

PRACTICAL WAYS TO REDUCE YOUR CARBON FOOTPRINT & LIVE MORE SUSTAINABILITY

How We Get Around



DRIVE LESS

Ride a bike or walk, combine shopping trips, or take public transportation to reduce cars on the road.



CHOOSE A FUEL-EFFICIENT VEHICLE

Buy an electric, hybrid or fuel-efficient car to significantly reduce your vehicle emissions.



HAVE YOUR CAR SERVICED

Keep your car well tuned and your tires properly inflated for better fuel efficiency.



DOUBLE UP

Carpool with friends and colleagues to save on gas, emissions, and automobile wear and tear.

How We Live at Home



RECYCLE, RECYCLE, RECYCLE

Take advantage of community recycling programs or find a recycling center to reduce landfill waste.



GO PAPERLESS

Enroll in paperless billing to save energy used in the manufacture, delivery and disposal of paper.



UPDATE YOUR BULBS

Replace incandescent light bulbs with long-lasting, energy efficient CFLs and LEDs.



ADJUST THE THERMOSTAT

Install programmable thermostats; lower the heat or raise the AC; insulate your attic and walls.



DO THE LAUNDRY LIKE GRANDMA

Hang clothes outside in the sun to dry; wash your laundry in cold water and only wash full loads.



UNPLUG & POWER DOWN

Switch off lights, power down electronics and turn off power strips when you are not using them.



REPLACE OLD APPLIANCES

Opt for gas appliances when possible and choose EnergyStar rated or other energy efficient models.



CHOOSE RENEWABLE ENERGY

Install solar panels; choose renewable energy sources if your power company offers them.



BE WATER CONSCIOUS

Take short showers, turn off water when shaving or brushing; install low-flow toilets and shower heads.

How We Eat



EAT MORE PLANTS

Increase the amount of produce you eat; limit red meat consumption to reduce methane emissions.



REDUCE YOUR FOOD WASTE

Shop for groceries and plan meals carefully to reduce wasted food and landfill space.



DRINK FROM THE TAP

Use refillable water containers and drink tap water instead of water from single use plastic bottles.



EAT LOCAL

Plant a garden or buy fresh, local food that requires fewer fossil fuels to produce and transport.

How We Shop



BRING A BAG

Take your groceries and other items home in long-lasting cloth bags to reduce plastic bag waste.



PURCHASE QUALITY

Buy the best quality items you can afford for years of use, rather than cheaper items that may not last.



BUY USED

Shop in vintage, second-hand or consignment shops for quality items when possible.



AVOID UNNECESSARY PACKAGING

Bring reusable produce bags to the grocery store; avoid excessively packaged items.

How We Garden



PLANT A TREE

Position new shade trees strategically to reduce energy consumed by air condition and heating.



COMPOST

Build a compost pile to turn produce scraps and other organic materials into nutrient-rich soil.



GROW NATIVE PLANTS

Plant flowers and shrubs that are native to your region to reduce water and fertilizer usage.



REDUCE YOUR LAWN

Devote more yard space to shrubs, flowers and vegetables to reduce water and fertilizer usage.