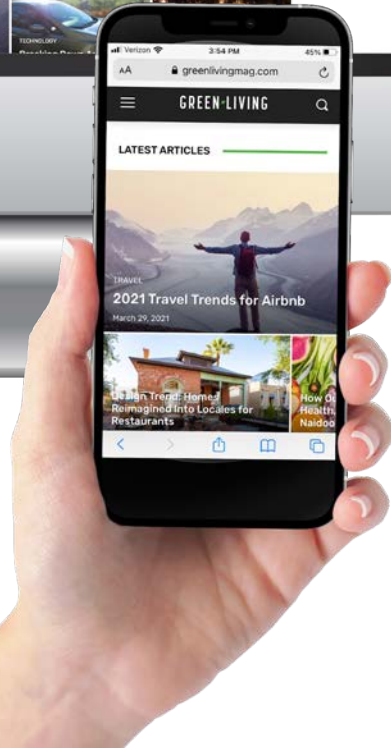
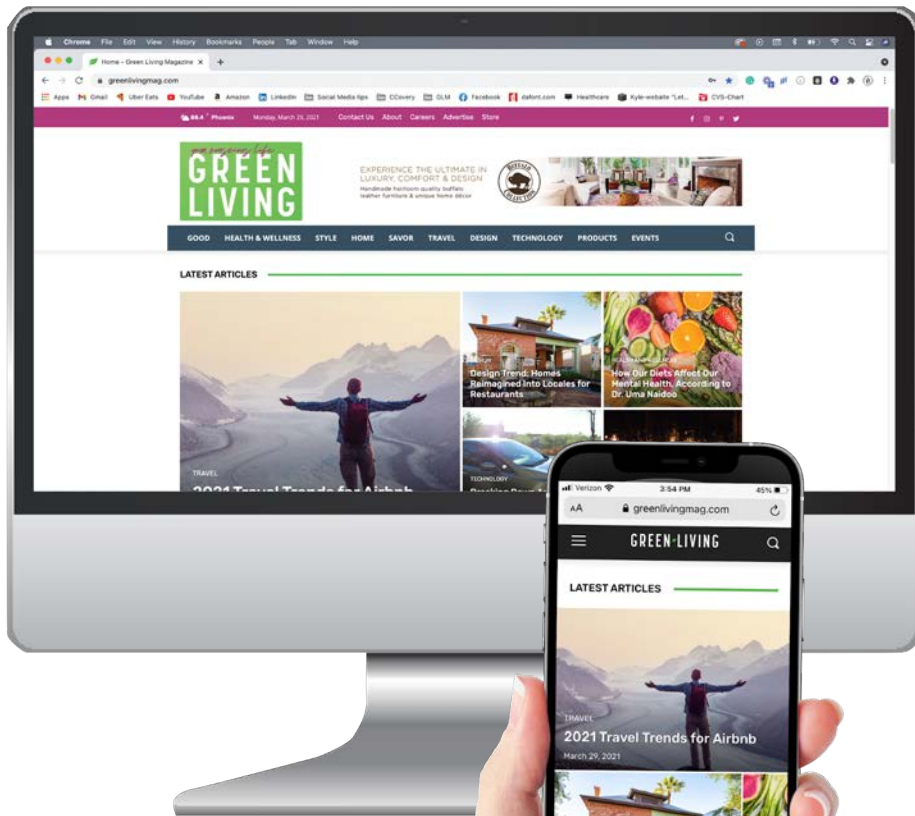


# Simple Solutions to Restore Our Earth

Dorie Morales  
 Publisher, **Green Living** magazine



# Green Living magazine



Subscribe



**Our mission** - We aim to Educate, Empower and Inspire our readers to make eco-conscious choices for a healthy life and healthy planet.

**Our vision** is a world where people live, work and play sustainably, leaving the world a better place for future generations.

# Why I Got Involved in a Green Lifestyle Magazine



- Dad's garden
- Horseback riding
- Foreign exchange student in France, Lifestyle and eating
- Foreign exchange students live with us
- The loss of parents and siblings
- They passed away to cancer and other health issues
- I went back to my roots

# Why I Live Green



# Laundry Room



- Ditch the chemicals in your laundry room!
- Switch to all-natural cleaners made from local vendors. Try Truce Products or Eco Mama Clean.
- Mix in vinegar with your laundry soap instead of using dryer sheets.
- Switch to a front-loader washing machine. It uses half the water of a top loader.
- DIY vinegar and water with citrus fruits.
- Tip: Wash your clothes on cold. This can eliminate 1600 pounds of carbon emissions a year.

