



USING SUSTAINABLE BUILDING MATERIALS

The use of sustainable materials when building makes all the difference!

Toxins and Embodied Energy in Building Materials

We all know that it's important to select materials with low toxicity, it is also important to keep in mind the embodied energy of a material when looking for sustainable materials. Embodied energy is the total of all the energy inputs over the lifetime of the material. The lower the total embodied energy, the greener the product. An easy way to think of this is the before, during, and after steps of a product. Some ways to determine embodied energy are if it is local, if the procurement of the material is environmentally friendly, transportation distances, installation, and if it is recyclable.



Buy Local When Possible

Besides lower embodied energy, local materials are also better suited to climate conditions and help to support local economies. It's not always possible to use local materials but you should start locally before looking regionally, then within the US, North America, and lastly look overseas.

Some regional materials used in green built homes in the Northwest include ponderosa pine and western hemlock because they are a readily available resource. Builders in the Northwest also use locally milled alder, fir, cedar, and other wood for finish wood, siding, framing and fencing. Green builders are also using American Standard Toilets because they are one of the few plumbing manufacturers whose products are made entirely in the US.



Little Known Recycled and Sustainable Materials

Many people might not know these things can be utilized:

- Pine from beetle infested forests
- Hand forged locally produced bathroom hardware that doubles as grab bars
- Rubio Mono-coat floor finish
- .5gpm flow restrictors for bathroom sinks
- Tight-knot cedar exterior trim

Change the way you live, change the world!





USING SUSTAINABLE BUILDING MATERIALS

The use of sustainable materials when building makes all the difference!

Recycled and Sustainable Materials

Some materials that are recycled and made into sustainable materials include:

- Reclaimed saw dust made into composite flooring
- Shredded paper & cardboard that's Waterproof building sheathing
- Floors and countertops made from recycled glass
- Decorative tiles with crushed seashells
- Denim, sand, newspapers & cardboard used as Insulation
- Alternative decking materials
- Recycled content carpet. (Less than 1% of carpet is recycled but 60% of carpet made in the US is a recyclable nylon that can be put back into carpet or raw materials)
- Concrete is one of the most environmentally friendly products around.
- Fly ash from coal burning power plants, metal, concrete, bricks and asphalt for fill material, residue from the manufacture of asphalt shingles for the making of porcelain tiles, drywall scraps to make new drywall (25% - 50% recycled content)



Where to Buy Green Materials

Green Home Solutions
 1210 W. Nickerson St.
 Seattle, WA 98119
 206.284.2281

ghsproducts.com

The Small Planet Workshop
 2963 RW Johnson Blvd. SW
 Tumwater, WA 98513
 360.866.8779

smallplanetworkshop.com
(they deliver)

Green Depot
 1950 6th Ave. S
 Seattle, WA 98134
 206.315.1974

greendepot.com

Besides the many materials that are made from recycled content, reclaimed materials are also very popular in green building. Sometimes there can be very sought after and rare items such as marble mantles, old growth hardwoods, or antique fixtures.



Where to Buy Re-Claimed Materials

The Re Store
 1440 NW 52nd St.
 Seattle, WA 98107
 206. 297.9119
re-store.com

Habitat for Humanity Store
 21 S. Nevada St.
 Seattle, WA 98134
 206.957.6914
habitatskc.org

Earthwise
 3447 4th Ave. S.
 Seattle, WA 98134
 206. 624.4510
earthwise-salvage.com

Second Use
 3223 6th Ave S.
 Seattle, WA 98134
 206.763.3929
seconduse.com