



Ideal Bite offers bite-sized ideas for light green living.

Welcome! We know that you would just love to do the right thing for yourself and the planet if it were convenient, fun, inexpensive, and made you feel good. Until now you have lacked a good source of advice for real people leading busy lives...

Now you have a free one! Easy eco-living tips are delivered in a short, sassy email each weekday.

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Today's Tip

Change You Can Believe In

Voting for change when it comes to nongreen lip gloss or window cleaner? Star...

Our Latest Blog

Turning Into A Townie

I feel like I've been city-break-hopping all su...

[Comment now](#)

Featured Videos



Homegrown...on a Rooftop

Watch Mike battle the elements as he attempts to grow the ingredients for salsa

on a rooftop.

Get Tippy ... Today's Most Popular Tips

- The Dirty Truth
- Cast Iron Maiden
- Draft Dodger
- Sight for Four Eyes
- Scrap Happy



[MORE TIPS](#)

ideal bite What's in Your Beach Bag?

Share **Ideal Bite** and **WIN a Summer Essentials gift basket** filled with eco-goodies (worth \$300!)

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New! Biter Guides

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Biter Gear



Biter Bag

Meet other Biters while out shopping & be a role model with this reusable Ideal Bite shopping bag.

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home - invite your friends

Invite Your Friends

Through July 31st, 2009, you could win one of five Summer Essentials gift baskets from seven exceptional companies. The gift basket will include: luxury candles from [HollyBeth](#), sunscreen from [Soleo](#), supplements from [Oona Health](#) and [ActiFruit](#), the Superfood collection from [Amazing Grass](#), Honey Crème gift trios from [Honey Ridge Farms](#), and heirloom organic rice from [Lotus Foods](#).



And, you have lots to tell your friends about! We have local editions in [San Francisco](#), [NYC](#), [LA](#), [Chicago](#), [Seattle](#), and a [Mama Bite!](#) The more friends you prompt to sign up, the more chances you have of winning, so start sending.

Just enter your friends' email addresses below, and we will send them ONE invite email with sample tip - we absolutely, positively will not spam them under any circumstances. So send a sassy little invite to your entire email database and share the eco-level!

Sweepstakes Rules

Please select the edition you would like to share *

Daily Tip

Your Email Address *

Your Name *

To *

Type the e-mail address of the person you would like to invite.

Invite Message

Hey there! I really like this free [eco-living](#) email tip - they give short, fun ideas for getting your green on. You should totally sign up!

This message will be added to the mail sent to the person you are inviting.

"Y'all make eco consciousness hip, breaking away from the ole' granola-muncher stereotype."

Becky Suzik, Raleigh, NC

"I love your no-preaching, down-to-earth, regular-people-can-relate style."

Julie Norris, Orlando, FL

"I love you people. A true highlight of my day!"

Paul MacFarlane, St. Louis, MO