

Consumer Corner

Little Changes, Big Difference: Tips For Living An Eco-Friendly Lifestyle

(NAPSA)—While “going green” has become a way of life for some people, for many, they want to help preserve the planet, but don’t know where to begin. Fortunately, there are lots of small, easy steps that can help the environment. Whether in the supermarket or the hardware store, there are easy ways to identify products that are better for the environment.

One way is to look for the Green-e logo, the national symbol for renewable energy excellence, featured by companies that buy certified renewable energy certificates. Renewable energy helps reduce the need for traditional sources of energy and helps reduce air pollution and greenhouse gas emissions. Spotting a Green-e logo, from the Center for Resource Solutions, on common household items, favorite foods and more means that product comes from a company that is committed to reducing its environmental impact. In turn, the easy-to-spot Green-e designation makes it simple for shoppers to make informed purchasing decisions. It might come as a welcome surprise to learn how many brands that people already know and love are doing their part to “go green.”

For example, Frito-Lay’s popular brand of SunChips multigrain snacks acquired renewable energy certificates (RECs) to match 100 percent of the electricity needed to produce the snacks in the U.S. Including the Green-e designation on the SunChips line of snacks gives the brand an opportunity to communicate its commitment to



Bright Idea: Solar panels can help reduce carbon emissions, but so can eco-shopping.

support green energy.

In addition to looking for Green-e-certified products, there are other easy ways to do your part to protect Mother Earth. Whether in search of sustainable fashion or looking for eco-friendly ways to renovate your house, consider taking some of these small steps:

- Shop for clothes made from natural or recycled fibers, like organic cotton, hemp and linen.
- Switch all the lightbulbs in your home from standard filament bulbs to compact fluorescent lightbulbs (CFLs) to reduce your energy use.
- When buying new appliances or electronics, shop for the highest energy-efficiency rating. Look for a yellow and black Energy Guide label on the product.
- Replace cleaning products with one or two all-purpose non-toxic cleansers, or use all-natural pantry items like vinegar and baking soda.

For more information about the Green-e program, visit the Green-e Web site at www.green-e.org.