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By making a few changes in your environmental choices, you can make a positive impact on the earth, as well as your health and happiness.

Second Unitarian Green Resource Guide

Use this guide to find web-sites on measuring your carbon footprint, eating for health and social harmony, energy efficiency and local green organizations.

The Challenge:

Just check out the websites below and measure your carbon footprint. Make some meaningful environmental changes in your lives and remeasure your footprint in one month.

FRUITS AND VEGETABLES WITH HIGHEST AMOUNT OF PESTICIDES SPRAYED ON THEM:

1. Peaches
2. Apples
3. Sweet bell peppers
4. Celery
5. Nectarines
6. Strawberries
7. Cherries
8. Kale
9. Lettuce
10. Grapes (imported)
11. Carrots
12. Pears

From the Environmental Working Group, a health advocacy organization.

MEASURE YOUR CARBON FOOTPRINT

- Calculator with specific actions to take www.epa.gov/climatechange/emissions/ind_calculator.html
- Calculator that doesn't require specific numbers www.myfootprint.org
- Just for kids, www.zerofootprintkids.com
- Experiment with no-impact living www.noimpactproject.org/experiment

DIET & FOOD

- Chicago Area Community Supported Agriculture, www.farmertomscsa.com
- Dill Pickle Food Co-op (Logan Sq.), www.dillpicklefoodcoop.org
- Organic Delivery/Sustainable Restaurants, www.ecovian.com

BOOKS

"Diet for a Small Planet" by Frances Moore Lappe
"Moosewood Cookbook Series" by Mollie Katzen/Moosewood Collective
"World Peace Diet: Eating for Spiritual Health and Social Harmony" by Will M. Tuttle

ADDITIONAL RESOURCES

- Active Transportation Alliance (environmentally friendly transportation), www.activetrans.org (Bike the Drive - May 30th)
- Bill Jarvis Migratory Bird Sanctuary, www.jarvisanctuary.org (volunteering opportunity April 24th)
- Center for Neighborhood Technology, www.cnt.org
- Composting at Home, www.chicagohomecomposting.org
- Friends of the Chicago River, www.chicagoriver.org (volunteering opportunity May 8th)
- Mindful Metropolis Magazine, www.mindfulmetropolis.com
- Twenty minute film on consumer driven culture, www.storyofstuff.com

OTHER ENVIRONMENTAL ORGANIZATIONS:

Rainforest Action Network, Greenpeace, National Defense Resource Council, Green Corps, Environment Illinois