

Green Tips brought to you by the Mt. St. John Green Team

(http://meec.udayton.edu/MSJ_GreenTeam.asp)

Tips for an eco-friendly Thanksgiving

- 1) **Make use of your reusable shopping bags.** With all the shopping you will be doing this season, put those reusable shopping bags in your car so you have them with you when you go into the store.
- 2) **Try and purchase locally grown foods.** When possible buy organic and locally grown foods. Also, pay attention to packaging. The less packaging the better.
- 3) **If you are traveling** make sure your car is in good working order. At the minimum, make sure the tires are properly inflated. If flying, consider buying carbon credits to offset your portion of carbon dioxide emissions generated by your flight.
- 4) **Cook less food.** Typically, we prepare twice as much food as is needed, and much of this goes to waste. When making your menu, consider real portion size for our guests, and relook at the number of dishes and desserts on your list.
- 5) **Say thank you** for all those you are blessed to have in your life and a special prayer for the growers and preparers of the food on our table.

For more tips for a greener Thanksgiving go to:

http://environment.about.com/od/greenthanksgiving/tp/ef_thanksgiving .

Go to <http://www.catholicsandclimatechange.org> to be a part of the solution.