

## Funeral Consumers Alliance of Utah

We are a non-profit all-volunteer-run organization. 501 (c) (3)

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 now keep an eye on legislative issues being proposed and make sure they are consumer and green friendly.

### 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

- 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
- Transferable membership nationwide to 100 affiliates

### FUNERALS CONSUMERS ALLIANCE OF UTAH

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[www.utahfuneral.org](http://www.utahfuneral.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

Sometimes "protective" sealer caskets actually cause gaseous, anaerobic decomposition that liquefies the flesh into a moldy slime. Burial directly in the ground turns the body to clean dry bones in months. A simple casket can be created out of wood. Or use cardboard cremation caskets. They are inexpensive and can be personalized with paint or tapestry. Or a cabinet shop can make a casket.

### 4. NO VAULT

When there is a whole body to bury you may buy a plot in a green cemetery or bury on rural private land (check the land ordinances in your area). Burying cremains without a vault can be accomplished most anywhere except cemeteries where they require vaults. Call to check with

small rural cemeteries. Some may not require a vault.

### 5. 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.

### 6. WHAT TO DO WITH THE CREMAINS

Have a memorial service when it is easiest for all family to come together. The ashes may be scattered or buried, made into a concrete reef, or kept in your home in a container of your choice.

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

Getting what you want when it comes to 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 cemetery and 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 just thirsty manicured cemeteries.

### 9. GO GREEN, LEAVE CONSUMERISM BEHIND

Consider the legacy we leave our family when we consume less, and leave the world a healthier & beautiful place. Question yourself: Am I actually creating a burden by purchasing this extravagant coffin or service? What is most meaningful about a funeral? Is it the amount of money spent? What about my funeral's impact on the earth?

### 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
- Funeral Planning Form (free)
- 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)

### Discounted books & free shipping:

- Dealing Creatively with Death*: \$9  
A manual of death edu. & simple burial
- A Plain Pine Box* by Arnold Goodman \$15  
A book about simple Jewish funerals
- More copies of this brochure to share with others How many? \_\_\_\_\_
- Email updates on funeral issues affecting Utahans  
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

