

GOING GREEN THIS SUMMER AND SAVING "GREEN" -- AT HOME, AT THE POOL, AND ON VACATION

Words of advice on that on The Early Show on Tuesday, May 26, 2009 from Sophie Uliano, (www.gorgeouslygreen.com) author of "The Gorgeously Green Diet," which offers tips for saving money and saving the planet. The great thing about her tips is that, for the most part, they're very affordable:

IN THE YARD

* **Grow your own salad greens:** People spend a lot of money on bagged salad greens, and although they are labeled "organic," they have been washed in chlorine, packed in bags filled with gas, and have likely traveled quite a distance to reach your plate. Baby lettuces and arugula are easy to grow from seeds. Arugula in particular is a fantastic choice because it grows so quickly - about 3 weeks from planting to your plate - and can withstand the heat.

Grow some herbs while you're at it! A small tip here ... When you harvest your herbs, clip them directly into a glass. This makes them easy to carry and easy to wash.

* **Line dry your clothes:** This old habit is making a comeback, and for good reason. According to Sophie you can save about \$25 a month on your electric and gas bills. And as you know, saving energy is good for the earth too.

AT THE POOL:

* **Use chemical-free sunscreen:** Sophie feels very strongly about this. Preservatives and other chemicals in sunscreen have been indirectly linked to cancer and other health problems. Your skin absorbs a large portion of what you slather over it, so why cover it with unnecessary chemicals? Sophie also points out that there has been much controversy lately over the SPFs touted by major sunscreen companies ... Experts have determined that you really shouldn't spend money on anything higher than SPF 30, as the sunscreens don't get much more effective than that. Sophie has a specific recommendation for chemical-free sunscreens ... One for adults, and one for kids. While kids can of course use the adult sunscreen, she finds with her own daughter that kids prefer products in fun containers that smell good!

* Keys RX \$26.95

* Badger sunscreen for kids \$16.00

The Keys RX is the only product Sophie is recommending that's not widely available; you must order it online. But it's consistently rated the best toxin-free sun lotion.

You can find Badger sunscreen in health food stores, Whole Foods, and other markets.

* **After you or your kids go for a swim in the pool,** Sophie suggests immediately showering to rid your body of the chlorine. Particularly for kids, chlorine can at the worst can trigger asthma; at the best it is drying for skin and hair. Again, use a non-toxic body wash and shampoo. She suggests a 3-in-1 product for kids (one that can serve as soap, shampoo and conditioner).

* Method 3-in-1 body wash and shampoo for kids \$7.00

* Zum Body Wash Bar for adults \$5.50

In general, Sophie really likes Method products because they are one of the few effective green products on the market that are truly affordable and are widely sold at Target, Home Depot, and more.

ON VACATION:

* **Bring a Travel Mug:** Flying somewhere this summer? Sophie suggests packing your own travel mug to use on the plane. If everyone did this, think how much waste we could reduce!

Personally, she uses the Chantal Travel mug; a portion of the proceeds go to Lance Armstrong foundation. Cost: \$19.00

* **Buy Hand Sanitizer in Bulk:** Lots of people carry small bottles of hand sanitizer these days. You'll save money by buying one large container and refilling small travel containers. You'll also save the planet by cutting down on the amount of packaging you consume.