

EcoQuaker List of Goods and Services - Being the Change

Area	Supplier	Location	Link	Reason [is this needed?]
Food	Health food shops	ROI + NI		Health food shops are generally good at supplying organic and sometimes plastic free
Food	Local farmers markets	ROI + NI		Local farmers markets generally have good organic and local food
Seeds	Irish Seed Savers Association	ROI + NI	https://irishseedsavers.ie/	Organic and broad diversity of seeds with info for chemical-free Irish growing conditions
Seeds	Brown Envelope Seeds	ROI + NI	https://www.brownenvelopeseeds.com/	Organic and broad diversity of seeds with info for chemical-free Irish growing conditions
Clothing	Second hand shops	NI + ROI		Essentially zero environmental footprint
Clothing	Greenfibres	NI	www.greenfibres.com	Long established green supplier of clothing, bedding, fabrics etc.
Clothing	Pure Clothing	ROI	www.pureclothing.ie	
Electricity	Community Power	ROI	communitypower.ie	Renewables (without a fossil fuel gas branch) and also community owned generation
Building supplies	Second hand and salvage	Co. Clare	http://wastelandssalvage.com/	Should be council run in every village in the country...
Building supplies	Ecological Building Systems	ROI + NI	https://www.ecologicalbuildingsystems.com/	
Insulation	SheepWool insulation	ROI	https://www.sheepwoolinsulation.com/	
Insulation	Thermafleece	NI	https://www.thermafleece.com/	
Woodworm treatment	Boron Ultra 12	NI	https://www.boron.org.uk/	
Paint	Biofa Paints	ROI	https://www.biofaireland.ie/	
Paint	Auro Paints	ROI	http://healthbuild.ie/auro.html	
Mattresses	Health Build	ROI	http://healthbuild.ie/dormiente.html	
Pensions	See recent Quaker booklet on Ethical Investment; or read Charles Eisenstein's Sacred Economics			
Banking	Local credit union	ROI + NI		
Office Supplies	Klee Paper	ROI + NI	ecoland.com	Dublin, delivers by courier
Office Supplies	Green Stationery Company	NI	greenstat.co.uk	Supplies environmentally benign products or products that have environmental advantages over the standard stationery equivalents
Mobile phones	Fairphone	ROI + NI	www.fairphone.com	
Mobile phones	Swappie (refurbished phones)	ROI	https://swappie.com/ie/	
Mobile Network	EcoTalk	NI	https://www.ecotalk.co.uk/	EcoTalk (part of Ecotricity) use the money from their customers' phone bills to buy land which they give back to nature.
Computers & Tech	https://www.greenit.ie/	ROI		
Search engine	Ecosia	ROI + NI	https://www.ecosia.org/	

Note that the above list is for suggestions and direction rather than being conclusive. Bear in mind that voluntary simplicity would ask of us to avoid new goods and services where possible anyway.

The list below may be a useful guide to our relationship with things; Excerpt from *Towards Zero Waste* by Féidhlim Harty

While *Reduce, Reuse, Recycle* is all well and good as an aspiration; if it were practised and applied to all levels of society this book would not be necessary. Clearly we still have room for improvement. Below is an amended version of the 3 Rs, in order of preference.

Reduce the intake of items that don't make the zero waste grade and items that have high embodied energy or resources.

Research the lowest-impact alternatives for the items that you need, but don't meet your zero waste criteria.

Refuse to take into your home what you cannot easily reuse, repair or reroute again.

Reflect on where true contentment lies and practice voluntary simplicity.

Reuse things that can be reused; either yourself or by others.

Return packaging items for reuse where possible.

Repair things that are broken but essentially fixable.

Reroute unwanted things to family, friends or your local community.

Compost all kitchen and garden waste that is organic in nature.

Recoup energy from clean paper and clean timber. (Do *not* burn wood composites, plastics, laminated, coloured or glossy paper or treated wood).

Recycle (via the local council collection centre, for making the same thing again, such as glass, metal, card).

Down-cycle (via the local collection centre, for making into something else such as timber into fibreboard, most plastics into lower grade products etc).

Request change and offer constructive feedback to shops and manufacturers that you buy from and to governments whose policies impact on your local area and on the wider world.

Remember that life isn't perfect. There will inevitably be some waste left over. This can go to landfill and you don't need to feel guilty about it.

These can be summarised as 5 distinct steps:

Step 1 – Practice Mindfulness when Shopping

Step 2 – Reuse: Return, Repair, Reroute

Step 3 – Make Compost

Step 4 – Recycle as a Last Resort

Step 5 – Give Feedback, push for change