

EARTH DAY 2022 CLEANING TIPS

To celebrate Earth Day, GCI and the Madrone team want to provide you with a simple guide to a more sustainable lifestyle. A sustainable lifestyle is about living consciously, understanding that we are all connected and our actions have an impact.

Green Cleaning

Most cleaning products in the market contain toxic chemicals that harm the environment and our families. By switching to green cleaning products we can prevent toxic exposures in our homes, live a more sustainable life, and protect our planet.

Surface sprays, glass cleaners, and air fresheners can contain chemicals that are known carcinogens or endocrine disruptors. Cleaning agents that go down the drain, such as toilet drain, and laundry detergent are known to negatively impact our waterways and contribute to harmful algal blooms. Disposable cleaning products, such as cleaning wipes, are wasteful, expensive, and often less effective than their alternatives.

When selecting cleaning products, look for plant-based options that disclose all ingredients. Many popular products that contain toxic chemicals simply group them under "fragrance," as they are not required to disclose every fragrance ingredient. An even better option is to make your own natural cleaning products. Some basic ingredients to have on hand are:

- White vinegar
- Salt
- Citrus (orange, limes, lemons, grapefruit)
- Baking soda
- Vegetable oil



Natural Cleaning Tips

- A simple recipe for an all-purpose cleaner is one part white vinegar, one part water, lemon rind, and rosemary sprigs (for scent).
- Instead of using air fresheners, essential oil diffusers can be used to give your space a new scent. Or, if you're just looking to deodorize, leave out a container of baking soda to absorb unpleasant smells!
- Clean your wood cutting board with lemon and salt - add salt to the board and scrub with the lemon peels
- Create an easy and effective sticker remover by mixing baking soda and vegetable oil into a paste. Then apply it to the sticker for a few minutes, and the sticker will easily rub off!



Easy Switches

- Use pot brushes and sponges made from natural materials instead of plastic ones.
- Turn old clothes into cleaning cloths - use old socks to wipe down surfaces.
- Some dryer sheets contain toxic chemicals and fragrances and they generate waste - switch to dryer balls instead. If you're missing the fresh scent from your laundry sheets, try getting wool dryer balls and adding a few drops of your favorite essential oil.



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EARTH DAY 2022 FOOD TIPS

To celebrate Earth Day, GCI and the Madrone team want to provide you with a simple guide to a more sustainable lifestyle. A sustainable lifestyle is about living consciously, understanding that we are all connected and our actions have an impact.

Choose Local

When we shop local we not only reduce the environmental impact of food transportation, we connect with our community and support local businesses. Purchasing locally reduces the miles your food has to travel to reach your grocery store. Imported products have a huge carbon footprint - often traveling thousands of miles - and are nowhere near as fresh as local products.



Local can also mean your own backyard! Try growing your own produce - even growing small pots of herbs can be a fulfilling activity, and reduces waste in the kitchen.

Choose Seasonal

Seasonal produce is cheaper, fresher, and tastier. It requires less energy for its production, transportation, refrigeration and storage. Also, the longer the food spends in transit, refrigeration and storage, the higher the probability that it goes bad and becomes food waste. Luckily, as California grows about 80% of the fruits and vegetables in the U.S., there are plenty of seasonal options year-round.



With Spring arriving, look out for produce like cucumbers, broccoli, spinach, asparagus and carrots, as it's now in season. See the attached Produce Guide for more details.

Reduce Meat Intake

Industrialized meat production accounts for 35% of the total global emissions, and pollutes twice as much as the production of plant based foods. Red meat is by far the worst offender, creating 4 to 8 times more emissions than pork, chicken, or egg production.

Reducing your meat intake has a big impact on your carbon footprint and helps you live a healthier life. You don't have to go completely vegetarian to have an impact - start by taking it one meal at a time! Try slowly replacing the red meat in your meals with alternative ingredients like cauliflower, and aim for 1 vegetarian meal a week.



Whenever you can, buy 100% grass fed beef, as it is higher in nutrients and more sustainably raised. And, buying organic is always a better choice.

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EARTH DAY 2022 LIFESTYLE TIPS

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Healthy Lifestyle

Our planet's health and our health are linked. Studies have shown that being in nature, or even looking at nature scenes, can reduce your blood pressure, heart rate, and the production of stress hormones. It also improves our mental health, leaving us feeling more positive and balanced.



Implement to Your Daily Routine

- Move your body: sometimes it is hard to find time in our busy lives to fit in a workout session. However, you can move your body every day without having to hit the gym; for example, take the stairs instead of the elevator, walk or cycle to work when possible, park your car far away next time you go grocery shopping, or go for a walk at lunchtime.
- Take a deep(er) breath - shallow breathing keeps you in a stress loop. Deep breathing helps you relax and let go of stress. Take a full inhale - using your diaphragm and expanding your belly - then slowly exhale. Try it for a minute next time you are sitting at your desk.
- Improve your diet by adding more vegetables to your diet. Start by adding more non-starchy veggies to your day, and eat more whole foods.
- Drink lots of WATER! If you tend to forget, it helps to have a large water bottle sitting next to you at your desk.
- Practice mindfulness:
 - Take two minutes of deep breaths and think about what you are grateful for.
 - Every morning set up an intention for the day
 - Meditate
- GO OUTSIDE! Spend more time outside. Next time you go on a walk, try to be more present and take the time to pay attention to your surroundings. Try to feel the air, and see the sky. It's a great way to relax and recharge your mind. You also get your dose of vitamin D!



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SEASONAL PRODUCE GUIDE

Spring

- Asparagus
- Carrots
- Cauliflower
- Celeriac
- Cucumbers
- Curly Kale
- Broccoli
- Savoy Cabbage
- Sorrel
- Spinach
- Spring Greens
- Spring Onion
- Watercress
- Gooseberries
- Rhubarb



Summer

- Beetroot
- Broadbeans
- Carrots
- Cauliflower
- Courgettes
- Cucumber
- Fennel
- Fresh Peas
- Elderflower Berries
- Greengages
- Loganberries
- Plums
- Raspberries
- Strawberries
- Garlic
- Green Beans
- Lettuce & Salad Leaves
- New Potatoes
- Radishes
- Runner Beans
- Sage
- Salad Onions
- Swash Tomatoes
- Watercress
- Blueberries
- Currants
- Tayberries



Autumn

- Field Mushrooms
- Lettuce
- Marrow
- Potatoes
- Pumpkin
- Rocket
- Squash
- Sweetcorn
- Watercress
- Apples
- Blackberries
- Damsons
- Elderberries
- Pears
- Plums



Winter

- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Curly Kale
- Fennel
- Leeks
- Parsnip
- Potatoes
- Red Cabbage
- Swede
- Turnips
- Apples
- Pears



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