

## Islander

It's reassuring to think that you can donate gently used clothing to a charity like Goodwill or Salvation Army. I shop in these and other thrift stores almost exclusively – that is, when I actually need something. (I will wear clothes until they fall apart and, being retired, I no longer need office wear). Clothes from places like this have long since had the chemicals and dyes washed out of them, and it's easier to find items like wool, cotton or silk. I have a collection of beautiful silk shirts and blouses that will last the rest of my life, classics that never go out of style, \$5 each at Goodwill.

The downside: many of these donations have no future. You think they are going to another geographical location, maybe even to some undeveloped country, and perhaps some do. The sad fact is that literally tons of old clothes are baled and landfilled. NO ONE wants them. The real answer is to STOP SHOPPING. Stop consuming what you don't need. If you can go more than 2 weeks without repeating an outfit, you have too many clothes! The fashion police will not notice... trust me.

Posted On 03/18/2017

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## Acroyali

Even if the fashion police notice...who cares? ;) I'd say a good 90% of clothing I own came from second hand shops, and practically all my jeans did. I dress for comfort and I dress to be practical for whatever I'm doing that particular day. My clothes get dirty because I'm not afraid to GET dirty!

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## kittykity

I hate clothes shopping and usually go to our Hospice thrift store. We are lucky in that we have a piss pot of rich retirees that donate a lot of clothes and they usually buy only natural fibers. I just bought four pairs of designer shoes in which three pairs were never worn and one pair only a few times. All are leather. Since they were all the same size I figure that they must have come from the same woman. She must have died because I can't even begin to imagine that someone would do this. BTW, I paid one dollar for each pair. I also buy vintage dishes whenever I can and mix and match my table settings and, I have to admit, it looks stunning and always get compliments on it. I don't know why people are so afraid to do this.

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## mirandola

Islander, I just posted and will cross-post here, that the Science Museum in San Francisco, built a green building with a sod roof, and filled the walls with shredded jeans material, as insulation. Could this be the way of the future? A way to dispose of those baled up clothes? If nobody wants them, then maybe this could be the most responsible form of disposal anybody could ever think of. Just an idea. Dr Mercola, an article? It would be great to spawn new business ideas in this way.

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## Acroyali

Kittykitty I would rather saw my own leg off than clothes shop. I despise it. But thrift store clothes shopping doesn't bother me nearly as much. At a department store everything is laid out in front of my face in random sizes, colors, etc, but at a thrift store it's kind of the old "thrill of the hunt."

Sometimes I walk out with nothing, sometimes I walk out with a huge find. Most times I walk out with several new items for less than \$20. I've bought brand name brand new coats for \$5-\$10 that would cost 10 times that amount in a store or online, as well as brand new jeans, clothes, etc. When I entered my dog and myself in an obedience trial I had nothing I felt was suitable to wear (in agility anything goes, really). The thrift store had a lovely pair of khaki's and a very nice 3/4 sleeve button up shirt that was very appropriate but not too dressy.

Also--books!!! I comb the book section thoroughly and rarely leave without one (or 5). By February or March the gray sky and brownish/greenish ground gets depressing, and live houseplants are an invitation to be shredded by my cats so plants inside are a no go. I was thrilled to find not one, but 3 large, artificial trees in excellent shape ranging from about 5 foot high to 7 feet high for dirt cheap. I snatched them up.

If I walk through my house I can count on one hand the things I've bought new (excluding things like large appliances.) The rest have been thrift store finds (beautiful furniture, beautiful pictures or prints in lovely frames, etc) or hand me downs from parents and grandparents. The hand me downs have memories attached, which is a double plus.

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## Durango

Just like to add that here in Antigua, Guatemala used clothing, "Pacas", is big business. It is getting to be the case that every block has at least one resale store and many people just open up their garage or even just their front door and sell used clothing from the "pacas." The down side is that, as Dr. Mercola pointed out a while back, this is replacing any local clothing businesses. Also, many of the Indian girls and women prefer to were cheap "paca" clothes rather than their own beautiful native clothes. Looks so trashy.

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## **Dianaab**

Even better, skip the noxious dry cleaning altogether.

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## **Islander**

If the cleaning instructions say "dry clean only," I leave it in the store.

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## **Acroyali**

Noxious or not, what a pain in the butt to have to mess with dry cleaning.

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## mirandola

Dianaab, I just posted about using vodka on clothing---all fabrics, all colors----as the cheapest form of home dry cleaning and very, very convenient! Sometimes it may take several tries, but it does work, check it out! Hang your clothes to dry outside, as the home will smell like Vodka. In addition:

A) Ask your local refuse company to start picking up recycleables at the curb. Expensive, impractical? Come on, stop the excuses already. As a matter of fact, they PROFIT from this by selling the recycleables. B) Reuse yogurt containers for freezing. PVCs from plastics are particularly released by heat, less likely by cold. If you prefer glass, be sure it is freezer-safe. You can also store some art supplies, hardware, and other non-edibles in your labeled plastic containers. C) Purchase non-polluting fibers such as silk (luxurious, I love it!) and hemp. Bamboo is quite renewable and sustainable, but uses many chemicals to make the rayon. Avoid GMOs and plastic-infused clothing like the plague. D) Buy clothing from used clothing stores, to undercut manufacturing E) Support the work of Boyan Slat to clean up the ocean floors, and spread word widely, what this guy has done at his young age is just amazing. He can inspire the rest of us with the "Yes, We Can" model.

<http://boyanslat.com/> Check out his TED Talks, fantastic. <http://ed.ted.com/on/WG6PwQob>

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## RichardWolfstein

A good topic after yesterday's testosterone article because these chemicals are some of the biggest causes of deficiency. For instance, one study examined the hormone levels of factory workers at a BPA plant. The men in regular contact with the BPA had significantly lower total testosterone AND free testosterone levels (the unbound molecules in the bloodstream which exert the hormonal effects). It's fair to assume that the new-fangled BPS does the same. Phthalates, meanwhile, are strong xenoestrogens, which increase the activity of estrogen in men and counteractive the activity of testosterone. There was a study which examined 18 samples of commercial bottled water; 11 of them created a strong estrogenic response when drunk.

There's so many potential chemicals manufacturers can use as well. Health bodies spend decades examining specific ones like BPA or phthalates, and by the time they finally reach a mildly disapproving conclusion, the chemical corporations are waiting to alter a molecule or two and create a technically different but virtually identical chemical. BPS is one good example, and we can probably expect a BPT or BPE in a couple of decades. The solution - minimise contact with plastics as much as you can, and you won't have to concern yourself with the endless conveyor belt of new chemicals.

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## Julianne

' However, it doesn't actually solve the problem in the long-term, since the fibers will simply end up in landfills instead.' Well, if the landfill is stable and undisturbed it will cause far less harm than being eaten by fish etc.

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## JessicaCoco

The problem is landfills cost money; dumping in the ocean is free. The magic word that Big Corporations like. Whether it's fracking, the tar sands, vaccines, pouching, or plastics; these things have all one thing in common-PROFITS. As long as we don't change the economic system from one based on money+profits to one based on societal needs, we'll be fighting, as the big corporations want, 50 different fronts,all ineffectively. Even when we get a reform under our system, it can just be taken back.

