

green Shopping spree

Need an **excuse** to shop? Here's one — “greening” your home with **groceries, household items, clothing** and even **baby** supplies.

BY MILLIE ACEBAL ROUSSEAU

GREEN GROCERIES

There are various ways to make the contents of your refrigerator, and cupboard, green. You may choose to buy local and organic fruits and vegetables. Consider also purchasing your milk and meats antibiotic- and hormone-free. When selecting poultry and eggs, look for “cage free” and “range free” labels, which mean the birds were treated humanely.

“Most people think that buying green is more expensive, but if you know how and where to shop, you can get very good deals for the

same price, or less than the regular products,” explains Domenica Brazzi, host of the television show *Decorando Contigo*, which airs on Galavisión. When grocery shopping, she recommends you check out Publix’s GreenWise brand, affordable and environmentally conscious green products. Whole Foods Market, she adds, carries its own line, “365,” which ranges from organic food and paper goods to cleaning products and pet food. Even Fido can go green!

Yet another wise shopping choice is Farmers Markets, which supports local farmers and reduces gas emissions because the produce did not have to travel from other states and countries. Wherever you shop, Brazzi reminds you to bring your own grocery bags to eliminate plastic bags that usually end up in landfills.

ENVIRONMENTALLY FRIENDLY HOME

Many of the major brands have come out with green product versions, which



claim to be good for the environment. When buying household items, mainly cleaning supplies, Brazzi says to read the labels. Make sure the products are free of harsh chemicals, perfumes and dyes, all of which leave residues in the water and environment.

If you really want to be green, trash (recycle) the cleaning items altogether and do what our predecessors — the original green



Clocks and girl's dress available at Green Dwellers, box available at Ekotik.



Green Dwellers (greendwellers.com) sells various gifts and products like baby clothing, dishware created from recycled glass, and unique gifts like clocks and picture frames made from recycled bicycle parts.



consumers — did. Use vinegar and baking soda. Don't worry, the smell goes away once the vinegar dries.

Replace regular paper goods with those that contain the recycled symbol on the packaging. And say goodbye to plastic bottles; instead, invest in a water filter. “Plastic bottles are one of the biggest pollutants and [source of] accumulated waste,” Brazzi says.

When making home improvements or redecorating, purchase compact fluorescent light bulbs (CFLs) — they'll also save you money. If your walls are screaming for new color, buy paints with low VOCs. When investing in new floors, bamboo is both beautiful and sustainable, and can be grown without fertilizers and pesticides.

Green Dwellers in Plantation sells various gifts and products for your home. Owner Mylene D'Arelli launched the store last year because she wanted to edu-



Ekotik (ekotik.com), a green boutique, sells eco-friendly clothing made from 100 percent cotton, and free of chemicals, colors and bleaches.

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—Domenica Brazzi, *Decorando Contigo*

Shopping...

cate South Florida on going green. "People want to come, touch and feel the products." She carries baby clothing and lead-free toys, stationary made from elephant dung, dishware created from recycled glass, and

unique gifts — clocks and picture frames — made from recycled bicycle parts. Also shop online at greendwellers.com.

"ECO" CHIC

Need more green in the closet? The recently opened Ekotik (ekotik.com), a green boutique located at the Doubletree Grand Hotel Biscayne Bay in Miami, sells eco-friendly clothing

made from 100 percent cotton, and free of chemicals, colors and bleaches. They carry women and children's fashion at affordable prices, and with design details handmade by Peruvian craftsmen.

"We don't believe eco-friendly has to be expensive," says Adeline Bretonche, public relations and sales manager. Women's tops cost about \$30, while dresses, on average, are \$60. Kids' boleros sell for \$25. Handbags made from Peruvian candy wrappers are popular. Prices for those start at \$27.

Ekotik also sells home décor and unique gifts, many of which are organic, natural or made from recycled materials, such as their napkin rings and candle holders constructed from twisted potato chip bags.

products such as sweet potato, baked apple or pears, while stage two might incorporate spinach and squash, or sweet potatoes with

apples. The food, sold at the store and online — they have delivery service — is packaged in BPA-free, phthalate-free, BHT-free,

and BHA-free barrier containers. You can also shop at the store for baby bath and spa products, bottles, sippy cups, clothing and more.



Yummy in My Tummy (yummyinyummy.com) offers organic baby food, free of additives and preservatives.



NEVER TOO YOUNG

Even your baby can get in on the green trend. Yummy in My Tummy (yummyinyummy.com) in Davie offers organic baby food, free of additives and preservatives. The owners, husband and wife team Michael and Karen Stanley, came up with the concept because they wanted healthy food options for their two-year-old daughter. "It tastes like homemade," says the couple, but parents "don't have to spend their resources and time."

The company, which has its own executive chef, offers three stages of food to transition babies from the infant to toddler stages. Stage one includes single

Confused about what is green?

If you're like most people and are confused about what is truly GREEN, we can help. To learn more about how you can remove chemicals and toxins from your home for a safe green clean, call (561) 281-0621 for a FREE, No-charging consultation.



Broward County Transit protects the environment

Broward County Transit (BCT) has added improvements to its fleet to protect the environment from harmful diesel emissions. Currently in service are 12, 40-foot hybrid diesel-electric buses and six, 60-foot articulated buses specifically designed to increase passenger loads and reduce the number of cars on the road. Future plans call for additional 40-foot and 60-foot articulated hybrid diesel-electric buses.

ACE
The helpful place.

Going Green
sale

\$22⁹⁹
Basic Broadcast Spreader
(7168850)

\$7⁷⁷
Miracle-Gro Organic Choice All Purpose Plant Food Conc.
(7206958) 32 oz

\$19⁹⁷
Scotts Organic Choice Lawn Food
(7200538)

\$9⁷⁷
Handygreen II Hand - Held Broadcast Spreader (70581)

\$8⁹⁹
Miracle-Gro Organic Choice Bone Meal
(7064402) 5 lb

\$12⁹⁹
Miracle-Gro Organic Choice Plant Food
(7192115) 5 lb

\$6⁴⁹
Organic Choice Potting Mix
(7192057) 8 QT

\$7⁹⁹
(7192073) 18 QT