



# Green wisdom

**Eco-friendly answers to  
common green questions**

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Committed  
to protecting  
**community**  
& **planet**

## Green Wisdom

Recycle or toss? Many individuals, families and businesses have pledged to protect the environment, yet almost everyone still has questions about how to wisely go green.

*Green Wisdom* answers common questions about the environment, with a special focus on easy ways to recycle, reduce and reuse. This collection of tried-and-true eco tips is designed to inspire you to transform your everyday actions into good green habits. Once you get started, we think you'll notice that what's better for the environment is almost always better for your budget, health and happiness.

You can help grow a greener planet by keeping *Green Wisdom* in a handy place or sharing it with friends, family and co-workers. We appreciate your efforts to keep our planet safe and healthy.

*Janice Wells and Jane Millan*

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## Question

*If I put items in the right cart, does it really make a difference?*

~Dwight

## Answer

**Absolutely!** Your efforts keep unnecessary waste out of landfills—because the contents of carts have very different destinations:

- 1 Green waste cart** materials go to composting facilities where they break down to become part of rich composting mixes.
- 2 Recycling cart** material is sorted and sent to specialized facilities where it is remanufactured into new products.
- 3 Garbage cart** material is taken to a landfill.

### ECO FACT

Putting green waste into landfills creates methane, a greenhouse gas that is 21 times as potent as carbon dioxide.

## Question

*How can my family and I better help the environment?*

~Dorothy

## Answer

We're glad you asked because good 4R habits offer an important way to protect the environment and help keep unnecessary waste out of the landfill. Here's how to begin:

- 1 Reduce.** Make the effort to use less stuff so that you produce less waste.
- 2 Reuse.** Use items more than once or find new ways to use old items.
- 3 Recycle.** Discard acceptable materials in your recycling cart instead of your garbage cart so that your garbage company can transport them to facilities where they will be remanufactured into new products.
- 4 Rot (compost).** Place food waste, food-soiled paper, and yard waste in your green waste cart so that your garbage company can transport them to facilities where they decompose into rich soil amendment.

## Question

What if my garbage company doesn't offer a recycling program for stuff like paper, fallen leaves and food?

~Kimberly

## Answer

You can still be your best green self by taking these eco steps even when your garbage company doesn't pick up recyclable items:

- 1 Visit [earth911.com](http://earth911.com) or call 800-CLEAN-UP.
- 2 Give them your zip code to receive the addresses of nearby recycling facilities for your unwanted paper, metal, household hazardous waste, plastic, glass, electronics, automotive, household, garden and construction materials.
- 3 Take items to recycling centers when running errands to save gas and avoid creating unnecessary pollution.

### ECO TIP

Request a [service brochure](#) if your garbage company has a recycling program so you can learn how to make the most of their program!

## Question

How much garbage do Americans generate each year?

~Andrew

## Answer

Here are the latest garbage statistics according to the U.S. Environmental Protection Agency:

- Paper** 40.4%  
(71.6 million tons)
- Yard trimmings** 17.6%  
(31.6 million tons)
- Metals** 8.5%  
(15.3 million tons)
- Plastics** 8.0%  
(14.4 million tons)
- Food scraps** 7.4%  
(13.2 million tons)
- Glass** 7.0%  
(12.5 million tons)
- Other** 11.6%  
(20.8 million tons)



## Question

Can I put spiral-bound paper notebooks into my recycling cart without removing the spirals?

~Lori

## Answer

Follow these guidelines for all school, office and craft supplies:

- 1 Separate paper from non-paper materials (bars, clasps, staples, plastic sheet protectors, vinyl covers, etc.).
- 2 Place only separated “clean” paper in recycling cart or bin.
- 3 Unless separated metal and plastic material is reusable or recyclable elsewhere, place in garbage cart or bin.

*Your efforts to follow these rules help to protect natural resources, reduce unnecessary landfill waste, and maximize recycling efficiency!*

### Protect your identity and our planet!

Prevent identity theft during tax season and throughout the year: Shred old tax forms, secure in a paper bag, and place in your recycling cart.



