

# 20 WAYS TO SAVE WATER IN YOUR GARDEN

ecological



SPRING 08

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# Trista & Ryan

## GREEN THEIR NURSERY

### ecospotlight



## Trista and Ryan Green Their nursery

Trista and Ryan followed the lead of ABC's "The Bachelor" in 2007, and they wanted to make all the good choices a reality in their own home. The question is: Why save it all when you can do it all together, and it's possible to live "green" when you're home together? They are also learning to be green in the marketplace as well.

From before children, you already know about Trista and Ryan. Trista is a lifestyle blogger at [www.ecologicalhome.com](http://www.ecologicalhome.com) and the author of the book *Green Living: How to Live Green, Save Money, and Live Better*. Ryan is a professional photographer and the author of the book *How to Live Green: A Practical Guide to Saving Money and Living Better*. They are also the authors of the book *How to Live Green: A Practical Guide to Saving Money and Living Better*.

Trista and Ryan have been married for over 10 years. They have two children, a 4-year-old boy and a 2-year-old girl. They are both avid gardeners and love to spend time outdoors. They are also passionate about sustainable living and green products.

The authors had help from their friends when they were looking for a nursery. They found a nursery that was committed to sustainable living and green products. They were able to find everything they needed for their nursery, and they were able to do it all together.



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### Health Warnings

The Environmental Working Group's recent report shows that baby products are often loaded with chemicals and toxins. Here are some ways to keep your baby safe:

- If your water is fluoridated, use a reverse osmosis filter to keep fluoride out of your baby's formula.
- Don't microwave plastic bottles or containers to avoid heating chemicals. Instead, use the stove and use baby bottles.
- Take your shoes off at the door to prevent bringing germs and allergens into the house.
- Avoid using baby-wipes made from chlorine bleach. There are now some that are made from natural ingredients.
- Avoid perfume, cologne and products with synthetic fragrances.
- Buy products with natural fragrances like lavender, chamomile, and calendula.
- Use baby-wipes made from natural ingredients like lavender, chamomile, and calendula.

[www.ewg.org/babytools](http://www.ewg.org/babytools)  
[www.ewg.org/solutions](http://www.ewg.org/solutions)

### Infant Exposure

Infants are exposed to a wide range of chemicals in their environment. Here are some ways to reduce exposure:

- Avoid baby toys with lead paint.
- Avoid baby toys with phthalates.
- Avoid baby toys with BPA.
- Avoid baby toys with PVC.
- Avoid baby toys with flame retardants.
- Avoid baby toys with heavy metals.
- Avoid baby toys with toxic chemicals.

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### Safety First

When you're buying baby products, safety should be your top priority. Here are some things to look for:

- Look for products that are labeled as "non-toxic" and "BPA-free".
- Look for products that are labeled as "lead-free" and "phthalate-free".
- Look for products that are labeled as "flame-retardant-free".
- Look for products that are labeled as "heavy-metal-free".
- Look for products that are labeled as "chemical-free".
- Look for products that are labeled as "eco-friendly".

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[www.ecologicalhomeideas.com](http://www.ecologicalhomeideas.com)

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Once Upon a Time baby products are made from natural ingredients and are safe for your baby. They are also eco-friendly and sustainable.

[www.onceuponatime.com](http://www.onceuponatime.com)