

# 10 THINGS

## YOU CAN DO RIGHT NOW TO REDUCE YOUR CARBON FOOTPRINT

- 1** Stop using plastic bags for your groceries. Invest in a few re-useable shopping bags or bins. Keep them in your trunk so you have them every time you grocery shop!
- 2** Eliminate plastic straws from your life. Metal or recyclable paper straws are a great alternative (or don't use them at all!)
- 3** Commit to using a metal or BPA-free water bottle. Filter your own water and drink from the tap! Reduce the waste of plastic water bottles in our dumps, oceans and waterways.
- 4** Try using beeswax wraps instead of plastic wraps for food storage.
- 5** Become a water champion. Volunteer or donate your time or money to a water cause you care about. Sign up for the **Save Our Water** newsletter and become informed about local water concerns and where you can help.
- 6** Be part of local photographer Sophie Hogan's "I am a Water Protector" campaign - her goal is to capture 365 community members within 365 days to say NO to the Middlebrook Well.

**7** Change your lightbulbs to compact fluorescent bulbs. One bulb can reduce up to 1,300 pounds of carbon dioxide pollution during its lifetime.

**8** Buy local food - support local farmers and cut down on carbon emissions of vehicles used to transport food across the country. According to the Worldwatch Institute, food travels 1,500 miles on average between farm to supermarket.

**9** Save water by shutting off the water when you brush your teeth. Don't leave it running.

**10** Don't flush things down the toilet to dispose of them. One flush can waste up to 5-7 gallons of water. Avoid dish/body soaps filled with toxins - they go down the drain and further pollute our water supply.