## Question

I've heard a rumor that all paper is now recycled. Is it true?

~Piper

## Answer

No. It's another eco myth that's simply not true. Unfortunately, more than 90% of printing and writing paper sold in America is virgin paper. If you can't find recycled paper on store shelves, please ask retailers to stock it since it:

- Uses less energy, water and chemicals and produces fewer pollutants during manufacturing processes.
- Saves money since many types cost the same as or less than virgin papers.
- Preserves forests by reducing wood demands.
- Reduces solid waste by helping to divert usable paper from landfills.

## Question

Can you tell me if paper recycling saves trees?

~Megan

## Answer

Yes. According to [conservatree.com](http://conservatree.com), recycling paper:

- 1 reduces the number of trees that are cut down to make paper,
- 2 can reduce overall demand for wood, and
- 3 helps save natural forests.

*Recycling paper reduces the overall demand for virgin paper and the need to convert natural forests and other areas into tree plantations.*



### ECO TIP

Purchase recycled paper that is at least 30% post-consumer waste, chlorine-free and/or Forest Stewardship Council certified.



[paperrecycles.org](http://paperrecycles.org) *Recycling starts with you!*

## Question

Lately my mailbox has been flooded with junk mail. How can I stop it?

~Judy

## Answer

To promote a junk-mail drought, avoid giving your address whenever possible and ask companies that send junk mail to remove your name from marketing lists. Download a free Stop Junk Mail Kit from Bay Area Recycling Outreach Coalition at [stopjunkmail.org](http://stopjunkmail.org).

For widespread removal, visit [stopwaste.org](http://stopwaste.org), at *Recycling+Purchasing Wizard*, under *Where Can I Recycle?*, select *Paper*, then select *Junk Mail (reduce)*.

Or contact:

- Catalogs  
[catalogchoice.org](http://catalogchoice.org)
- Credit Card & Insurance Offers  
[optoutprescreen.com](http://optoutprescreen.com)  
(888) 567-8688
- Direct Mail  
[dmachoice.org](http://dmachoice.org)
- Direct Mail & Catalogs  
[mailstopper.tonic.com](http://mailstopper.tonic.com) (for a fee)
- Faxes  
[junkfax.org](http://junkfax.org)

## Question

*Is it best to remove tops from plastic and glass bottles and jars before we put them in our recycling cart?*

~Pat

## Answer

Generally, yes. It's considered a good recycling habit to remove caps and lids for these reasons:

- 1 Tops to plastic and glass containers can be made from materials that are not recyclable.
- 2 They can harm the sorting and processing equipment that recycling centers use.
- 3 Pressure can build up in a sealed container causing it to explode, which can injure workers.

### ECO TIP

Recycle clean, dry plastic bags and other accepted plastic packaging at stores.

Visit [plasticbagrecycling.org](http://plasticbagrecycling.org) for drop-off locations.

## Question

*If our family uses reusable shopping bags, how many plastic bags do you think we'll actually keep out of the landfill next year? ~Parker*

## Answer

During an average shopping week, we estimate that a family of four uses a minimum of 10 plastic bags for groceries. If your family consistently uses reusable bags every week, you would keep at least 520 plastic bags from ending up in the landfill each year. Right now Californians use an estimated 19 billion plastic bags a year, yet recycle fewer than 3%. Studies show that plastic bags:

- 1 pollute our streets, soil and waterways;
- 2 consume nonrenewable resources in manufacturing; and
- 3 substantially harm wildlife and fish that mistake littered plastic bag particles for food.



## Question

What types of products are made from recycled plastic water bottles?

~Connor

## Answer

Water bottles with the #1 inside the recycling symbol and PET (or PETE) on or near the bottom are used to package soft drinks, juice and other products. These PET containers can be remanufactured into a variety of new products, including carpet, tee shirts, sweaters, coats, shoes, luggage, fiberfill for sleeping bags, and toys. According to California Department of Conservation, recycling one ton of PET containers can save 7.4 cubic yards of landfill space.

### ECO TIP

Choose [reusable totes](#) instead of plastic bags.



