

One Green Thing

May We Help You?

Steal These Eco-Tips!

Need easy advice on living a little bit greener? Emulate the experts. We asked these pros to share one habit and product they're loving right now. *By Amanda MacMillan*



Lisa P. Jackson

Administrator, U.S. Environmental Protection Agency

BEST HABIT: Turn off your screen savers and set your computers to sleep or standby mode after 30 minutes. A desktop screen saver can use 68 watts of electricity, while a sleeping computer can use just three.

FAVORITE PRODUCT: Energy Star-qualified decorative lights. If every set sold in the United States met that criterion, we'd prevent a billion pounds of greenhouse gas emissions and save \$80 million on electricity in one year.



Frances Beinecke

President, Natural Resources Defense Council

BEST HABIT: Observe Meatless Mondays. Eating less meat is good for our health and for the environment, and joining a large movement with a common goal is a motivating way to keep it up. Meatlessmonday.com has great recipes, tips, and community support.

FAVORITE PRODUCT: The SodaStream. The average American drinks nearly 500 cans' worth of soda annually, but with this home sodamaker, you get bubbly drinks without having to lug home (and toss) all that plastic and aluminum.



Graham Hill

Founder, *treehugger.com* and *lifeedited.com*

BEST HABIT: Make home design and fashion choices based on classic, timeless styles. Environmentalists often want to talk about the greenest materials or recycled content, but sometimes the best move for you and the planet is to buy something you really love that will last a long time.

FAVORITE PRODUCT: A multifunction cast-iron pan from Le Creuset. I use it all the time, and I'll be able to pass it on to my grandchildren. Plus, it's healthier than nonstick pans that can emit potentially sickening fumes when overheated.



Karen Washington

Cofounder, *Black Urban Growers in New York City*; past president, *New York City Community Garden Coalition*

BEST HABIT: Collect rainwater. Why waste drinking water on plants when they perk right up with rainwater, which isn't treated with chemical softeners? You can buy special barrels, but I just place a large garbage pail under my gutters.

FAVORITE PRODUCT: A compost bin like the one from Worm Factory, which houses worms that turn food scraps and paper into compost. It makes amazing fertilizer for plants.



Summer Rayne Oakes

Cofounder, *source4style.com*, a resource for eco-minded designers

BEST HABIT: Grow something in your home—on your porch, on your windowsill, wherever there's space. I'm even growing a vertical garden on my bedroom wall. It's a daily reminder that we're all connected to the planet in a million ways, big and small.

FAVORITE PRODUCT: Sage Goddess Goodness RemeTea (*saje.ca*), an organic blend made in biodegradable pouches. I sweeten it with organic honey from *beelimitless.com*.

