



REDUCE YOUR CARBON FOOTPRINT!

A FAMILY GUIDE TO SUSTAINABLE LIVING

It's **EASY** to make a difference! Even small changes can have a big impact. These 10 simple steps will get you off to a good start.

Did you know that you contribute to climate change whenever you do ordinary things like:

- Watch TV
- Turn on a light
- Ride in a car
- Play a video or computer game
- Throw things away or
- Buy food from far away?

We've all been hearing about the effects of climate change, from fierce storms to melting icecaps and threatened polar bears. Reducing your carbon footprint means doing things that decrease your contribution to global warming. Whenever you save energy, either directly or indirectly by, say, purchasing a product that has been made or transported in an energy-efficient way, you avoid sending climate-changing greenhouse gases into the atmosphere.



Use people power to get around.

Walk, bike, skateboard, use your scooter, or take the bus or subway. Shoot for one day a week at first, then try to increase the number of times you avoid using a car.

DID YOU KNOW that in the United States, cars produce over 20 percent of the total emissions of carbon dioxide, the major greenhouse gas? Walk or bike and you'll save one pound of carbon for every mile you travel.



Reuse and recycle everything you can.

When you reuse and recycle, you send less trash to the landfill and save natural resources as well as energy.

DID YOU KNOW that recycling one aluminum can saves enough energy to power your TV or computer for three hours?



Compost your yard waste.

Use the compost instead of polluting chemical fertilizers to feed your garden. Making a compost bin is a fun fall family project. To learn more, contact QBG at 718.539.5296.

DID YOU KNOW that leaves and other compostable materials produce methane in landfills, this country's largest source of this powerful greenhouse gas, which is 23 times more effective than carbon dioxide at trapping heat in the atmosphere?



Bring a reusable bag to the store.

Don't agonize over whether plastic or paper bags are better. They both consume energy and natural resources and result in loads of pollution.

DID YOU KNOW that more than a million birds and 100,000 marine mammals and sea turtles die every year from eating or getting entangled in plastic bags and other garbage? Or that 14 million trees were cut down to make the 10 billion paper bags we used in 1999 alone?



Buy products made of recycled material.

Read product labels to find out which brands are made with the most recycled material, especially post-consumer waste.

DID YOU KNOW that if every household in the U.S. replaced just one roll of virgin-fiber paper towels with 100 percent recycled paper towels we could save 1.4 million trees, 3.7 million cubic feet of landfill space, and 526 million gallons of water?



Buy food grown locally.

Food from farmers in the tri-state area doesn't have to be shipped to the supermarket from far away, so there's a lot less transportation-related energy consumption.

DID YOU KNOW that fruits and vegetables in the U.S. travel, on average, 1,300 to 2,000 miles from farm to table?



Pack a waste-free lunch.

Buy food in bulk, not single-serving packages, and put it in reusable containers instead of plastic sandwich bags, juice boxes, and the like.

DID YOU KNOW that one child's average school lunch generates 67 pounds of waste in one year?



Replace your light bulbs with compact fluorescent bulbs.

While a compact fluorescent is initially more expensive than a conventional incandescent bulb, it'll lower your energy bills by about \$15 a year and more than \$60 over its lifetime.

DID YOU KNOW that each compact fluorescent bulb you use keeps half a ton of carbon dioxide out of the air?



Put your computer to sleep.

Screen savers may prolong the life of your monitor, but they don't save energy! To reduce energy consumption, put your computer in "sleep" mode. The screen will go blank but will reappear when you touch the mouse or hit a key.

DID YOU KNOW that computer monitors that sleep can reduce electricity use by 90 percent?



Plant trees.

Trees not only absorb carbon dioxide but also purify and cool the air, reduce stormwater runoff, and conserve energy. And, of course, they're beautiful. To find out how you can be part of the City's MillionTreesNYC campaign, go to www.million-treesnyc.org.

DID YOU KNOW that New York City's trees help us save \$27.8 million worth of energy each year?