

There is NO Planet B



In celebrating the 40th Anniversary of Earth Day, I would like to share with you a quote from the Great Law of the Iroquois Confederacy, "In our every deliberation, we must consider the impact of our decisions on the next seven generations."

What a powerful statement and how thought provoking
Aimee.

I would like to share some other information with you from one of my favorite new "green" brands Seventh Generation. Please visit their website seventhgeneration.com

Did you know? If every household in the U.S. replaced just one bottle of 25oz petroleum-based dish liquid with a plant derived product, WE COULD SAVE 129,000 barrels of oil... enough to heat and cool 7,400 U.S. homes for a year! I didn't know I was washing my dishes with petroleum. This dish liquid smells great, even the kids love the smell.

Did you know? If every household in the U.S. replaced just one bottle of 45oz dishwashing gel containing phosphates with a phosphate free product, WE COULD SAVE 84million pounds of phosphates from entering our rivers, lakes and streams.

What we don't know... could be causing a rise in cancers, ADHD, Autism and many more health problems and environmental issues.

Ways Great Harvest-Owensboro is being more Eco Friendly

- Recycle: plastics, steel barrels, 5 gal. pickle buckets, printer cartridges, copy paper
- Our Tissue Paper is made from 100% recycled materials
 - Energy efficient light bulbs
 - We are now posting any & all Great Harvest News & information www.greatharvestowensboro.com & facebook
- Email instead of expensive tree killing snail mail
 - Reduce YOUR carbon Footprint:
If you have a basket from Great Harvest and don't use the basket after eating all the goodies, return it for a Free Loaf of Honey Whole Wheat, Harvest Blend or Farmhouse White. (It saves on labor shipping /handling, petroleum to truck the baskets from California to Owensboro. Plus your get a free loaf of Bread. How Groovy is that?
- Recycled-reusable bags (Beginning April 22)

Ways to be Earth Friendly at Home

- *"Turn off lights when leaving the room"
(OMG! We've become our parents)*
- *Use Vinegar & water solution to clean floors. Baking soda & water is a great cleaner, too. Think of the way your grandma & great-grandma used to clean.*
- *Recycle: plastics, aluminum & steel cans, news papers, magazines, & cardboard*
- *Replace blown light bulbs one at a time with energy saving bulbs*
- *Use reusable or canvas grocery bags. (As soon as you put away groceries take bags back to trunk of vehicle so you have them the next time.)*
- *Say no to gas receipts. If all you do is throw them away*
- *Switch to Non-toxic/Chlorine Free/Phosphate Free Dishwashing Gel, Natural All Purpose Cleaner*
- *Switch to Non-toxic plant derived dish liquid, dishwasher rinse aid,*
- *When you need to replace outside lighting, replace with solar lighting.*
- *Install programmable thermostat (Greg did it, you can too)*
- *If you actually fix your own coffee at home, dump the used grounds around your landscaping or in your backyard garden.*
- *We had to replace our 20 year old washer & dryer. We got new energy efficient (not top of the line) There are affordable energy efficient sets. It is amazing how much water they save and time! It's actually fun to laundry!!!*

