

GREEN TEEN

SURVIVAL GUIDE



SHOP FOR THE ENVIRONMENT!

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A Better Earth Through Green Shopping

- ♻️ Improve personal health.
- ♻️ Reduce pollution and toxins.
- ♻️ Reduce, reuse and recycle waste.
- ♻️ Save forests, oceans, natural resources and wildlife.
- ♻️ Encourage better business practices.
- ♻️ Prevent more land from ruining by resource extraction.
- ♻️ Save energy.
- ♻️ Slow climate change and loss of the ozone layer.

***READ ON TO FIND OUT HOW YOU CAN HELP.**

About The CCSWD

The Cuyahoga County Solid Waste District was established in 1989 following the passage of H.B. 592 in 1988. The District's mission is to provide all those who live and work in Cuyahoga County with a cost-effective and environmentally safe solid waste management system.

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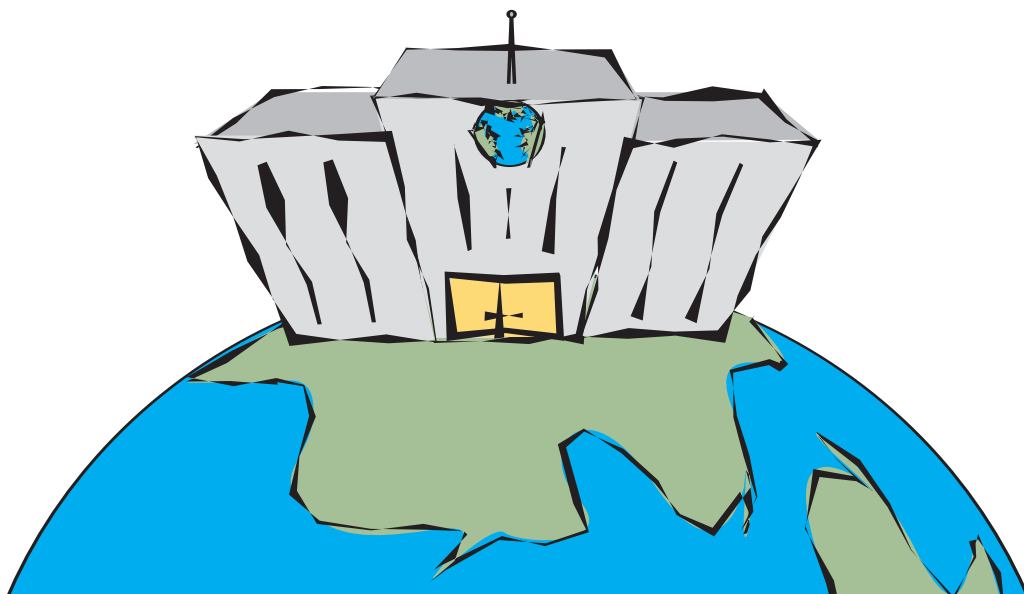
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BE COOL & EARTH SAVVY!

Being cool takes extra time and so does finding merchandise that is “green.” Green is a color, but it is a term for environmentally friendly products. Green products can be made from natural ingredients or recycled content materials. Products that do not contain toxic chemicals or generate a toxic waste product during manufacturing are green too.

Green products may not be the cheapest items, but you are lessening your impact on the earth. Buying a green product means less overall cost to the earth, which starts with obtaining a natural resource to manufacturing, packaging and transporting the product to the store. Make the choice to be trendy and environmentally friendly.

Green Product Rules

Being green does rule. Ok. No matter where people go, there are rules to follow. Becoming more green means attempting to follow at least some of the rules.

- ♻ Practice ways to reduce trash and if you generate trash, then reuse it.
- ♻ Take care of what you own now, so maintain and repair them.
- ♻ Buy durable or built to last products.
- ♻ Buy products made from recycled content to promote recycling and use less virgin natural resources.
- ♻ Buy products made from natural or non-toxic materials.
- ♻ Buy local to support your local manufacturers, artists, farmers or businesses.
- ♻ It reduces energy consumption required when goods are transported far distances.
- ♻ Buy products that do not contain ingredients that harmed animals.
- ♻ Buy products that use minimum packaging. Less packaging means less trash being buried.
- ♻ Buy bottles or containers that can be refilled, reused, or recycled.
- ♻ Buy energy efficient products, so go solar or look for the “Energy Star” logo.
- ♻ Look for a green label and read to figure out that it is really environmentally friendly. Get smart on what labels mean by visiting Consumers Union’s Eco-labels at: www.eco-labels.org.

Green Product Resources

Local stores may carry a variety of green merchandise such as clothing, accessories, personal care products and school type supplies.

