

# 5 ways to reduce your carbon footprint

Actions matter. Here are 5 things you can do to help make a difference.



## 1. Drive less.

For every mile you walk, bike, carpool, or use mass transit, you save one pound of carbon emissions. Plus, walking or biking are great ways to get a little exercise.



## 2. Unplug electrical devices when not in use.

If you're not using a device, don't just turn it off – unplug it. Many appliances, including TVs, computers, air conditioners, and microwaves, continue to draw power even when turned off.



## 3. Buy locally sourced food; start a home garden.

Every mile that food is transported via boat, plane, train, truck, or car adds to the product's carbon footprint. Consider buying fresh local food at a nearby farmers market or grocery store.



## 4. Don't waste water.

It requires a lot of energy to treat water and extract pollutants, and to distribute it for use. Turn off the faucet while brushing your teeth and take showers instead of baths.



## 5. Reduce, reuse, recycle.

By taking these steps, you can help conserve energy and reduce greenhouse gas emissions from the manufacturing, transportation, and storage of products and packaging.

