

Vermont Sustainable Living Resource Guide

Designed to accompany Vermont Earth Institute's discussion course
Choices for Sustainable Living

SESSION 1: A CALL TO SUSTAINABILITY

Vermont Earth Institute: **sustainability** www.vtearthinstitute.org (802) 333-3664

Northwest Earth Institute: **sustainable living, sustainable communities, voluntary simplicity, ecological principles** www.nwei.org (503) 227-2807

Population Action International: **population** www.populationaction.org (202)-557-3400

Sustainable Communities Network: **sustainable communities**
www.sustainable.org (202) 328-8160 (will reach offices of CONCERN, Inc.)

Worldwatch Institute: **sustainable society** www.worldwatch.org (800) 555-2028

Population Connection (formerly Zero Population Growth {ZPG}): **population**
www.populationconnection.org (800) POP-1956

SESSION 2: ECOLOGICAL PRINCIPLES

Association of Vermont Recyclers: **waste reduction, recycling, responsible consumption**
Efficiency Vermont: **energy efficiency**
www.encyvermont.com (802) 658-6060

Northeast Sustainable Energy Association: **renewable & sustainable energy**
www.nesea.org (413) 774-6051

Renewable Energy Vermont (REV): **clean power & heat**
www.REVermont.org (802) 229-0099

Vermont Agency of Natural Resources Compost Center: **compost**
www.anr.state.vt.us/dec/wastediv/compost/main2.htm (802) 241-3448

Vermont Agency of Natural Resources **waste reduction**
www.anr.state.vt.us/dec/wastediv/R3/WReduct.htm

SESSION 3: SUSTAINABLE COMMUNITIES

Burlington Legacy Project **Burlington sustainability initiatives**
www.cedo.ci.burlington.vt.us/legacy/ (802) 865-7144

The Cohousing Network: **cohousing** www.cohousing.org/ (510) 486-2656

Good News Garage: **vehicle redistribution** www.goodnewsgarage.org (877) 448-3288

Rideshare Vermont: **carpooling** www.vpta.net (800) 685-RIDE

Sustainability Institute: **cohousing** www.sustainer.org/cobhill

Vermont Forum on Sprawl: **sprawl** www.vtsprawl.org (802) 864-6310

Vital Communities of the Upper Valley: **healthy communities**
www.vital.communities@valley.net (802) 291-9100

Contact Vermont Earth Institute for a worksheet to calculate your ecological footprint or to learn if your household CO₂ emission complies with Kyoto www.vtearthinstitute.org

SESSION 4: SUSTAINABLE BUSINESS AND ECONOMY

Builders for Social Responsibility (Vermont Chapter): **sustainable building practices**
(802) 482-3295

Building Green: **green building products** www.buildinggreen.com (802) 257-7300

Center for Sustainable Building: **used building materials** www. Dover.net/~reuser (802) 479-9341

National Wildlife Federation: **Vermont Wood Products (Smart Wood™)**
www.nwf.org (802) 229-4532

The ReStore: **business surplus brokering** www.TheReStore.com (802) 229-1930

Vermont Businesses for Social Responsibility (VBSR): **sustainable business practices**
www.vbsr.com (802) 862-8347

Vermont Business Materials eXchange: **business surplus trading network**

www.vbmex.net (800) 895-1930

Vermont Sustainable Jobs Fund: **sustainable business assistance** www.vsjf.org (802) 828-5320

SESSION 5: SUSTAINABLE FOOD/AGRICULTURE

Center for Sustainable Agriculture (UVM): **sustainable agriculture**
www.uvm.edu/~susagctr/index.html (802) 257-7967

EarthSave: **environmental well-being via food choice** www.earthsave.org (502) 589-7676

Master Gardener Program: **gardening mentors** http://pss.uvm.edu/mg/mg/ (800) 639-2230

Northeast Organic Farming Association of VT (NOFA-VT): **local, organic agriculture**
www.nofavt.org (802) 434-4122

