

GREEN TIPS HOME FURNISHINGS

➔ When cold winter days keep you from going outside, seize the opportunity to tackle indoor projects and make your living space cleaner and greener. It's easier than ever to create a healthier and more sustainable home—a quick Internet search will turn up many retailers and resources. **BY RHEA MAZE**

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In the market for upholstered seating? Skip the synthetic foam-based sofas and look for one that has plant-based cushions made of soy, jute, and other non-toxic materials.

REST EASY

Say good night and good riddance to glues, fungicides, pesticides, petroleum-based foams, formaldehyde, and flame retardants. Replace your old mattress and bedding with ones made of non-toxic bamboo, wool, natural latex, cotton, linen, hemp, or silk.



UNDERFOOT

Most commercial carpeting pollutes the indoor air with off-gassing from fire retardants and formaldehyde. Choose carpets made of organic wool, bamboo, sisal, coir, seagrass, or jute.

SUSTAINABLY STYLISH

Spruce up your surroundings in a green way by incorporating homemade, reclaimed, or recycled artwork and accessories. Check out local antique stores and bring back unique items from the past for reuse in your green-themed home.



KIND COLORS

Many household paints and wood stains contain a cocktail of harmful compounds. Beautify your walls and refinish wood furniture with low- or no-VOC paints and stains.



REAL SOLID

Inexpensive “wood” furniture is made of pressed wood, which comes with a host of nasty chemicals. Choose non-pressed, reclaimed, or sustainably harvested real wood furniture that's been certified by the Forest Stewardship Council.

ECO-GLOW

Candles are often made from petroleum-based paraffin and synthetic waxes, which produce carcinogens when burned. Beeswax or soy candles contain no petroleum, and they burn slower, last longer, and disperse fragrance more effectively.

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