

# Kansas City Eco-Resource List

The companies listed either use their profits to support environmental initiatives or provide sustainable products. Thank you for all you are doing to protect the home we share (our planet)!!

## Video:

[What YOU Can Do About Climate Change](#) (11-minute YouTube video): It showcases why “the system” needs to change and what you can do as an individual.

## Sustainable Stores:

1. [Nature's Own Health Food](#) (Westport): Features bulk grains, beans, legumes, lentils, snacks, dried fruit, nuts, seeds and more.
2. [Soap Refill Station](#) (Waldo): Bring your own containers to fill with laundry, dish, body and soaps.
3. [Sprouts](#): Bulk grocery/chemical free products; use their site to search for a location near you.
4. [Lush](#) (Overland Park): Provide naked products with minimal packaging; they developed a buying policy that ensures no supplier tests on animals, funded work that highlighted alternatives to animal testing and invest their profits in social justice.
5. [The Herb Lady](#) (Raytown): Herbs, teas, vitamins and supplements, aromatherapy, essential oils, health and beauty products, music, books and more.

## Online Sustainable Stores:

1. [Imperfect foods](#) (grocery delivery): They pick up your empty boxes and recycle them if you leave them outside for your next delivery. They also offer fresh items (not only produce) every week and give advice on how to store them to keep them fresh longer (less trips to the store, reduces your carbon footprint).
2. [Pantry Goods](#) (grocery delivery): A zero-waste online store that delivers locally sourced groceries weekly to you. You place an order in a returnable glass container. Your goods are delivered, and you can then either keep the goods in the container they are delivered in until finished OR empty them into your own container and send the empty container back for your refundable deposit; gluten-free items are available.

## Local Farms/Farmers' Markets:

1. [Chitwood Family Farm](#) (family farm in Spring Hill, KS): Responsibly and locally grown foods such as eggs, lamb and honey.
1. [The City Market](#) (River Market): the region's largest farmer's market on Saturdays and Sundays (rain or shine) year-round; more than 150 vendor stalls with locally grown plants, fruits, vegetables, meats, herbs, bakery items, cut flowers and more.

## Composting:

1. [Urbavore Farm](#): FREE (drop-off items on your own).
2. [Food Cycle KC](#): They pick up your compost for a fee; they also offer workshops for kids.
3. [Compost Collective KC](#): They pick up your compost for a fee.
4. [Jerusalem Farm](#): They pick up your compost for a fee.
5. [Missouri Organic](#): Great for businesses and residents; products are also available for purchase such as mulch and soil made from compost.

## Specific Products:

1. [Tushy](#): Save trees by decreasing the amount of toilet paper you use (additional health benefits).
2. [Ecotopia on Etsy](#) (reusable paper towels): Very absorbent and double nicely as napkins; you can customize the pattern/colors, and they ship in eco-friendly packaging.
3. [Reusable tote bags for charities](#): Ditch plastic bags for a reusable market tote that also support charities that project the environment and wildlife.

## Recycling Programs:

1. [Terra Cycle](#): Free recycling programs funded by brands, manufacturers and retailers (e.g., Colgate) around the world to help you collect and recycle your hard-to-recycle waste. Simply choose the programs you'd like to join, start collecting in your home, school or office, download free shipping labels and send them your waste to be recycled. You can even earn rewards for your school or favorite non-profit.

## Energy:

1. [Arcadia Power](#): Sign-up with to receive electricity generated from renewable sources like wind and the sun instead of fossil fuels. Arcadia works directly with your current electricity provider so there's no switching – just linking accounts.

## Miscellaneous:

1. [Ecosia](#): A search engine that uses their ad revenue to plant trees where nature and people need them most. They've already planted millions of trees in Ethiopia, Brazil, Indonesia, Spain, as well as many other biodiversity hotspots. Add it as [Chrome extension](#); they do not save your searches, track the websites you visit or sell your data to advertisers. Plus, your searches are always SSL-encrypted. Help reduce CO2 in our atmosphere just by searching with Ecosia!
2. [iRecycle app](#): Download to find how and where to recycle locally (by zip code); also includes daily sustainable living articles, podcasts and recycling how-to guides.

