler.com

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