

10 WAYS TO REDUCE YOUR CARBON FOOTPRINT



1

REDUCE WASTE

Purchase items with less packaging, or bring your own containers to the grocery store and shop in the bulk section. Re-use spray bottles and other items. Use a wash cloth to clean instead of a paper towel. And don't forget to recycle!



2

EAT YOUR VEGETABLES AND BUY LOCAL

By eating local, vegetarian, or organic foods, you will reduce your carbon footprint and improve your health. Eating less meat and substituting chicken for beef will also lessen your environmental impact.



3

DRIVE LESS

Riding your bike, walking, carpooling, or taking the bus to work are all great ways to reduce your carbon footprint and your stress levels at the same time.



4

TURN OFF AND UNPLUG

Turn off and/or unplug your lights, TV, computer, and other electronics and appliances when you are not using them. The planet (and your wallet) will thank you.



5

USE RENEWABLE ENERGY

While installing solar panels on your home is a great way to use renewable energy, it can be expensive. Thankfully, you can also purchase solar or wind power from your local energy provider.



6

BE ENERGY EFFICIENT

Purchasing energy efficient appliances, replacing the light bulbs in your home with LEDs, and turning your thermostat up in summer and down in winter are some ways to reduce your energy use.



7

PLANT A NATIVE GARDEN

By growing native plants, you will not need to use expensive chemical fertilizers or herbicides. These yards also require less water and maintenance than traditional lawns. You will be saying goodbye to your lawnmower and hello to butterflies in no time.



8

VISIT A THRIFT SHOP

Try out your local thrift shop the next time you are in need of yard furniture or clothing. You never know what you might find!



9

LIVE IN A SMALL HOME

Smaller homes require less energy and they are easier to maintain. That way you can spend less time vacuuming and more time saving the world.



10

PURCHASE LOW CARBON GOODS

Many brands are taking steps to reduce the carbon footprints of their supply chains and products. These include Patagonia, Coala and PrAna, among others.

