

Ways you can be a **Green Halloween** hero all year long!



- Save water and oil. Instead of buying bottled water, switch to reusable bottles you can refill. It takes about 1.5 million tons of plastic – the weight of more than 7 million elephants – to produce the world’s supply of water bottles for one year. Find a great variety of reusable bottles at any healthy living retailer such as Whole Foods, AKA Green and online at www.mysigg.com.
- Recycle your cans! Aluminum can be melted down and reused limitless times for things like beverage cans, cookware, bike parts and tennis rackets. To learn where you can take your cans, visit the Arizona Environmental Recycling website at www.azrecycling.com. And remember, most businesses don’t recycle...so bring your can home to get it into the right dumpster.
- Walk, ride the rail or bus, or bike instead of taking a car. Even if you do it one day a week, it will keep pounds of pollution out of the air. If you do drive, keep your tires properly inflated. It will save you gas!
- Be an energy goblin in your house: Look around and discover ways you can save – from turning off lights to clicking off power strips supporting your computers at night. Find 101 ways to save energy at www.powerhousetv.com
- Change your lightbulbs...Compact Fluorescent Lightbulbs (CFL) consume up to 75% less energy and last up to 10 times longer than incandescent bulbs. If every American household changed at least five high-use bulbs to CFLs, we could collectively save nearly \$8 billion annually in energy costs and prevent greenhouse gas emissions equivalent to taking 4 million cars off the road for a year.
- A nifty eco-friendly way to pack a lunch is to use the standard reusable containers or a cool reusable sandwich wrap. Check it out at www.wrap-n-mat.com.
- Don’t just talk to your friends and family about saving energy, think about eco-friendly gifts for the holidays – CFLs, reusable water bottles and so much more.
- Deliver handmade cards to your local farmer or the vendors at the local farmer’s market.
- Talk to your kids about what a real “treat” for their bodies and their health is and help reframe how they think about treats.
- Compost the leftover jack-o-lantern or bobbed for apples. Purchase organic or pesticide-free pumpkins.
- Save your holiday decorations and reuse them year after year. For candles, opt for pure beeswax and skip the conventional candles that are often petroleum-based.
- Use reusable plates, utensils and napkins instead of buying disposable ones, no matter how spookily cute they are.
- If every household in the U.S. replaced just one 12-pack of 400 sheet virgin fiber bathroom tissue with 100 percent recycled ones, we could save: 4.4 million trees; 11.6 million cubic feet of landfill space equal to more than 17,000 full garbage trucks; 1.6 billion gallons of water, a year’s supply for more than 12,700 families of four; and avoid 275,000 pounds of pollution.
- Your daily shower accounts for one-fifth of all indoor water use in your home. If you cut even one minute off of your shower length, you’ll be saving a precious resource.
- Use solar power; hang your clothes out to dry.
- Stop idling your car. When you leave it on when waiting to pick up your child at school, you waste gas and add CO2 to the atmosphere, not to mention impacting the lungs of all the young children nearby.
- Host family stewardship nights and rent a documentary that helps you understand the world around you.
- Get a library card or set up a book swap with a group of friends.
- Choose renewable instead of disposable products.
- SHARE.

Tips brought to you by Inspired Birthdays, an event planning company that creates unique and memorable birthday celebrations for children ages 5 to 14 that help instill lifelong values of community stewardship, social responsibility and sustainability while partnering with a variety of nonprofits that explore five themes. For more information and tips, visit www.InspiredBirthdays.com.