

Greening Your Family



*A Reference
Guide to
Safe Food,
Personal Care, &
Cleaning Products*



by LINDSEY CARMICHAEL, MPH

Greening Your Family Greening Your Family

Clifford Lane



Greening Your Family Greening Your Family:

Greening Your Family Lindsey Carmichael, 2009 Discusses the potentially toxic chemicals found in everyday consumer products and offers recommendations on environmentally friendly products to use at home **The Mom's Guide to Growing Your Family Green** Terra Wellington, 2025-09-23 With the multitude of green choices available how can moms determine what will be best for their families and the environment Terra Wellington has the answers This user friendly and invaluable resource is packed with hundreds of easy green how tos including Shopping Get the most bang for your buck by purchasing organic foods that would otherwise have high pesticide residue like apples grapes green peppers peaches and pears Kitchen Save money and water by scraping not rinsing dishes before putting them in the dishwasher Today's models are so efficient that rinsing is not necessary Home office Screensavers don't save energy Instead have the computer switch to sleep mode when idle **Green Your Home All in One For Dummies** Yvonne Jeffery, Liz Barclay, Michael Grosvenor, Elizabeth B. Goldsmith, Betsy Sheldon, Eric Corey Freed, Rik DeGunther, Ann Whitman, National Gardening Association, Owen E. Dell, 2009-01-06 *Green Your Home All in One For Dummies* empowers readers to make ecologically friendly improvements to each and every area of their home At 29.99 and 696 pages this package is a real value and a true source book for readers looking for a substantial breadth of information and solutions yet unwilling to invest in four five or six books on the wide range of content that they seek *Greening Your Small Business* Jennifer Kaplan, 2009-11-03 The ultimate resource for small business owners who want to go green without going broke *Greening Your Small Business* is the definitive resource for those who want their small businesses to be cutting edge competitive profitable and eco conscious Filled with stories from small business owners of all stripes *Greening Your Small Business* addresses every aspect of going green from basics such as recycling reducing waste energy efficiency and reducing the IT footprint to more in depth concerns such as green marketing and communications green business travel and green employee benefits For companies too small to hire consultants to draft and implement green policies and practices this guide is designed for easy use featuring Simple ways to make the workplace greener Two plans of action for going green divided into two levels Definitions for green terminology and jargon **Your Green Abode** Tara Rae Miner, 2010-09-27 A down to earth guide to giving your home condo or apartment an eco makeover **Get Green!** Ann Marie Todd, 2008-11-07 Do you need to improve your study skills Or learn how to manage your money Maybe you'd like to know how to be a great babysitter or a poised and perfect public speaker Life Skills is here to help Packed with expert advice valuable tips and real life case studies this series encourages the development of a wide range of practical and personal skills that will help you to move confidently into the adult world *Get Green* discusses the pressures humans are putting on our planet and the simple things we can do to reduce our impact on the environment Bursting with practical tips and ideas for saving energy conserving water and reducing waste this book will inspire you to take action It also demonstrates how individual changes can have dramatic results Book jacket *Green*

