

# A Guide to Eco Friendly Living

## Eco-Friendly Living

### Special points of interest:

- **Living roofs** are on the rise. An example of one is ground cover being installed atop a condominium complex. These roofs actually serve a practical purpose—they provide natural insulation, reducing heating and cooling costs.
- **Farmer's markets** sell fresher products free of pesticides and insecticides. They also keep money in the local community and help nearby farmers stay afloat. Locally shipped products also expend less fossil fuels into the atmosphere.
- Fresher foods not only taste better, but offer more nutrition to consumers.
- By purchasing a **hybrid vehicle**, one can improve one's mileage while also reducing tailpipe emissions.
- Trashed plastic bags can last for thousands of years because they are non-biodegradable. Burning plastic bags can release dioxins, environmental pollutants.



There are WWW resources, such as <http://urbangardenproject.wordpress.com>, which can give planners ideas about how to start

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### Plainfield Public Library Pathfinder

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Have you been hearing increasingly more about **hybrid vehicles**, but want to understand how they work and what they promise in returns for you and your world? Are you interested in promoting **Earth Day** in the city or nearby locales in Union County? Have you become more worried about the state of the environment but don't know small steps you can take in your life that will make an impact on your community and future generations? Increasingly, urban, suburban, and rural dwellers are moving in parallel directions to adapt to a changing world. You don't have to hug a tree (unless you really want to!), just find out some practical, and in some cases, cost-saving ways of helping the planet.

**The Plainfield Public Library** has a variety of print and electronic resources to set you on the right track in **eco-friendly living**, from helping you find the nearest **farmer's market**, to explaining what **fair trade products** are, to how to transition into **vegan eating**, to how to simply start a small sustainable urban garden (either in your own backyard, on your apartment terrace, or a co-op garden on the rooftop of your apartment complex).

Whatever your interests, make your first stop your public library— **happy eco-living!**



**Wind energy** is a way of using wind power (a form of solar power) to produce electricity. The wind flow (motion energy) is harvested by wind turbines and can be used to generate electricity. Wind turns the blades of turbines which spin shafts which in turn are connected to electricity-producing generators. This is an example of the innovation in the present green technology sector.

## Some Highlighted Resources

- *Voluntary Simplicity: Toward a Way of Life That is Outwardly Simple, Inwardly Rich*, by **Duane Elgin**, call # **179.9 ELG**
- *Simply Green: Easy, Money-saving Tips for Eco-friendly Families*, by **Melissa Seligman**, call # **640 SEL**
- [www.thegreenguide.com](http://www.thegreenguide.com)
- [www.greenamericatoday.org](http://www.greenamericatoday.org)
- *An Inconvenient Truth*, by **Paramount** ©2006, based on **Al Gore's** book of the same name), call # **DVD 363.738 INC**



You can cut back on the number of **non-biodegradable shopping bags** you use and dispose of by purchasing **canvas and string** tote bags instead. They come in **hemp** or **cotton**. A useful web site for investigating the kinds available is: [www.reusablebags.com](http://www.reusablebags.com).

“Only within the moment of time represented by the present century has one species – man – acquired significant power to alter the nature of his world.”

~Rachel Carson  
1907-1964



The **Sierra Club's Inner City Outings** outreach program was initiated to allow urban youth and adults to enjoy, explore, and protect nature. If you are interested in getting your family or community involved, visit the web at <http://lico.sierraclub.org/newjersey>, or call 201-670-8383.

## Books

- *Easy Green Living: The Ultimate Guide to Simple, Eco-friendly Choices for You and Your Home*, by **Renée Loux**, call # **640 LO**
- *Generation Green: The Ultimate Teen Guide to Living an Eco-friendly Life*, by **Linda Siversten**, call # **YA 640 SIV**
- *New Green Home Solutions: Renewable Household Energy and Sustainable Living*, by **Dave Bonta**, call # **644 BON**
- *Consumer Guide to Solar Energy: New Ways to Lower Utility Costs, Cut Taxes, and Take Control of Your Energy Needs*, by **Scott Sklar**, call # **621.47 SKL**
- *True Green Home: 100 Inspirational Ideas for Creating a Green Environment at Home*, by **Kim McKay**, call # **333.72 MCK**

## Articles

- Editorial: *Earth Day turns 40: Celebrations Have Spread Worldwide, But a Sense of Urgency in the U.S. is Muted*. **Roanoke Times, The (VA); 04/22/2010.**
- *Birds, Boats Threatened by Great Garbage Patch*. **della Cava, Marco R. USA Today; 11/16/2009.**
- *Akron Gets Growing: Urban Garden Project Allows Residents Space for Raising Own Veggies*. **Breckenridge, Mary. Akron Beacon Journal (OH); 04/04/2009.**
- *Eco-friendly Sack Savers: Local Grocery Stores Following Environment-conscious Trend with Reusable Shopping Bags*. **Godbey, Catherine. Decatur Daily, The (AL); 10/19/2007.**
- *Green Expo Offers Fresh Eco-friendly Concepts: Event Has Energy, Resource Efficiency Tips for Home, Office*. **Janovsky, Julie. Tribune, The (Mesa, AZ); 10/06/2007.**

## Online Resources

- [www.rbstfacts.org](http://www.rbstfacts.org)
- <http://urbangardenproject.wordpress.com>
- <http://urbangardenmagazine.com>
- [www.transfairusa.org](http://www.transfairusa.org)
- [www.reusablebags.com](http://www.reusablebags.com)
- [www.sustainabilityninja.com](http://www.sustainabilityninja.com)
- [www.nrel.gov](http://www.nrel.gov)
- <http://smallbiztrends.com/2009/10/100-green-small-business-tips.html>
- [www.edf.org/home.cfm](http://www.edf.org/home.cfm)
- [www.goveg.com](http://www.goveg.com)
- [www.ecobusinesslinks.com/environmental\\_magazine.htm](http://www.ecobusinesslinks.com/environmental_magazine.htm)
- [www.awakeningearth.org](http://www.awakeningearth.org)