



Non-Toxic Munchkin's

ECO LIVING STARTER GUIDE

2020

HERE IS THE REALITY: THE 2020'S HAVE TO BE THE DECADE OF THE PLANET. THIS MEANS MUCH MORE THAN FEELING GOOD ABOUT CARRYING A REUSABLE WATER BOTTLE OR A REUSABLE BAG EVERY NOW AND THEN- BECAUSE THAT IS NOT ENOUGH. IF WE REALLY WANT TO MAKE AN IMPACT, 2020 NEEDS TO BRING A LIFESTYLE CHANGE FOR ALL OF US.

*Convenience cannot come first.
The planet needs to come
first.*

I UNDERSTAND THAT A LIFESTYLE CHANGE AS BIG AS THIS CAN SEEM OVERWHELMING, BUT , FEAR NOT, IT DOES NOT HAVE TO BE DIFFICULT NOR OVERWHELMING. THIS IS WHY I MADE THIS ECO LIVING STARTER GUIDE... I CREATED IT FOR MY FAMILY AND WANTED TO SHARE IT WITH YOU. I HOPE YOU GET INSPIRED BY IT AND JOIN ME IN THIS JOURNEY TO HELP OUR PLANET.

LET'S DO THIS TOGETHER!
AFTER ALL, PLANET EARTH IS OUR ONLY HOME.



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THE FOOD WE EAT CAN HAVE MAJOR IMPLICATIONS FOR THE HEALTH OF THE PLANET:

- The way it grows, or is raised, can lead to deforestation, degradation of the soil and emit green house gasses
- Packaging contributes to your exposure to plastic phthalate chemicals and contributes to microplastic pollution in the oceans, in animals, in land and even the air we breathe
- Food waste- when sent to the landfill- produces methane, a greenhouse gas that is at least 28 times more potent than carbon dioxide. According to the Washington Post " 30 % of food is wasted globally, contributing 8 % of total global greenhouse gas emissions. If food waste were a country, it would come in third after the United States and China in terms of impact on global warming."

HERE IS WHAT YOU CAN DO:



1

EAT LESS MEAT

- The meat industry is responsible for more greenhouse emissions than even the biggest oil companies! It is also largely responsible for deforestation (especially in the Amazon).
- Committing to eating less meat - at least 50% vegetarian (3-4 days a week) can have a great impact on the planet. If you feel extra committed consider going vegetarian.
- Not sure what you can eat instead?: Some sample meal ideas include: pasta, beans, stir fry, ratatouille, soups, vegetarian chili, rice or quinoa bowls with hearty baked vegetables.



2

PAY ATTENTION TO FOOD PACKAGING

- At the grocery store avoid plastic packaged foods and produce. Instead choose: glass for mustard, ketchup, soups, milk, yogurt, nut butters. Bring containers for fresh poultry
- Avoid plastic produce bags: BYO canvas reusable produce bags or don't use anything at all.
- When possible buy from the bulk bins and bring your reusable containers/bags



3

COMPOST FOOD WASTE

- When food scraps are sent to landfill they rot and emit ethanol. If food waste were a country, it would come in 3rd after the US and China in terms of impact on global warming.
- Most municipal garbage services are equipped to - at least partially- compost food waste. Find out if you can send food scraps to be composted via your trash bin! In LA the green bin can accept raw fruits and vegetables (nothing cooked though and no protein).
- Take a composting class and compost at home! Not only will you be helping the planet but, if you have a lawn, compost can be used as an amazing fertilizer.

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PART II: HOME

1

TURN THE LIGHTS OFF



- I am sure your parents reminded you to turn the lights of when you were growing up- but now, more than ever, this is important. About 15% of global power usage are lights.
- From now on turn the light off in any room where you are not located and , similarly, turn the tv and other electronics not in use off.

2

TAKE A CLOSER LOOK AT YOUR CLOSET



- Avoid fast fashion: that is, quick and cheap clothing that we buy because it is in style but it is made of cheap synthetic materials and quickly falls apart or ends up thrown away . Instead invest in fewer, higher quality items
- Look for clothing made of organic cotton (or recycled)
- Consider buying second hand - especially for kids- or clothes renting services.

3

RETHINK YOUR PERSONAL CARE PRODUCTS



- Product packaging: pay attention to packaging of beauty products, deodorants, shampoos, etc. When possible choose glass or steel containers. Search for zero waste stores in your community that allow you to refill shampoo and personal care products into reusable containers.
- Soap- choose solid bars instead of liquid body wash in plastic containers
- Dental health: One billion plastic toothbrushes are thrown away every year in the United States choose bamboo or recycled plastic toothbrushes
- Shaving: do not buy disposable razors instead buy a reusable one
- Q- tips: Are actually being banned in the UK by April 2020. Don't use them- doctors do not recommend them anyway.
- Female hygiene products: Switch from plastic tampons and pads to organic cotton, plastic-free, tampons and pads and consider trying out a food grade silicone menstrual cup

4

SWITCH TO RENEWABLE ENERGY



- After transportation, one of the biggest parts of our carbon footprint is home energy use.
- switching to renewable and clean energy sources goes a huge way in helping the planet
- Over 600 utilities in the US offer customers the option to choose green power from renewables like wind and solar. Contact your utility and ask!
- If your utility doesn't offer a green power option, consider a renewable energy certificate (REC) provider
- Lastly, community solar projects. This is when a company or a community come together to purchase or develop a solar farm in a site other than where they live. Different options exist, with some community solar projects offering the chance to purchase or finance a set of panels roughly equivalent to a user's needs.

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WHILE ON THE GO, THE KEY TO BEING SUSTAINABLE AND KIND TO THE PLANET IS ALL ABOUT BEING ORGANIZED AND HAVING YOUR REUSABLE PLASTIC ALTERNATIVES HANDY.

HERE IS WHAT YOU CAN DO:



1 ALWAYS CARRY YOUR REUSABLE WATER BOTTLE

One MILLION plastic bottles are purchased every minute in the world... and then they are discarded. The only way to avoid millions of plastic bottles going to the landfill for hundreds of years is bringing your own reusable bottle.

- Search for bottles made with stainless steel or glass- ideally without any plastic parts

2 CREATE & CARRY YOUR OWN ECO KIT

For me, its like an earthquake kit we carry around in our car, diaper bag or purse; it just means you are always prepared.



The reason this is so helpful is that we often decide, on a whim, to stop by the grocery store or pharmacy - having your eco kit 'live' in your car/purse/stroller allows you to always be ready to avoid plastic and single use items. My eco kit usually contains:

- reusable bags we use in ALL stores; grocery, pharmacy, target, fashion etc
- reusable bulk bin & produce bags
- reusable cutlery: for when you eat out
- reusable coffee cup: Aprox 600 billion coffee cups are thrown out every year (That's 600 billion plastic lids and 600 billion cups) none of which can be recycled.
- backup reusable water bottle: for those days you- you know- forget to bring your main one with you
- reusable straws



3 DRIVE LESS

Single cars account for 64% of oil use, 27% of energy used and 23% of world energy related greenhouse gas emissions.

- Take public transit, walk or ride your bike as often as you can. Teach children to enjoy the added activity!