

The Green Shopping Guide

The green shopping guide is a campaign of the Sustainable Lifestyle Support Group. The green shopping guide is almost finished and should be available late 2007.

The guide is a list of all the products people may need and it lists the more sustainable, environmentally friendly versions of the products, and where they can buy them – so it makes it easier for people to buy green! (See below for a sample page).

However, in some regions you will not be able to get the products, so it also describes products that are available elsewhere or that once were available, and highlights these as possible suggestions for a business idea!





If you know of any environmentally friendly products can you please contact us (at 02 4845 1972) or at enquiries@sustainablelifestylesupport.org for inclusion in this list. This is a FREE SERVICE – so there are no fees or costs to you – as we feel that all environmentally friendly products should be supported and mentioned as an alternative to the less environmentally friendly products. However (as with all organizations) we do reserve the right to, ultimately, decide what is sustainable and environmentally friendly, and therefore, what should be included in the guide. (But we will also advise the manufacturers if we perceive a problem area – in order to help manufacturers towards sustainable practices and products.)

PS. When it comes to foodstuffs, such as biscuits, breads, soups, jams or sauces, although organic is preferred, if you know of some local manufacturers that are not organic, these will also be considered, as these are often also eco-friendly as compared to using a multi-national company's products that may include pollution in the production side, and the use of resources (oil) to transport it and the subsequent pollution as a result of transportation.

Finally, **if you would like to help us with this project in any way, or you would like to receive a copy of this guide**, please contact us at (02) 4845 1952 or at enquiries@sustainablelifestylesupport.org

Below is a sample page of the guide:

Personal Items

Product	Environmentally friendly version	Where you can buy it
Clothes	<p>Buy 100% cotton, hemp, or linen – preferably unbleached and produced in an environmentally friendly manner. Otherwise, buy natural, non-synthetic materials such as cotton, linen, wool, hemp and sometimes felt.</p> <p>Never buy clothes with fur trims. The fur can come from trapped animals that were treated inhumanely before finally being killed, AND fur trim can also come from cats or dogs that are also kept in inhumane conditions before being killed - and many can be family pets that were lost, or kidnapped. See www.hsus.org/furtrim or http://information.com/investdogcat9.html</p>	<ul style="list-style-type: none"> www.bidstrupcotton.com have a dry land organic farm in Australia and they produce natural coloured cotton clothing that is more sustainable and more environmentally friendly. A range of clothing and other items made from certified organic cotton, that is undyed and in natural colours, are available through www.naturalfashion.com.au Earth Collection shops are also found around Australia, and they sell natural cotton, linen and hemp clothes that are either unbleached or undyed or dyed with eco-friendly dyes. These are made overseas but all the production processes are more sustainable and environmentally friendly (right down to their coconut shell or bamboo buttons). See www.theearthcollection.com for a list of their shops around Australia, and for their production details Gaiam organics (www.gaiam.com.au) also sell organic cotton clothes. This is an Australian mail order company that is affiliated with an American company, Gaiam – a long term health, yoga and

