

Starting Points

by Lisa Kayser, Jan., 2012

We all have to start somewhere.

Last year, I was fortunate enough to discover the blog “the Zero Waste Home” (<http://zerowastehome.blogspot.com>) written by Bea Johnson. From the start, this blog captured my heart, body and soul. It gave me a gazillion ways I could reduce my waste, and offered, in exchange for doing enough of them, that I would have a harmonious, healthy, minimalistic, clutter-free environment in our home.

Before discovering the blog, I thought I was doing enough to help the environment by grabbing for the low limbs on the environmental tree (reusable grocery bags, metal water bottles, recyclable sandwich bags, blah blah blah...). But I now see that this effort is simply not enough. I need not disturb your sleep this evening with the truth of where we are headed, but I can sleep better tonight knowing that I have done above and beyond the efforts of the low-limb grabber.

There is so much I, and all of us, can do. Simple things that range from taking a homemade lunch to work in reusable metal containers (i.e tiffin(??) boxes) to composting our kitchen waste. The opportunities for making a difference are everywhere, and this is where I hope to inspire, encourage, educate, and enroll all us in creating a new normal of zero waste. For then we'll have an environment that is harmonious, healthy, and clutter-free.

What is your point zero? What can you do above and beyond your current efforts? How far can you go to support a healthy environment for your children and their children? What is your comfort zone? How much can you put “yourself out there” for an environmentally beneficial cause?

Come back to read about ways to improve your personal health, your family's health, your home life, your “personal” environment, your local community, the health in your children's schools,...and eventually the whole entire world.

We all have to start somewhere, so where are you starting?
Look inside yourself and be surprised at what you can do:)

peace and blessings.
lmk

resources:

http://www.environment-green.com/More_Recycling_Facts_and_Statistics.html

<http://www.homesandvillages.com/second/recycling>

<http://www.homesandvillages.com/bsecond/green-lifestyles-building-family-community-resilience>

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plz edit, yet keeping my style:)

2012.01 starting points.

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last year, i was fortunate enough to discover the blog “the zero waste home” (<http://zerowastehome.blogspot.com>) written by bea johnson. from the start, this blog captured my heart, body and soul as it enlightened me on the gazillion ways people can reduce their waste resulting in a harmonious, healthy, minimalistic, clutter-free environmental in our home, and thus in the world.

we all think we are helping the environment by grabbing for the low limbs on the environmental tree (reusable grocery bags, metal water bottles, recyclable sandwich bags, blah blah blah...). and we are helping, but this effort is simply not enough. i need not disturb your sleep this evening with the truth of where we are headed, but i can sleep better tonight knowing that i have done above and beyond the low-limb grabber.

there is so much we all can do, simple things from taking a homemade lunch to work in reusable metal containers (i.e tiffin boxes) to composting your kitchen waste. the options are endless, and this is where i hope to inspire, encourage, educate, and entrust as all of our efforts will make the difference.

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