Sometimes the question arises, why should I “go green”- what’s in it for me? Actually, it's all about creating a sustainable future for ourselves, our planet, and our children.

Everything is connected. Whatever we do, wherever we do it, has an impact, an effect, be it positive or negative, on our health and the health of the environment.

That’s why the decisions we make, and the things we do, are so important. Being green is not just a trendy thing to do, it’s a way of helping assure a healthy sustainable future.
The term “ecology” is derived from the German “okologie”- defined as “the relationship of a living organism to its organic and inorganic environment. The origin of the word is the Greek “oikos” meaning “household”, “home” or “place to live”.

How healthy is your home?
A Healthy Environment Begins At Home

What’s in the refrigerator?

What’s in the bathroom?

What’s in the furnishing?

What’s on the lawn?

What’s in the garage?

What’s in the water?

What’s in the ground?
Often, the relationship between the health and well being of our planet and that of ourselves is overlooked, or under appreciated. In fact, we are utterly dependent on the health and viability of the natural world to sustain us. From the food we eat to water we drink, from land to sea, natural ecosystems provide the goods and services we require to live. Healthy ecosystems make the Earth habitable: purifying the air and water, maintaining biodiversity, decomposing and recycling nutrients, and providing a myriad of other critical functions.

Our everyday lifestyles - the products we consume, the decisions we make, impact and determine the condition and health of our natural living environment. Making informed, environmentally sound decisions benefits not only the health and well being of our Earth, but ourselves as well. There are a number of actions we can take and strategies we can use to help ensure this well being, some involved, others quite simple.
Protecting Our Health and Our Planet
It’s All Connected

The Air- Whatever we discharge into the air ultimately winds up in the water, on the ground, and in our bodies. Energy derived from fossil fuels emits vast amounts of contaminants into the air in the form of sulfur and nitrous oxides (major contributors to smog). By conserving energy, we help protect our health and environment. Vehicles consume enormous amounts of energy and emit massive amounts of contaminants and carbon dioxide, contributing to air pollution and global warming. By using more fuel efficient vehicles and driving less we can further promote both our personal health and that of our planet.

The Water- The condition of our water is directly related to the condition of our land and our air. Clean water is an incredibly precious and limited resource, paramount to our survival. In order to ensure an adequate supply of clean water we need to understand and control sources of pollution. Whatever we flush down the toilet or pour onto our lawns ultimately winds up in our water supply. Therefore, it is important to reduce or eliminate use of toxic items, pesticides, fertilizers and other products that enter and degrade our waterways.

The Land- The way we treat our land is of critical importance to our well being. Our natural areas, the green infrastructure (forests, wetlands, fields, riparian areas) purify our air, cleanse and recharge our water, provide our food and recycle our waste. By paving over and over developing these critical areas, we jeopardize our natural life support system, and eliminate habitat other species need in order to survive. We need to respect and conserve our land, manage and use it wisely, and restore it whenever possible.
Protecting Our Health and Our Planet
It’s All Connected

The Food- If we are what we eat, then we should certainly pay attention to what we let enter our body. When buying food, consider the source, the process it went through to reach the supermarket shelf, and what ingredients it contains. Consider buying organic foods and supporting local community based agriculture when possible. The way in which a product is brought to market can have a benign or detrimental effect on the environment depending on the process. And by the way, how about bringing your own bags to the market ...

The Planet- Our earth, our ultimate life support system, is finite in natural resources, while our wants and needs often seem endless. In order to offer next generations a sustainable future, and to allow other species a place to live, we need to limit our consumption of the earth's precious bounty, taking only what we require. By making responsible, informed decisions and limiting our adverse impacts on the environment we can help assure the present and future health and well being of ourselves and our planet.