## Volunteer Opportunities:

1. [Bridging the Gap](#): Help at recycling facilities, plant trees and clean up wetlands and prairies.
2. [Kansas City Community Gardens](#): Work in their multiple gardens across the city to increase access to healthy food, strengthen the community and improve the urban environment.

## Sample Political Letter (adapted from [Citizens Climate Lobby](#))

Use the [GovTrack.us](#) site to search for your representatives.

Dear XXXXXXXX,

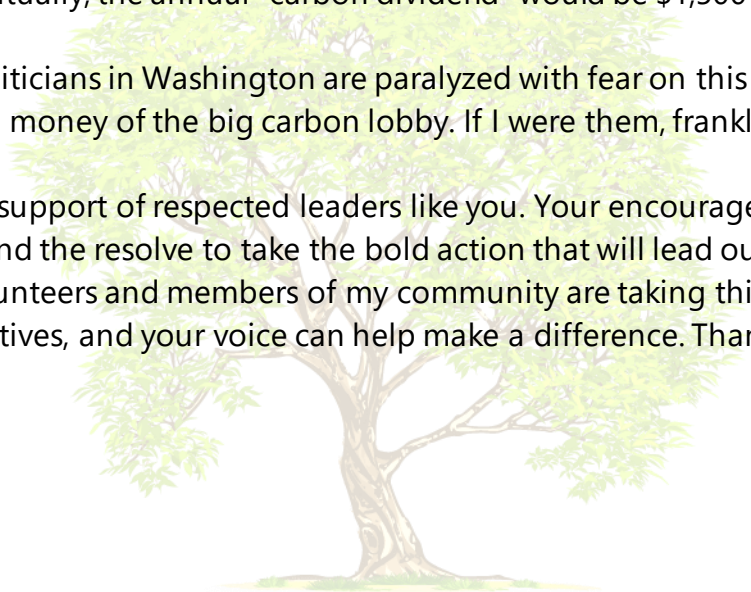
Thank you for the political leadership you provide for our community. As a citizen who is concerned about the Earth's climate, I value the role you play in shaping the policies that can lead to greater sustainability for our city, our nation and our world. With the right incentives, policies that are good for the environment can also be good for creating jobs, improving our economy and lessening our dependence on foreign oil.

The organization, Citizens Climate Lobby, is proposing such a policy. It works like this: Place a steadily-increasing fee on the carbon dioxide produced by fossil fuels and return all the revenue to every household. Increasing the cost of carbon creates a strong incentive to invest in clean energy. Returning the revenue from the carbon fee would shield households from the economic impact of rising energy costs. Eventually, the annual "carbon dividend" would be \$1,500 a year for every person.

Unfortunately, many politicians in Washington are paralyzed with fear on this issue and unable to act. They fear the power and money of the big carbon lobby. If I were them, frankly, I'd be afraid, too.

That's why we need the support of respected leaders like you. Your encouragement would help our members of Congress find the resolve to take the bold action that will lead our nation into the new era of clean energy. Volunteers and members of my community are taking this message to their senators and representatives, and your voice can help make a difference. Thank you for your time and consideration.

Sincerely,



*"I believe the American people want climate policy to be transparent, honest, and effective... I firmly believe it is not too late for Congress to consider a carbon tax as the better policy approach."* **-Rex Tillerson, ExxonMobil CEO**

*"We very much believe that a straightforward graduated tax on carbon is better than the cap-and-trade."* **-Fred Smith, FedEx CEO**

*"Taking bold action on climate change simply makes good business sense. It's also the right thing to do for people and the planet. Setting a net-zero GHG emissions target by 2050 will drive innovation, grow jobs, build prosperity, and secure a better world for what will soon be 9 billion people."* **-Richard Branson, Virgin Group founder**