

Going Green This School Year

(NAPSA)—The start of a new season is an ideal time to teach your family “green” habits and routines. From purchasing goods made from recycled materials to donning eco-friendly clothing, green-living expert and TV host Sara Snow knows a thing or two about lessening your family’s impact on the environment. Snow, author of “Sara Snow’s Fresh Living,” provides these tips to make going green as easy as ABC:

At-home tools—Start living green at home with an easy-to-locate recycling center for paper, plastic, aluminum and glass. Use chalkboard paint and chalk to label old buckets or bins to make sorting recyclables easy for the whole family.

Bagged lunches—Avoid prepackaged food, which creates excess waste and often is not as healthy as fresh snack options. Wrap homemade sandwiches or lunches in Reynolds Wrap Foil from 100% Recycled Aluminum and ration healthy snacks into individual servings. Send family members off to school and work with refillable, Bisphenol A (BPA)-free bottles of water, milk or juice instead of disposable containers.

When considering what to pack for lunch, think organic foods first. If you’re on a budget, check The Organic Center’s recommendations for fruits and vegetables that are least prone to pesticide contamination.

Clothes and supplies—Going green can be quite stylish. More and more clothing labels offer eco-



Avoid prepackaged food and opt for wrapping homemade sandwiches in recycled material instead.

friendly apparel, and backpacks and lunch sacks that are made from organic or recycled materials are available. But don’t stop there—stock on up eco-friendly notebooks, paper, pencils and other products to green the classroom or office.

“It doesn’t take much effort these days to find recycled or recyclable products,” says Snow. “By making just a few small changes in our everyday lives, we can truly make a big impact on the health of our families and our environment.”

For more tips about how to green your lifestyle and a coupon to try Reynolds Wrap Foil from 100% Recycled Aluminum, visit www.reynoldsrecycled.com.