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## stanleybecker

Jessica - plastic packaging is a huge contributor to the inflationary spiral that is unraveling Modern Society - the major cost factor in consumer goods is the packaging and subsequent waste elimination - manufacturing pollution is overwhelmed with plastic - the cost of plastic to society is NOT being picked up by the manufacturer but instead is a burden to the taxpayer who is subsidizing manufacture "free of charge" - the system is beyond repair - an inevitable catastrophe will occur

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## Islander

"Beyond repair" is exactly right. Plastic is ubiquitous as we take convenience for granted. In my town, barely one percent of shoppers bring fabric bags to grocery stores – most come out loaded with flimsy plastic bags. Fabric bags are cheap and last forever, and all you have to do is return them to your car after use to have them ready for the next grocery run. People are just unconscious about the consequences. Plastic manufacture requires fossil fuels, the main contributor to climate change, which is already passing the tipping point. Yup, it was a nice planet we had – while it lasted.

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## EllenRipley

Islander - tipping point has been passed I do believe. And yes the zombies just sit on their microfiber couches eating Doritos while watching Beachfront Bargain on their 100 inch tv. It makes me so mad that a handful of greedy sociopaths destroyed the planet for all of us and most other life.

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## mirandola

Islander, " In my town, barely one percent of shoppers bring fabric bags to grocery stores – most come out loaded with flimsy plastic bags" That is where letters to the editor can really help to open up eyes and educate people. By identifying and rebutting ideas in peoples' heads and educating them with facts, such as those in Dr Mercola's article which can be linked as reference in the letter....we can create a sea change. Even small, local newspapers are a good way to start, if we are concerned that the mainstream won't print letters. But give them a try, you might be surprised. People like to have solutions, particularly in letters to the editor. Be positive, be solutions-oriented, and your letter very likely will be printed.

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## iamblessediam

Hi EllenRipley -- Welcome to the "baby boomer" generation reality result. I've commented in the past on this forum that the "boomer generation" will go down as being the greediest and most "convenience-driven" generation in USA history to date. The destiny the boomer generation has manifested is "polluted" with their greed mindset driven by their fears. In complete denial of their duplicity, a large portion of them have resorted to ethno-nationalism to defend their reality. The "penultimate result" of the boomer greed mindset - there's a real life game show host in the White House proposing a budget that has little regard in protecting and preserving the environment for future generations. An interesting but "sobering" read about the "results" of boomer generation greed mindset is titled "A Generation of Sociopaths: How The Baby Boomers Betrayed America" written by Bruce Cannon Gibney: [[www.wbur.org/hereandnow/2017/03/08/bruce-gibney-sociopaths-baby-boomer..](http://www.wbur.org/hereandnow/2017/03/08/bruce-gibney-sociopaths-baby-boomer..)] and - read the reviews: [[www.amazon.com/Generation-Sociopaths-Boomers-Betrayed-America/dp/03163..](http://www.amazon.com/Generation-Sociopaths-Boomers-Betrayed-America/dp/03163..)]. Get ready baby boomers, the legacy you're leaving will be damned by future generations and I say, about time, indeed! The Earth - Mother Gaia - ISN'T something to be used and abused; rather, it should be cherished and nurtured. Generally, the "boomer generation" hasn't any notion of stewardship - otherwise, there'd be no need for this article. Love, blessings and peace!

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## tbmustang1

to iamblessediam: Your post mentions basics that I pretty much agree with, but these opinions about mindset (greed) and fear really should be applied to the capitalistic social environment that programmed/influenced many or most "baby-boomers". People born and raised back then almost surely have the same basic proportion of morals and ethics as any other people. If they'd had access to the wide variety of information now available, and if dangers of our system had been well known, more of them would be careful about consumption.

I agree that growing up back then has left many consumers trained to take all of the present for granted. Hopefully society will evolve past this, with such large portions of the population beginning to understand and take action. But we shouldn't cast stones at the people who happened to get born, raised, educated in a system that didn't include all of today's knowledge. I think they deserve compassion, especially if they are seeing the negatives of how they have lived. But even if they can't see this yet, it doesn't mean they are evil and should be damned. The vast majority of them have not consciously done anything "wrong", they are just a product of an evolving capitalist system. Personally, I see and know many who have excellent values and try to modify the way they live. To the extent they can what with the many diseases and handicaps they suffer from.

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## otis101

Plastic bags banned in California. If you need a bag stores sell you a paper bag for ten cents which encourages folks to bring their own fabric bag. [www.ecowatch.com/its-official-plastic-bags-banned-in-california-188195..](http://www.ecowatch.com/its-official-plastic-bags-banned-in-california-188195..)

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## **stanleybecker**

Mirandola - I repair my flimsy plastic bags with tape and carry it scrunched up in my pocket for shopping or as a cushion on the rocks on the beach - when I have repaired them to death I use them as a garbage bag - this way one flimsy plastic bag can last a month

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## **Maurya**

As I live on an island that is surrounded completely by the sea, I applaud our government's effort in banning the use of all plastic bags by retailers. We have had several months of grace period to get people used to the idea of bringing their own bags when they go shopping. In a few days, fines will be levied. My reusable shopping bags just sit in the back seat of my vehicle, so they always are available whenever I shop, regardless of whether I am at the farm stand or at the supermarket.

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## iamblessediam

Hi tbmustang1 -- I'm in the baby boomer generation. I read "Silent Spring" and "1984" way before 1984 passed. I have compassion for the lot - you have to have compassion to find the humor in "stoic's" snark;-))! But there's no denying that the "boomers" keep electing their own health assassins. Consider what's going on "quietly" in the House on Capital Hill right now - H.R. 985 and H.R. 1215. Those two bills are "gifts" to big corporations – big pharma, big ag, big chemical, big oil, and big banks – that prevent citizens who have been hurt by these corporations from gaining justice. I understand Bruce Cannon Gibney's posit in his book - it goes to the saying - 'the definition of insanity is doing the same thing over and over again expecting different results' - if that's not socioipathic behavior, I don't know what is. How many times can a person shoot themselves in their "political foot" supporting a political system and politicians that promote and protect "measures" that result in the current article subject? After awhile, the only thing that stands between those repeated actions of electing health assassins that effect everyone's life and developing a mindset of having no time for stupidity and not suffering fools lightly is COMPASSION. Bruce Cannon Gibney's book is a worthwhile read; albeit, a tough pill to swallow for those not willing to be objective - or, in my street smack - not willing to personally man up. Love, blessings and peace!

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## iamblessediam

Hi Maurya -- GOOD on you, indeed! Your island reminds me of the incredible - in my book - Wijsan sisters efforts on Bali: [\[www.ted.com/talks/melati\\_and\\_isabel\\_wijsen\\_our\\_campaign\\_to\\_ban\\_plastic..\]](http://www.ted.com/talks/melati_and_isabel_wijsen_our_campaign_to_ban_plastic..). Those two young people exemplify 'necessity is the mother of invention - or in their case and yours - intervention! Love, blessings and peace!

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## snappir

These listed ideas are totally impractical: "Reduce your use of all things plastic: Purchase products that are not made from or packaged in plastic. While the items involved are near-endless, here are a few ideas: ===== these are impossible to avoid. for example many sprouted vegetables come in plastic containers • Use reusable shopping bags for groceries ===== yes, I have few such bags, but more often I come shopping without them, and pay for shopping bags. • Bring your own mug when indulging in a coffee drink, and skip the lid and the straw ===== this is really funny, to carry a coffee mug, come on... • Bring drinking water from home in glass water bottles, instead of buying bottled water ===== this is right ON! • Store foods in glass containers or mason jars as opposed to plastic containers or bags ===== This one is the RIGHT ONE, this is what I'm doing for the last 25 yrs. • Take your own leftover container to restaurants.....FUNNY! • Request no plastic wrap on dry cleaning.....WHY the hell to use chemical cleaning???? WATER can wash anything. NO NEED POISONS on your clothing. I never used "dry-cleaning" for at least 30 yrs.

