



Eco-Tones Sustainability Resources
www.eco-tones.com

IF EVERYBODY DID...

Sure it's hard to change the world all by yourself, but imagine if everyone did his or her part. Working together we can create a sustainable and satisfying future. If not you, then who? If not today, then when?

Eco-Tones "Top 5" Action Areas For "Everybody"

1. Start Turning Off the Light: Tackle Home Energy Efficiency and Conservation

Turn lights off, heater down and A/C up or off; buy Energy Star appliances; use ceiling fans to circulate air; install Compact Fluorescent Lights; get home energy audit and weatherize the house; for only about 50 cents a day you can offset your energy usage with an equivalent amount of nonpolluting, renewable wind power credits (see www.drivenbythewind.org); consider solar heat, solar hot water, photovoltaic energy, or geothermal energy for your home; to save hot water take a 4-5 minute shower not bath; fix all leaky faucets; use low flush toilets and showers; turn your water heater temperature down to 120 degrees; Xeriscape your yard; save a flush; use drip irrigation; use non-toxic cleaning and lawn fertilizers.

2. Take a Walk or Ride a Bike: Consider Alternative and Fuel-Efficient Transportation

Take the bus; carpool; or walk whenever you can; purchase an alternative fuel vehicle or hybrid vehicle; ride your bike; keep your car well maintained and tires inflated; telecommute; set up a ride-share network with fellow employees; combine errands; explore flex-time with your boss; accelerate and stop gradually to improve fuel-efficiency; remove excess vehicle cargo weight; avoid idling.

3. Grab a Local, Organic Bite: Eat Nearby and Lower on the Food Chain

Buy local and/or organic; join a CSA, co-op and/or visit the farmer's market; shop at locally owned markets and support locally-owned businesses; use organic body products; try growing some of your own food; eat less meat to reduce pollution and energy consumption; avoid hormones and antibiotics; reduce factory farming problems; buy vegetarian cookbooks and experiment; eat one less meat meal per week; explore meat-free alternatives.

***"You may say I'm a dreamer,
but I'm not the only one."***
~ John Lennon, from *Imagine*

4. Try to Live a Simpler Life: Use Fewer Resources and Buy Less Stuff

Ask yourself if you really need it then buy durable, reusable and pre-owned products; borrow it from a friend; get rid of junk mail; bring your own shopping bags; bring your own to-go containers; buy in bulk; use recycled checks; visit the library; recycle and/or compost; share tools and lawn equipment that don't get used often; move your IRA and portfolio to a more responsible company; buy stock in companies that have good environmental and social records; your dollars act as stamps of approval for companies; use a local bank; look for reusable and recyclable products, avoid excess packaging, and buy from companies that have good environmental track records; ask your favorite companies to be more "green"; focus on what really matters.

5. Pass It On with All Your Might: Help Others Learn What They Can Do, Too

Live by example and walk the talk; encourage sustainable practices in your workplace and community; ask your employer or school to offset their power with wind, recycle, install CFLs, use recycled products, and/or use non-toxic cleaners; become the sustainability hero at your workplace or faith center; encourage carpooling; get your kids or local school district on board; give gifts of time or service for holidays and birthdays; give environmentally-friendly gifts; start a neighborhood discussion group (see www.nwei.org); sponsor a community sustainability or zero-waste event; write a letter to the editor or article for a local publication; write to public officials and corporations; get out to vote.

Additional Resources

A Few Helpful Websites

- Center for a New American Dream: Have “more fun with less stuff.” www.newdream.org
- Co-op America: Helps individuals make purchasing and investing decisions that support social justice and environmental sustainability. www.coopamerica.org
- Simplicity Forum: Resources for simple, just and sustainable living. www.simplicityforum.org

Great Books

- Brower, M. & Leon, W. (1999). *The Consumer's Guide to Effective Environmental Choices: Practical Advice from the Union of Concerned Scientists*. New York: Three Rivers Press.
- DeGraaf, J., Wann, D., & Naylor, T.H. (2005). *Affluenza: The All-Consuming Epidemic*. San Francisco: Berrett Koehler Publishers.
- Dominguez, J. & Robin, V. (1992). *Your Money or Your Life: Transforming Your Relationship with Money and Achieving Financial Independence*. New York: Penguin Books.
- Gore, A. (2007). *An Inconvenient Truth: The Planetary Emergency of Global Warming and What We Can Do About It*. New York: Rodale Press.
- Jones, E., Haenfler, R., & Johnson, B. (2007). *The Better World Handbook: Small Changes that Make a Big Difference*. British Columbia, Canada: New Society Publishers.
- Luhrs, J. (1997). *The Simple Living Guide: A Sourcebook for Less Stressful, More Joyful Living*. New York: Broadway Books.
- Ryan, J.C. & Durning, A.T. (1997). *Stuff: The Secret Lives of Everyday Things*. Seattle: Northwest Environment Watch.
- World Watch Institute. (2004). *State of the World 2004: Special Focus: The Consumer Society*. New York: W.W. Norton & Company.

Offsetting Your Greenhouse Gas Emissions

Driven by the Wind™ Renewable Energy Certificates to offset your home energy and transportation emissions. Calculate your carbon footprint and/or order online at www.DrivenbytheWind.org.



Edutainment for Creating Happy People & A Healthy Planet

Excellent Music, Useful Ideas, and Good Humor...Eco-Tones shows provide a fun and interactive introduction to the kinds of information that can help all of us learn how to enjoy ourselves more AND be better stewards of the Earth. Their performances are designed to educate, empower, inspire, and entertain. And they're guaranteed to make you tap your toes and leave you feeling happy and hopeful about what you can do to live and lead a good life.

To schedule a performance or an in-depth workshop on sustainable living, contact the Eco-Tones at: 303-747-6325, via email at: info@sferesandwhite.com, or go to: www.eco-tones.com.