# Bedroom



- Organic Living, Brooklyn Bedding

- Buy furniture that does not have toxins and chemicals. Instead, invest in an organic mattress.
- Cotton is the world's dirtiest crop... make the switch to organic cotton sheets (and clothes). Leading cause in air and water pollution 60% of cotton plant goes into our food stream feed and seed

# Beauty and Cosmetics



- Find products that are natural and packaged using as little waste as possible.
- We do men, Dr.Bonner's
- If beauty products come in jars, reuse the jars.

# Beauty and Cosmetics



Tip: Check for nano-titanium dioxide. These harmful chemicals can get into the water supply and harm our natural environment.

- Choose a natural, organic hair coloring.
- Swap your perfume for essential oils.
- Try brands like Quench Natural and Peak Scents.
- Use a bamboo toothbrush and a natural toothpaste that is sustainably packaged. Toothpaste containers in landfill





# Living Room & Dining Room

- Swap out your carpet with wood bamboo or cork flooring.
- Live plants potted in soil can clean indoor air of toxic substances.
- Window tinting to keep the heat out and lower energy bills. Heat reduction is up to 80%
- Get an energy audit by For Energy switch to LED lights.
- Tip: Turn off your lights, it can save you can save 60% carbon dioxide.





# Paint & Pesticides

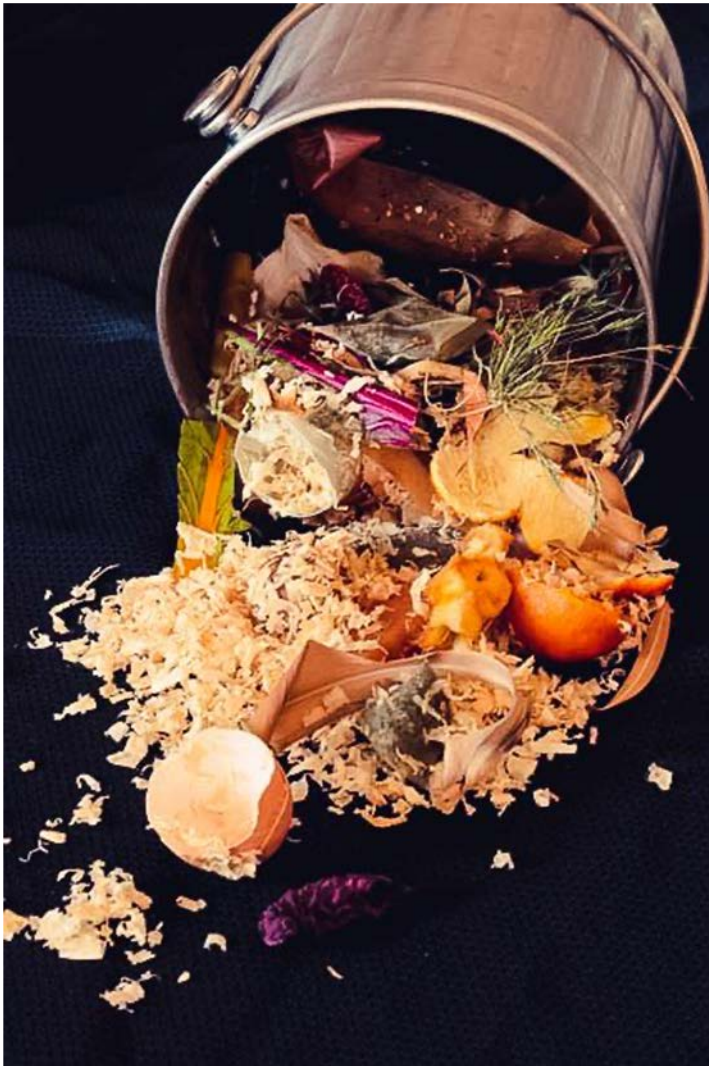
- Paint your walls using non-VOC paint.  
(Volatile organic compounds are compounds that have a high vapor pressure and low water solubility.)
- Use eco-friendly pesticides to eliminate harsh chemicals.  
Green organic pest control
- Don't throw away your paint. Let the professionals handle it. City of Scottsdale hazardous waste  
(Companies like Green Sheen, Lowe's, Habitat for Humanity, accept leftover paint in order to recycle it.)