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## Sam.Shuter

I have old Bakelite mixing bowls (x3) that I still use. I have plastic freezer containers that I still use to freeze soup, stews and other more 'fluid' meals. I bought these containers in the 1970's - still work fine. I have the same set of Correlle dishes from the mid-70's, same SS silverware, SS pots, cast iron pans, etc. If you take care of things they will last a lifetime - so far.

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## lipstic

"This is really funny, to carry a coffee mug, come on..." I actually don't mind carrying one in my purse, however try to get your average coffee shop to fill it up. (Hint:don't forget the popcorn.) For those in Canada; timmies used to refill reusable mugs if you used their mugs. I don't know if they still do since they are all plastic.

Waiting for my coffee at MCD, the guy in front of me asks them to fill a reusable coffe mug, the person behind the counter asks him what size coffee he wants and of course he says what ever size will fit. So after a bit of back and forth he decides on a size and asks them to pour it in the reusable mug (makes sense they have a sink to pour it over). They tell him they are not allowed to that he is on his own for transferring the coffee from one container to another. I didn't have time to see how the whole thing ended, but it would have been so simple to take the reusable mug put it in the sink and then pour the coffee in, no touching in case of being burned and no mess since it's in the sink. I hope he complained to the higher ups that the policy is ridiculous!

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## mar3425

Taking your own coffee mug is totally doable. I use a large enamelled metal mug of the sort that used to be sold in Chinatown. There are now more upscale versions of the same enamelled mug (I'm not sure how safe the enamel is in the made-in-China version) in camping stores, for example. I put the mug in my pack inside a plastic bag, so it is not as streamlined a process as I'd like. Maybe someone else has a better method? I use this type if mug because it is lighter than a ceramic mug, which I agree, would be cumbersome.

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## grulla

"• Bring your own mug when indulging in a coffee drink, and skip the lid and the straw ==== this is really funny, to carry a coffee mug, come on..." I have a pair of stainless steel, insulated traveling coffee cups that my railroad employer handed out to us as gifts, which I always kept in my service truck. Admittedly though, they do have vented (removable) plastic lids. Quite often I would bring that cup into a restaurant and the waitress would gladly keep it topped off with coffee with my meal, as well as to take the coffee with me when I left.

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## Acroyali

I only know a handful of people who would much rather fix something that's broken than toss it out and buy a new one. Unfortunately so many things are just not built to last, and so many don't see any problems with this. At the grocery store I'm known as the lady with the soft-sided cooler. Everything I buy goes into that cooler; not only is it less wasteful than using 10-15 plastic bags but carrying 10-15 plastic bags into the house is a PITA when I can sling the cooler over my shoulder via the shoulder strap and haul it in one trip. I'm sure people complain constantly about anyone who does the opposite, but I find it irritating when a store puts 2-3 lightweight objects in a bag and considers it full. I'm no weakling, but I'm not exactly strong as an ox either, and I figure if I don't use (what I have), I'll lose it.

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## IsobelChaveh

Improvements can always be added to that first brilliant idea. What is possible in one place may be impractical or even illegal somewhere else, like plasticides for food containing in the grocery store. Pragmatic experience is the best teacher. These are some ideas I've used to rid the home of plastic: "Use reusable shopping bags for groceries" Those reusable shopping bags purchasable in grocery stores are made from - plastic! (polyester) Don't buy them, sew your own or buy handsewn ones, Etsy has a dozen sellers who offer cotton duck & canvas shopping bags.

For outdoor marketing, use a woven basket - you will receive heart chakra-sensed nostalgic energy waves of Past Ways as your Unconscious Mind (Right Brain) takes this opportunity to transport a few chemical packets of Memories from your DNA to bathe Left-Brain (conscious mind) memory neurons in [www.google.com/search?q=painting+marketing&client=ms-android-veriz..](http://www.google.com/search?q=painting+marketing&client=ms-android-veriz..) {मार्क, see the reference to your copper}

"Bring your own mug when indulging in a coffee drink, and skip the lid and the straw" If you're really Inspired by this idea of bringing your own mug but want a lid, buy a tankard, they come with lids [www.google.com/search?client=ms-android-verizon&biw=360&bih=30..](http://www.google.com/search?client=ms-android-verizon&biw=360&bih=30..)

If you don't have a moustache cup and like using straws, stop buying plastic ones & start buying paper. Amazon sells them, be sure to read the reviews before selecting - just like marriage partners, only the better-quality ones are long-lasting (a personal family joke).

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## IsobelChaveh

-cont. "Bring drinking water from home in glass water bottles, instead of buying bottled water"

Amazon sells these smart-looking glass drinking bottles with S/S screw-on lids

[www.amazon.com/gp/aw/d/B01DN6001G/ref=mp\\_s\\_a\\_1\\_1?ie=UTF8&qid=14898..](http://www.amazon.com/gp/aw/d/B01DN6001G/ref=mp_s_a_1_1?ie=UTF8&qid=14898..)

"Store foods in glass containers or mason jars as opposed to plastic containers or bags" The thick, high-temperature fired Polish Pottery comes in an astounding number of shapes & sizes, including storage containers with lids. Polish Pottery is readily available on eBay, as are the vintage pressed glass refrigerator containers your gran used in her frigidaire icebox. Or store your comestibles in bowls covered by a plate or cloth.

In the refrigerator, wrap & store your lettuces & greens in a kitchen cloth to absorb the water after you rinse them. Long before plastic, food was wrapped in fabrics made from bast fibers (inner bark lining of trees). Butcher paper, wax paper, parchment paper, paper towels, are all treated with chemicals in the manufacturing. Old-fashioned oilcloth, kitchen fibercloths like bamboo & hemp - readily available on Etsy, isn't.

Bamboo dish drainers & soap dishes can replace plastic ones - you can even buy Polish Pottery liquid soap dispensers & chrome nozzles for your homemade herbal handwashing waters - cloths can replace plastic sponges, bamboo or metal cooking utensils can replace plastic-handled ones, bamboo or chrome hangers (Amazon) instead of plastic or plastic-coated wire. Are you aware that most candles are made from petroleum? (unrefined gasoline) That's what paraffin is. In India, a lovely candle wax was made from the fragrant fruits of the cinnamon tree. Here in America, bayberry (candleberry) shrubs were used for the same purpose.

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## IsobelChaveh

-cont. If using a root cellar, store produce in woven baskets for breathability, use wooden casks for preserved fruits, beer & wine-making - and to store grains & legumes, & especially for your fermenting vegetables or half-sour pickles, use stoneware crocks with close-fitting wooden or purchased crockery lids. These can be purchased new at country feed & hardware stores, or vintage from antique shops (Bennington, Doulton Lambeth). Your dried & salted meats & sausages, dried garlic, leeks, onions, need to hang.