Mama Manda Aufochs Gillespie,2014-06-14 From detoxifying the nursery to choosing healthy food and skincare options Green Mama helps parents make the best decisions for protecting their children as well as the environment [The Complete Idiot's Guide to Green Cleaning, 2nd Edition](#) Linda Formichelli,Mary Findley,2009-03-03 Become a green cleaning machine Fully updated and revised to focus on cleaning the green way naturally with no chemicals this guide takes readers room by room teaching them how to clean thoroughly efficiently and in an environmentally sound way New and expanded coverage includes info on making small changes that have a huge impact on cleaning difficult areas green ifying personal care products and more Provides specific cleaning hints and teaches how to clean quickly and efficiently Uses only common ingredients but also provides suggestions for alternatives that readers might like better *Green Your Home* Jeanne Roberts,2008 Teaches you how to use earth friendly materials to build or upgrade your home BOOK JACKET **Green Mama** Tracey Bianchi,2010-02-05 Moms today are busier than ever Taking care of the planet sounds like a great idea but in the midst of taking care of your kids it becomes just one more thing to feel guilty about not doing Tracey Bianchi knows what it s like to live in the middle of suburbia with a to do list too long to write down In this Green Mama Ebook she brings green living within reach for every overtired overstressed and overwhelmed mom Her practical suggestions help moms like you make environmentally wise choices at the grocery store schoolyard and kitchen table while keeping an eye on the kids and the budget With creative tips tricks and resources she shares her stories of successes and failures in saving the planet and inspiring her kids to love God s world Moms need a resource like Green Mama to remind them that green living is not another chore but an invitation to a creative partnership with God As Bianchi enthusiastically tells you green living is more than a trend it is God s beautiful plan for the planet and for your life This book and its contents are not authorized endorsed sponsored or approved by The Green Mama LLC **Green Enough** Leah Segedie,2018-03-20 A real no holds barred take on making smart healthy choices for you and your family In Green Enough Mamavation blogger Leah Segedie uncovers the truth behind the food and household products that are misleadingly labeled all natural and healthy but are actually filled with chemicals and toxins From furniture to packaged food Leah guides you through detoxifying your home diet and lifestyle showing you how to make the best choices possible She exposes the brands and products that contain toxic and hormone disrupting ingredients and gives guidelines on choosing safer products and organic produce that are free from toxic and persistent pesticides She instructs you on making the move to meat dairy and eggs that are free of antibiotics GMOs growth hormones and dangerous pathogens She explains at what phases of childhood children are the most vulnerable and need more protection And she includes delicious and kid approved recipes to help you detoxify your cooking routine It s not about being perfect or 100% clean none of us are it s about being green enough *The Green Teen* Jenn Savedge,2009-05-01 Jenn Savedge s book is packed with tips that teens can easily do to green up the world that they inhabit There are also a few more challenging actions like starting a school recycling program for those ready to take their environmentalism up a notch Jenn

has done an impressive job creating a straightforward well organized reference book full of tips resources and advice for eco friendly teens She not only explains the how s of going green she explains the why s too and helps teens to understand the importance of the part they can play in caring for the planet Robin Shreeves Mother Nature Network Today s teenagers are standing at the crossroads of environmental history Global warming will fundamentally change the world as they know it within their lifetime But how to keep their healthy environmental awareness from becoming environmental anxiety The secret is to provide them with education and tools for positive action Written in easily accessible language The Green Teen combines simple and quick eco friendly tips interviews with green teens ideas for organizing and communicating environmental change and a host of resources in a handy grab and go format Teens will learn How the choices they make each day impact the environment How to fit eco friendly decisions into their tight schedules and budgets How to effectively get today s decision makers involved in environmental stewardship Teens want to learn how to minimize their environmental impact at home at school and in their communities and get their concerns recognized by school officials politicians media and even their own parents The Green Teen is the book that will help them do it and it is also a must read for parents grandparents teachers and school administrators who want to help the next generation make environmentally responsible choices Jenn Savedge is the author of The Green Parent A Kid Friendly Guide to Earth Friendly Living an avid environmentalist and a recognized authority and frequent speaker on reducing the environmental impact of the family Her articles have appeared in national print and on line media www.thegreenparent.com *Your Green Family Blueprint* Tracy Lydiatt,2010 **Green Christmas** Jennifer Basye Sander,Peter Sander,Anne Basye,2008-09-17 As green awareness spreads over middle America more and more people want to have a fun environmentally responsible holiday Green Christmas shows how to enjoy the Christmas season while leaving a smaller carbon footprint Readers will learn how to do the following choose between a real tree and an artificial one find alternatives to holiday cards avoid the holiday catalog crunch find or make gifts that are green or teach green have warm cozy green fires create eco responsible lighting displays and more Readers can have a great holiday celebration while caring for the planet and setting a great example for generations to come

Building the Green Economy Kevin Danaher,Shannon Biggs,Jason Mark,2016-01-08 After centuries of economic activity based on extraction exploitation and depletion we now face undeniable environmental threats New business models that save or restore natural resources are critical But how can we translate that insight into more sustainable practices Building the Green Economy shows how community groups families and individual citizens have taken action to protect their food and water clean up their neighborhoods and strengthen their local economies Their unlikely victories over polluters unresponsive bureaucracies and unexamined routines dramatize the opportunities and challenges facing the local green economy movement Drawing on their extensive experience at Global Exchange and elsewhere the authors also Lay out strategies for a more successful green movement Describe how communities have protected their victories from legal and

political challenges Provide key resources for local activists Include conversations with Rocky Anderson Lois Gibbs Anuradha Mittal David Morris Michael Shuman and other activists and leaders