		<p>sustainability company. (According to Wikipedia Gaiam coined the term LOHAS (Lifestyles of Health and Sustainability). There is not much information about the provenance of the organic cotton on the Australian website, but this information can be found on the www.gaiam.com site – which is well worth a visit - even if just to check out their “off the grid” section</p> <p>Otherwise, go for the natural, non-synthetic materials such as cotton, linen, wool, hemp and sometimes felt.</p>
<p>Coats, jackets and other warm clothing</p> <p>Fur coats</p>	<p>A variety of jackets, coats, camping gear and warm weather clothing are now made from processed, recycled PET bottles.</p> <p>Never, ever buy fur coats. Only sheepskin coats or leather (cowhide) coats. Also never buy “fetal coats” or anything made from Fetal wool or Karakul Lambs. These are often made from the fur of unborn lambs, so it involves the unnecessary slaughter of the mother sheep or the skinning and slaughter of 1 to 2 day old lambs. See http://files.hsus.org/web-files/PDFkarakul_brochure.pdf or www.information.com/pdf/hsuskar01.pdf</p>	<p>Camping shops/outdoor shops. (E.g. Patagonia makes camping gear & warm weather clothing from recycled PET bottles) – ask the salesperson what they are made of.</p>
<p>Buttons</p>	<p>If you make your own clothes you can buy buttons made from recycled plastic – look for these to use (they come in many colours.)</p> <p>Uncertain about:</p> <p>Pearl shell buttons. Is this a by-product of an industry, or an unsustainable industry?</p> <p>Wood buttons. What type of wood is it? This could be unsustainable.</p>	<p>Haberdasheries / Sewing centres / sewing shops that sell material and other sewing items.</p>
<p>Lingerie/ Underwear</p>	<p>Buy organic cotton underwear for men, women and babies.</p>	<p>👤 “MaudnLil” make a range of underwear for men, women and babies. Their products are available through some environment shops, such as Mooble in Canberra or on their website at www.maudnlil.com.au</p> <p>👤 Gaiam organics also sells organic cotton lingerie and underwear. See www.gaiam.com.au</p>
<p>Cosmetics and toiletries (Including perfume)</p>	<p>Buy environmentally friendly products that are not tested on animals (check the labels – if unsure www.choosecrueltyfree.org.au has a list of products that are not tested on animals</p>	<p>www.choosecrueltyfree.org.au has a list of products that are not tested on animals and do not harm animals, including many organic and Australian made products. So many of these are available in department stores or at the health food or organic shops.</p> <p><i>The Body Shop</i> shops in particular were sustainable in many ways. They are:</p> <ul style="list-style-type: none"> ● they use recyclable containers, and ● their product containers are often made from recycled materials, and ● the cosmetics/toiletries are often made from more environmentally friendly, sustainable, resources, and ● the products are often produced through projects to help communities to become more sustainable, and ● they are not tested on animals, and do not involve cruelty to animals. <p>However – the parent company The Body Shop has recently been sold – so check the current situation with www.choosecrueltyfree.org.au</p>
<p>Handbags</p>	<p>1) Buy handbags made from 100% cotton, hemp, or linen – preferably unbleached and produced in an environmentally</p>	<p><i>Earth Collection</i> shops sell natural cotton, linen and hemp bags. These are made from the left-overs from their clothing lines. See www.theearthcollection.com</p>

	friendly manner	Urban Boomerang are often at environment shops or at urbanboomerang@hotmail.com
	2) Urban Boomerang turn old tyres into shoulder bags	
Shoes	Go for shoes made from leather or cloth.	EI Naturalista shoes use natural materials such as rubber, and leather and recyclable packaging. There is a list where these are available on their website at www.elnaturalista.com Otherwise check your nearest shoe store
Watch	Buy either : a) a solar powered watch, or b) a mechanical watch that does not use a battery. (I.e. one that can be either hand wound, or winds itself as a result of movement.)	Solar powered watches are available at some department stores and jewellers. For a mechanical watch see if you have your grandparent's old watches. These were what you bought until the 1960's. So see if your grand-parents have an old one. Otherwise look at Antique shops or second-hand shops.
Watch-bands	Buy second hand watchbands, or either cloth or leather watchbands. But only leather from cowhide: - not from kangaroo, or crocodile or other hide that may be less sustainable.	Old watchbands are available at second –hand shops or antique shops. Otherwise watchbands are available at jewellers, or department stores. Alternatively, www.creativewatches.com makes watch bands from old door keys, or typewriter keys, telephone keys and other recycled items.
Diaries, calendars, pads & pens	Buy/use diaries and notebooks made from recycled and unbleached paper. Some environment groups sell diaries and calendars, so by buying them you help the environment. For other items check the study section	Environment shops, such as Mooble in the ACT Diaries & calendars can be bought from some Environment groups. (For example, the ACF and the Wilderness Society sells diaries that are oxygen bleached and made from recycled paper & plantation pulp.)
Glasses	Reuse your old frames	
Dressing gowns / bathrobes	Buy organic cotton bathrobes for men and women.	Gaim sells organic cotton bathrobes. They are at www.gaiam.com.au