Long ago, in places like Sardinia {Cala Luna [www.ivansgualdini.it/.../trekking-da-cala-fuili-a-cala-luna](http://www.ivansgualdini.it/.../trekking-da-cala-fuili-a-cala-luna) } where homes were round-shaped structures built of local stone, hanging pegs would be built into the ceilings to suspend woven grapevine lattices from, to use as out-of-the-way storage & to suspend implements or wet clothing, upon return from fishing the sea. You see this idea sometimes still in Italian restaurants and this is where it comes from - Real (past) Life.

Today, grapevines are used most noticeably in the making of Xmas wreaths, but woody grapevines of varying thicknesses have always been used as structural support trellises in the garden, for basketry, animal pens, bird cages for carrying to market, woven traps to use as throw nets, even small hut-making and for sheltering your goats from inclement weather.

People simply did not use their barter coins to procure items that could be made from all the readily-available materials provided by a generous Mother Earth - to make, harvest, trade, or barter was the normal means of obtaining necessities. They would save up their coppers - if lucky, a few silver coins, too - to use for bartering at the seasonal fairs that came round thrice yearly during the early Middle Ages all along the Northern Mediterranean coastline [marvellousmedievalmoments.weebly.com/trade-and-commerce.html](http://marvellousmedievalmoments.weebly.com/trade-and-commerce.html)

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## grulla

"• Use reusable shopping bags for groceries ==== yes, I have few such bags, but more often I come shopping without them, and pay for shopping bags." My local healthfood co-op always keeps all their used corrugated boxes at the checkout to recycle for the customers convenience for their groceries. I always take advantage of that and when I accumulate a half dozen or so of those boxes, I return them to the co-op for further recycling.

Almost every canned/package food items I buy are always in glass jars where ever possible. I have three recycle tubs full of wide mouth glass jars for future re-use, and throw the narrow glass bottles and jars out at the landfill glass recycle dumpster. But my home recycle tubs are getting to the point of overflow. Now my local landfill, in their infinite wisdom, has discontinued the recycled dumpster relegating all glass to normal landfill garbage.

Over the past 20-25 years, we/I have always saved our/my one gallon DRY RED wine bottles for recycling, which have totaled over 400-500 over those many years, (I didn't drink all that "overnight", lol). About 8 years ago, I gave away over 100 of those bottles to someone that wanted to build an artsy/craftsy glass window wall. More recently, I donated 150 of those one gallon glass wine bottles to someone that is into bottling and selling his own produced restructured water. I'm keeping over 100 of those gallon glass bottles for a possible DIY home made Edison, nickel-iron, (NI-FE), storage batteries someday for alternate energy use, but with all those "prongs in the fire", I ain't holding my breathe, lol, but NIFE batteries are on my bucket list none-the-less.

[www.silvercityfoodcoop.com](http://www.silvercityfoodcoop.com)    <http://www.noonco.com/edison/>

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## mirandola

Snappir, respectfully, I disagree with you. It is all a matter of motivation and what we are willing to do> If we are not willing, and if we laugh it off, then we are contributing to the problem. Here is an article about one family's way of Zero Waste living [www.sfgate.com/homeandgarden/article/Mill-Valley-family-s-zero-waste-l..](http://www.sfgate.com/homeandgarden/article/Mill-Valley-family-s-zero-waste-l..)

Where there's a will, there's a way!

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## mirandola

Health/wealth, a costume mistress at a ballet company, told me one way they clean their costumes is to use vodka. That is right. She said it works on leather, silk, wool, rayon, anything. It does not strip the colors, and it takes odors away with it. At first I used cheap vodka and found I had to do several treatments. Using higher proof vodka works better. Give it a try! The newest home dry cleaning technique, yup! This will spare the water ways and save clothing, allowing it to last longer than when washed again and again.

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## Acroyali

Our thrift store will happily accept donations of plastic bags, many people use them and return them. Not the most ideal solution but certainly better than use once then toss. I re-use bags until they disintegrate, but it's hard to convince some people to do the same when they won't even consider touching the handle of a shopping trolley or cart until they've used one of those stupid little antibacterial wipes on it. Reusing things = germs and dirt to that mindset (yet most have no problem hanging out at the doctors office, AKA the best place to get sick aside from a hospital, every time they feel a sniffle coming on. Go figure.)

There are a lot of people who will throw out 3/4 of their food and never consider saving it and re-heating as left overs. This absolutely, 100% boggles my mind. Not only is it wasteful, expensive, and just plain backwards thinking but sheesh--many foods are BETTER once re-heated!

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## Islander

Hard to believe some of the ideas promulgated in this thread. Throw out leftovers? Seriously? That's tomorrow's lunch! Or maybe even tomorrow's supper, reheated and/or revitalized with herbs, cheese, BBQ sauce or whatever. Someone bought and paid for good food and then lovingly prepared it – sinful to discard that! Anything made of glass is worth keeping since few things are sold in glass any more, so it's becoming precious. Buy a glass water bottle? I still use one of those green iced tea bottles (speaking of things that have gone extinct) – bought it just for carrying water later because it's beautiful. I pour homemade jams and jellies into recycled glass jars, and use the narrow-mouth ones for homemade salad dressing. Please use vinegar for cleaning glass and save your pricey vodka for better purposes! Woolen sweaters must be hand-washed, like silk, but both are worth the effort (and time spent handwashing clothes is ideal for meditating... perhaps on gratitude for the joy of owning real fabrics). I have come to love soap nuts for any laundering: totally natural, re-usable 10-12 times, as effective as any of those stinky perfumed detergents! Knitters, it's possible to unravel cheap wool sweaters and turn them into hats, sox etc. Think about knitting for the homeless and donating hats, mittens and sox to the local police department for distributing to the homeless, as they do here in Bangor, Maine.

Posted On 03/18/2017

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## Julianne

snappir, to your first "impossible to avoid" - grow your own sprouts. No plastic packaging, cheaper and probably safer. It really takes no time at all. Reusable shopping bags - just put them back in the car as soon as you have unpacked your shopping. It's not hard and will become a habit in time. Neither of these ideas is 'totally impractical'. It all comes down to how important you think it is.

Posted On 03/18/2017

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## seg

grulla one things fir sure you drink a helluva lotta wine more than me.. it's ether you cut back (which i highly doubt you would) or I'll likely have to significantly up me dosage :)

Posted On 03/18/2017

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## teeko1

Water can wash most things, but I wouldn't want to try washing one of my husband's suits, which he has to wear a few times a week. We do, however, economize by making the suits last as long as possible, and he can still wear some things he had around the time we married.

Coffee doesn't taste good to me when served in metal mugs, so I drink from whatever the restaurant/Starbucks offers, but then, we don't eat out very often, anyway. Restaurant food has become less and less appealing (and less healthy, in many cases).

Storing things in the fridge in glass bottles/jars or other containers (often I just put left-overs into one of our china bowls or cups and cover it with a china saucer) makes good sense.

All of our food garbage goes directly into our small garden the same day; we have a thriving colony of earthworms who are turning it into food for plants. If green onions or other greens come with any roots on, we plant their stubs (leaving an inch or two of the leaves) out there, too, and then we cut parts off to use in meals. The leaves grow back and are a constant source of food that we have had more success growing than if we had started with seeds.

We keep a couple of large cardboard boxes in our car, and often, when shopping using a shopping cart, dispense with bags altogether--just wheel it all out to the car and stash it in the boxes.

I frequently "shop" for all sorts of things at estate sales, make my own clothes, and own none that cannot be washed in water. I seldom buy, including, sometimes, clothing. I seldom buy shoes, but when I do, I make sure they are comfortable right from the store and keep them for years. I don't care what is in style, only care whether or not something looks good on me, and that has not changed much over the years, except that with white hair, I find that I can no longer wear bright red!