MUSTARD SEED MARKET

6025 Kruse Dr., Solon

NATURE’S BIN

18120 Sloane Ave., Lakewood

CLEVELAND FOOD CO-OP

11702 Euclid Ave., Cleveland

WEB OF LIFE NATURAL FOOD MARKET

25923 Detroit Rd., Cleveland

WILD OATS MARKET

27249 Chagrin Blvd., Beachwood

Also, green products can be found online, so shop 24 hours a day.





www.abundantearth.com
www.galam.com
www.mamasearth.com
www.ecochoices.com
www.naturallyhome.com
www.greenpeople.com
www.greenhome.com



CLOTHING ADVICE




Something Old

What went out of style when your parents were younger eventually is back in style. Of course, classic clothes are never out of style like comfortable worn blue jeans.

-  Shop Vintage. Vintage clothing that was sewed well can last long after today's cheaper, less durable clothing falls apart. Trendy vintage stores may be pricey, but it is worth it.
-  If you are really into the hunt, then shop at resale shops and donation centers to find a unique style.
-  Comfortable clothing can come from the hand-me-downs or trading clothing with friends. Mix and match to make your own style.
-  Contribute to the cause by trading, donating or selling your unwanted clothes. If nothing else, then begging and borrowing from family and friends will allow you to expand your wardrobe without wrecking your wallet.

Something New

Buying new can be necessary. Look for clothing made out of natural fibers such as wool, silk, linen, hemp or organic cotton. Natural fibers can be found in shirts to swim wear to shoes. Natural fibers are created from renewable resources such as sheep's wool and cotton plants instead of polyester or rayon. Synthetic fibers are made from petroleum, a nonrenewable resource. Natural fibers have simple and cost effective washing instructions. They can be washed in cold water and hung to dry, which saves the cost of heating the water, running the machine and dry cleaning.

-  Avoid the tags that read dry clean only. Many toxic chemicals are used to dry clean clothes.
-  Ramatex, Earth Ragz and Eco yarn are clothes made from 100% post consumer recycled fibers where the cotton scraps are sorted and used again. Ecospun is a combination of half recycled cotton scraps and half recycled plastic soda pop bottles. It is just as soft as other cotton shirts, but more water resistant. Recycled plastic bottles may be found in some fleece like the line produced by Patagonia.
-  Do not forget to arm yourself with your own shopping bag. Make sure you reuse or recycle the packing materials, especially the cardboard boxes from online shopping.

Clothing Resources

Let your fingers do the walking in the local and regional yellow pages under resale and vintage shops. Locate stores that sell clothing lines made from natural or recycled content fibers. For example, Lion and Blue in Lakewood sells the Earth Ragz line. Green manufactures should have websites to either sell their products online or list where their products are sold locally.

Local Organic Cotton Fashions

ESPERANZA THREADS

1160 Broadway Ave., Bedford
www.esparanzathreads.com

Local Teen Resale Shops

PLATO'S CLOSET

4636 Great Blvd., North Olmstead
 15205 Pearl Rd., Strongsville

Clothing Online

www.ecoAmerica.com
www.coolnotcruel.com
www.patagonia.com
www.underthecanopy.com
www.earthfashions.com
www.ecogoods.com



ACCESSORIES & GIFTS

Accessories

Accent your style and show off your outfit with a vintage piece or a new unique accessory. Unique creations can be hand made, found at resale and vintage shops or bought new at specialty stores. Creativity counts here.

Turn heads when:

- Wearing recycled glass jewelry.
- Holding up your pants with a recycled rubber belt or a seat belt decorated with pop bottle tops.
- Carrying an used license plate purse made with hub caps and a recycled rubber strap.
- Carrying your keys with bike chain key chain.
- Opening a computer circuit board CD holder to listen to music.
- Flashing a wallet, purse or backpack made from natural hemp or recycled rubber.

Remember to donate your unwanted accessories to make some cash with a garage or yard sale.

Gifts

Give an interesting gift:

- Recycle content gifts like the trendy accessories, ornatural gifts like a cinnamon bark box, or solar powered radio to keep you off the grid.
- Try not to give garbage with a gift.
- Buy a present with less packaging or be creative when wrapping it.

Accessories & Gifts Resources

It is easier to find unique items online and email the manufacturer to find out where products are sold locally.

Accessories & Gifts Online

www.eco-artware.com
www.greenglassusa.com
www.littleearth.com
www.corrugatedart.com
www.resourcerevival.com

Short List of Local Stores

LION AND BLUE

15106 DetroitAve., Lakewood

PASSPORT TO PERU

1806 Coventry Rd., Cleveland Hts.

TEN THOUSAND VILLAGES

19321 Detroit Rd., Rocky River

Note on: Green Lingo



Recycled Content, Organic, Durable, Green, Eco-Spun, Tencel, Eco-Fleece, Non-Toxic, Natural, Soy-Based Ink
*BEWARE...Some products may look green due to great and creative marketing schemes without really being environmentally friendly, so read labels carefully!



SCHOOL SUPPLIES

Check for the symbols on products.



When preparing for the back-to-school season, invest in better quality supplies that will last more than one year. A life time warranty or free repair guarantee from companies like Jansport will keep that backpack looking like new.

