

8 SIMPLE WAYS TO REDUCE YOUR CARBON FOOTPRINT

Earth Day is a time to reflect on the great things mother nature has done for us. It is also a time to get our hands dirty and see what we can do as a planet to return the favor. With the world's ever-growing population and highly saturated cities, we can overlook the harm we are doing to the planet in our day-to-day lives.

1 REUSE & RECYCLE!

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



2 REDUCE CO₂ EMISSIONS!

Carpool or take public transit to reduce CO₂ emissions. Better yet, when possible walk or ride your bike instead - it's good for you and the environment.



3 EAT LOCAL!

It's estimated that 13% of U.S. greenhouse gas emissions result from the production and transport of food! Buy produce from your local farmers market. You'll get fresher food that's in season, and doesn't hurt the ozone.



4 GO GREEN AND EAT LESS MEAT!

Not only does it take a LOT of land and resources to raise cattle, 70% of the world's carbon footprint is from animal products! Vegetarians save at least 3,000 pounds of CO₂ per year compared to meat eaters.



5 HAND WASH YOUR DISHES!

Get your hands dirty instead of using a dishwasher, which can use more than 40 liters of water per cycle! But don't keep the tap running - simply fill the sink and wash your dishes using one sink of water.



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 FILTER YOUR OWN WATER!

Keep bottles out of landfills and save on oil used in transport by skipping the bottled water and carrying a reusable bottle.



8 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!



Learn more at www.integrativenutrition.com

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

- Wendell Berry



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