Posted On 03/20/2017

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## **Krofter**

Trump and his new slash-and-burn head of the EPA, Pruitt, are proving they are intent on reversing as many environmental regulations as possible - especially any that were passed by Obama. Look for Trump to reverse Obama's ban on microbeads. If there is profit to be made in microbeads Trump will surely allow it - earth and its human population be damned. If you neg me why are you even reading this article?

Posted On 03/18/2017

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## **kittykity**

I got a clothes line for my birthday and a truck load of horse manure for our anniversary. My husband loves me. We go to the dump about every 4-5 weeks. One can is what can't be recycled and everything else is recyclable. Paper is used as much in the yard. All vegetable scraps get composted or go to our neighbor's chickens. I get eggs, veggies, and venison as a thank you for babysitting his flock.

Posted On 03/18/2017

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## **EllenRipley**

Sounds great! Wish I had a neighbor with chickens I could babysit for eggs. My previous source of eggs, Sue, got sick and retired. Plus coyotes kept getting her birds. I've considered backyard chicks but I have semi-wild cats out there.

Posted On 03/18/2017

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## 1spiralman

Many times i have wished for my childhood days when we had only brown paper bags and wax paper instead of the mountains of plastics that are ruining the earth and seas. I know plastics are convenient and have so many uses but common sense says we are destroying our planet and lets not even start about Fukushima which is a disaster of biblical proportions. Paper products are renewable and trees are beautiful.

Posted On 03/18/2017

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## stanleybecker

being in my 20s in the 1960s I grew up to recognize the adjectival use of the word "plastic" as describing everything that is FAKE or SNOBBISH or INSINCERE or emotionally false as PLASTIC - plastic triumphed and succeeded Bakelite as the medium of cheap tawdry meretricious display - plastic emphasized IMITATION of the most worthless variety - plastic people was the code for those that had adopted received conservative mainstream brainwashing and accepted this status quo without questioning - basically if you are plastic you are a Zombie that goes along with the herd and eats your Glyphosate dutifully because that is what everyone else is doing - in the 60s counterculture "plastic" represented everything that was wrong with society - as a result the "beautiful people" eschewed plastic mores/ values as abominable - here is one of the seminal bands of the 60s singing their hit song "Urban Spaceman" - listen to the lyrics and the "twist" in the end - [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 03/18/2017

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## Uncle\_Mike

.their 1968 version of the well-known Monster Mash song - "dig it", it's a graveyard smash

<https://youtu.be/Od2PBIZ3ZQM>

Posted On 03/18/2017

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## **stanleybecker**

the song includes the line " The zombies were having fun / The party had just begun" - Viv Stanshall was one of my all time heroes - he was also worshiped by John Lennon and Keith Moon - a wild, wild man - an artist of the "individual" -

Posted On 03/18/2017

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## **WillWilkin**

Remember "Plastic People" by the Mothers of Invention, or "Plastic Fantastic Lover" by the Jefferson Airplane? Of course, the recent understanding of the plasticity of the brain is an encouraging insight that allows us to see a path towards recovery from traumatic brain injuries and stroke, and just ordinary learning potential at any age.

Posted On 03/18/2017

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## **grulla**

"Stanley" and "uncle mike" Hey, I remember the Monster Mash long before Bonzo...but that was in a previous life, ha ha ha!! [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 03/18/2017

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## Acroyali

Stan I love the reminder of plastic being an adjective of "fake", from people to places to things. The "Barbie Doll" syndrome is synonymous to many to "plastic". The poor souls who define their self worth \*only\* as good as their hair, make up and/or wardrobe are pretty plastic (on the outside), and sadly many of these are so vulnerable and sad on the inside. (This isn't to say that keeping yourself clean and/or neat is bad, but if the daily make up routine takes 90 minutes and the thought of running to the gas station without all these bells and whistles gives you a panic attack, something is missing and I truly feel badly for those in that situation.) Even CRAAP and fake food is pretty plastic.

Heck, at our dog club, we named certain treats (beggin' strips, etc) as "plastic treats", and it was my obsession with feeding my dogs and cats the best possible diet many years ago that lured me into a realization that my own diet was junk (plastic) and needed addressed.

Posted On 03/18/2017

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## IsobelChaveh

JB, Re oysters - Oysters 'Tambourine' [www.tripadvisor.com.br/LocationPhotoDirectLink-g1870402-d6691499-i1004..](http://www.tripadvisor.com.br/LocationPhotoDirectLink-g1870402-d6691499-i1004..)

Mr. Tambourine Man (lyrics) [play.google.com/music/preview/Tx2j2htaxpzvtwzfaeefbhccgxa?lyrics=1&..](http://play.google.com/music/preview/Tx2j2htaxpzvtwzfaeefbhccgxa?lyrics=1&..)

Mr. Tambourine Man, by William Shatner, from his debut album 'The Transformed Man'  
[https://youtu.be/\\_0hTtsqiFCc](https://youtu.be/_0hTtsqiFCc)

"Love may transform me to an oyster", Much Ado About Nothing, Act 2 Scene 3  
[m.sparknotes.com/.../page\\_76.html](http://m.sparknotes.com/.../page_76.html)

✨ SHAZAM!! ✨ Oysters Explode! <https://youtu.be/dajTdWSBk8g>

"Why then, the world's mine oyster", The Merry Wives of Windsor, Act 2, Scene 2  
[www.enotes.com/.../why-then-world-s-mine-oyster](http://www.enotes.com/.../why-then-world-s-mine-oyster)

Blue Öyster Cult - "The Reaper" <https://youtu.be/CIQcUyhoxTg> Lyrics [www.metrolyrics.com/dont-fear-the-reaper-lyrics-blue-oyster-cult.html](http://www.metrolyrics.com/dont-fear-the-reaper-lyrics-blue-oyster-cult.html)

Reap - to harvest, Old English repan (ripen) [www.dictionary.com/.../reap](http://www.dictionary.com/.../reap)

When oysters are ready to spawn, they are said to be ripe [hatchery.hpl.umces.edu/.../oysters-life-cycle](http://hatchery.hpl.umces.edu/.../oysters-life-cycle) - they become "Love Oysters!" <https://youtu.be/H-rAAdHBy2l>

...and together can produce many "pearls of wisdom" Job 28:18. ◇ The Hebrew word 'gabish' גַּבִּישׁ translated as "pearls", used allegorically in this passage to mean 'an abundance of pearlydrops raining down from the Sky' - frozen raindrops completely formed & crystallized (i.e., becomes so dense in mass as to become visible to the eye) - sparkling hailstones ['great pearls'] which look much like 'pearls from the bitter waters of the sea'. See these meanings: Arabic [snowflake floater gypsum, selenite enhydros, desert rose], Assyrian - abundance, Greek - crystallized, as in thought [biblehub.com/.../1378.htm](http://biblehub.com/.../1378.htm) and [biblehub.com/.../417.htm](http://biblehub.com/.../417.htm) and [m.minerals.net/MineralDefinition.aspx](http://m.minerals.net/MineralDefinition.aspx)

Posted On 03/18/2017

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## **stanleybecker**

WilWilkin - [www.youtube.com/watch](http://www.youtube.com/watch) - thank you for the reminder

grulla - the Bonzo's brought it back from the 50s to the 60s

Acroyali - isn't it sad the we inflict plastic on our pets and children as cheap toys

Isonel - every oyster is a new world plus zinc as a potion

Posted On 03/18/2017

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## **wendyb.**

There are at least two clothing store chains that take in bags of your old rags or clothing that is damaged and can't be reused or donated. One of the stores is HM and I think the other is American Eagle. They send the rags off the be re-made into various textiles. Better that than throwing them in the garbage and landfill. Just give the store a call to be sure they take it.