## Question

Why is it OK to put plastic tubs and bottles (but NOT plastic bags, Styrofoam or bubble wrap) in the recycling cart?

~David

## Answer

Plastic tubs & bottles (#1-7) from nonhazardous products are sent to facilities where they are remanufactured into a variety of new containers and products. Plastic bags, Styrofoam and bubble wrap are usually unacceptable in recycling and green waste carts because during the sorting process, they get tangled around blades and cause equipment failure. You can usually place these unwanted items in your garbage cart. However, it's better to avoid them altogether or reuse when possible.



## Question

*Is recycled paper used in offices and professional printing more expensive than virgin paper?*

~Steve

## Answer

Not necessarily. Recycled paper can cost the same as or less than virgin papers—especially paper used for letterhead, brochures and business cards. Here are some cost-saving eco tips:

- 1 Buy paper in large quantities to take advantage of bulk discounts.
- 2 Make sure your graphic designer coordinates projects with your printer before creating the design to minimize waste.
- 3 Pay less for lighter weight paper, which uses less fiber/fewer trees to produce and may reduce postage and shipping costs.
- 4 Use the correct grade of recycled-content paper for the job to avoid paying more than necessary for a higher grade of paper.



### ECO TIP

Turn off computers at the end of the day to reduce energy use by 50%.

## Question

*Is it true that both my employees and company will save money when individuals pack waste-free lunches?*

~Christy

## Answer

Yes, on both counts. Assuming a cost of \$3.50 for a home-packed lunch compared to \$6.00 for a take-out meal—your employees can save quite a lot of money. A single employee can save about \$20,000 over a 30-year career by packing lunches from home! Individuals save money with waste-free lunches because they can buy food in bulk, purchase reusable items only once, use leftovers from other meals, and avoid the expense of disposable baggies. Your business benefits whenever employees create less waste because it reduces your need for disposal, saves energy, prevents pollution and conserves natural resources such as coal, oil, natural gas and trees.

## Question

*How will my business save money by using and buying eco-friendly office products?*

~ Laura

## Answer

Here are four cost-saving features of eco-friendly purchasing:

- 1 As a result of purchasing more recyclable products, you can maximize the use of a recycling bin. Doing so could require a smaller garbage bin and/or reduced pickup frequency, resulting in lower overall disposal expense.
- 2 Some eco-friendly products now cost less than comparable products harmful to the environment.
- 3 Energy efficient electronics and appliances can reduce energy bills.
- 4 Products that are repairable, reusable, refillable and more durable create less waste and can be more cost-effective in the long run.

## Question

*Can you give me details on the free "Waste-Saving Assessment" for businesses?*

~ John

## Answer

Most garbage companies offer a Waste-Saving Assessment program to help businesses evaluate current waste practices and disposal expenses. Those that take advantage of this free program often reduce garbage volumes enough to require smaller garbage bins and/or fewer pickups, which saves money! To get started, call your garbage company's customer service number and ask if a recycling specialist can visit your business—at no charge—to:

- assess your waste stream,
- set up a recycling program customized to your needs, and
- train your employees.



## Question

*What can I do with fallen leaves that will help the environment?*

*~Chad*

## Answer

Since fallen leaves and other decaying compostable materials release nutrients into soil, here are a few planet-healthy tips:

- 1 Place leaves in your green waste cart along with other yard trimmings (some garbage companies also accept food waste and food-soiled paper) to be transported to composting facilities where they decompose into rich soil amendment.
- 2 Visit [stopwaste.org](http://stopwaste.org) to learn how to establish a composting bin at home.
- 3 Till or dig whole leaves directly into gardens to keep them healthy.
- 4 Shred or chop leaves (some lawnmowers will do this for you!) and spread around trees, shrubs and perennials to mulch and insulate for winter.

## Question

*Should I dispose of uncoated wood differently than painted or varnished wood? I can never remember the rules!*

*~Jean*

## Answer

Many garbage companies accept uncoated wood in green waste carts. However, painted and varnished wood should probably go into your garbage cart if it fits (with lid completely closed for curbside pickup) so that your garbage company can take it to a landfill. Treated wood cannot be safely composted into mulch because the chemicals in coatings, including paint, varnish, lacquers and stains, can pollute soil and surface waters.

