

# 7 Easy Ways To Reduce Your Carbon Footprint

There has been a lot of talk in the news about our changing climate, and it is easy to feel helpless in the face of events such as record-breaking high temperatures, dangerous wildfires, or species going extinct. But YOU can make a difference! Lasting change will only happen with your participation.

Data Received From: <https://www.crowdsourcingustainability.org>

**We know what you're thinking. How could little ol' me possibly make a difference?**

The 19 tonnes of greenhouse gases that the average US citizen emits each year, through methods such as vehicle transportation and eating meat, takes up enough space to fill the inside of three Statues of Liberty. And 1.5 years of emissions (around 41,900 lbs of a gas) **weigh** as much as the Statue of Liberty.

Your contribution may be a small piece of the problem-solving puzzle overall, but you alone can prevent tonnes of GHGs from entering the atmosphere throughout your life. The positive impact *really does* add up. And all by just changing a few simple habits!



Armed with the powers of science and research, you can make informed decisions about how to make simple yet effective and environmentally efficient behavioral changes. By doing your part, you can become part of the generation that will reduce climate change. While one person can make great change, we all must work together to achieve the ultimate accomplishment: eliminating global warming.

## 1

### The Flexitarian, Vegetarian and Vegan Diets



**EAT MEAT FREE MEALS FREQUENTLY TO REDUCE THE GREENHOUSE GAS EMISSIONS PRODUCED BY ANIMAL AGRICULTURE.**



Not only does the flexitarian diet encourage consuming more on healthy plant proteins, minimally processed plant-based foods, and animal products in moderation; but it also is flexible in that any individual can adopt it. If you become flexitarian, or even vegan, a ripple effect will occur, leading your friends and other people to also make positive change through their eating habits.

**Fact**

By filling your plate with plant foods instead of animal foods, you can help save the planet.

## 2 Is It Reusable?



The less plastic you use, the better! Products like plastic grocery bags and straws have toxic pollutants that damage the environment and cause land, water, and air pollution.



Our use of plastics release at most 500 million tons, of CO2 into the atmosphere each year. That's the equivalent of the annual emissions from 10 to 45 percent of US drivers.

**Tip**

**KEEP A SMALL, OR THIN MATERIAL REUSABLE BAG IN YOUR PURSE, CAR, OR BACKPACK AT ALL TIMES SO YOU NEVER FORGET ONE WHEN SHOPPING.**

## 3 The Same Goes for Dishes

This is what I like to call the BYOCM Strategy, or Bring Your Own Coffee Mug Strategy. By bringing your own coffee mug to work every day, you can reduce your carbon footprint by a great amount since you are refraining from using a plastic cup. The same strategy can be applied to paper and plastic cups and plates in your home. It is worth it to eat and drink out of real, non-disposable, reusable dishes and take the few extra moments to wash them or throw them into the dishwasher. Don't worry, Netflix isn't going anywhere!



## 4 Public Transit



Take public transit like buses, carpools, or trains to reduce the extremely climate-polluting emissions that vehicles release into the atmosphere.



Even better is to switch to an electric or hybrid vehicle, or even bike or walk to your destinations. All of these options sound great, but biking and walking is a win-win! Save the planet and exercise! Woo hoo!



**Tip**

Always leave for your destination a few minutes early so you have no excuse to just take a taxi/cab.

## 5 Recycle!

We have all heard the phrase "reduce, reuse, recycle" a thousand times before it can often go through one ear and out the other, but don't let it recycle, despite what you might hear, is very important for many reasons but mainly due to the harmful impacts waste has on our planet. Poisonous chemicals and GHGs are released from trash in landfill sites. Recycling helps to reduce the pollution caused by this waste. So next time you can recycle, don't pass up the opportunity! Simple decisions like recycling are what make a difference.



## 6 Unplug!



**Unplugging our electronics and chargers when we are not using them can reduce power plant emissions, saving not only the environment, but also our bills.**

**Fact**

"When you consume less power, you reduce the amount of toxic fumes released by power plants, conserve the earth's natural resources and protect ecosystems from destruction."

## 7 VOTE

Protecting the environment should be a #1 priority for the federal government and all people who are in powerful positions. We are inclined to believe that they are the only ones who can make real change against global warming. However, we must elect those leaders first, meaning we make the first real difference. Be strategic when you vote to be sure that the best candidate for our Earth is going to be checked off on your ballot. **The environment is counting on us.**



Source: We Call Ourselves Earth (WCDE)

<https://www.saveenergy.com/learn/g-center/energy-saving-tips/how-does-saving-energy-help-the-environment/>

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