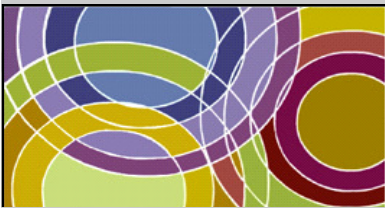


DID YOU KNOW?

As a major component of Global Warming, Carbon Dioxide levels in the atmosphere are one of the biggest environmental challenges we face. In the USA alone, the average individual is responsible for approximately 20 tons of Carbon Dioxide added to the atmosphere every year.

By lowering your personal Carbon Footprint, you can make an impact — one plug, one light bulb, one faucet drip at a time.



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The Green Roundtable

Walk Lightly

Reduce Your Carbon Footprint

Low Cost—No Cost



Why Reduce Your Carbon Footprint?

- **It's good for you:** Reducing your carbon footprint leads to a healthier lifestyle; a greener home; and as an added bonus, a little more green in your wallet.
- **It's good for the planet:** Each small step taken towards reducing your carbon footprint adds up and helps to reduce the cumulative carbon load on the planet. Creating a greener lifestyle for yourself means a healthier and more sustainable environment long term.










Looking to make a difference?


Follow these steps to reduce your personal carbon footprint.

- 1. Calculate your current footprint:** There are many carbon calculators online but the Low Impact Living organization has designed a user friendly and comprehensive calculator — check it out www.lowimpactliving.com.
- 2. Decide where you can make changes:** Have an energy audit done and evaluate what your household can practically do related to —
 - Everyday energy and resource use
 - Food and waste
 - Transportation
- 3. Take action:** Flip this sheet over to find some suggestions on easy and cost effective actions you can take right now with little to no initial cost. Choose the ones that are right for you, and take action.
- 4. Recalculate and plan for the future:**
 - Take a look at your carbon footprint after you've taken action, and congratulate yourself on taking your first steps.
 - Spread the word — tell your family, friends, and neighbors how they can help.
 - Explore further steps you can take, and budget your time, energy, and money for future carbon reduction actions.

Now you're ready. Step to action today!

TAKE ACTION

ENERGY AND RESOURCE USE	CARBON SAVED
<p>Turn down the Heat / Turn Up the AC — Change the thermostat a couple of degrees, and take the heat off the planet. Almost half of the energy we use in our homes goes to heating and cooling. A two degree change on the thermostat could take 1 Ton off your carbon footprint.</p>	
<p>Turn down the Hot Water — No need to scald yourself clean. Turn the thermostat down to 120°F, and shorten your time in the shower. The water heater is the second largest energy user in your home.</p>	
<p>Shed a Little Light on the Subject — Make the switch to compact fluorescent light bulbs—CFLs use 60% less energy than regular incandescent bulbs. Use task lighting instead of lighting the entire room. Remember what your Mom always said, and “turn off those lights if you’re not using them.”</p>	
<p>Go Unplugged — Put electronic devices (computers and peripherals, stereo systems, etc.) on a power strip, and turn the strip off when they are not in use. 75% of the electricity used for home electronics is consumed while the devices are OFF.</p>	
<p>Lighten the Cleaning Load — Decarbonize your dishwasher by running it with a full load and using the “no heat” drying option. Wash the laundry when you have a full load; use cold water; and air dry when possible.</p>	
FOOD AND WASTE	CARBON SAVED
<p>The Three R’s of Carbon Reduction : Reduce, Reuse, Recycle — Reduce the amount you discard — purchase the product and not the packaging. Reuse what you can — find some treasures at the second-hand store. Recycle — look for the recycled label and start a compost heap.</p>	
<p>Go on a Carbon Diet — Eat less meat—especially beef; every calorie of animal protein requires 78 calories of fossil fuel to produce it. Buy locally produced food; the average US meal travels 1,200 miles to reach your plate. Choose organic foods.</p>	
TRANSPORTATION	CARBON SAVED
<p>Take the Carbon out of the Car — Take a walk; ride your bike; carpool; let someone else do the driving and take public transportation when possible. Keep the car tuned up and the tires inflated for maximum fuel efficiency and minimal emissions. Coordinate your driving errands into one trip.</p>	
<p>Flying is for the Birds — Air travel accounts for approximately 10% of the Carbon impact on Global Warming (IPCC). If you can find a way to accomplish your goals locally (teleconference, vacation closer to home, eat at the local French restaurant instead of jetting to Paris), keep your feet on the ground and the carbon out of the atmosphere.</p>	

 Each Footstep = up to 1/4 Ton of Carbon

Please see our website, <http://www.nexusboston.com/> for a more complete listing of ACTIONS you can take to reduce your personal Carbon Footprint and for further resources.

References:

US Department of Energy Climate Crisis Energy Star	The Boston Globe Climatefootprint.com EPA
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Other Resources:

Low Impact Living— www.lowimpactliving.com
Building Green — www.buildinggreen.com/
Clean Air Cool Planet — www.cleanair-coolplanet.org/
Step it Up — www.Stepitup.org
EPA Climate Change — www.epa.gov/climatechange/index.html
Mass Climate Action Network — www.massclimateaction.net
The Consumers Guide to Effective Environmental Choices —
 written by Michael Brower & Warren Leon