### ECO FACT

Californians throw away more than 5 million tons of food scraps each year.



## Question

*I read that green waste and food scraps “mummify” in the landfill.*

*What does this mean?*

*~Lily*

## Answer

Organic materials, including green waste and food scraps, require enzyme-secreting microorganisms to decompose at a normal rate, otherwise they “mummify” (break down very slowly). The landfill’s contained design prevents harmful contamination from escaping into the environment. Therefore, the lack of oxygen and water in it reduces microorganism availability and limits organic waste decomposition. To help prevent mummification, please place green waste ONLY in your green waste cart so that your garbage company can transport it to composting facilities where it can decompose into rich soil amendment.

## Question

*I’ve heard I can put leaves, grass, plant clippings and other green waste in “BioBags” since they decompose during the composting process. Can I put these bags in my green waste cart?*

*~Susan*

## Answer

You probably shouldn’t place BioBags (and definitely NO plastic bags!) into your green waste cart for curbside collection. BioBags and other brands of bags made from starch take longer to decompose than green waste and other organic waste and can jeopardize the composting process. Instead, place green waste directly into your green waste cart. When you have more than will fit in your cart, store green waste in bags and then empty them a little at a time into your green waste cart. If you want to get rid of them in a hurry, you can also visit [earth911.com](http://earth911.com) to find a nearby composting facility.



## Question

*Why is it now illegal to throw old household batteries in the garbage in California?*

~Richard

## Answer

Household batteries (AAA, AA, C, D, button cell and 9-volt) contain metals and/or other toxic/corrosive materials that pollute soil and water. When a battery is thrown into the garbage or littered elsewhere, it may end up on the ground and get crushed—rupturing its protective container and releasing toxins into soil and air. Rainwater can carry these toxins, untreated, into storm drains that empty into your local water supplies. To safely and legally discard batteries for free, take them to a local Household Hazardous Waste Facility. These facilities are usually open only on specific days each month, so be sure to call them or visit their website for schedule information.

## Question

*Can you tell me how I can recycle my old electronics?*

~Sandy

## Answer

Thank you for remembering to recycle your “e-waste” (electronic waste), since it’s illegal to dump cathode ray tubes from computer monitors & TVs and electronics containing lead, mercury and other toxins into California landfills. To help protect the environment, most garbage companies will pick up a variety of e-waste, including computer equipment, TVs, telephones and VCRs, for a fee. Please call your garbage company’s customer service number for details. For names and locations of other companies that recycle e-waste, visit [earth911.com](http://earth911.com).



### ECO FACT

Never throw batteries in the garbage – it’s against the law in California!

## Question

What should I do with my outdated over-the-counter medicine, vitamins, herbs and unneeded prescription medications?

~Angie

## Answer

Whether for people or pets, all of your items are considered household hazardous waste (HHW). Therefore, please do not put them in your garbage and recycling cart or bin, green waste cart, or down toilets or sinks. Over-the-counter and prescription medications and vitamins and herbs can contain chemicals and hormones that harm landfills and water. Here are options for eco-safe disposal:

- Visit [nodrugsdownthedrain.org](http://nodrugsdownthedrain.org) for disposal locations.
- Watch for advertised take-back events.
- Ask your local Household Hazardous Waste facility or garbage company if they accept medications.

## Question

Can you explain what "toxic" and "hazardous" mean?

~Abraham

## Answer

According to the USEPA, toxic materials produce injury if inhaled, swallowed, or absorbed through the skin. Hazardous materials have at least one of four characteristics: ignitable, corrosive, reactive or toxic.

**Fact:** Products containing toxic and/or hazardous materials include batteries, fluorescent bulbs, gasoline, motor oil, paint, thinner, thermometers, and thermostats. These items can pose a threat to people, animals and the environment when improperly handled and discarded. To learn how to safely handle and discard toxic and hazardous materials, contact your local Household Hazardous Waste Facility or visit [USEPA](http://USEPA).



