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- Cocktails for a Cause
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- OOCL Dinner
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- Art HK Vernissage

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BUYING POWER

Take a page out of Catherine Touzard's book, *Going Green in Hong Kong*, which gives us her eco-friendly buying tips

The least polluting item will be the one you don't buy, says Catherine Touzard. But since we all have needs, what's the compromise? The author of *Going Green Hong Kong*, a practical guide giving local solutions on lessening our impact on the environment in all aspects from waste and energy to body care, tells us how to shop smart:

- **MAKE LISTS** Before you go shopping, make lists so you have time to check on labels
- **CARRY YOUR OWN BAG** Include coolers if necessary, and a cotton bag for bread. If you forget, light and compact reusable bags are available at most supermarkets citywide and come in handy for impulse purchases
- **CONSIDER RUNNING COSTS** Don't just consider the price of an eco-friendly item, consider the running costs as well. For example, CFLs or laundry washing balls seem expensive but save you money in the long run. So does a water purifying system. This applies to "dry-cleaning only" labelled clothes that will be expensive to maintain and clean. Furthermore the dry cleaning process exposes workers to very toxic fumes
- **BUY HIGH QUALITY** High quality items will last longer. Think of your purchase as you would if you adopted a pet! You would consider keeping it for its lifetime. But if you really needed to discard it, you would want it to have a safe second home - either an appropriate place for recycling or a second life with someone else if its still in good condition
- **CHOOSE ECO-FIBRES** For clothing and bedding, choose natural fibres like cotton, wool or linen as synthetics (especially acrylics and polyesters) release toxic VOCs (Volatile Organic Compounds), even after washing, and are made of oil, a non-renewable resource. Rayon, although safe for your health, is often made from eucalyptus trees, which are often unsustainably grown as they use too much water
- **OFFER ECO-GIFT IDEAS** For example, dedicate a new tree in someone's honour or as a birth gift; solar powered gadgets such as dynamo flash lamps, calculators, mobile charger; homemade jams, pies, bread, cakes clothes; a trial month of organic basket produce; entrance tickets to a green outing; a set of organic body care products



Touzard continues, "The greenest product will be the one with the least transportation packaging, energy consumption, the one made of sustainable biodegradable resources, and whose price includes the extra cost for these sustainable resources as well as the potential environmental cost of production and consumption... [its] the one you really need, the one you will keep for a long time and that will eventually be easily recycled."

Going Green Hong Kong is available at supermarkets, bookstores and green shops around Hong Kong. Corporations and associations can order directly from info@goinggreenhk.com

Read more about Catherine Touzard, one of our green heroes of the year, in the June 2009 issue.



By Tamara Bianca de Guzman
2-June-2009, 16:30

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BLOGS



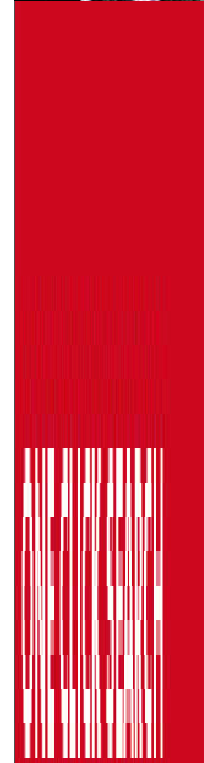
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24-June-2009, 18:07
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EDITORS' WALL



Virginia Ngai : **GAGA FOR COCO**
18-June-2009, 16:04
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