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Tekst 11

The following text is from a forum on thegreenguide.com

JUST ASK

Do you have a question for the Green Guide? Just Ask us anything, really! From plastic recycling to non-toxic mold fighters - we'll give you the straight story.

Question

As a poor college student I'm doing my best to live a green lifestyle. I bought a drying rack and recycle through the city program. Shopping seems to be tricky, though. I have a very limited budget and I was wondering if you could provide some tips for green products that offer the most bang for the buck. I'm specifically looking for cheap/green products dealing with laundry, food and clothing and would be happy to support a green cause. Thanks! It's hard being green (and young).

Cassie W. Chicago

Answer

Green cooking

You're right that being green can sometimes seem to mean buying costly alternatives. But the best solution for living cheaply and helping the environment is to follow your grandmother's wise advice to waste not, want not.

One of the easiest places to do this is the kitchen. Cooking instead of buying take-out not only saves money, but it keeps non-recyclable foam containers out of landfills. Businesses located in close proximity to a college campus are notorious for hiking up prices, but a short drive or bike ride away can score you less expensive, better quality produce. The farmer's market near a school may even carry a wider selection of unprocessed munchies like nuts and dried fruit. Before you rush off to the market, though, plan ahead in order to avoid overbuying.

Americans throw away 96 billion pounds of food every year, or about a pound per person per day. Plan some recipes in advance, and if you happen to cook more than you'll eat in one meal, *LeftOverChef.com* has great ideas to give new life to last night's chicken, including a search tool that allows you to find recipes using only the ingredients you already have in your kitchen.

Green washing

Your laundry room can be optimized for lean, green success just as easily. If you bought a drying rack, you've already found a good way to cut back on

energy costs. *Drugstore.com* offers decently priced laundry detergents from *Seventh Generation*, *Ecover* and *Earth Friendly Products*. Buy in bulk to save more and use less detergent than the manufacturer recommends. Try to find a front-loading washing machine. They're more energy and water efficient and they wring more water out of your clothes than top-loaders, which means the clothes will dry faster on your rack.

Green clothing

Solving your eco-friendly clothing misery is a little bit more difficult, but even there, being green means saving money. Avoid buying new whenever possible, and instead, shop at vintage and second-hand stores. Many offer the same clothes carried in retail stores at a fraction of the price. You can also organize clothing swaps with your friends, and get gently worn clothes for free, and donate whatever's leftover to charity to ensure that no clothes go to waste. If you do want to buy new, however, the guys at *Factory Green* more than understand your need for a decently priced green wardrobe, which is why they created a site that sells stylish organic cotton T-shirts, hoodies and accessories, many for \$30. They get an extra green thumbs-up, too, for donating a portion of their sales to activities related to the *United Nation's Water for Life Decade*. Also keep your eye on *H&M*, which has a limited but growing supply of organic cotton clothes for men and women, and *Wal-Mart*, which sells simple organic cotton T-shirts, tanks and pyjama pants for less than \$10.

www.thegreenguide.com

Lees bij de volgende opgaven steeds eerst de vraag voordat je de bijbehorende tekst raadpleegt.

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Je wilt, net als Cassie, milieubewust kopen en daarbij ook nog een goed doel steunen.

- 1p **43** Wordt er in het artikel een bedrijf genoemd waarbij dit mogelijk is? Zo nee, antwoord "Nee". Zo ja, noteer de naam van dit bedrijf.

Bronvermelding

Een opsomming van de in dit examen gebruikte bronnen, zoals teksten en afbeeldingen, is te vinden in het bij dit examen behorende correctievoorschrift, dat na afloop van het examen wordt gepubliceerd.