## Question

To lower our heating bill, I think we should keep our home a constant temperature, but my wife says we should heat our home as needed. Who is right?

~Javier

## Answer

Your wife is correct. According to PG&E, less energy is used to warm a cool home than to maintain a constant warm temperature. Therefore, to avoid wasting precious natural resources and generating unneeded heat:

- 1 Install a programmable thermostat.
- 2 Set your programmable thermostat to 68°F or lower during the day and to 55°F or off while sleeping or away (health permitting).
- 3 Set programmable thermostats to:
  - Turn down or off 30 minutes before you go to bed or leave your home.
  - Turn on 30 minutes before you get up in the morning or arrive home.

## Question

Which is a better barbeque grill option for the planet: charcoal, electric or propane?  
~Jose

## Answer

According to [sierraclub.org](http://sierraclub.org), all three grills consume natural resources and release toxins. However, the better choice would be electric or propane because charcoal emits more carbon monoxide, particulate matter and soot.

**Important Fact:** If you do use a charcoal grill, follow these safety tips for ash disposal:

- Allow ashes to cool completely.
- Secure ashes in a lidded container or tied plastic trash bag (never dump directly into your garbage cart).
- Place only in garbage carts or bins (never place in recycling or green waste carts or bins).



## Question

Do you know how I can make my road trips more planet friendly?

~Miles

## Answer

You can reduce gas and other toxic-fluid consumption and create less air pollution by following advice offered at [greencars.org](http://greencars.org):

- Avoid quick accelerations, hard braking, and stop-and-start driving.
- Check emission control system periodically.
- Don't warm up vehicle.
- Do more errands per trip.
- Follow speed limits and use over-drive gear at cruising speeds.
- Keep tires properly inflated and buy low-rolling resistance replacements.
- Unload extra cargo.
- Get a tune-up and change oil when needed.

## Question

My husband and I recently decided to purchase a car. Do you know where we can find information on "green" vehicles?

~Shelby

## Answer

To begin your search for an environmentally sensible vehicle that meets your needs, you can visit:

- 1 [Hybridcars.com](http://Hybridcars.com) — to find hybrid/nonhybrid recent prices and hybrid facts and myths.
- 2 [Greencars.org](http://Greencars.org) — to obtain a "green score" for every car on the market based on official emissions, fuel-economy tests, and other specifications reported by auto manufacturers.



### ECO FACT

Each year Americans throw away 220 million tons of garbage—approximately 65% is recyclable!



## Question

*Is it true that anything washed down a storm drain would end up at a waste water treatment plant?*

*~Patricia*

## Answer

No, unfortunately that isn't true. Waste materials, such as motor oil, cigarette butts, plastic, and newspaper — washed down storm drains end up untreated in our waterways. It harms wildlife and pollutes water supplies to homes. Your storm drains are only for clean rain! Nothing else should ever go into them. Take these steps to keep your local storm drains clean:

- When changing oil, don't spill.
- Pour nontoxic liquid from home cleaning projects into sinks or down toilets that drain into sanitary sewers.
- Never litter the ground or pavement with cigarette butts and other trash.

## Question

*My home may have a water leak, possibly a toilet—but I'm not sure. Any advice?*

*~Connie*

## Answer

Yes—become an eco detective! Find and repair your household leaks to save money and water.

**To detect faucet leaks:** Read water meter before and after a two-hour period when not using water. If the meter does not read the same both times, you probably have a leak. Leaky faucets can waste more than 3,000 gallons of water a year per household.

**To locate toilet leaks:** Place a drop of food coloring in the tank. If the color shows in the bowl without flushing, you have a leak. Leaky toilets can waste about 200 gallons of water every day per household.

### ECO TIP

Wash vehicles at commercial car washes where drains lead to wastewater treatment plants.



WATER IS GOLD. SAVE IT!

## Question

Can you give me any suggestions for saving water?

