

# 8 SIMPLE WAYS TO REDUCE YOUR CARBON FOOTPRINT

Integrative Nutrition is an advocate for health and wellness educating our students on how food choices impact the sustainability of the world we live in. We shed light on issues such as the use of pesticides and bioengineering, global warming, deforestation, water and air pollution and animal warfare. We continue to inform our robust IIN community; with 100,000 graduates spanning across more than 100 different countries how simply deciding what they choose to eat can have an effect on the world.

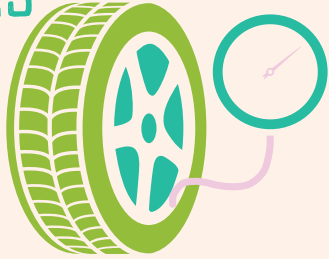
## 1 BYOB - BRING YOUR OWN BAG!

Bring reusable shopping bags when you go grocery shopping to avoid waste and excess plastic.



## 2 KEEP YOUR TIRES INFLATED!

This simple act can save up to 700 pounds of CO2 per year.



## 3 FLY LESS!

Frequent fliers contribute to almost a quarter of the average person's annual emissions. If you can, take a train instead of a plane.



## 4 PLANT A TREE.

Not only do trees provide shade they also create oxygen while consuming carbon dioxide. According to the Urban Forestry Network, one single tree absorbs 13 pounds of CO2 each year!



## 5 SKIP THE BATH AND INSTEAD SHOWER!

Taking a shower uses about 1/5 of the energy as taking a bath. Even better, install a "low flow" showerhead to limit the amount of water being used.



## 7 HANG YOUR CLOTHES TO DRY!

Save electricity and skip the drying cycle. As a bonus, clothes will last longer and stay brighter since they aren't being pounded in the dryer.



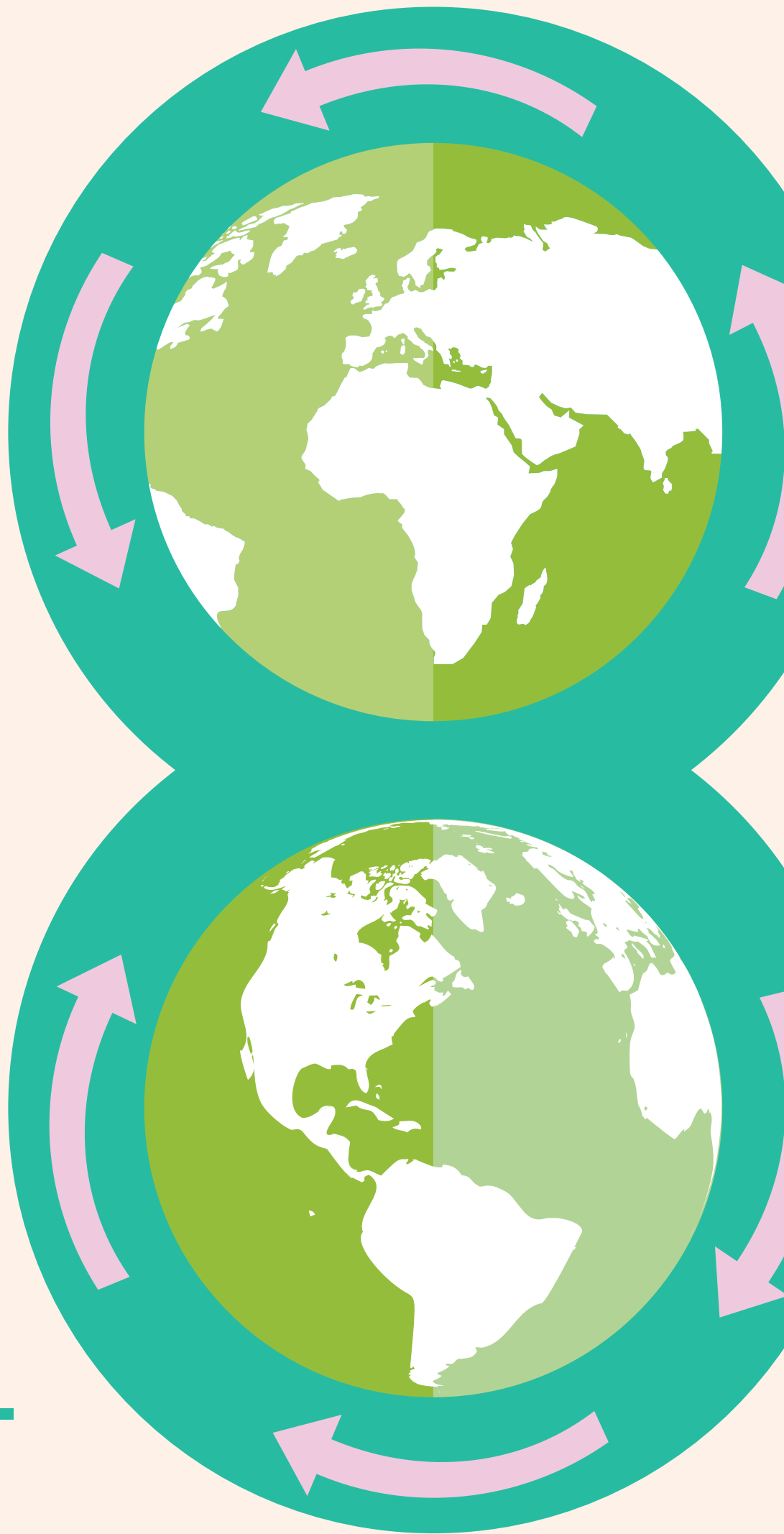
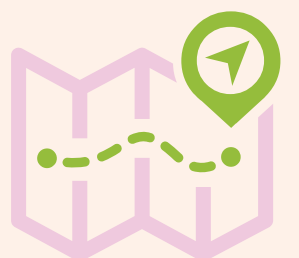
## 6 IMPLEMENT MEATLESS MONDAY!

Going vegan or vegetarian might make as much as a 20% difference to your overall carbon footprint. The best meats to avoid are beef and lamb. Cows and sheep emit large quantities of methane, a destructive global warming gas.



## 8 KEEP IT LOCAL!

Reduce the amount of fuel that is required to get the food from the farm to your fridge. Check out your local farmers market and get fresher, in-season food.



Learn more at [www.integrativenutrition.com](http://www.integrativenutrition.com)

“The Earth is what we all have in common.”  
- Wendell Berry

INTEGRATIVE  
NUTRITION