

# Dollars & Sense

by PATRICIA K...

Here's a host of ways to walk your eco-talk  
(and you may even save yourself some pocket change while you're at it)

## Support your local Farmers Market.

Buying locally-produced foods adds flavorful and often unique ingredients to your diet. It also reduces your carbon footprint.

Find a market near you at [www.cafarmersmarkets.com](http://www.cafarmersmarkets.com).

## Join a recycling challenge.

In Wal-Mart's reuse and recycle challenge, participating schools earn \$5 for every 60-gallon collection bag they fill with plastic shopping and grocery bags and bring to a local Wal-Mart store for recycling by March 31 of this year.

[www.walmartstores.com/communitygiving/8597.aspx](http://www.walmartstores.com/communitygiving/8597.aspx)

## Swap 'til you drop.

Save your cash and try bartering at such eco-minded sites like Freecycle, [www.freecycle.org](http://www.freecycle.org), or Google "Eco-Barter," and see what groups you can find in your area.

## Learn about alternative options for sustainable communities.

Northern California is home to several successful developments in "new urbanism." Find out about the concept of cohousing, or sharing resources for the benefit of the entire community.

[www.cohousing.org](http://www.cohousing.org)

## Align your ethics with your investing strategies.

Join the growing ranks of Socially Responsible Investors (SRI).

Brush up on your investment options at [www.socialfunds.com](http://www.socialfunds.com).

## Take advantage of Commute Connection.

Explore your options for alternative work schedules like flex-time or telecommuting, and look into public transportation and carpools.

[www.acerail.com](http://www.acerail.com)  
[www.sanjoaquinrtd.com](http://www.sanjoaquinrtd.com)  
[www.commuteconnection.com](http://www.commuteconnection.com)

## Buy Lodi Rules-certified wines.

San Joaquin County's certified winemakers practice sustainable viticulture while producing award-winning wines.

Find more information at the Lodi Wine and Visitor Center, [www.lodiwine.com](http://www.lodiwine.com).

## Understand your lifestyle's impact on the environment.

Track your carbon (CO2) emissions with a series of smart calculators at the City of Stockton's "Go Green" website.

[www.stocktongov.com/gogreen/calculator.cfm](http://www.stocktongov.com/gogreen/calculator.cfm)

## Give your printouts a second life.

Make scratch pads out of used paper by cutting into halves or quarters and stapling into place.

## Water your garden or grass in the morning or evening.

Watering during the coolest times of the day reduces evaporation, thereby retaining as much moisture as possible.

## Avoid drive-thru windows.

Park your car instead. Studies indicate that a car engine idling for more than ten seconds uses more gas than restarting it. It also dumps unnecessary emissions into the air.

## Become smarter about living sustainably.

Green it up with environmentally-friendly literature. Re-use books by visiting your local library, and ask your librarian where to find "green" reading. Hey, you may even get some useful tips from those old notes in the margins.

[www.stockton.lib.ca.us](http://www.stockton.lib.ca.us)