# Kitchen



- I am a pescatarian but limiting my fish because the globally the fisheries are overtaxed.
- Use your excess water to water your plants.
- Instead of using plastic Tupperware, switch to glass containers and jars.
- Wash your fruits and vegetables with vinegar and water.
- Ditch water bottles. How long do you think it takes for a water bottle to biodegrade?
- Reuse jars and bottles, Terracycle

# Kitchen



- Use cookware made out of copper stainless or cast-Iron Stoneware.
- Do not pre rinse your dishes! It wastes water and time.
- Bosch Dishwasher that uses less water and energy. Bosch energy star refrigerator.
- Compost fruits and vegetable. (Recycled City for compost \$17).
- Ditch paper towels MIT researchers found that it release 70% more carbon emissions than air drying.

# Food Issues Today

- Genetically Modified Organisms (GMO)
- NON-GMO Label Campaign
- Grass-Fed Farmers' Vs. Grass Finished Farmers'
- Local Farmers Markets
- CSA
- Market on the Move (M.O.M.)
- Native Seed Search
- Rocky Mountain Seed Alliance



# Diet Choices



- Organic
- Pescatarian
- Paleo
- Keto
- Vegan
- Vegetarian
- Gluten-free
- Raw
- Selectarian

# Starting Aquaponics with the Family



# Aquaponics After Years Passed





# Facts on the Fashion Industry



Pants are from a clothing swap and Keep your Clothes. This is shirt is 5-plus years old.

- 80 billion pieces of clothing are consumed globally every year.
- The volume of water consumed by apparel production each year is currently the equivalent of 32 million Olympic swimming pools.
- The fashion industry emits 10% of total greenhouse gas emissions.
- Globally 12% of clothes are recycled.
- Have a clothing swap or join Swap Society.
- Buy from brands like Yes And & Seed to Style, Chasor and Activ Intimates.
- All clothes were swapped or made with organic cotton from brands above.



## Live - to Restore Our Earth

- Mindfulness.
- FFC
- Feed Pets healthy, natural food.
- Use citrus rinds as air fresheners.
- Buy vintage furniture or buy used furniture.
- Repurpose your T-shirts to rags and jeans to an apron.
- Ditch plastic.
- Drink matcha tea in replace of coffee.
- Buy products with less packaging.
- Use a programmable thermostat.
- Take a quick shower to reduce water waste.

# Work – to Restore Our Earth



- Write an effective letter to a company.
- Amazon and some telecom companies will be 100% renewable in 5 years.
- Use green office vendors.
- Start a green challenge.
- Use environmental credit cards. Bank local.
- Take home your recycling and compost
- Put in an EV charger



## Play - to Restore Our Earth

- Local green events.
- Shop EWG.org.
- Rainforest Alliance cert.
- Invest in eco-friendly sustainable travel products like shampoo, straws, zero waste travel kits.
- Staycation.
- Take a train.
- Go see wildlife.
- Connect with local Culture.
- Support eating local.
- Green certified hotels.
- Farm-to-table restaurants.
- Exercise.
- Volunteer.
- Rent an EV car.
- USGBC LEED hotels

# Recycling Dos and Don'ts



## City of Scottsdale RECYCLABLE LIST

### MATERIAL

### RECYCLE

**DO NOT RECYCLE**



Aluminum

**Beverage Cans, Clean Food Trays, Clean Pie Plates  
and  
Clean Aluminum Foil**

**No Dirty Food Trays  
Folding Chair Frames**



Aseptic Boxes

**Milk, Juice and  
Ice Cream Containers**

**No Foil Juice Bags**

# Recycling Dos and Don'ts

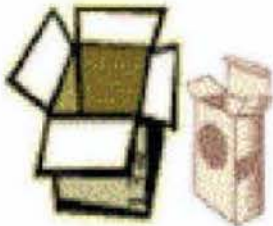


## City of Scottsdale RECYCLABLE LIST

### MATERIAL

### RECYCLE

**DO NOT RECYCLE**



Cardboard  
Chipboard

Corrugated Cardboard Boxes,  
Dry Food Boxes such as  
cereal, cake mix and cracker  
containers (please remove liner)  
shoe boxes, pizza boxes,  
empty paper towel and toilet  
tissue tubes