Posted On 03/18/2017

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## **mirandola**

At the Science Museum in San Francisco, they built a green building with a live sod roof, and filled the walls with crumbled jeans material as insulation. Perhaps old clothes can be used in much the same way. This could even become the way we safely dispose of such polluting materials as, imagine, the very clothes which we wear.

Posted On 03/18/2017

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## Islander

What a brilliant idea, Mirandola! I remember seeing an article about this several years ago, so the idea is not new. The problem is that in today's culture, it's a clash between time and money and sadly, the most economical and environmentally friendly ideas are time-consuming. In my world, that's time well spent.

Posted On 03/18/2017

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## Pet Rock

Another problem is what to wear, then? Wool is often from places where there is cruelty [investigations.peta.org/.../](https://investigations.peta.org/.../); down is ripped from birds while they are living. [investigations.peta.org/eddie-bauer-lands-end-live-pluck-geese](https://investigations.peta.org/eddie-bauer-lands-end-live-pluck-geese). Not much comes in organic cotton. Non-organic is a pesticide mess. Leather is a cruel and toxic industry. [investigations.peta.org/china-dog-leather](https://investigations.peta.org/china-dog-leather).

Posted On 03/18/2017

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## Acroyali

While I agree there is cruelty abound, I have a very hard time swallowing anything the terrorist organization known as PETA says.

Posted On 03/18/2017

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## iamblessediam

Back to fig leaves me thinks;-))!

Posted On 03/18/2017

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## Islander

I raised sheep for 25 years and most years I did my own shearing for a flock of 30. There may be breeders somewhere whose shearers are rough and careless, but that has not been my experience among the flocks in Maine. People who raise livestock recognize the value of their animals and are not going to put them in harmful situations.

Posted On 03/18/2017

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## Almond

The point is well-taken that it is impossible to avoid all plastics. So, rather than avoid all of them, I recommend we reduce their use and lower our consumption. One area that concerns me is the use of plastics in the food chain. Manufacturers use them for good business reasons. Less breakage, loss and damage to other items in crates, lighter weight shipping than glass and cost savings. I do prefer to avoid plastic packaging whenever possible, but sometimes that is not an option. However, when you do get home, you can transfer some products to glass containers. I am less concerned about products that are fresh and stay in a plastic bag for a short period of time and those that will be frozen. The risk is higher for foods that are warm when they come into contact with plastics.

If you live in the city, I recommend reducing your garbage cans to one small can a month or less. This is very practical. Most people do not understand how much they purchase and needlessly consume that is waste. If you have a garden or live in a rural area, you probably have more disposal options than people who live in cities in apartments. You should also be able to save a lot of money if you have fewer garbage cans. Assuming you eat an organic diet, see if there is a nearby neighbor with a garden who would be happy to have you add to their compost pile... or provide vegetable trimmings and wastes for a hog or chickens. The idea of driving far to recycle or compost is defeating.

What is most helpful to me in avoiding garbage is putting up our own food. Much gets composted and returned to the garden--squash shells, melon rinds, trimmings from salad greens... Also, if I can food in glass jars, they can be reused. I still use canning lids, but bought a case years ago before prices went up and found more unopened boxes at second hand stores--they last forever. I find the porcelain lids impractical. I reuse some lids in good shape for oven canning of dry foods. -continued-

Posted On 03/18/2017

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## Almond

-continued- I don't suppose I am going to be perfect, but there is no need for the tremendous amount of waste we see. Many items can be reused, repaired or repurposed. You should be aware and choose. If you do not or cannot have a garden, do look for a place to take your compost. There are many reasons that have nothing to do with garbage disposal and the environment. Show your gratitude by stopping by on a sunny day to pull some weeds. After all, in a city, not paying for garbage service--those extra cans--adds up fast! You can get the gentle exercise of a walk after supper every evening carrying a compost bucket to a neighbor's garden. If your head is in the right place, you may make a new friend and find a neighbor across the fence to chat with. You will be present at times of the year when a gardener has surplus to give away.

Don't think of this as just making a quick trip to your neighbors to dump your garbage. And, please respect their wishes if they request you not add certain things to their compost. Be willing to help out occasionally. Esp. weeding. So many people only show up at harvest time. Ask if you can water when neighbors are out of town, too. Don't be a picky eater if they offer fresh produce. Be grateful. Forming relationships gives greater meaning to your life. There is more to life than toddling between the refrigerator, television, toilet and garbage can. You limit yourself if you do not look beyond being a cog in the wheel and a consumer.

I consider Christmas one of the most wasteful holidays of the year. People buy useless crap out of compulsion and leave mountains of waste on the curb the next garbage day. All kinds of CRAAP food. People end up in debt, depressed and sick afterwards--or before. It seems the meaning of a time of peace and goodwill has been replaced with sordid commercialism. I try to plan Christmas gifts a year ahead, so they will be homemade and ready--a bit at a time. At least I know what I will make. Something useful

Posted On 03/18/2017

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## mirandola

Almond, according to one source I read, 1/3 of the methane greenhouse gases are caused by landfill. And that means that we can make a BIG difference by not contributing to it. We found when we started to recycle, that our garbage went down immediately, by 50%. Then we started composting, and our garbage went down again by another 50%. For two of us, we dump two small shopping bags per week of garbage...and sometimes, less.

We reuse or yogurt containers for freezing. Please see what I wrote about the Science Museum in San Francisco, advertizing to the general public, their use of shredded jeans materials for insulation in the buildings. An idea whose time has come? New business project? I would love to see Dr Mercola writing an article about this topic. People can "plug" for public recycling pickup by their local disposal company. Some areas of the country are already doing this, so don't let them tell you it is too expensive, inconvenient, etc. Nonsense. In fact, the companies benefit by selling the recycled materials, so it PROFITS them.

Posted On 03/18/2017

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## abe5680

We have a rather good system here in Australia, and seem to be ahead of the game when it comes to recycling. We have 4 bins - one for general waste (I create about 1 bread bag full of rubbish per week maximum); one for recycling (you are expected to wash it all & preferably crush it); one for garden waste and one (often shared) for composting material. The general waste is picked up every week, with the recycling and garden/composting collected on alternate weeks. People have used their own bags in supermarkets virtually forever, however, somehow the supermarkets were permitted to sell plastic bags to those who "forget", which I disagree with, which rather defeats the purpose IMO. However, most people do bring their own.

Living in a very small townhouse reduces your waste! I live in one currently and I've never enjoyed shopping, and I have to be very careful not to buy much stuff or I'd never fit it into my place!

On the topic of GMO cotton - ladies also need to bear in mind to ensure their sanitary products are made from organic cotton. I recycle and re-use everything. I even run my water into a bucket when I'm waiting for it to heat for dishes. I then use the bucket of water (after the chemicals have had a chance to gas off a bit) to water my plants.

Posted On 03/19/2017

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## Shambles

Do we breath them into our lungs when constantly wearing these synthetic fibre? Research anyone??

