



Green Entertaining

A GUIDE TO ECO-FRIENDLY ENTERTAINING

Whether you're playing golf, or going out to dinner, there are usually eco-friendly options to choose from. The following is a guide to eco-friendly entertaining.

Eating

Restaurants:

The average US meal comes from five different countries. Food today travels between 1,500 and 2,500 miles from farm to market. Many restaurants across the United States are making an effort to go "green"—buying local organic produce, recycling, and implementing other eco-friendly programs.

Look up eco-friendly restaurants in your area using the Green Restaurant Association guide: www.dinegreen.com/restaurant_guide.asp.

Sustainable Fish:

Although fish is generally considered healthy, there are a few considerations to keep in mind (ex: mercury and over fishing). Luckily there are several guides that you can use to help keep you and fish healthy.

- **Environmentally Responsible Seafood**
Go to www.ecofish.com/findus/findus_form.htm. Fill out your location, and they'll email you a list of restaurants that serve EcoFish products.
- **Monterey Bay Aquarium**
See www.mbayaq.org/cr/cr_seafoodwatch/download.asp. They have put together a guide to seafood by region. Click on a region, and it will give you a ranking of the best and worst fish to eat.
- **Oceans Alive**
Their website (www.oceansalive.org/eat.cfm) has a list of fish caught responsibly and high in contaminants. They also have a pocket guide that you can print and keep with you for when you eat out.

Sports

Golfing:

US golf courses soak up more than 476 billion gallons of water annually. With only 1% of the Earth's water available for drinking, irrigation and other human needs, golf courses need to make an effort to conserve. Other negative impacts include a negative impact on wildlife in the surrounding area, run-off from pesticides and fertilizers, and smog from lawn mowers and golf carts.

A list of Audubon certified "green" golf courses can be found here: www.golfandenvironment.org/CACS%20Golf%20list.pdf. This growing movement helps golf courses minimize their impact on the environment around them.

Golf tees are also a big source of waste in golfing due to the number of trees cut down to make them. Use biodegradable tees instead (www.ecogolf.com). If you choose to hit balls into the sea, choose biodegradable balls which won't hurt the wildlife. They dissolve in the water within a few days and leave no negative by-products behind.

If possible, try not to use a golf cart, and walk the course, but if you would like to use a golf cart, there are eco-friendly options available. Ask about electric-powered golf carts at the course.

Sailing:

Sailing is a great sport which emits minimal emissions. New technologies have been developed such as wind-turbine powered boats, or even hydrogen and fuel cell engine boats.

- Ampair (www.ampair.com/ampair) uses water and wind turbines to power boats.
 - Aquair 100 Hybrid Wind and Water Generator:
www.boost-energy.com/ampair/products_product4.asp
 - Underwater 100 micro hydro generator:
www.boost-energy.com/ampair/products_product5.asp
- Have Blue (www.bymnews.com/boatsyachtsmarinas/bestsellers/html/fuel_cell_boat.html) has pioneered a fuel cell boat, and is expecting to make zero pollution yachts soon.

For more tips on how to be eco-friendly while boating, visit The Green Blue website (www.thegreenblue.org.uk/index.asp) and click on the "You & your boat" tab on the left panel.

Skiing:

Many ski resorts have been moving towards more sustainable practices by reducing waste, increasing recycling, and decreasing energy usage. To find an eco-friendly ski resort, look one up here: www.nsaa.org/nsaa/environment/the_greenroom or www.skiareacitizens.com.

You can also off-set your carbon usage from driving to the resort by purchasing a \$2 Ski Green pass (www.greentagsusa.org/GreenTags/skiGreen/skiGreen.shtm). The funds go directly to investing in clean renewable energy.



Transportation

If you are using transportation other than your car, look below for more eco-friendly options. If you are driving your own car, see the next section on off-setting your carbon footprint.



Rental Cars/Limousines:

- *Bio Beetle- Los Angeles or Maui* (www.bio-beetle.com): Rent a biodiesel car.
- *EV Rental Cars- Los Angeles, San Diego, Santa Ana, San Jose, San Francisco, Oakland, Phoenix* (www.evrental.com): Rent a hybrid.
- *Enterprise Rent-A-Car* (www.enterprise.com/car_rental/home.do): Most California now have hybrid options available.
- *Eco-Limo- Washington, DC, Los Angeles, New York City, San Francisco* (www.eco-limo.com): Rent an eco-friendly limo.
- *Planet Tran- San Francisco and New England* (www.planettran.com/index.php): Hybrid airport shuttle service.
- *OZO Car- New York City* (www.ozocar.com): Hybrid driving service.



Eco-Friendly Gas:

Some gas companies are “better” than others, so reward those who are trying to clean up their act.

- *BP (Amoco, Arco)*: www.bp.com/productlanding.do?categoryId=6900&contentId=7028276
They have dedicated millions to research alternative energy
- *Citgo*: www.sunocoinc.com/site/hes
They have helped with hurricane relief for low-income families. However, they have been accused of some human rights abuses in Latin America.
- *Sunoco*: www.sunocoinc.com/site/hes
They are the only oil company which has volunteered to sign onto the CERES eco-principles: Although they have been having difficulties with some environmental concerns.



Car-Share Programs:

If you don't want to use public transportation, but need use of a car for a few hours, car share programs are the perfect alternative. Find car share programs across the nation here: www.carsharing.net/where.html.

Usually there is an initial minimal sign up fee to join the program and then an hourly fee after that. Included is insurance, fuel and the use of the car. You can easily sign up online (follow the link above to find a car share program in your destination city).



Roadside Assistance and Travel Club:

Better World Club (www.betterworldclub.com) is a roadside assistance and travel club with a focus on being socially responsible and eco-friendly. They will also help off-set your carbon usage, while getting discounts on hybrid rentals, green hotels, and eco-travel when you're on the road. Even better, 1% of their revenues are dedicated to environmental restoration and advocacy.



Public Transportation:

If possible, try not to rent a car at all and use public transportation. Major cities such as San Francisco, Chicago, New York City and Washington, DC have excellent public transportation. Buses emit 80% less carbon monoxide than the average car, and are actually 91 times safer than a car. You can find out more information about public transport and plan your trip here:

- Washington, DC: www.commuterpage.com
- California, Denver, Las Vegas, Tucson, St. Louis, and Seattle: www.transit-rider.com
- San Francisco Bay Area: <http://transit.511.org/tripplanner/index.asp>



Offset Your Carbon Footprint

Carbon off-setting is a great way reduce your impact on climate change.

- *Native Energy* (<http://nativeenergy.com>):
Calculate how much carbon you use when you travel using the travel calculator (www.nativeenergy.com/travel). You can choose to off-set your usage by helping finance renewable energy projects or purchase renewable energy credits at competitive prices.
- *Sustainable Travel International* (www.sustainabletravelinternational.org):
Sustainable Travel International is a non-profit organization, dedicated to providing education and outreach services that help travelers, travel providers and related organizations support environmental conservation and protect cultural heritage while promoting cross-cultural understanding and economic development. You can purchase green travel options on the site and offset your carbon usage.
- *Terra Pass* (www.terrapass.com):
Off-set your carbon usage with Terra Pass, who funds clean energy and conservationism projects. They also have a flight calculator to show how much carbon you are using (www.terrapass.com/flight/flightcalc.html).

For more information on carbon off-setting check out the "Consumer's Guide to Retail Carbon Offset Providers" which provides a great overview of the concept and services available to off-set your carbon usage. (www.cleanair-coolplanet.org/ConsumersGuidetoCarbonOffsets.pdf)