**No Packing Material, Bar Soap  
or Detergent Boxes, Wax / Plastic Liners**

# Recycling Dos and Don'ts



## City of Scottsdale RECYCLABLE LIST



Paper

**Computer and Writing Paper, Paper Beverage Cups, Junk Mail, Brown Paper Grocery Bags, File Folders**

**No Facial or Toilet Tissue, Paper Towels, Paper Plates, Napkins, Gift Wrap, Diapers, Pet Food Bags, FedEx or Self-sealing Envelopes**



Plastics

**All plastic cups and containers #1-7, plastic bottles, jugs, jars, yogurt containers, cottage cheese containers, margarine and whipped topping tubs, "Clamshell" food containers and disposable plastic cups, including plastic bottle caps**

**No Plastic Bags \*, Motor Oil or Pool Chemical Containers or Styrofoam**

**\* Clear plastic bags can be used to contain shredded paper.**

# Recycling Dos and Don'ts



## City of Scottsdale RECYCLABLE LIST



Glass

**Glass Food and  
Beverage Containers**  
(clear, green or amber)

**No Light Bulbs, Window  
Glass, Mirror Glass,  
Ceramics or Pottery**



Magazines

**All Magazines and  
Telephone Books**

**No Paperback or  
Hardbound Books**



# Recycling Dos and Don'ts



## City of Scottsdale RECYCLABLE LIST

**MATERIAL**

**RECYCLE**

**DO NOT RECYCLE**



Metal Cans

**Food Cans made  
of Steel or Tin, Aerosol Cans  
(empty only please)  
and metal bottle  
caps**

**No Other Metals, paint  
cans or toxic materials**



Newspaper

**Newspaper and All Inserts**

**No Bags or Rubber Bands**

# What Residents and Businesses Can Do



## Water

As a desert city, Scottsdale understands the value of water and continues to help local businesses and citizens understand water conservation and responsible water stewardship.



## Preserve

Scottsdale is proudly home to McDowell Sonoran Preserve, a permanently protected desert habitat and largest urban preserve in the U.S., encompassing more than 30,500 acres and 200+ miles of trails.



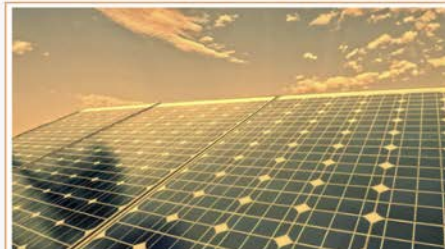
## Parks & Trees

Scottsdale has created parks, open spaces, paths and trails that are home to plants, trees and wildlife that strengthen the natural ecology and the community's quality of life.



## Waste Reduction & Diversion

Scottsdale helps its citizens dispose responsibly and offers resources and information to ensure your recycling doesn't go to waste.



## Energy & Fuel

Scottsdale continues to be committed to conserving and managing energy in an environmentally responsible and sustainable way to ensure the future of Scottsdale is bright.



## Transportation

Scottsdale is devoted to air quality and resource conservation, helping you get where you need to go and reducing Scottsdale's carbon footprint while doing so.



## We are posting Simple Solutions every day in April honor of *Earth Month*

We are partnering with the City of Scottsdale to host a social media contest.

To enter: Post a photo or video with the hashtag #ScottsdaleSimpleSolutions on your social media and share what actions you are taking to be more eco-friendly and you could **win a free 1-gallon native mesquite tree** that will be available for pick-up at the Old Town Farmers Market on Saturday, April 24, two days after Earth Day!

- Examples of simple solutions: Ways you are conserving water and/or electricity, reducing waste, using a reusable grocery bag or water bottle, or planting trees to fight climate change.

# Green Living Magazine Side Note



**Check out our April 2021 issue**

*Making a difference in the Community and Around the World!*

**Front Cover Feature: Melani and Rob Walton are champions of sustainability—and that starts at home, at St. Vincent de Paul**



