

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

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

- 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.utahfuneral.org

FUNERALS CONSUMERS ALLIANCE

Interactive Website on many topics
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, supports land preservation and encourages family participation in all aspects of final disposition.

It is an holistic alternative to existing burial 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

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

“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 natural 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 that require vaults. Call rural or pioneer cemeteries. Some do 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 \$750 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 in your yard or a cemetery, made into a concrete reef, or kept in your home in any container of your choice.

7. DON'T KEEP YOUR WISHES A SECRET

Getting what you want when it comes to simplicity involves planning ahead. If you don't inform your family they will be confused and susceptible to even gentle funeral sales pressure. It is allowable by law to assign one person to carry out your wishes. Do not put this in your will as this is often not read until after the funeral. FCA of Utah has the forms to help you.

8. TALK TO YOUR CITY LEADERS & SEXTANT

Contact city cemetery and 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 just thirsty manicured cemeteries.

9. A LOVING GOOD BYE

Consider the legacy we leave our family when we consume less. Can we do anything to leave the world a healthier & more 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 or something else?

10. LOOK FOR GREEN & NATURAL CEMETERIES

Memorial Hills in Bountiful memorialutah.com. Has a green cemetery about the size of a big yard with trees. It has a nice view and borders a regular cemetery. Cost is higher for burial there because of manually dug graves. Pleasant Green Cemetery in Magna Utah allows natural burial without a vault and at a great price www.PleasantGreen.net

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 addl. \$15)

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
- Email updates on funeral issues affecting Utahns
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

