

25 Ways To Reduce Your Carbon Footprint

- 1.** Reduce. Avoid unnecessary consumption.
- 2.** Reuse. Buy items that are reusable and reuse them. Before you throw it away ask yourself, “Can I reuse this wrapping paper?”
- 3.** Recycle. Recycling reduces landfill and saves resources.
- 4.** Shower under 4 minutes! If you are showering for 10 minutes you are wasting enough water to fill a pool in a course of a year! You can save more than 16,000 litres of water, \$90 on the water bill and \$150 on gas or electricity.
- 5.** Use innovative tap and shower fittings that can cut the flow of water by more than half. This will save you money on your bills and reduce your carbon footprint!
- 7.** Don’t flush it all away! A single flush toilet can use up to 12 litres!
- 8.** Wash your dishes! Instead of using a dishwasher which can use more than 40 litres of water per cycle! Fill the sink and wash your dishes using one sink of water.
- 9.** Seal the cracks! Use inexpensive seals to plug cracks and gaps, fitting dampeners to fireplaces and blocking unnecessary vents. This will reduce your heating and cooling usage.
- 10.** Use fans instead of air conditioning.
- 11.** Use natural light, open your curtains. This will save you electricity usage!
- 12.** Often lighting is unnecessary. Turn them off if you are not in the room using them. This will reduce your electricity bill and carbon footprint! Dimmer the lamps also helps. And it is a myth that turning lights on and off uses more electricity than leaving them on.
- 13.** Use LED lightbulbs. Many of them last for 25 years and cut the cost of electricity by as much as 90%.
- 14.** Warm yourself and not the environment. One of the earliest – and still most efficient – forms of insulation invented was clothing! Snuggle in a jumper and thick socks or try jumping up and down for a minute to warm yourself! Temperature variations are a natural part of life and a fit and healthy body should be comfortable enough without excessive artificial heating or cooling.
- 15.** Select cold water cycle on your washing machine to wash your clothes. Using hot water generates five times more in greenhouse gas.
- 16.** Cook efficiently, reuse hot water, put lids on pots, have dishes simmer rather than boil.
- 17.** Plastic is difficult to dispose of and ruins our environment. Choose furnishings and household items that will last and can be recycled.
- 18.** Detox your home! Household chemicals are toxic for the environment. Chemicals like paints,



aerosol cans, furniture polish, glues, oils, nail polish remover and battery acid.

19. Use glass technology (argon windows) and heavy lined curtains to keep your house cool to prevent you from using air conditioning!

20. Get glazed! Get double glazed windows, this will keep the heat in, in winter.

21. Turn off your TV, DVD player, and electronic appliances at the power point. Having it on actually uses electricity, costs you money and increases your carbon footprint. So turn them off when you're not using them, and when you go to sleep at night.

22. Go green! Plant trees around your home and use plants inside your home. Plants not only lower greenhouse emissions and provide habitats for wildlife, they can also lower home energy costs by keeping your place cool.

23. Grow your own fruit and veggies! This is fun, will lower your grocery bills and carbon emissions and makes for better eating. The further your food travels to reach your plate, the greater the energy and associated greenhouse emissions.

24. Limit auto usage. Plan ahead and hit all of those errands in one trip instead of coming home between.

25. Use public transportation when you can!

Most Importantly!

You will still create CO₂. To become 100% carbon neutral buy carbon offsets at:

FootPrint Earth Foundation

PO Box 120594

St. Paul, MN 55112

<https://shop.footprintearth.org>

(651) 967-6358



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