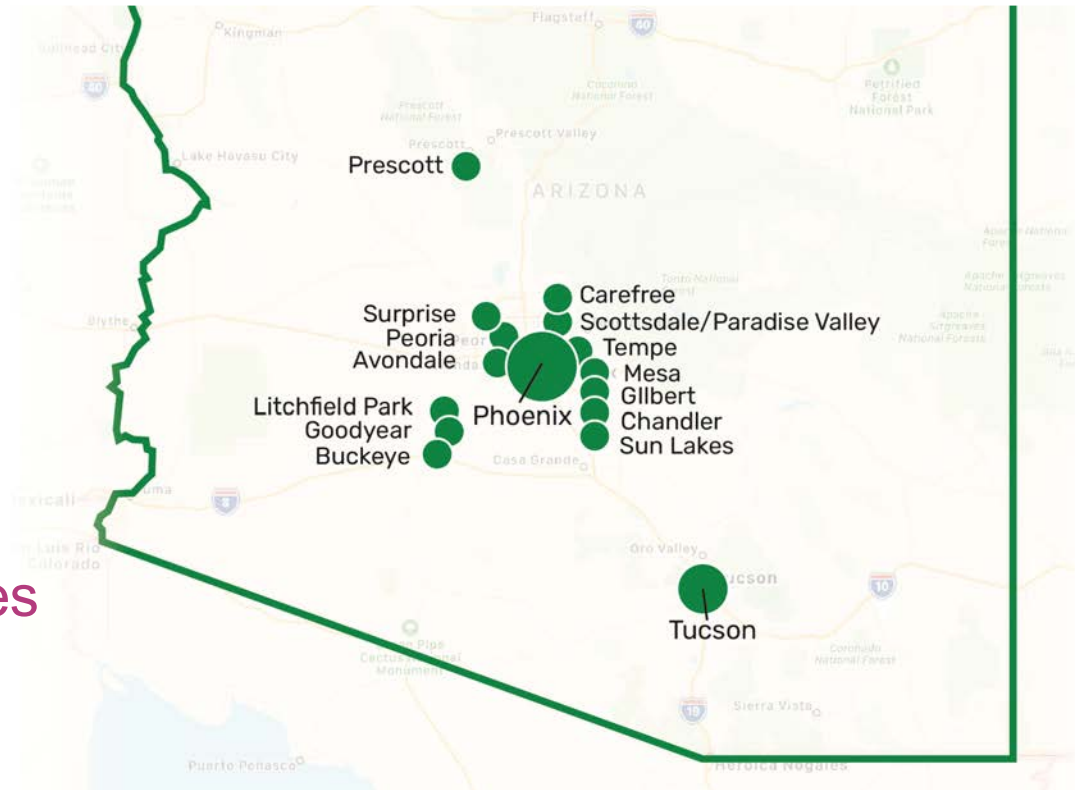


# Distribution



Organic/gourmet markets including:

- Restaurants like Pita Jungle & Picazzo's
- Libraries
- Juice Bars
- Dr. Offices
- Fitness Centers
- Safeway
- Other popular local venues statewide



# Green Living Eco Events

In addition to the monthly magazine, *Green Living* also hosts launch parties to celebrate the new issue at different locations across the Phoenix Metro Area. We bring together the local community, showcasing local businesses, beer, wine, food. We average 150 attendees and 10 booth sponsors.



# Check Out Our Website and Social Media

Follow our socials & listen to Dorie's podcasts



Subscribe to *Green Living* magazine



/greenlivingazmag



@greenlivingaz

# Here's what people are saying about us!!



## Reader Testimonials

*"This the ONE magazine where I am sure to check out ALL the ads. I am always on the lookout for 'green' products, services and events."*

– Donna DiFrancesco, Conservation Coordinator City of Mesa

*"A very good event. Green Living is the only group that brings all aspects together—what we eat, what we wear, what we drive and what we live in. Keep it up."*

– Jim Stack, Facebook Follower

*"We are so excited about the inclusion of Elly and Katherine's article on the state legislative races in your October issue! I'd love to purchase several hard copies of the magazine. It was a real pleasure working with you and your team."*

– Jessica Barranco (LD 28 Community Outreach and Education Coordinator)

*"Your article was the nicest, most thoughtful piece that has ever been done about me. You truly captured me and my passions. The magazine is really impressive. We look forward to reading future editions."*

– Julie Ann Wrigley, Co-Founder, Global Institute of Sustainability



What is a Simple Solution that you do?

What is one takeaway that you have?  
Together we are powerful.

Take a moment to type your answers in the chat box.



# DISCUSSION | Q&A

## Together, we will have a bigger impact in 2021!

**What questions do you have?**



# Thank You for Listening and Attending

**“Don’t judge each day by the harvest you  
reap but by the seeds that you plant.”**

- Robert Louis Stevenson