

# Go Green While Shopping\*

\*and save Green too!



Join efforts to make Teaneck go green by signing on to our email list <http://groups.google.com/group/teaneckgreen>. You can apply to serve on a working group to help draft a sustainability plan for the town, participate in future events and show our elected officials that you support efforts to make Teaneck a sustainable community.

## WHY GO GREEN?

These tips will save you money, even hundreds of dollars, while helping make our air and water cleaner and reducing emissions that contribute to global warming.

### BAG IT

Bring your own bag(s) – the reusable bags that are sold in markets are made from recycled materials, many hold more than plastic supermarket bags, and they can be used over and over unlike plastic and paper bags that end up in landfills or our oceans. Most supermarkets give you a discount for using your own bags – so after a few trips they have paid for themselves.

### PRINT IT

Use 100% post-consumer recycled, chlorine-free paper in your printer.

### STOP IT

Put a stop to unsolicited mail – sign up online to opt out of pre-screened credit card offers:

[www.optoutprescreen.com](http://www.optoutprescreen.com)

### FREE IT

Why buy it when you can get it free? Use the online Teaneck Freecycle, borrow from the library instead of buying, share with your neighbors!

## Be a Locavore

Buying local produce reduces the amount of fossil fuels required for the transportation of products from other parts of the country or the world. It also reduces the amount of plastic and paper products consumed in the packaging of such far-traveling products. Local produce is also fresher and you are supporting local farmers.

Shop a local greenmarket (Teaneck and surrounding communities have weekly markets during the growing season).

Consider joining a community supported agriculture program (the closest one is currently in Tenafly at the JCC or you can start a new one).

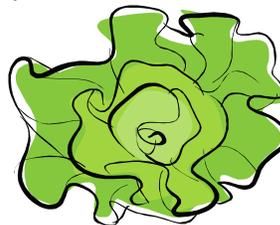
Look for pasture (grass) fed and finished meats,



cage-free and organic poultry and eggs.

### It's not just food...

Buying local reduces consumption of valuable natural resources. Avoid items made or shipped from farther than a few hundred miles when possible.



## For More Information:

*Teaneck Farmers Market*

Thursdays Noon-6 in the Garrison Ave/Beverly Road Parking Lot

*Community Supported Agriculture*

[www.localharvest.org/csa](http://www.localharvest.org/csa)

*JerseyFresh*

[www.nj.gov/jerseyfresh/](http://www.nj.gov/jerseyfresh/)

*NJ Organic Farms*

[www.nofanj.org/cof.htm](http://www.nofanj.org/cof.htm)

## Buy Sustainable Products

Look for one of the following symbols on items you purchase – from cleaning products to paper, from appliances to carpet. You rarely pay a premium and you are doing your part for the planet.



## Better Indoor Air

Improve your indoor air quality by switching to products that don't give off "volatile organic compounds" (VOCs).

Some common low-VOC or no-VOC products include:

Paint: Low or zero-VOC paint is available from most major paint brands at local retailers and home centers, cleaning products.

Low-VOC cleaning alternatives are available for sale, or you can save lots of money and make your own VOC-free cleaning products using simple household materials like baking soda, vinegar and borax.

Learn how at:  
[www.worldwatch.org/node/1484](http://www.worldwatch.org/node/1484)



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## Building or Remodeling?

If you are building or remodeling, insist that your architect and contractor go sustainable following LEED guidelines from the US Green Building Council.

Even if you don't get LEED certified (which can add costs to your budget) your project can still benefit from using green materials. The great news is that most will not add substantially or even at all

to your budget and in the end you will save big through lower energy bills and have a healthier home.

Green building materials include FSC-certified sustainably forested lumber, low-emission flooring (CRI-Plus certified carpets, SCS certified flooring, linoleum, bamboo, locally harvested FSC wood floors), no-added formaldehyde

products (plywood, engineered wood, particle board, MDF and insulation), VOC-free paints and adhesives, permeable concrete, countertops made with recycled glass, concrete and paper, asphalt and paving blocks, reducing construction and demolition waste, and more.

Find out more at  
[www.usgbc.org](http://www.usgbc.org)

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