~Arnold

## Answer

Here are a few conservation tips to help you save water:

- Completely fill washing machines and dishwashers before running.
- Purchase [Energy Star](#) appliances.
- Scrape off food waste from dishes instead of prerinsing.
- Shut off tap while brushing teeth, shaving, lathering hands or doing chores and use garbage disposal sparingly.
- Take shorter showers and install a low-flow shower head.

### ECO FACT

Americans use 7 billion gallons of water each day to water gardens and lawns.

## Question

Can you offer any advice about watering lawns?

~Dawn

## Answer

Yes! Since many cities face serious water supply issues, here are a few conservation tips:

- 1 Adjust water spray to avoid watering sidewalk, gutter and/or street.
- 2 Apply mulch around plants and trees to reduce evaporation.
- 3 Check automatic sprinkler system to ensure valves shut off completely and do not leak.
- 4 Prevent runoff in sloped and poor-drainage areas by watering in three 5-minute periods with 15 minutes between each watering.
- 5 Water grass only if it fails to spring back when stepped on.
- 6 Monitor manual sprinklers with a kitchen timer so you won't forget to turn them off.



## Question

*We use biodegradable cat litter. If we scoop this cat waste into a paper bag, can we throw it in our green waste cart?*

*~Rebecca*

## Answer

Most haulders do NOT accept pet waste, waste-soiled paper or waste-soiled cat litter (including biodegradable brands) in green waste carts. At most mulching facilities, pet waste is not composted or recycled at this time. Please place pet waste, all types of waste-soiled cat litter, and waste-soiled paper in garbage carts for transfer to the landfill. To avoid messy spills on service day, we suggest you use tied plastic bags to secure cat litter and pet waste.



### ECO FACT

Meatless menus are better for the environment since meat production requires extraordinary amounts of natural resources and is responsible for the emission of greenhouse gases.

## Question

*Can you give me any advice for packing "waste-free" lunches for my children?*

*~Joni*

## Answer

To keep unnecessary food and packaging waste out of landfills, the USEPA offers these suggestions:

- 1 Pack only what each child can eat.
- 2 Store sandwiches and snacks in reusable containers.
- 3 Provide whole fruits and vegetables without packaging.
- 4 Offer beverages in reusable or recyclable containers.
- 5 Purchase bulk food rather than individually packaged items.
- 6 Send lunches in reusable bags or totes. Please avoid: individually wrapped snacks; plastic wrap/baggies; and disposable forks, spoons and straws.

## Question

Do you have any earth-friendly gardening tips? ~Byron

~Byron

## Answer

Yes! You can keep your garden green and the environment healthy by following these easy gardening guidelines:

- Choose slow-release/insoluble-nitrogen fertilizers, such as compost, cotteseed oil, bone meal, fish emulsion and animal manure instead of chemical and synthetic fertilizers.
- Control pests with natural predators, such as ladybugs and lacewings.
- Opt for native plants that resist pests and require less water and fertilizer.
- Use your hands to remove cocoons, eggs, larvae and weeds.
- Use mulch to smother weeds and increase water retention.

## Question

Is cooking oil from deep fryers recyclable? If not, how can we dispose of it?

~Diana

## Answer

You can visit [earth911.com](http://earth911.com) to find out if cooking oil is recycled in your area. For disposal, please take these steps:

- 1 Never pour down sink drains, garbage disposals or toilets to avoid blockages caused by coated pipes.
- 2 Mix small quantities of liquid oils with absorbent materials, such as cat litter or sawdust, then transfer to covered container or tied trash bag—discard in garbage cart or bin.
- 3 Dispose of large quantities at your local Household Hazardous Waste Facility.

### ECO FACT

Compost made from yard and food waste has a nice, earthy smell and a dark, crumbly appearance.



## Question

*Do you know why I should recycle my motor oil?*

*~Clifford*

## Answer

There are many reasons to recycle used motor oil, including:

- 1 Used motor oil contains toxic substances such as benzene, lead, zinc and cadmium.
- 2 One pint of oil can produce a one-acre oil slick.
- 3 One gallon of oil can ruin the taste of one million gallons of drinking water.

