



Eco-expert Nicole Cardi  
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## GREEN LIVING ESSENTIALS

Even the most hardcore tree hugger types probably find it difficult to live a completely sustainable lifestyle. Quite simply, there aren't always enough "green" options out there to fulfill all of our needs (or shall I say "wants?"). The good news is, there are a number of companies that offer eco-friendly products today, and we can expect the selection to grow exponentially in the coming years. In the mean time, as you're prioritizing the areas in your life to "green" first, start with your daily routine and the things you use every day.

### Your Daily Brew

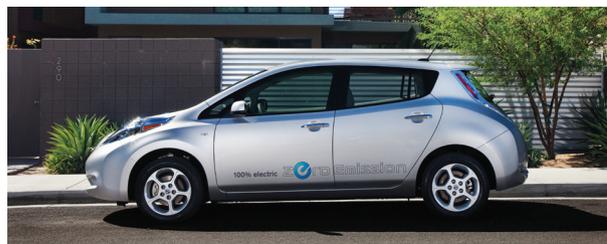
Ditch the single use cup, lid, sleeve and over-packaged tea bag for the eco-friendly and beautiful Noble Glass Travel Mug from David's Tea. Made from renewable materials including bamboo and double-paned glass, the removable metal tea filter allows you to brew your favorite loose leaf teas on the go. They also have a delicious selection of organic teas. Davidstea.com.



Noble Glass Travel Mug

### Getting Around

Riding your bike is great during the warmer months and public transportation is one of the best eco options for getting around, but sometimes you might need a car. When that's the case, go for an all-electric, zero-emissions vehicle like the Nissan Leaf. Voted "2011 World Car of the Year," it can go 100 miles on a single charge and will ensure you'll never need gas again. Nissanusa.com.



Nissan Leaf

### Sweet Eco Dreams

Cotton is one of the most toxic crops in the world; its production is responsible for 25% of all insecticide use and 12% of all pesticide use. Organic cotton is a better choice for the planet and for your health, especially when it comes to bedding since we spend about a third of our lives sleeping. We love ABC Carpet & Home's hand embroidered organic bed linens; they also offer a variety of organic blankets, mattresses and pillows. Abchome.com.



Organic bed linens

*Eco-expert Nicole Cardi is vice president of bioplastics manufacturer Cereplast, and has a passion for all things green. For more eco-friendly tips, email Nicole at [greentips@cereplast.com](mailto:greentips@cereplast.com).*