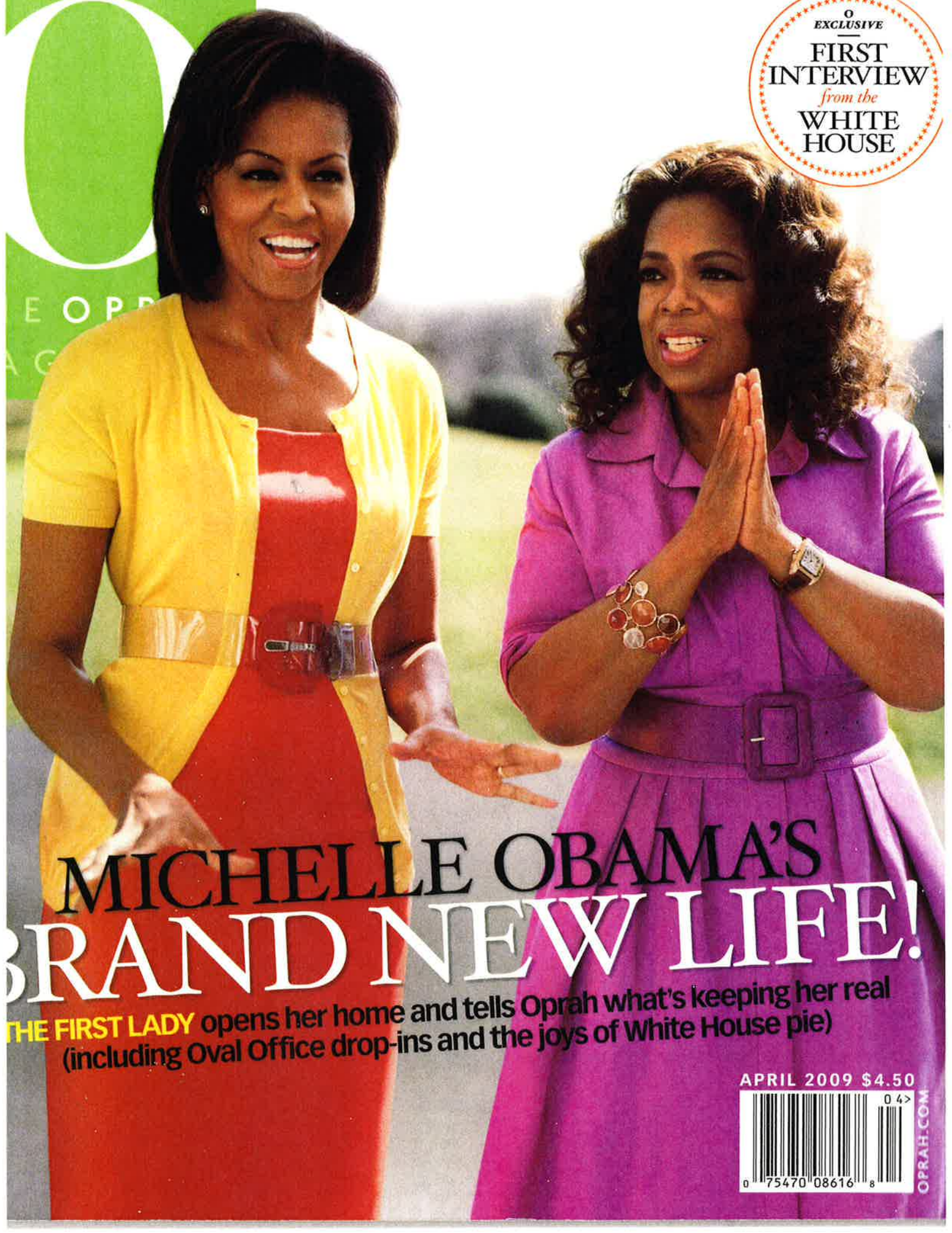


EXCLUSIVE
FIRST
INTERVIEW
from the
WHITE
HOUSE



MICHELLE OBAMA'S BRAND NEW LIFE!

THE FIRST LADY opens her home and tells Oprah what's keeping her real
(including Oval Office drop-ins and the joys of White House pie)

APRIL 2009 \$4.50



OPRAH.COM



← **Shady Lady**

Save your eyes and your planet with maximum UVA/UVB protection and frames made from recycled plastic. (*ICU Eyewear, \$22 each; icueyewear.com*)



↓ **Sack It to Me**

It's 2009; why are we still using paper and plastic bags? This organic cotton tote is your chance to make a world of difference. (*The Oprah Store, \$9.50; theoprahstore.com*)

→ **Pedicure Sold Separately**

Because these sandals are hand-sewn, they require less adhesives and cements. Also, nontoxic vegetable-dyed leather is used in lieu of man-made products for uppers and linings. A small step for sandals, a giant leap for womankind. (*Børn Crown, \$99 per pair; bornshoes.com*)



← **Screen Gems**

Who says you can't be an eco-friendly couch potato? Watch all the TV you want, but do it on this high-definition beauty—which uses nearly 44 percent less power than the traditional 32-inch-class LCD HDTV. (*Vizio, \$500; vizio.com*)

↓ **The Green, Green Glass of Home**

These 100 percent recycled tumblers are made in Guanajuato, Mexico, where the residents have revived a European tradition of hand-decorating glass. That means jobs for the community and glamour for your table. (*Rosanna, \$104 for six; rosannainc.com*)



What "Green" Means

Organic, natural, sustainable... who can keep all the eco-terms straight? Here's your easy green cheat sheet.

