

GREEN LIVING PARTY HOW-TO GUIDE



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What's a Green Living Party:

“Green Living Parties” are a grassroots way of working within the community from friend-to-friend, and from neighbor-to-neighbor. This is an opportunity to share green living ideas, information, and items. While enjoying the company of friends, family, colleagues, and neighbors, we can share why to go green and how to live more sustainable, eco-friendly lives.

These parties can be held at home or on a virtual platform like Zoom or Skype with maybe 5-7 people to create a relaxed and fun atmosphere. These offer opportunities to enlighten ourselves about the effects of pollution on our homes and in our communities. No matter what people believe about climate change, we can all find points to agree on when we seek safer, cleaner, healthier lives for ourselves, our loved ones and the generations that will follow us.



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What's a Green Living Party (cont'd):

NOTE: This guide is formatted for parties in people's homes. You can modify this to work for a virtual gathering in a way that works for you.

More details:

These parties are also a chance for visiting together, sharing a good meal without having to cook, watching informative videos, making hands-on green home product recipes together and checking out great examples of replacements for household disposable products. It encourages us with useful ways we can save money, remove clutter and streamline our lives with less-waste producing lifestyles while boosting health with clean wholesome lifestyle choices.

LEARN ALL ABOUT:

- How to save money with purchases of handy and non-toxic reusable products
- Saving money and enjoying homemade, non-toxic and beautifully scented cleaning and beauty products
- Healthier options for a beautiful and healthy home when cleaning
- Learning a new fun delicious twist on potluck parties, where no one has to cook
- Improving our health by learning how to increase our access to the freshest and healthiest foods
- Easy ways to improve our indoor air

These are not sales parties. They're learning parties.



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Party Invite Sample:

YOU'RE INVITED TO A GREEN LIVING PARTY!!

May 4, 2020
Tuesday, 6:00PM
Join us at Mary's house
for a potluck salad bar meal

2356 Willow St.
Reno, NV 89505

Please bring a _____ for our salad bar and a salad serving bowl for tossing your own salad.

Enlightening informative presentation with games,
a short film, and a home product recipe demo

Checkout samples of green living reusable home items

You'll leave with lots of cool ideas on how to improve your life,
your health, your environment and your wallet.

NOTE: This is not a sales party.
Reference links are available if you choose to make
products yourself or purchase items from
a retailer of your choice after the party



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No Cooking Salad Potluck:

For many, the idea of having to cook for a party is a burden in our busy lives. This is why the salad bar potluck party idea is the perfectly delicious and affordable option to make it easier to encourage more gatherings without all of the work. Here is how we do it:

- Everyone brings a salad bowl that is large enough to toss their own salad and eat from.
- Inside their bowl they bring one type of salad bar item:
 - *Cherry tomatoes*
 - *Loose leaf lettuce*
 - *Olives*
 - *Beans*
 - *Shredding or chopped vegetables of choice*
 - *Meat, cheese, nuts, raisins, etc. if desired*
 - *Hummus or prepared dip if desired*
 - *Salad dressing*
- Then when everyone arrives the host/hostess provides empty bowls on a table for everyone to place their item for the salad bar. This leaves them with an empty serving bowl where they can assemble and toss their own serving of salad.



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How-to sample itinerary and script:

Sample party guide and party script:

Greet people arriving:

Explain where the salad bar is. Place the contents of their item into one of the empty bowls on the counter. They can now use their own salad bowl to assemble and eat their own salad later (see page 2 for more info).

Take a few minutes if you are waiting for others to arrive, to introduce people to each other.

Within 10 minutes of the starting time, thank the group for coming:

“Hello everyone! Thank you so much for coming! I’m so glad we could get together and do this. I’m looking forward to learning more myself.”



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How-to sample itinerary and script (cont'd):

“I personally have been working on living greener as much as I can and I think this can be a fun way to learn more. Though I may be getting better at this, I’m far from an expert and I hope we can each chip in with new ideas. I think many of us do what we can by trial and error. For me, I just want a cleaner, safer home environment and community so we can all live longer and healthier lives.”

“Tonight we’re going to watch a few short videos that skim the surface of why we might want to seriously consider altering our lifestyles to live more green. After that is another short video that covers some possible solutions. After that we can talk about it and see what we think.”

Announce Schedule:

“Just so know how we’ll be doing this, first we’ll hit the salad bar and while we’re eating we can take turns introducing ourselves.”

Show people to the salad bar, where to sit, and pass out slips of paper with an ice-breaker game questions (see next page for ideas).

After eating, introducing each other, and playing the game (20 min), then make an announcement.

“So we’re going to be starting the video presentation shortly, in case anyone needs it, the bathroom is _____”



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How-to sample itinerary and script (cont'd):

Sample Funny Icebreaker Questions

<https://museumhack.com/list-icebreakers-questions/#funny>

- What is one article of clothing that someone could wear that would make you walk out on a date with them?
- The zombie apocalypse is coming, who are 3 people you want on your team?
- What is your most used emoji?
- What was the worst style choice you ever made?
- see the above website link for more.....



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How-to sample itinerary and script (cont'd):

Start the presentation open the page below to find the video links & presentation:

<https://www.gogreenlocally.org/green-living-party-resources>

Follow with time for discussion. Let people share their thoughts.

“So what did you think of the videos and solutions presentation?”

Discussion time

“Ok who wants to stop for a break and some refreshment before we start our demonstration? When you’re ready we’re going to assemble at the _____ for our DIY demonstration.”