Simply Green: Melissa Seligman, David Seligman, 2012-03-01 It's Not About Politics It's About Caring And What Every Family Can Do Written by a passionately concerned couple David Seligman is an active duty U S serviceman and Melissa is a devoted stay at home mom this is the first book about going green that won't scare you with statistics overwhelm you with science or make you feel guilty about your SUV Instead this indispensable guide will help families everywhere to take simple practical steps to lower their energy consumption and help create a healthier planet and a more sustainable lifestyle Simply Green takes a fresh look at every part of your household and every aspect of your life from what you teach your children to what you put in your laundry machines Full of energy saving and money saving Green Tips Simply Green shows how to Use recycled water around your house and garden Heat and cool your home while you lower your energy bill Throw away less trash Make your own environmentally friendly cleaning solutions Lower the power usage of your appliances Choose indoor houseplants that help purify the air Make green awareness an active part of your family's life and have more fun in the natural world And much more Filled with dozens of useful resources surprising facts and a long list of options for going green Simply Green is for those of us who may not be able to afford to make huge changes but can't not afford to do what we can Printed on recycled paper Melissa and David Seligman run their Tennessee home using their simply green principles David has a degree in natural resource conservation and management with an emphasis in environmental policy He has worked as an environmental educator for Lexington Parks and Recreation and does GIS related work for the U S Army Melissa is the author of The Day After He Left for Iraq and her work has appeared in The Lexington Herald Leader newspaper They live in Memphis

Green Home Computing For Dummies Woody Leonhard, Katherine Murray, 2009-07-01 Make your computer a green machine and live greener at home and at work Get on board the green machine Green home computing means making the right technology choice for the environment whether it be a Windows based or Mac based computer and all the peripherals In addition it means learning how to properly and safely dispose of those items and how to use your computer to create a greener life at home and at work Computer expert Woody Leonhard and green living guru Katherine Murray introduce you to the many green products that exist in the world of technology including eco friendly desktops laptops and servers energy efficient peripherals and the numerous Web sites that offer advice on how to go green in nearly every aspect of your life Bestselling author Woody Leonhard and green living guru Katherine Murray show you how to make your computer more eco friendly Discusses buying a green computer and choosing eco friendly peripherals Discover ways to manage your power with software and servers Provides helpful explanations that decipher how to understand your computer's power consumption With this invaluable insight you'll discover that it actually is easy being green

Green Living Lucia Raatma, 2009 Shows children how can they make a difference From fighting global warming to protecting wildlife this book contains the

information young environmentalists need to change the world *Generation Green* Linda Sivertsen,Tosh Sivertsen,2008-08-05 We all know about the Earth s environmental crisis but there is someone who can truly make a difference you If you text your friends or chat with them online download music to your iPod or toss bottles and papers into recycling bins you re already more eco savvy than you think It s just as easy to do even more to help save the earth and *Generation Green* shows you how This book Lays out the inside scoop on the biggest issues affecting our planet such as global warming and overflowing landfills Offers dozens of tips on how to shop dress eat and travel the green way Includes interviews with teens like you who are involved with fun innovative green causes Shows that being environmentally conscious can be a natural part of your life and your generation s contribution to turning things around It doesn t matter if you can t vote or drive Your efforts big or small will contribute to saving the planet It s time for all of us to take action It s time to go green **The Everything Green Baby Book** Jenn Savedge,2009-11-18 Going green is as good for your baby as it is for Mother Earth But how can you know all you need to do to keep your children safe in a world full of toxins This guide is chock full of easy and savvy ways for you and your babies to go green This helpful practical book gives real life information on Organic foods for mom and baby Green maternity wear Exploring diaper options Green cleaning Setting up a green nursery Green home remedies Fun green activities and crafts for baby Getting more green for your green This is a book you will return to time and time again during that critical first year of your baby s life This book allows you to plant the seed for a lifetime of earthy friendly living

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