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Amy Smart: Acting on Principle

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With two movies in theaters this summer—including the second installment of the blockbuster "Crank" series—Amy Smart is one busy girl. But Amy has always balanced acting with acting on her principles: Her work with non-profits like The Humane Society and Heal the Bay won her accolades at the same time that she was working her way up Maxim, Stuff and FHM magazine's "sexiest women in the world" lists.

Ah, the irony.

EcoStiletto caught up with this committed ecoista at Helen Bernstein High School in Hollywood, CA, where she, alongside Nicole Ritchie and Anna Getty (pictured above), helped break ground on the first of many organic gardens that the Environmental Media Association and the Yes to Carrots Seed Fund will create at L.A. public schools in the coming year.

EcoStiletto: When did you start getting involved in eco-consciousness?

Amy Smart: I started becoming aware of living more consciously when I was 18 and volunteering for Heal the Bay; I was on their speakers' bureau. Part of our talk included 10 different solutions to clean up the ocean. One of them was to use eco-friendly cleaning products because everything that goes down the drain goes to the sewage treatment plant and gets treated and then out to the ocean. The sewage treatment plant can't clean out the harsh chemicals, so they end up in our ocean.

ES: How important do you think these kinds of changes are for you, personally?

AS: The more I am aware of what is happening environmentally, the more responsible I feel to make changes. I actually find real happiness making conscious choices, knowing that each little change matters.

ES: What about for the planet?

AS: The planet is our mother. It's a living breathing life force that feeds us and provides everything we need. Now it's time to grow up and become adults and respect our mother. All the plants and animals we co-exist with are truly so beautiful and deserve the best treatment.

ES: What are your favorite green fashion labels?

AS: My favorite green fashion labels are Virdis Luxe, Alternative, Linda Loudermilk, Leila Hafzi, Loomstate, ecoSkin, Blue Canoe and Beau Soleil. Also, I must add, I love buying secondhand clothes, and that is very eco friendly.

ES: What are the best eco-friendly beauty finds?

AS: I love Ecco Bella Vanilla body lotion, Dr. Mercola skin care products (I buy them online), Josie Maran's makeup line (love the creme blush), Yes to Carrots products, Jason Lavender shower and bath gel, Zoya nail polish.

ES: What's the biggest green change you'd like to make in your life—even if it's impossible right now?

AS: I would love to use all renewable energy in my home, and have a huge organic garden. And a car that runs on water.

ES: What's your favorite eco-friendly tip our readers should know about?

AS: My favorite things are reusable bags from Chico Bags. They remind me of mini sleeping bags and I carry three of them in my purse at all times. It's so important to reuse! My top three tips are:

1. Use reusable bags when shopping.
2. Buy organic food from local farmers markets, as well as eco friendly cleaning products.
3. Get a water filter and stainless steel water bottles and reuse them. Klean Kanteen is great!

ES: Who's your eco-idol and why?

AS: I would have to say my two favorite eco- idols are Ed Begley Jr. and Anna Getty. Ed walks his talk. He said, " Vote with your dollars," and that has always stuck with me. It's true, because we are such a nation of consumers, what we spend our money on dictates what kinds of products are being sold.

Anna Getty is a very good friend of mine. She is constantly inspiring me to live a more eco-friendly life. I feel like she is always three steps ahead, and she has inspired me to make many great changes in my life. I finally just started composting thanks to her. I think when you see someone do something you realize, oh, if she can do it, so can I.

ES: What's your worst eco-sin?

AS: I have to say my eco-sin is that I still use some makeup that is not eco friendly. I just love the way it looks!

ES: What's the best green advice you ever received—and who gave it to you?

AS: Best green advice (besides Ed Begley Jr.'s) is from Gandhi, who said, "Be the change you wish to see in the world." I am more than ever inspired when I see someone doing something environmentally conscious, small or large. "One example is worth 10,000 facts," my elementary school teacher said that. And I have no idea where I heard this, but we need to speak up for the environment and animals that can't speak up for themselves. We need to be their voices.

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