



## Living the Green Life

Living Green is about making choices that are good for the environment. One of the issues discussed at the Living Green Expo\* was living a Low-Impact Lifestyle. Here are five decisions you can make which will be good for the environment *and* you.

### **1) Reduce energy use.**

- \* Use energy efficient lighting, appliance and vehicles
- \* Use the bus or light rail, and walk or carpool
- \* Insulate your home
- \* Work and play near home

### **2) Conserve and protect water**

### **3) Avoid toxins**

- \* Use non-toxic cleaning products
- \* Use low-solvent paint
- \* Eat organic foods

### **4) Reduce waste**

- \* Consider bulk purchasing
- \* Use packaging that is recyclable
- \* Use canvas shopping bags for groceries
- \* Reduce your junk [mail](#)

### **5) Buy locally**

- \* Purchase more locally-grown organic food
- \* Buy directly from farmers
- \* Shop the Farmer's Market. Minneapolis has the largest in the Midwest!

The bottom line is that we should all be thinking about our environment for the sake of our children. So...get out there and Reduce, Reuse and Recycle!

\*Note: Last year I went to the Living Green Expo held at the fair grounds in St. Paul, Minnesota. I picked up a lot of information that I consolidated for the list above. Thank you Living Green Expo.