

Outline of Power Point Presentation "Living LOHAS"

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LOHAS is an acronym that stands for Lifestyles of Health and Sustainability. Living LOHAS means living in a way that considers the health of our hearts, bodies and the Earth.

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Today, I would like to discuss the basic needs in our lives – food, shelter and clothing. I would like to begin from clothing. We should:

- Buy clothes that don't go out of style and keep wearing them for a long time
- Share clothes among family members
- Choose clothes made from natural materials
- Use herbs instead of mothballs
- Use charcoal as a desiccant
- Use leftover bathwater to wash clothes, and use soap, baking soda, or vinegar instead of detergent
- Use old, unusable clothes as rags

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Our group, Act 53 (read, "act gomi," which means, "act trash") holds flea markets ("mottainai-ichi" in Japanese) every spring and fall, where we sell reusable goods and local vegetables, as well as sharpen old kitchen knives. The next flea market will be held on Sunday, October 1.

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Next, I would like to talk about food. Eat all of your food and don't leave any leftovers. Home gardening makes it possible for you to be self-sufficient and does not use any energy to transport food. You will be able to eat seasonal foods, will not have to use agrichemicals or synthetic fertilizers, and can utilize your kitchen garbage as fertilizer.

Other things you should do are:

- Pay attention to food additives
- Buy beer in refillable glass bottles and deposit the bottles afterwards
- Don't use cling wrap
- Reduce the amount of water you use to wash dishes

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Now, I would like to talk about shelter. Electricity produces the largest amount of greenhouse gas emissions in the residential sector, with 36.6%, and gasoline comes in second place, with 26.7 %. It is therefore important to reduce the amount of carbon dioxide we produce through the use of electricity and cars.

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Audiovisual and IT appliances consume two thirds of the standby power used in households. You can easily reduce the standby power by using a power strip with switches.

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Air conditioners, refrigerators, lights, and TVs consume two thirds of the electricity used by all household appliances.

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It is possible to reduce the amount of electricity you use without making a big effort or having to endure inconveniences. The graph on the left shows how a person reduced the amount of electricity consumed by a TV, washing machine, VCR, air conditioner, and refrigerator from 1995 to 2002. Electricity consumption was reduced by 40 to 80 percent in each appliance.

The graph on the right shows that yearly electricity consumption became approximately half after power conservation.

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This picture shows a "greenery curtain," made by plants on a wall. The curtain prevents the room temperature from rising and reduces the amount of electricity consumed by air conditioning.

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Find out how much electricity your appliances use. The refrigerator in the picture uses 67 kWh every month.

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The latest energy conserving refrigerator uses 590 kWh every year. You can therefore reduce the amount of electricity you use and your electricity fees if you buy a new refrigerator.

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Some people think you should use appliances as long as possible because you produce trash when you buy a new one.

The pie chart on the upper left shows how much energy a refrigerator uses from production to disposal. Mining ingredients uses 7.0 %, assembly uses 0.6%, transportation uses 0.3%, appliance usage uses 91.7%, and disposal uses 0.3% of the total energy. As you can see, energy consumed through appliance usage has a large effect.

The graph on the bottom right shows the effect time has on energy consumption in new and old refrigerators. Energy consumption sharply rises in old refrigerators that have been used for many years.

In conclusion, I think it is best to buy a new refrigerator and use it as long as possible.

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If you change incandescent light bulbs into energy conserving fluorescent lights or LEDs, you can reduce electricity usage to 1/5 to 1/60. The life span of light bulbs will also become 8 to 80 times longer.

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Reduce the amount of gas you use on cars. Only ride cars when it is necessary, try to use bicycles instead of cars, and stop the engine when you stop for more than 5 seconds.

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I would like to introduce the "3R" s. The first R is "reduce," which means things such as not receiving unnecessary flyers and avoiding excessive wrapping when shopping. The second R is "reuse," which means to keep using things that are still usable. The third R is recycle, which means separating trash so it can be recycled. However, just recycling everything is not good enough, because recycling is the last option.

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This is a picture of things I always carry – my own handkerchief, hashi, and bag. 25.7 billion pairs of disposable hashi and 30 billion plastic shopping bags are used in Japan every year. This large amount of waste destroys forests in China and uses 578 million liters of crude oil.

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Can you tell which kind of tea in the picture is most friendly to the environment? From left to right: tea leaves, a tea bag, and bottled tea.

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This is the concept of green purchasing. When you buy products or services, don't concentrate on just price and quality, but think whether you need it, and choose products with a low environmental load.

This mark can be found on environment-friendly products.

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These are the 10 principles of the green consumer.

- Only buy what you need, and as much you need
- Choose products you can use for a long time
- Choose products with minimum packaging
- Choose products that consume little energy
- Choose products that do not have an adverse effect on nature and your health
- Choose products that give fair compensation to workers
- Choose products with a low amount of chemical compounds
- Choose products made from recycled ingredients
- Choose products made nearby and in season
- Buy products at stores that care about the environment

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Let's live LOHAS and regain what we've lost – knowledge, culture, communication, our relationship with nature, and a slow life - by pursuing convenience and comfort.

Each one of us can prevent global warming. Start from the things you can do, one item at a time!