

The Oregonian

TUESDAY
JULY 31, 2007

MARKET BASKET

By **CHERI SWOBODA** | THE OREGONIAN

Most of us are trying to keep our carbon footprint as small as possible, whether it's taking shorter showers, turning off lights or driving a fuel-efficient car. But there are other ways to help, too, such as using biodegradable sponges, bamboo tongs, natural hand soap and a countertop compost pail. See how easy it is to be green?



STEVEN NEHL/THE OREGONIAN

Clean living | TWIST Sponges and Euro Cloth are 100 percent biodegradable and made with an eco-friendly process that reuses more than 99 percent of the production waste. They also contain an antimicrobial agent that fights bacteria. Wash in the dishwasher or sterilize by boiling. \$1.99 for Euro sponge, \$3.99 for Euro cloth and \$4.49 for sponge with loofah scrubber at New Seasons, Pharmaca and QFC.