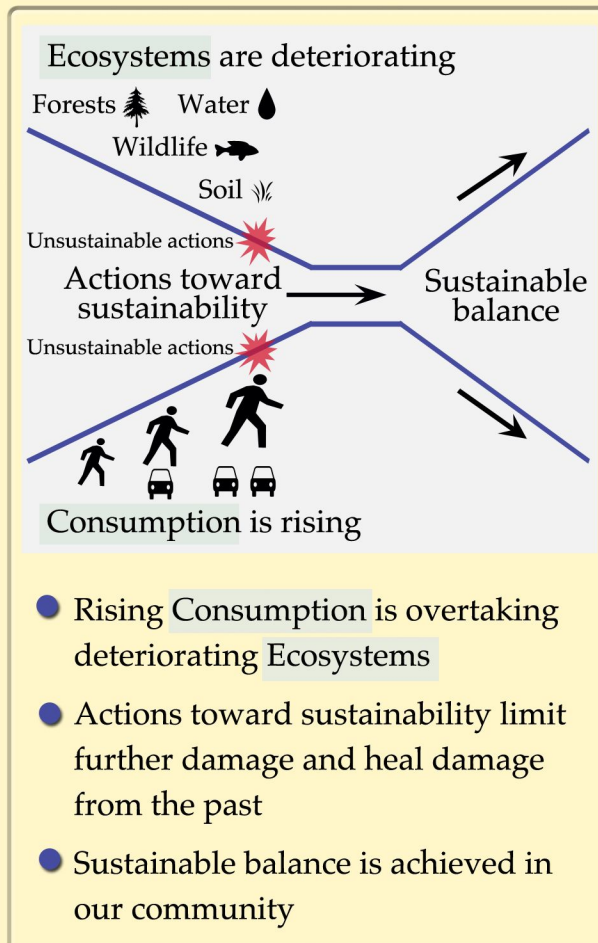


SEEDs is

- a local citizen organization composed of individuals, teachers, business leaders, elected officials and government employees
- part of a growing worldwide community concerned about our legacy to future generations
- facilitating a process to generate ecological integrity, economic prosperity, and social equity that meets human needs
- guided by The Natural Step
- creating understanding about practices that undermine our community's health and prosperity
- educating our neighbors about consumption patterns to undertake sustainable action plans
- encouraging everyone to participate and share their thoughts and ideas
- making our community an even better place to live and work

Why Adopt Sustainability?

Most North American cities were built assuming an endless supply of energy, clean water, clean air, and land. This assumption has led to deteriorating ecosystems. We must abandon harmful practices and adopt sustainable practices for ourselves and future generations.



What Can You Do?

- Participate in SEEDs -

- Subscribe to our E-mail list
- Be part of a committee
- Join a Natural Step study circle

- On your own -

- Reduce – Reuse – Recycle
Bring a Bag! when shopping
- Read *The Natural Step for Communities*
- Walk or ride a bike instead of driving
- Patronize local businesses and farmers' markets
- Consume food produced within 100 miles of your home
- Evaluate your energy use and make responsible changes
- Lend a hand to someone in need
- Be a good neighbor
- Express your opinions to elected officials and vote thoughtfully



Credits:

A. Edwards *The Sustainability Revolution*
M. Roseland *Toward Sustainable Communities*
D. Chiras & D. Wann *Superbia*
S. James & T. Lahti *The Natural Step for Communities*