Posted On 03/17/2017

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## Islander

Possibly. More likely, they are absorbed by our skin on contact.

Posted On 03/18/2017

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## veritas19

Here I sit reading (through my plastic glasses), these comments, on my plastic TV, wearing my plastic clothes, sitting on my plastic flame retardant chair, which sits on my plastic flame retardant carpet, which sits over the plastic lining of the crawlspace, typing on my plastic keyboard, drinking my plasticized water that came through a plastic line in my plastic fridge whilst I breathe in fumes (formaldehyde), from the paint and sheet rock and carpet, and dishwasher which is cleaning my plastic containers and the washing machine which cleans my plastic clothes.

. Oh my! . In my own defense, I must say that I use canvas shopping bags that are 25 years old. When I do use plastic ones, they become garbage bags. My plastic shirt is also 25 years old and I hardly ever buy new clothes. I re-purpose anything I can and fix things when they break. I drink my water out of old Snapple glass bottles. I make so little garbage I only put the pail out at the curb every 2-3 weeks. I use recycled metal to make artwork. My job today was to rebuild an older rotting back door for a customer wearing my 30 year old hiking boots and my 15 year old t-shirt. Sounds pretty trendy huh? . If everyone re-purposed things the way many of us do lots of companies would be out of business, less plastic would be polluting our environment and we would be much healthier. . p.s. I heard that those plastic fleece jackets were made from recycled water/milk containers so maybe their not as bad...

Posted On 03/19/2017

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## seg

The idea should be to make products that are biodegradable and as non toxic as possible..we cannot escape plastics or many of the poison's we have today but we can try to limit the toxic element as much as possible.. On another note i am deeply sadden to hear legendary rock and roll pioneer Chuck Berry has passed at 90.. I have to keep reminded myself Johnnie be good.[www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 03/18/2017

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## quinine

I have been recycling about 85 percent of our trash for 17 years now. I don't pay for trash service or pickup and haven't in that time. Recycling was easier in Arkansas where I lived from 2000 to 2009. There was a great place where mentally disabled people did the sorting and they took everything. I was a little upset when I moved back to Ohio and the recycling center was very picky about what it would take. I do my best to not use paper towels, I use rags and scrubbies instead. It did take me a while to switch over to reusable shopping bags but I found some nice ones that have a bottom the folds down and holds the bag into an upright square shape and I can load a ton of stuff in them. Lift the bottom back up and it folds flat. I now prefer using self checkout because I pack my groceries in the bag the way I want them and don't have some bagger person squashing things. I pack my cold tuff in an insulated bag when I get it to the truck. AT Costco, I don't get boxes, I have them put everything back in the cart and go out to my truck and arrange everything in my awesome shopping bags.

I have switched over to using vinegar and baking soda for cleaning nearly everything in the house and have even switched over to dryer balls and essential oils. No more dryer sheets. And you know what it works well and I am happy. I make my own dishwashing detergent for the dishwasher. I am probably going to start making my own liquid dish soap for hand washing dishes with castile soap and essential oils.

We raise almost all of our own meat and we grow a big garden which I can and dry produce from. I have started using coconut oil to condition my hair and it works well. I just have to make time for it and make it a habit. I am hoping to switch to making my own toothpaste soon. I have even downloaded a recipe for making my own deodorant, but I did switch to a aluminum free natural deodorant but I don't use it that often. One thing at a time don't try to do it all at once.

Posted On 03/18/2017

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## quinine

I bought stainless steel drink containers. If I am going to pick up feed in the morning, I make my coffee and put it in a double walled stainless steel container and take it with me in the truck. I can put nice water in a stainless steel container and take it with me and not worry about dropping it. When I was conditioning endurance trail horses, I quit using plastic water bottles and use stainless steel containers. Worked great.

I started milking my own goats about five years ago. I now have goat milk to drink. I also make cheese and kefir and yogurt with the milk. The whey goes to the pigs. The yogurt and kefir can also be used to make a great home made ranch dressing. I bought a glass salad dressing container that has the recipes with lines on the side of where you fill to with the oil and vinegar and water and how much and different spices to put in. I don't buy nearly as much salad dressing now. We also raise our own eggs. Egg shells go back to the chickens or ground up and used in home made dog food. We compost all kitchen waste that the dogs, pigs or chickens won't eat.

However, it isn't something that jump in and try to do all at once. We have gradually changed something, made it a habit, then moved on and added another thing. So must make one small change at a time and you will get there. And yes some of the things I have started using I have gotten from reading DR. Mercola in the past couple years. I will probably retire my fleece jackets when they wear out and look for an alternative or hope that Patagonia actually does come up with a process that will allow you to have the fleece jacket without all the micro fibers in the water.

Posted On 03/18/2017

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## njlady

I sell a unisex organic cotton child's bath robe online ...if anyone is interested email me through the site.

Posted On 03/18/2017

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## Almond

One more way to prevent pollution. Avoid those pigtail compact fluorescent light bulbs. You may believe that saving energy is good for the environment, but at what personal cost. These CFL are harmful to human health. If you are responsible, you must get in your car and drive to return burned out bulbs to a recycling center. There is always the risk of breakage and contamination. Some inevitably end up in landfills. If you can no longer find incandescent light bulbs in your area (since they are now illegal), go to a lighting store and ask for "Hard use light bulbs". They are considered quite trendy right now for decorating. Although they cost more, they are also made to last longer and not break easily. If you notice less light being emitted over time, clean your globe or lamp shade and also wash the light bulb. It makes a world of difference.

I am also hanging solar Christmas tree lights across the ceiling of my greenhouse. (2 strings is plenty. I got them, 20' each, on sale, after Christmas, for \$9.99 each.) I can stick the solar collectors in the soil in the bottom of tree planters in front of a clear window on the sunny southern exposure. Free lighting. This is a good option for many out buildings where you do not want to wire them and do not need much light. Even "caves", huts and shacks in the woods. Turn them "off" if you are gone for extended periods of time. If you live in a dry climate, you can also cut holes in the ceiling and walls to install the clear base of plastic soda bottles or clear (glass?) bowls. Seal tightly around them. This will admit sunlight into a windowless structure when there is daylight. Cut tops off bottles and discard. The rounded end should be facing outward.

Posted On 03/18/2017

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## veritas19

You can get regular incandescent "rough service" bulbs of various wattages at the Dollar Store and they come in packs of two or three...and yes, they're only a dollar.

Posted On 03/19/2017

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## WillWilkin

I wonder if my well and septic mean anything in terms of less microbeads and microfibers making it into rivers and oceans?

Posted On 03/18/2017

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## junglelegal

Reuse plastic bags by rolling and cutting into strips that make loops which can be linked together. Make a ball of plastic yarn called plan and with large knitting needles make a durable stretchable shopping bag. Also great bags for shopping can be made from old t shirts, by cutting off sleeves and cutting a big u at the neck, then sew across bottom.

Posted On 03/18/2017

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## JayJay33

I hate plastic and have for a very time. I always use glass for food ,but have an ongoing we with my partner. he just loves those black plastic with clear lids for storing leftovers. I keep throwing them out, but more turn up, replacing the the ones I got rid off. I'm chemically sensitive to erners phymaldihide in perfumes,shampoos act. Everyone that knows me knows better than to come near me with fabric softeners in there clothes. I can smell them coming from the bottom of my driveway and Ill have a splitting headache if they come in my home. Ugh! Stuck in an elevator with someone with someone with perfume on turns me into a crazy person who becomes RUDE, and I scream HOLY PERFUME AND MAKE A RUN FOR IT.THE PAINT DEPT., I THINK I MAY FIGHT SOMEONE. VERY BAD REACTION. ANd petroleum product are very caustic ,I will get very ill,God help us all. And thanks for a great article. In not crazy. I knew it..... 😞

Posted On 03/18/2017

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**ChrisCurl**

I wonder if the korean farmed oysters from Crown Prince brand contain this toxin contamination?

