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The first of the New Jersey Meadowlands Commission Green Living programs will teach those who attend how to shop for eco-friendly food, household items and more.

Free program emphasizes green shopping

BY SARA KEEGAN
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Beginning Sept. 10, the New Jersey Meadowlands Commission (NJMC) will be holding a series of free Green Living programs. These programs will offer information on ways to make your life more environmentally conscious and thus more cost effective. Each public workshop will be held at libraries, in stores and in other locations in the Meadowlands District.

The first program will be called "Green Purchasing & Slow Foods" and it will be held on Thursday, Sept. 10, at 11 a.m. at the Kearny Library, located at 318 Kearny Ave. The event will discuss the benefit of making eco-friendly choices when shopping for food, household items and more. Tips will be given on reading product labels and the practice of "greenwashing", or misrepresenting of environmental benefits. The event will also feature a slow foods cooking discussion food tasting, where atten-

dees will learn the benefits of buying and preparing locally grown, fresh food. Those who attend will also receive a free reusable shopping bags.

A Green Home Remodeling Workshop has been planned to be held in Lowe's Home Improvement Store in East Rutherford. Other upcoming events will discuss recycling, sustainable gardening, low-cost home energy audits and more topics dealing with green living. Those who attend the events will receive handouts and free samples that will help them apply what they learn at the workshops in their homes. All events are free of charge and are made possible by grants given this spring by the Geraldine R. Dodge Foundation.

To register for an NJMC Green Living program or to learn more about the series, please contact Debbie Lawlor at debbie.lawlor@njmeadowlands.gov or call her at 201-460-4671.

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