Vermont Department of Agriculture: **sustainable agriculture, VT products, Community Supported Agriculture (CSA)** www.state.vt.us/agric/ (802) 828-2416

SESSION 6: SUSTAINABLE BUYING

Co-op America: **environmentally preferable products** www.coopamerica.org (800) 584-7336

Green Seal: **environmentally preferable products** www.greenseal.org (202) 872-6400

Recycled Products Guide: **recycled products** (800) 267-0707

Regional solid waste districts publish directories of local reuse businesses and the Association of Vermont Recyclers has a searchable reuse businesses database on its website (www.vtrecyclers.org)

If you would like to form a "Your Money or Your Life" discussion group, study guides for church and civic groups are available from the New Road Map Foundation (206)-527-0437

SESSION 7: SUSTAINABLE LIFESTYLES

Center for a New American Dream: **reduce materialism** www.newdream.org (301) 891 3683

Healthfinder (coordinated by the Office of Disease Prevention & Health Promotion):
healthy living www.healthfinder.gov (202) 205-205-9478 (fax)

The Home Ecology Web Site: **sustainable lifestyles** www.homeecology.org

National Wildlife Federation: **backyard wildlife** www.nwf.org (802) 229-0650

New England Wildflower Society: **native plants & landscaping** www.newfs.org (508) 877-7630)

TV-Free America: **promotes tv-free activities** www.tvfa.org (202) 887-0436

The Association of Vermont Recyclers has a booklet, "Simply Enough", with concrete steps to a more sustainable lifestyle. (802) 229-1833

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Turn the Tide: Nine Actions for the Planet

Vermont Earth Institute and its national partner, the Center for a New American Dream (CNAD) invite you to take these nine easy steps to conserve resources and protect the environment. The Center asked leading scientists and environmental experts to recommend some steps that Americans could take that would have a significant positive environmental impact. Their goal was to select actions that would save forests, protect endangered species and stem global warming, among many other environmental benefits.

Here are the steps:

1. Skip a car trip.
2. Eat one less beef meal each week.
3. Don't eat shrimp.
4. Declare your independence from junk mail.*
5. Replace four standard light bulbs with energy-efficient compact fluorescent lights (CFLs).
6. Move the thermostat 3o F.
7. Eliminate lawn and garden pesticides.**
8. Install an efficient showerhead and low flow faucet aerators.
9. Convince two friends.

The Center has created an online calculator which tallies the environmental impact of your reported actions, and keeps a running total of the combined savings of all of the Turn the Tide participants. If you have web access, you can log onto www.newdream.org, set up your own personal workspace, and watch as CNAD's online calculator tallies the combined savings.

For more information about each action step see CNAD's web site at www.newdream.org or call CNAD at (301) 891-3683 or VEI at (802) 333-3664. A sample bit of information is that lighting accounts for about 25% of American electricity consumption. If only 1,000 of us each replaced four standard bulbs with CFLs, we'd prevent the emission of five million pounds of carbon dioxide.

These may be easy steps for you. We Vermonters are pretty good environmentalists. Perhaps you've already done all of these. Vermont Earth Institute is seeking recommendations for other actions such as trading in your car for a hybrid, moving into town (to cut vehicle miles traveled), buying organic, and buying more local produce. Send your suggestions to VEI at vei@valley.net. We'll publish them in our newsletter along with more actions items from CNAD. We'd also love to hear your stories about lightening your load on the planet.

* To eliminate junk mail call unwanted catalogs and ask to be taken off their mailing lists and write to the following organizations to have your name taken off all marketing lists:

Mail Preference Service		TraPolk "Opt-Out Programs
Direct Marketing Assoc.		List Order Services
P.O. Box 9008	1	621 Eighteenth St.
Farmingdale, NY 11735		Denver, CO 80202

**VPIRG is helping promote steps #7 & #9 with its pesticide free lawn signs.
Contact VPIRG at 223-4097 to request a sign. (Tell them VEI sent you.)