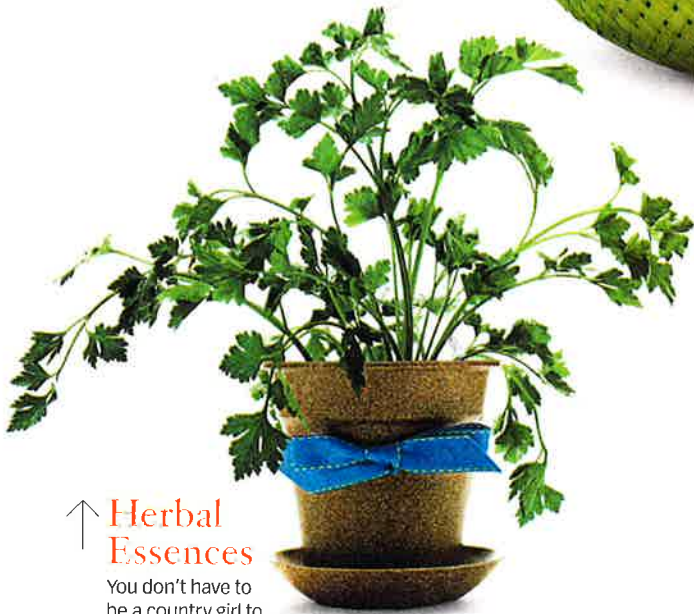
- The **certified organic** label is regulated by the USDA and indicates the absence of most conventional fertilizers and chemicals. A processed product (one that contains more than two ingredients) must have at least 95 percent organic material.
- The **Demeter-certified Biodynamic** designation means that farmers use practices emphasizing a holistic

- connection with nature. The nonprofit has been certifying produce and wine since 1982, and bans harmful chemicals and synthetic fertilizers.
- **Fair-trade** products like coffee and chocolate are certified by the Fair Trade Federation, an international group working to relieve poverty. They ensure that producers receive a fair wage and that production practices promote

- long-term environmental sustainability and community development.
- **Green Seal** is an independent nonprofit that promotes the manufacture, purchase, and use of environmentally responsible product. The seal accredits everything from hand soap to hotels.
- **Local** generally refers to products grown within a 100-to-150-mile radii

→
There's a Place for Us

Organically grown bamboo...it's not just for environmentally conscious pandas anymore. Use these woven bamboo nesting baskets to hold everything from keys and mail to lemons and limes. (*Bambu, \$18 for three; bambu.greenfeet.com*)



↑ **Herbal Essences**

You don't have to be a country girl to have an herb garden. These biodegradable containers are made from renewable grain husks and come with soil, growing instructions, and seeds. (*UncommonGoods, \$16; uncommongoods.com*)



→
Pop Culture

We could tell you that this company uses organic ingredients and fair-trade practices, but instead we'll say that this artisanal popcorn is the snack food equivalent of finding Brian Atwood shoes on sale while simultaneously riding off into the sunset with Benicio Del Toro in a Lamborghini on a Caribbean beach. (*479° Popcorn, \$49 for three canisters; 479popcorn.com*)



←
Puff Pieces

Simple, graphic, refined, the organic cotton-linen fabric on these throw pillows is block printed in India, using azo-free dyes (which don't release carcinogens in the air). Think of them as a politically correct sofa makeover. (*Madeline Weinrib, \$325 each; 212-473-3000, ext. 780*)

Transporting goods locally uses fewer fossil fuels than shipping them from around the world. Plus, buying local supports your community.

■ **Natural** means that the product contains no artificial colors or flavors, but the term can be misleading (and misapplied!) because it isn't certified or regulated.

■ **Post-consumer recycled** means the material has been sold, used, and then recycled. It's the gold standard for recycled products.

■ **Sustainable forestry** paper products are certified by the Forest Stewardship Council and come from forests that are managed for long-term productivity and biological diversity.

■ **Even if you can't buy a strictly green product, you can still make any purchase easier on the environment.**

- Choose items with minimal packaging, or buy in bulk.
- Bring your own bag.
- Donate the item you're replacing.
- Buy secondhand.
- Wash your clothing in the cold-

water cycle—and cut roughly 85 percent of the energy used.

- Use rechargeable batteries, and unplug chargers and appliances.
- Choose household cleaning products that have an ingredient list. Products with harmful chemicals are less likely to have one. —*Rachel Mount*