

Big changes start with small steps

Know your footprint!



A carbon or ecological footprint helps you understand how much impact your life has on earth systems.

Go to http://www.epa.gov/climatechange/emissions/ind_calculator.html to calculate yours, and plan to reduce it in successive years by gradually shifting to sustainable practices and products.

► **Did you know?** At the current rate of growth, by the year 2015, it will require 1.6 earths just to sustain the human population at its current level of consumption.

Eat locally!



Buying local food helps local farmers and reduces energy consumption. Visit your local farmer's market or co-op or grow your own.

► **Did you know?** The average food travels 1,200 to 2,500 miles from pasture to plate.

Downshift your driving!



Each gallon of gas that you use equals 20 pounds of carbon dioxide released into the atmosphere. Whenever possible take public transportation, carpool, ride your bicycle or walk.

► **Did you know?** A quarter of the trips Americans take by car are within walking distance.

Junk your junk mail!



The average American receives 41 pounds of junk mail annually. Visit www.newdream.org to use online forms to help get rid of junk mail.

► **Did you know?** The annual U.S production of junk mail consumes more than 100 million trees, enough to deforest four Rocky Mountain National Parks.



Break the bottled water habit!



America's demand for bottled water requires more than 1.5 million barrels of oil annually. For water on the go, invest in a nontoxic, reusable bottle.

► **Did you know?** 40 percent of bottled water is just tap water!

Beat the heat, wash in cold!



If every household in the U.S. makes the switch to cold water for four out of five loads, together we'll save \$6.7 BILLION per year and keep nearly 50 tons of carbon out of the atmosphere.

► **Did you know?** A whopping 90 percent of the energy used by a washing machine goes to just heating the water.

Bring your own bag!



Each year, an estimated more than 500 billion plastic bags are used worldwide. Take reusable bags to the grocery store whenever possible.

► **Did you know?** Worldwide, over one million plastic bags are used per minute.

Live consciously, buy wisely, and make a difference! Learn more at www.newdream.org

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