Posted On 03/13/2017

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## Guillermou

The consumption of packaged foods has increased substantially in recent decades. The global packaged foods market was valued at \$1.9 trillion in 2020 and is expected to reach \$3.4 trillion by 2030. Life cycle assessment (LCA) is widely used to compare the relative impacts of different packaging materials for a food product. This article analyzes 28 studies that carry out an LCA of food products. For the majority of the 13 environmental indicators reported, plastic packaging is responsible for less than 10% of the total life cycle pollutant emissions of 23 of the 30 foods studied.

Relative emissions from packaging tend to be higher for liquids and food products packaged in small quantities. To make the LCA results more accessible to non-scientific audiences, this study compares the results with a reference value of emissions from vehicle travel. The environmental impact caused by packaging from annual per capita food consumption resulted in annual beverage consumption being responsible for the impact equivalent to 76 miles of driving.

The driving factors that affect the design and production of materials and the design of completely bio-based packaging must be analyzed, considering the minimization and revaluation of by-products and waste, recyclability, biodegradability and other possible end-of-life and their impact. in the sustainability of the product/packaging system. [www.sciencedirect.com/science/article/abs/pii/S0921344922000040](https://www.sciencedirect.com/science/article/abs/pii/S0921344922000040) (2022).---- [www.mdpi.com/.../1057](https://www.mdpi.com/.../1057) (2023).---- [www.sciencedirect.com/science/article/abs/pii/S0924224423000523](https://www.sciencedirect.com/science/article/abs/pii/S0924224423000523) (2023) [www.mdpi.com/.../3431](https://www.mdpi.com/.../3431) (2023).-----

Posted On 02/24/2024

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## Almond

A very sad commentary. I recently received hand-me-downs and was thrilled to receive some older clothing of timeless fashion in natural fabrics. -Such lovely expensive items that were new or gently worn. Definitely not the kinds of clothing that are in my budget. However, there were also children's clothing in the allotment that I had no use for. Looks like children had outgrown brand new clothing before it could even be worn and then the clothing was stored away and forgotten about. Some luxury brands, still tag-on. They laundered beautifully and aired out well in the bright sunshine as is typical of good quality fabrics and natural fibers.

I offered a dozen clothing items to a family with many children of various ages (certain that it would fit one at least of the children), knowing they must struggle to provide for so many. They were offended to think I would suggest their children wear hand-me-down clothing. (?!?) They expect new and want money to shop for it themselves. I guess the world has changed a lot since when I was young. I recall one school year when I only had 2 dresses--one would be laundered on a day when I wore the other one. I wore each dress for 2 or 3 days at a time, taking care not to spill or stain it. I spent one miserable summer wearing stiff scratch shorts made from curtain fabric.

The items I received are a bit too nice to wear as work clothing, but I might as well wear and enjoy them since I got them free and I have no need to dress up very often. I figure no one knows where I "shop" and much of the older clothing is much nicer and better quality than new synthetic clothing and immodest styles that look terrible on older women. I worry about our society where so many people are dependent and unproductive, yet have such high expectations and so little ambition, initiative, resourcefulness and problem-solving ability. Demanding nothing but the best and expecting others to provide it for them.

Posted On 02/24/2024

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## therealjones

I grew up with hand me downs, my brother is 3 years older than me. Now days almost everything I wear comes from a thrift store!

Posted On 02/24/2024

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## hgcharlan

Wow! I'd be thrilled with your offer. I shop at thrift stores and have found amazing things like a paca sweater..99 cents.cashmere sweaters..all under \$3.00. I get fabulous fabric..less than \$2.00 a yard and sew many of my own pieces of clothing. I even found 5 yards of lovely silk for \$4.50. Did a burn test to verify.man, I was thrilled!! When I was pregnant..a lady asked me if I would like a huge box of baby clothes all 100% Cotton thick, soft, strong Cotton. All brand names. I was so, so happy to have that box of cloths. I was blown away someone would be insulted by your generosity. Sad!

Posted On 02/24/2024

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## Concerned Patriot

You are right about attitudes pertaining to hand me down clothing. I had the same response when I offered sturdy but beautiful outfits to the grandchildren. When I was 12 years old, I went to a local grocery store, wearing a coat that previously had belonged to my older sister. The older lady store owner said, "Isn't that your sister's coat?" I replied, "NO, it's mine!" So the attitudes haven't changed much through the years. What may have changed is the ability to discern quality from junk, as to construction and fabric choices. Sewing classes in home ec have not been available for decades. We learn to appreciate workmanship, design, fit and fabric quality after struggling to create our own outfits.

Posted On 02/24/2024

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## plasticekkie

You bring back memories of long ago. Our family was poor, but I was the oldest. So my younger brothers wore more hand me downs than I did. Everything I wore came from Sear and Roebuck, except a few hand me downs from neighbors, cousins, or one of Dad's buddies kids. When I graduated high school, one of my teachers took me to the side and said, "You'll need some new clothes for college. I have outgrown these."; and he handed me a box containing a suit and some not-so-worn pants and shirts. I was so thankful I nearly cried. That suit wore like iron, and, 4 years later, I not only graduated in it, but wore it to an interview and got the job! I'll never forget Earl Adams, that kind teacher.

Posted On 02/25/2024

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## Eevee

Charity shops are big over here in the UK, millions of people donate / buy second hand clothes and items here in the UK, some of the younger generations call it "vintage" instead of second hand. There are websites where you can sell or buy perfectly good clothes... one example: <https://www.vinted.co.uk/> there are many others. We also "upcycle" items and furniture alot over here too. We also promote "mend and make do" of clothes and items. We even have a television program called "The Repair Shop" [www.bbc.co.uk/.../b08f581p](http://www.bbc.co.uk/.../b08f581p) .

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## Meibao

This is so minuscule, but it's something if we all did it: Boycott boycott boycott anything in plastic containers. Just don't buy food in one-use plastic containers. Don't bag produce unless you bring your own cloth bags for veggies, fruits, etc. Don't buy condiments, yogurt, oil, meat, nuts, etc stored in plastic bottles, containers, or trays. Try that and you'll see how ubiquitous plastic has become. There's no solution.

Posted On 02/24/2024

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## Sfilly255

As a consumer if I need something that I can only find in a plastic container - for example most salad - I look for a brand that uses at least some recycled plastic in their containers. Not a great solution - but I try to support those using recycled plastic as I know it literally cost them much more to use recycled plastic than to create all new plastic containers. Also I try to grow my own lettuce in a pot as the weather allows - lettuce & cherry tomatoes are super easy to grow - just watchout for microbeads in the store bought dirt. We also order Azure Standard drops/deliveries which are packaging conscious & bulk sizes are available. And we enjoy thrift shop hunting & yard sale all summer to outfit the family with the next size clothing & new to us toys & gear. My brother in NY also found a tool rental co-op - which is super handy as a new homeowner - both the tools & the expertise of his elders!

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