

In this easy-to-follow guide, the green-living expert and host of the popular TV shows Living Fresh and Get Fresh with Sara Snow offers busy families simple, affordable ways to create a healthy, environmentally friendly home—room by room. Every day, families make countless consumer choices, from which diapers to use to which apples to buy, to whether their next car should be a hybrid. For new parents concerned about the future of their children—and of the planet they will leave them—being informed feels especially urgent. But in the midst of a booming natural and organics industry, the many options can make easing into living green confusing. Now Sara Snow offers practical solutions for every aspect of family life, from laundry to recycling to decorating the nursery. Discover ways to green—your kitchen with healthier foods and safer cooking and storage options—your bathroom with recycled toilet and tissue paper and nontoxic cleaning supplies—your bedroom—and your love life—with chic eco-friendly bedding and sexy personal products—your yard with a rain barrel attached to your gutter downspout to reduce runoff, prevent erosion, and capture clean water for your flowers, vegetables, and lawn. And there’s much more to inspire and encourage you, from advice on introducing children to healthy eating, to products and foods for your animal companions, to chemical-free gardening—plus sidebars offering insider secrets from green-living pioneers. Here is an invaluable resource for anyone who wants to do something positive for the well-being of their family, while leaving a lighter footprint on the world. From the Trade Paperback edition.

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