

Going Green For The Health Of It

(NAPSA)—As more people seek a greener way of life, they are learning that small changes can make a significant difference in the health of the environment and their personal health.

Terra Wellington, author of “The Mom’s Guide to Growing Your Family Green,” suggests a few changes that families can make in honor of World Environment Day, celebrated every June:

- Fish are healthy and rich in omega-3 fatty acids, but you should choose only sustainable fish because overfishing threatens the ocean’s ecosystems. Check Seafood Watch to see which kinds are sustainable.

- Going to bed just a half hour earlier each night will save 182.5 hours of energy use annually and improve the way you feel.

- Choose cleaning products with materials and ingredients that are nontoxic. Buy brands that are committed to protecting the environment and will not contribute to indoor pollution. Less indoor pollution can improve health, resulting in easier breathing and fewer headaches.

- Take advantage of natural light. Turn off some artificial lighting in your home and open your shades to let the sun in. Relying on more natural light reduces global warming, pollution and environmental degradation. Plus, it’s free.

- Eating more plant-based protein can have a significant impact on the environment.

“You can include more plant-based proteins in your family’s diet, like smoothies made with soymilk,” said Wellington. “With no cholesterol and packed with nutrients, fiber and antioxidants, soymilk can be a tasty and nutritious way to go greener.”



Participating in a program that contributes to the expansion of wind energy production is one small way you can help reduce pollution.

Buying soymilk can also provide another way to make a difference. For the third year, Silk Soymilk’s Green Caps for a Greener World program at www.SilkSoymilk.com provides an opportunity to support clean renewable energy or American family farmers. After buying a 32-oz. or 64-oz. carton of the soymilk, just enter the UPC bar code at the website. For each UPC number entered, the company will donate 33 cents to the organization of your choice—either Farm Aid, a nonprofit organization whose mission is to keep family farmers on their land, or the Bonneville Environmental Foundation, a nonprofit partner that funds the expansion of renewable energy.

Wind farms are one way to grow America’s green power grid with clean, renewable power created using wind turbines. Choosing Earth-friendly wind energy contributes to a greener world and supports an energy-independent America. Supporting family farms through Farm Aid helps create a future of good food and helps build strong local communities.