



Challenge of the cups

Everyone has a favorite coffee shop in Aspen, and this month ZGreen is encouraging everyone to get out and support their favorite by using a reusable cup.

The ZGreen Cup Challenge is a competition among coffee shops in Aspen to see which business can use the most reusable cups in one week. As a customer, remember to bring your reusable mug. Don't have one? Stop by City Hall to pick up a free cup. Encourage your friends and co-workers to do the same, but don't stop there. Start making a habit of bringing your mug, and it will save you money throughout the year. All participating coffee shops offer a discount if you "BYOM," and savings could average \$200 a year if you drink coffee every day.

Why Reusable? Most coffee cups are made from 100% virgin white paper, not recycled paper, because recycled content can't withstand high temperatures. With the U.S. using 23 billion paper coffee cups each year, that's more than 9 million trees that were needed to make those cups. Also, most cups are covered with a thin plastic resin that helps insulate the cup. This lining prevents the cup from being recycled or composted, which means that all those cups end up in the landfill.

Find more information on water, energy use and waste here: [🌐](#)

ZGREEN CUP CHALLENGE PARTICIPATING BUSINESSES:

Parallel 15		The Aspen Store
French Pastry Café		Café Ink
Paradise Bakery		Peach's Cafe
Starbucks		Boden's Butter

Green Parenting 101: Take care of kids *and* the environment

Being a parent means making a lot of choices for your children. When it comes to keeping your baby healthy and making greener choices, there are a lot of resources available. Many of today's parents are making environmentally preferable choices, and the Green Parenting community [🌐](#) provides suggestions for fellow parents. Here are a few of our favorite tips:

Less is more. According to the Consumer Reports website, a typical middle-income family in the U.S. will spend an average of \$12,673 on baby's first year. Generally speaking, a baby's needs involve a lot of love and care. When possible, borrow clothes, share large toys and strollers, shop at consignment stores and do it yourself if you have the time and skill.

One caution for old toys and furniture is to beware of potential lead content by performing a simple lead test. Stop by the Aspen Environmental Health Department for a free test kit.

Reduce the Toxins. This is a mission that can start before conception and carry on throughout a child's life. *(Continued on page 2)*



FOR MORE INFORMATION: CLICK ON A GLOBE OR ANY WEBSITE ADDRESS TO GO DIRECTLY TO THE LINKS!

www.AspenZGreen.com

Green EVENTS CALENDAR

ACES NATURALIST NIGHTS

Thursdays, 7:30 – 8:30 p.m.
Aspen Center for Environ. Studies
100 Puppy Smith Street · Aspen
More info: 970.925.5756

FEBRUARY 3 Roadless: One man's search for America's least known public lands, by Nelson Guda.

FEBRUARY 10 White-Nose Bat Syndrome, by Phil Nyland.

FEBRUARY 17 *Gasland*: Acclaimed documentary about the impacts of natural gas drilling.

FEBRUARY 24 300,500 Permanent Green Jobs: Why Europe isn't afraid of climate policy and we shouldn't be either, by Piper Foster.

ROARING FORK CONSERVANCY PROGRAMS

More info: 970.927.1290

FEBRUARY 15, 5:30 – 7:00 p.m.
Naturalist-led riverside X-Country Ski Rio Grande Trail

FEBRUARY 24, 10:00 a.m. – Noon
Snowshoe at James H. Smith Northstar Preserve · Aspen

FOR THE FOREST SYMPOSIUM

February 18, 12:45 – 5:00 p.m.
Doerr-Hosier Center
Aspen Institute · Aspen

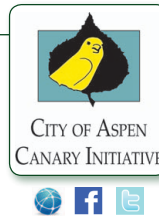
An educational symposium to explore the critical connection between forest health and climate change featuring Nobel Laureate Al Gore. Register: www.aspenstix.com. Cost: \$15

GREEN DRINKS

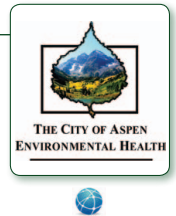
February 23, 5:00 – 7:00 p.m.
BlueGreen Landscape Architecture
300 South Spring Street, Aspen
A free, casual gathering of people who are interested in environmental issues.
More info: 970.429.7499

THE ZGREEN PROGRAM

Brought to you by the City of Aspen's Canary Initiative and Environmental Health Department.



Click an icon to learn more!



Green parenting

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Make informed choices. Consider buying certified organic foods and linens when possible. Use BPA-free plastics, especially baby bottles, food containers and pacifiers. Go with natural cleaning products such as castile soap, distilled white vinegar, lemon juice and baking soda.

Be label conscious. Avoid ingredients that are irritants such as parabens, sodium laureth/lauryl sulfate and phthalates. Search out labels that tout what products don't contain, and look for statements like formaldehyde-free, acetone-free, zero- or low-VOC and no-rBGH (in milk).

Check out the Environmental Working Group's website  for more information on personal care products.

More Green Baby Tips

- **Breastfeeding.** It is one of the most natural, green and money-saving things a mother can do. If nursing isn't feasible or desired, select a good organic formula.
- Consider making baby food at home using organic produce from a local farmers' market. Alternatively, buy organic and reuse the jars.
- Clean up indoor air by not smoking, testing for radon and watching out for other airborne contaminants like mold, dust, paint fumes and pesticides.

Whatever green choices parents make, it's important to take it easy and not try to do it all! The ZGreen Newsletter will continue to explore green parenting topics such as baby bottles and non-toxic products in 2011.

ZGreen Business Spotlight



970.544.9808 · 970.925.9775
www.aspencore.org

Located in the Yellow Brick building, CORE works cooperatively with businesses, individuals, utilities and government entities to create measurable improvements in energy and water efficiency.

3 Big Things THAT CORE IS DOING TO BE ZGREEN:

- 1 In collaboration with Pitkin County, CORE recently opened the Energy Smart Resource Center "to make energy improvements simple and affordable." The Center is funded through a Department of Energy grant that was awarded to 22 communities around the country to pilot the next generation of consumer advocacy for energy efficiency.
- 2 CORE supports the Aspen High School Earth Club and their reusable bag program.
- 3 CORE uses organic and local food whenever possible for all board meetings and events.

Learn More ABOUT CORE AND OTHER
ZGREEN BUSINESSES HERE. 

www.AspenZGreen.com