

PAPER PRODUCTS

Anything with the Forest Stewardship Council (FSC) logo or the phrase 100% POST CONSUMER RECYCLED PAPER will satisfy this requirement. These products can be purchased at most major office supply chains, and at many local paper supply stores. If they don't currently stock FSC-approved or recycled paper, ask them to.

BOTTOM PAINT

Copper-based bottom paints that work so well because they kill barnacles, algae and other sea creatures are a problem precisely because they do work so well. Eventually the paint washes off the hull and starts indiscriminately killing all types of marine life. The people at ePaint are working with naturally occurring biocides like zinc omadine and hydrogen peroxide, which keep the hull clean without persisting in the environment or passing toxins through the food chain. Copper-free paints are also lighter in weight and can provide an edge in racing. Avoid all paints containing volatile organic compounds (VOCs).

GREENHOUSE GAS REDUCTION

Do an energy audit, or have one done professionally to estimate your carbon footprint. Your local energy supplier will do these (often for free), or you can use an online carbon calculator. Some simple ways to reduce energy use are:

- Use low wattage or energy efficient lightbulbs;
- Install energy efficient heating and cooling system;
- Stop up air leaks in windows and doors;
- Use solar, wind or other alternative sources of energy.

You can also buy carbon offsets in the form of solar or wind energy or tree plantings. Buy them online at carbonfund.org, terrapass.com, nativeenergy.com, or just search the web to find one you like! These same sites offer the carbon calculators mentioned above. Can you make your lifestyle carbon neutral?

GREEN CLEANING PRODUCTS

The reason so many cleaners good at getting rid of rid of stains, bacteria and the like is because they are rife with toxic and petroleum-based ingredients—ingredients that persist and damage our oceans, environment and even our own health. Fortunately, there are some simple solutions you can concoct right at home that are about as natural as you can get when it comes to keeping your ship shiny:

- **All Purpose Cleaner**—Straight vinegar, vinegar and salt, or a paste of baking soda and water are all effective grease cutters.

- **Aluminum Cleaner**—After removing as much substance as possible, fill a pan with one quart of water and two tablespoons cream of tartar. Bring to a boil and simmer for ten minutes. Rinse well.
- **Window/Glass Cleaner**—Fill a spray bottle with equal amounts of vinegar and water. Apply with a soft cloth and dry with a squeegee or newspaper.
- **Furniture Polish**—Use olive oil on all wood surfaces. Apply with a soft cloth, rub in, let stand for several hours, and then polish with a soft, dry cloth to remove any residue.
- **Decorative Metal Cleaner** (for brass, copper or pewter)—Combine 1/2 cup of salt with 1/2 cup white vinegar. Add enough flour to make a paste. Apply and let sit 15 minutes to one hour. Rinse thoroughly to prevent corrosion. Salt and vinegar should not be used on metals that have a lacquer coating.
- **Copper Cleaner**—Make a paste of lemon juice, salt and flour.
- **Fiberglass Stain Remover**—Use a paste of baking soda.
- **Mildew Remover**—Combine salt with lemon juice or white vinegar to make a paste.

But for those of you who like your cleaning products pre-packaged and branded, Sailors for the Sea recommends four brands that you can use to reduce the trace you leave on the sea.

Ecover—Ecover uses renewable plant extracts and sustainable minerals. Their environmental policy extends beyond their products to their production methods and marketing. The company takes social, economic and environmental sustainability seriously from choosing their raw materials to the end decomposition of their products and packaging.

Seventh Generation—These products are chlorine, phosphate, petroleum surfactants, solvents, VOC and optical brighteners-free using ingredients like lemon oil, hydrogen peroxide, sodium chloride (natural salt), and other botanical extracts. Fragrances are derived from pure plant and flower essences. Company belief in corporate transparency keeps them openly accountable and responsible for everything they do and making those actions aware to the public.

Clorox GreenWorks—Their products are made from ingredients derived from coconuts, corn oil and lemon oil, containing no phosphorus or bleach. They say their alkyl polyglucoside comes from coconut oil and their ethanol and glycerine from corn oil; while that's better than using petroleum-derived alternatives, these sources raise issues of rainforest destruction and global food issues (7th Generation also uses coconut).

Simple Green Naturals—While Simple Green's main line contains a small amount of toxic butyl cellosolve (found in traditional cleaners) their Naturals line shares the same benefits as the above products, with no petroleum-based or synthetic products. Additionally, their containers are made from 25% post-consumer recycled content and printed with soy-based inks.