Start off the school year with recycled content products such as 100% recycled paper products (computer, art and notebook paper, folders, journals, address books and index cards). The best percentage of post-

consumer is 100%, which means all the paper came from people that recycled it. It saves the trees and forests.

- ➡ Use 100% recycled paper or any post-consumer recycled content.
- ➡ Find tree free pencils.
- ➡ Write on clipboards and draw straight lines with rulers from recycling plastic or rubber.
- ➡ Use less toxic products too.
- ➡ Use paper clips instead of adhesives.
- ➡ Write with soy based inks on chlorine-free paper.
- ➡ Use vinyl free items.
- ➡ Look for solar powered calculators or other electrical gadgets. If solar is not an option, then consider using an electronic with rechargeable batteries.
- ➡ If the homework paper did not make it on the refrigerator or the keep sake box, then recycle it.
- ➡ Use refilled toner cartridges for printers.
- ➡ Make sure to send back the empties to be refilled and reused. In some cases, groups can earn cash by recycling printer cartridges.

School Supplies Online

www.greenlinepaper.com

www.treecycle.com

www.recycleofficeproducts.com

www.newleafpaper.com



Note on: Transportation



Car pool, walk, bike, and skateboard where and when you can. If you have to go further, check out RTA for bus and rapid schedules.

PERSONAL CARE INFO

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Personal care products should make you feel clean and fresh. People apply products to skin and hair, so they should be non-toxic. Unfortunately, cosmetics are some of the harshest substances applied to our bodies.

The best thing would be to ditch the makeup and go for a natural look. Most of us are not beauty queens, so buy personal care products and cosmetics that are natural and non-toxic.

Guys are not left out in this category. Non-toxic and natural shaving creams and colognes are available for men.

Non-toxic and natural products are:

- Vegetable oil and wax mascara.
- Herbal products such as bubble bath, aftershave or face cleansers.
- Wheat based products like shampoo and shaving cream.
- Natural non glycerin soaps with wheat, goat milk or herbs.
- Natural botanical lipbalms, lip liners and lipsticks.
- Shea butter after shave moisturizer.
- Toothpaste without preservatives.
- Deodorant powder free of aluminum talc
- All-natural spray deodorant.
- Organic cotton balls.

Personal Care Resources

Local stores carry a variety of personal care products such as Nature's Bin, Mustard Seed Market, Wild Oats Market and other health stores. They sell natural and environmental friendly cosmetics, hair products and toiletries. For example, Aubrey Organics, Burt Bees, Kiss My Face, JASON and Zia are sold in natural health stores. Brands like Toms of Maine even can be found at grocery stores. Stores listed below carry green personal care items.

THE BODY SHOP

Tower City Center, Cleveland
Beachwood Place, Beachwood
Southpark Canter, Strongsville

AVEDA ENVIRONMENTAL LIFESTYLE STORES

26300 Cedar Rd., Beachwood
1032 Southpark Center, Strongsville

The Preserve is a toothbrush made from recycled plastics. A subscription will provide you with postage and packaging to recycle your old toothbrush and get a new one. Find out more on www.recycline.com. Let's not forget about the applicators and tools. Tweezerman is a sustainable company and their products can be found at beauty and drug stores.



FOOD SHOPPING

People cannot survive without food. People have choices to make here too like natural verse the processed, organic or not organic, and wasteful packaging verse recyclable packaging.

Tasty Hints:

- 🍏 Buy in bulk to avoid packaging. Re-packaging a serving size in a reusable plastic container.
- 🍏 Wash and reuse non food items such as a reusable lunch bag, Tupperware, water bottles, cloth napkin etc..
- 🍏 Buy drinks in bottles and cans that can be recycled.
- 🍏 Organic products do not use hazardous fertilizers and pesticides, which are made from petroleum. Organic product lines like Eden Foods, Horizon Organic, Pacific Bakery, Rapunzel Products, Stonyfield Farm and Natures Path can be found at specialty stores and even some grocery stores.
- 🍏 Buy local and in season at local farm markets like the Westside Market.
- 🍏 If you are already a coffee drinker, buy Equal Exchange Coffee brand or look for organic, fair trade or shade grown on the label.



Food Resources

CLEVELAND FOOD CO-OP

11702 Euclid Ave., Cleveland

COIT ROAD FARMER'S MARKET

15000 Woodworth Rd., Cleveland

MUSTARD SEED MARKET

6025 Kruse Dr., Solon

NATURE'S BIN

18120 Sloane Ave, Lakewood

VASSER HEALTH FOODS

21933 Euclid Ave., Euclid

WEB OF LIFE NATURAL FOOD MARKET

25923 Detroit Rd., Cleveland

WESTSIDE MARKET

1979 W. 25th St., Cleveland

WILD OATS MARKET

27249 Chagrin Blvd., Beachwood

Food Resources Online

www.frontiercoop.com

www.hain-celestial.com

www.organickitchen.com

www.organicvalley.com

www.chocolateber.com



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