

## Websites

### Websites to help you make informed choices:

- **Shopping with a Conscience**  
What small changes can you make to help preserve the environment?
- **Eco-Chic: Clothing with a Conscience**  
How can you cut down on waste, protect the environment and respect garment industry worker?.
- **Eating with a Conscience: Beyond Pesticides**  
Your food buying decisions support or reject hazardous agricultural practices, protection of farmworkers, and stewardship of Earth.
- **Eco-Parish Guide: Bringing Laudato Si to Life**  
Covers Parish Energy Use, Green Purchasing Guide, Waste Reduction and more

**Purchasing is always a moral –  
and not simply economic – act.**

**Pope Francis, Laudato Si,  
#206)**

## Helpful Books & Apps

- **Better World Shopping Guide** - a pocket sized book that grades every product on the shelf from A to F so you can quickly tell ethical companies from unethical, turning your grocery list into a powerful tool for change, by Ellis Jones This resource is also available online: BETTER WORLD SHOPPER: <https://betterworldshopper.org/>
- **Greenify Everything** (website and app) is a survival guide by *Annie Bond* (aka Berthold-Bond) for eco-conscious living in the modern world. **Website:** <https://www.greenifyeverything.com/>  
**Greenify App:**  
<https://www.greenifyeverything.com/app/> (download at the Apple Store and Google Play Store)
- **Natural Household Cleaning:** Making your Own Eco-Savvy Cleaning Products, by Rachele Strauss
- **How to Go (Almost) Zero Waste:** Over 150 Steps to More Sustainable Living at Home, School, Work, and Beyond, by *Rebecca Grace Andrews*, MA MS



## CHOOSING EARTH- FRIENDLY PRODUCTS



Justice, Peace and Integrity of Creation  
Missionary Oblates of Mary Immaculate  
- U.S. Province

391 Michigan Avenue, NE  
Washington, DC 20017  
Phone: 202-529-4505

Website: <http://omiusajpic.org/>

For a printable version visit:  
[www.omiusajpic.org/resources](http://www.omiusajpic.org/resources)

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## WHY CHOOSE EARTH-FRIENDLY PRODUCTS

Using products that are less harmful to the earth will make our environment healthier and thus enhance the health and well-being of all.

Reducing dependency on non-renewable resources will also help assure a supply for future generations.

Rewarding businesses that produce earth-friendly goods, or those that use methods of production and packaging that are gentle on the earth, encourages these businesses to expand such practices.

## BEFORE MAKING YOUR PURCHASE

### Eco-examination of your conscience:

- Can I get along without it? make it myself? buy it used?
- What is it made of and does it include toxic chemicals?
- How much energy was used in its production, in transporting it to you, in its operation?
- Is it packaged using recyclable materials?
- How long will it last, and when its life is over can I recycle it?
- Does the product improve your quality of life?
- What potential effect does use of this product have on climate change? biodiversity loss?

## AVOID TOXINS

The air in our homes can be filled with harmful fumes from cleaning agents. Indoor air quality is an important contributor to asthma. Non-toxic cleaning products help make the air in homes healthier.

Green products also keep fewer toxins from entering the water supply.

Avoid petroleum-derived ingredients, phosphates, chlorine bleach and sodium hypochlorite, EDTA and NTA – all of which are particularly toxic. Also avoid difficult-to-recycle aerosol containers.

Use environmentally-friendly cleaning materials like vinegar, lemon juice, baking soda, borax and olive oil. They are effective, less expensive and better for the environment.

### Labels can be particularly helpful in choosing products.

Look For:

- Recycled
- Organic
- Biodegradable
- Non-toxic
- No animal testing
- No genetically-modified organisms

## WHAT ABOUT OUR WATER

United States Environmental Protection Agency (EPA) labels products for their water efficiency and performance. [www.epa.gov](http://www.epa.gov)

**EPA's WaterSense label** -- identifies a water-efficient product that has been independently certified to meet the criteria for efficiency and performance.

By buying items marked with this label, you can expect good performance, savings on your water bills, and assurance that you are saving water for future generations.



Since the market tends to promote extreme consumerism in an effort to sell its products, people can easily get caught up in a whirlwind of needless buying and spending.

**Pope Francis**, Laudato Si, #203