

## Funeral Consumers Alliance of Utah

We are a non-profit all-volunteer-run organization.

We are an affiliated member of Funeral Consumers Alliance, Inc. See [www.funerals.org](http://www.funerals.org)

We are an educational association dedicated to consumers' rights.

We show you how to control funeral costs.

We are not a prepayment or insurance plan and will not refer you to any.

We keep an eye on legislative issues affecting funerals.

### Each year in the United States we bury:

827,060 gallons of embalming fluid, which includes formaldehyde

180,544,000 pounds of steel, in caskets

5,400,000 pounds of copper and bronze in caskets

30 million board feet of hardwoods, including exotic woods, in caskets

3,272,000,000 pounds of reinforced concrete vaults

28,000,000 pounds of steel in vaults

Compiled by Mary Woodsen, VP Pre-Posthumous Society of Ithaca, New York, and a science writer at Cornell University

## 10 Tips for a Natural Burial in Utah



### YOUR DONATION PROVIDES

- Transferable membership nationwide to 100 affiliates
- Biennial Price Surveys of funeral dealerships statewide
- Alternatives to pre-paid contracts
- Detailed pre-planning forms
- Advice on Advance Directives
- Free basic help for everyone
- Availability of FCA in the future

### FUNERALS CONSUMERS ALLIANCE OF UTAH

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[www.utahfunerals.org](http://www.utahfunerals.org)

### FUNERALS CONSUMERS ALLIANCE

Interactive Website on many topics  
[www.funerals.org](http://www.funerals.org)



The goal of a [natural burial](#) is to return the body to the earth in a manner that does not inhibit decomposition and allows the body to recycle naturally. It is intended as an environmentally sustainable alternative to existing funeral practices.



## 10 TIPS FOR UTAH

### 1. SAVE \$\$\$: BYPASS THE FUNERAL HOME

Utah's' office of Vital Records has instructions on how to file a death certificate without using a funeral director (depending on county \$100 or more) [health.utah.gov/vitalrecords](http://health.utah.gov/vitalrecords)

### 2. SKIP EMBALMING

The notion that dead bodies pose an urgent health threat is a myth. The World Health Organization and others have been trying to counter this [myth](#) for nearly two decades. Embalming is the real health hazard. It's invasive and toxic. And it pumps up the price of a funeral.

### 3. CREATE OR PURCHASE A NATURAL CASKET

Often gasketed sealer caskets cause gaseous, anaerobic decomposition, whereas burial directly in the ground (in let's say a cloth shroud) turns the body to clean dry bones in months. Another option is to make or buy a simple wood or cardboard casket. These can be personalized with paint or tapestry.

### 4. THINK SMALL

Cremation is an acceptable option in most religions (request our research related to LDS & Catholic beliefs). A direct cremation costs as little as \$725. One can even have a viewing and/or funeral prior to cremation, without a funeral director. Or you may wish to have a memorial service when it is easiest for all family to gather.

### 5. WHAT TO DO WITH THE ASHES

The ashes may be scattered or buried, made into a concrete reef, or kept in your home in a container of your choice.

### 6. NO VAULT

Vaults keep the cemetery grounds from getting uneven. When there is a whole body to bury you may bury in a "green" cemetery, private rural land (check the land ordinances in your area), or a rural cemetery may allow it. Burying ashes without a vault is an option at many cemeteries.

### 7. DON'T KEEP YOUR WISHES A SECRET

Simplicity involves planning ahead. FCA of Utah has the forms to help you share your preferences. If you don't inform your family they may be confused and susceptible to even gentle funeral sales pressure. At the death of a loved one, emotions are often wrapped up in cost decisions. Let your family know your wishes ahead of time.

### 8. TALK TO YOUR CITY CEMETERY

Contact city officials to let them know we want beautiful natural spaces preserved. Eco-friendly cemeteries are one way to accomplish it. If we tell our leaders what we want, we have a much better chance of having natural spaces for burials instead of only thirsty, manicured cemeteries.

### 9. LEAVE CONSUMERISM BEHIND

What are the most meaningful aspects of a funeral? Most say it is time spent with family and friends. Am I actually creating a burden by purchasing this extravagant coffin or service? Am I removing from them an opportunity?

### 10. LOOK FOR GREEN CEMETERIES

A green cemetery opened in Sept 2008 at Memorial Hills in Bountiful. It's about the size of a big yard with trees. It has a nice view and borders a traditional cemetery. Cost is higher for burial there because of hand dug graves. (See [www.memorialutah.com](http://www.memorialutah.com).) Rural cemetery's may allow green burial at a more reasonable rate.

## Choose any of the following:

Donate (any amount) or Become a Member for \$25/person

Edward Gorey Planning Packet \$12 (Free with membership plus \$4 s&h)

1 yr subscription to the National FCA

Newsletter—full of fun, inspiring tips & news (4 issues/yr \$10)

Form to plan your own funeral (free)

Form to assign someone to control the disposition of your remains (free)

Email updates on local funeral issues

Email: \_\_\_\_\_

I'm interested in learning more about volunteering.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Make checks payable to: FCA of Utah  
Mail to: 1823 S 250 E, Orem, UT 84058