Start demonstration on how to make a scented room spray or other item of your choice:

See <https://www.gogreenlocally.org/green-living-party-resources> for the supply lists, recipe options, YouTube demonstration videos, etc.



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Share Examples of Reusables:

“Ok everyone I’m going to show you all some examples of some reusable items that we can use at home to replace some of our disposable items.”

Bring out a tray with reusable items for people to see and touch. (some examples listed)

- Dryer balls
- Silicon and beeswax options to replace plastic wrap and sandwich bags
- Yeti type of insulated coffee cup to replace throw-away coffee cups
- Take-with-you kits to replace giveaways given out with take-out items as well as take out food containers
- Bottles of essential oils and small room diffuser plug-ins
- Produce and shopping bags



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Resource List of Links, Videos, Podcasts, Recipes:

Share an additional resource page on <https://www.gogreenlocally.org/green-living-resources-links> that includes a long list of websites, books, online stores, videos and podcasts to offer to your guests to follow-up on things they might have seen and might want to try themselves.

If you desire to make this the beginning of learning group gathering, then you could offer to host additional sessions while meeting at someone's home in the group, or having virtual meetings from home periodically.

Hopefully this will inspire people to take more action to live a greener lifestyle.



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Arranging a Community Education Event:

The concept of a green living party can also be turned into a “Sustainable Living Immersion Program”. On the following page there is an announcement that could be distributed to members of the community, if a person, organization or a company would like to host this type of event. There is a list of additional things that might be covered in this type of longer or multi-session event, at the end of this sample guide.



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Sample Invite for Community Sustainability Program Sample:

Would you like a cleaner, greener and healthier home and community? Would you like to learn more ways to do this?

Does the idea of “going green” sound unclear or confusing?

Have you already heard about “going green” but are not sure the easiest ways to do this?

Join us for a sustainable/green living presentation. These presentations are fun for visiting with our community, watching an informative presentation, learning about DIY projects we can make and checking out some new things (some we can make and some we can buy) for our homes.

WE LEARN MORE ABOUT:

- Saving money and enjoy homemade, healthier, non-toxic and nicely scented cleaning and beauty products
- Improve your health and your family's health by learning how to increase your access to the freshest and healthiest foods
- Learn easy ways to improve your indoor air
- Find healthy alternatives to bottled water.



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Additional Topics for Longer Format or Multiple Sessions:

Food Additives

- positive effects on children's and adult behavior

Adding edible gardens and pollinator plants

- Share appropriate use of pesticides. Natural alternatives. Uses in the home and garden
- Discuss in Germany in a nature preserve they have lost 75% of arthropod populations
- When you kill bugs you also kill beneficial insects. If you kill them all, then you will attract less birds which are also helpful to keep down infestations.
- Bugs can build up a pesticide resistance as well and it can make pest problems that much worse.
- Try raising seedlings and swap with some friends to make it easier to succeed



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Additions to Cover in Future Parties if There is Interest:

More re-usable household items such as AC filters

Recycling food scraps, curtailing food and packaging waste

- Compost collection containers – services, worms, bokoshi or burying food scraps in wood chips
- Freezer strategies – freezing food scraps for composting later
- Skip canned bean purchases by preparing large amounts of beans and freezing smaller amounts in crockpots for ease and economy

Saving energy at home

- On-demand water heaters
- LED bulbs replacing fluorescent bulbs, and more

Water filters and types and places to go to find out their ratings

Laundry soap zero waste cleaning products

Laundry – sheets

Laundry – ball

Laundry – soap nuts

Laundry – small cardboard package



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Additions to Cover in Future Parties if There is Interest:

Learning about fast fashion and considering sustainable clothing ideas:

- Choices of fabrics – natural fibers over synthetic
- buying secondhand clothing
 - buying clothing and fabrics dyed with natural dyes without bleaching. Our choices are creating safer working conditions and reducing toxic pollution in third world countries*
- Methods to change up a wardrobe
 - *clothing swaps with others*
 - *Dying something that has a stain or discoloration but is functionally still usable*
 - *Repurpose or upcycle an item*
 - *Repairing items*
 - *Good quality pieces that varied and updated with accessories*



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Additions to Cover in Future Parties if There is Interest:

The cleanest, healthiest food choices:

- Foods that are on the dirty dozen list, and the cleanest dozen
- Places in town that sell organic foods.
- Purchasing through CSA's, farm direct, farmer's markets
- Trying a family and friend food swapping group
- Explain local food coops
- Imperfect food service options
- Discuss the cost of organic whole foods vs. more medical expenses



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Greening and Cleaning the Community Ideas:

These are ideas if people want to work with a friend or a small group of friends on one area of interest/concern in the community:

1. Help schools switch to less toxic options for herbicides and pesticide use
2. Encouraging the growing of natives & pollinator plants/trees throughout the area
3. Taking action to regenerate local degraded public or private land
4. Helping schools to use more fresh, whole foods in their cafeterias
5. Facilitating and encouraging community repair clinics
6. Encouraging ridesharing – and other sustainable commuting options
7. The Art of Reuse – holding clinics and educating people on how to access materials and methods to DIY for new household items, furnishings and craft projects
8. Clothing Swaps, repair and upcycling events
9. Cleaning products – spreading the word about zero waste DIY options and recipes
10. Helping community to avoid food waste, coordinating with food services and stores
11. Encourage and support the greening of local events: compostable items and composting event waste
12. Work with community leaders, lawyers and those influential in the community to move towards increased sustainability
13. Helping to encourage more edible landscaping for public and private properties
14. Creating and promoting community gardens
15. Green with government – educating local residents and local leaders about helpful policies to consider.

