

THE **Eco Mosquito**

SUSTAINABILITY NEWS AND EVENTS AT HLC AND BEYOND

ISSUE 34, JULY 2015

Next time you go to the beach or for a picnic, try the green plate special and use reusable dishes rather than paper or Styrofoam.

DID YOU KNOW?

Bottled water is a \$10 billion industry. **No Plastic Please**

Here are some reasons to ditch the bottled water:



1. Bottled water is expensive, it's marked up 1000 times and it's just glorified tap water.
2. Those plastic bottles are not sustainable, they are made from vast quantities of oil, very few are recycled and most end up in the landfill.
3. Bottled water is not safer. Tap water is regulated by the EPA to far more stringent standards than bottled water, which is regulated by the FDA.
4. Treating and filtering water for bottling creates even more waste. By some estimates it takes about two liters of water to make every liter you can buy.

These are only some of the many reasons that bottled water is not sold at Sebastian's. So, remember your refillable container and drink up that free, tasty and safe water.

GREEN TIPSTER

It's not necessary to wash clothes in hot water and it can even damage them. Most of the energy used in laundry goes towards heating water, so use cold or warm water to save money and the environment.

In these warm summer months you can hang clothes outside to dry, if you do use a dryer you can save energy by drying them on permanent press rather than on hot.



Farmers' Market Round-Up

Take advantage of summer in New England at your local farmers' market:



Central Square Farmers' Market at Norfolk Street
Mondays, 12pm-6pm, open through November 23

Harvard Square Farmers' Market The Plaza at the Science Center
Tuesdays, 12pm-6pm, open through October 24

Mission Hill Farmers' Market at Brigham Circle
Thursdays, 11am-7pm, open through November 21

Brookline Farmers' Market at Coolidge Corner
Thursdays, 1:30pm-dusk, open through October 29

Jamaica Plain Farmers' Market 677 Centre St
Tuesdays (12pm-5pm) and Saturdays (12pm-3pm)

There are many more than this and you can find others by visiting <http://bostonfarmersmarkets.org/> or <http://www.massfarmersmarkets.org>

DON'T MISS THIS!

Upcoming EcoOp Meetings:

Wednesday **August 19th**, 11am. Location: Minot Room Countway Library

Thursday **September 24th**, 11am. Location: Minot Room Countway Library

Wednesday **October 21st**, 11am. Location: Kresge Room 200

Thursday **November 19th**, 11am. Location: Minot Room, Countway Library