To ensure motor oil is legally and safely discarded, many garbage companies now provide oil jugs and collect used motor oil for curbside customers. To get started, call your garbage company and ask if they pick up used motor oil on service day.

## Question

*How is recycled motor oil used?*  
*~Virgil*

## Answer

According to the USEPA, recycled used motor oil can be re-refined into new oil, processed into fuel oils, and used as raw materials for the petroleum industry. To produce 2.5 quarts of new motor oil, it takes only one gallon of used motor oil compared to 42 gallons of crude oil! Used motor oil from cars, trucks, boats, motorcycles, farm equipment and lawnmowers can be recycled and re-refined.

### ECO FACT

Recycling two gallons of used motor oil can generate enough energy to run an average household for 24 hours.



## Green Wisdom's Favorite Links



You can visit these green websites to find a variety of green information and recycling facts and tips. Use them to step up your green habits at home and work.

[Bay Wise](#) Information to reduce water consumption.

[The Better World Group](#) Information on environmental strategy and policy development.

[Build It Green](#) Training tools and technical expertise to create energy-efficient buildings.

[California Department of Conservation](#) Services and steps to protect natural resources.

[California Product Stewardship Council](#) Support for product design and manufacture processes that create less waste.

[Conservatree](#) Advice on paper selection and recycling.

[Delta Diablo Sanitation District](#) Serving the communities of Antioch, Bay Point & Pittsburg.

[Earth911](#) Recycling and disposal locations by zip code.

[Ecology Center](#) Training, referrals, strategies, infrastructure, and models for sustainable living.

[Environmental Defense Fund](#) Partners with businesses, governments and communities to find practical environmental solutions.

[Environmental Working Group](#) Information to protect public health and the environment.

[Freecycle](#) Nonprofit network to give away/receive items to reduce landfill waste.

[Good Green Habits](#) Earth-friendly habits and products to keep the planet healthy.

[Greenbiz](#) News, opinions, practices, and resources for businesses.

[Keep America Beautiful, Inc.](#) Solutions to prevent litter, reduce waste & beautify communities.

[Lighterfootstep](#) Articles and tips to help live a lighter green lifestyle.

[Millan Totes](#) One-of-a-kind reusable handbags made from upholstery fabric remnants.

[Paperrecycles](#) Tips to set up paper recycling programs at work, school or home.

[Precision Design](#) Eco-friendly advertising and design firm that provides copywriting, graphic design for web and print, corporate identity, internet marketing and public outreach.

[Recyclemore](#) Recycling and household-hazardous waste facts for home, school and work in West Contra Costa County.

[Reduce.org](#) Practices to reduce waste and keep the environment safe.

[Sierra Club](#) Activities, materials, and programs to protect natural resources.

[Stopglobalwarming](#) Resources on climate change, greenhouse gasses and carbon emissions.

[Stopwaste](#) Services and resources to reduce the waste stream in Alameda County.

[Terrapass](#) Carbon footprint calculators and information to reduce the impact of driving.

[The Green Guide](#) Buying guides, features and tactics to go green.

# Need more green habits and eco-friendly creative marketing?

Janice Wells and Jane Millan joined forces to create **Green Wisdom** because they want to help keep the world healthy. You can visit their websites or contact them when you're ready to boost your green habits or want to discover the best way to share your green message.

## [GOOD GREEN HABITS](#)

Owner and copywriter, [Janice Wells](#)

Good Green Habits is an eco-friendly website that provides readers with a unique blend of light green information and dark green habits.

Good Green Habits is guaranteed to help individuals, families and businesses green their daily routines with tried-and-true green habits.

## [PRECISION DESIGN](#)

Owner and designer, [Jane Millan](#)

Precision Design is a leading eco-friendly advertising and design firm that provides copywriting, graphic design for web and print, corporate identity, internet marketing and public outreach. They are experts at developing messages that reach target audiences, change public opinions and drive decisions. Precision Design will help you spread the eco word about your organization and reach your green goals.

**Green Wisdom.** Eco-friendly answers to common green questions.

Written by Janice Wells. Designed by Jane Millan.

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