SMALL STEPS TO BIG CHANGE!

You do not have to be rich or famous to make healthy choices. We offer small steps that anyone can take to live more sustainably.

What is sustainability?

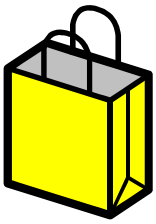
Sustainable societies are those whose infrastructure, institutions, practices (social, economic and environmental) meet the needs of the present generation without compromising the ability of future generations to meet their own needs.

- Brundtland Commission, U.N. Commission on Sustainably Development

Travel thoughtfully.

It's not only what you drive; it's how you drive! Ease up on the gas and brakes and you can get up to 35% better mileage; properly inflated tires can increase mileage another 3%. Avoid rush hour when possible, and remove excess cargo; the heavier the load, the more fuel needed to move it. Finally, "piggy back" errands, use transit, carpool, bike or walk more to reduce the miles you drive. These simple changes can save you thousands of pounds of CO2 every year, and stops at the gas pump too.

Did you know? A fourth of the trips Americans drive are within walking distance. Every mile you don't drive saves one pound of carbon dioxide.



The Four R's - Reduce, Reuse, Recycle and Repair.

Creative thinking is one of the best tools we have to create less waste. Choose products that are returnable, reusable or refillable. Save your wallet and the environment: take coffee in a travel mug, buy bulk for the best product to package ratio, bring your own bags, and buy secondhand. Packaging accounts for a third of trash generated. Recycling one glass jar saves the energy needed to light a 100-watt bulb for four hours, and recycling just one tenth of American newspapers would save 25 million trees a year.

Did you know? In the past 35 years trash generated per person has almost doubled from 2.7 to 4.4 pounds a day. If you cut your garbage by 10% you can save 1,200 pounds of carbon dioxide.

Stop unsolicited junk mail.

The average American receives 41 pounds of junk mail each year. Remove your name from national mailing lists at dmachoice.org. Opt out of credit card offers at 1-888-5-optout. Any time you give your contact information to a company, you may be placed on a mailing list (i.e. store discount programs, contests, catalog/internet purchases, warranty cards etc.); writing "Please do not rent or sell my name" or "no mailing lists" next to your name will protect you.

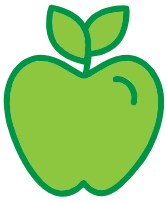
Did you know? The annual production of junk mail in the U.S. uses more than 100 million trees; its production and disposal uses more energy than 3 million cars.

Green laundry.

Do full loads and clean your dryer's lint trap for greater energy efficiency. Set your rinse cycle on cold; you'll use less energy and clothes get just as clean. Hang partially dried clothes, or line dry altogether. Choose high-efficiency models when replacing machines.

Did you know? Heating the water accounts for 90% of the energy used by a washing machine.

Eat locally.



Buying and growing local food reduces energy consumption. Visit our weekly farmer's market on Alison Ave, Fridays 3:00-6:00 pm. Join a local organic co-op, or grow your own fruits and vegetables.

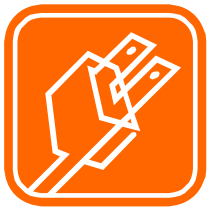
Did you know? The journey from pasture to plate averages 1,200 to 2,500 miles.

Kick the bottled water habit.

America's bottled water habit uses more than 1.5 million barrels of oil each year. Invest in a reusable, nontoxic bottle.

Did you know? 40 percent of bottled waters sold are just tap water.

Unplug it.



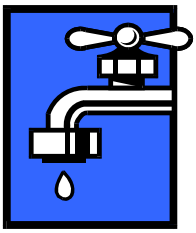
Computers and electronic devices with standby-remote control ability are "energy vampires" which suck energy even when turned off. Most recharging adaptors for phones, cameras etc. draw energy whenever they are plugged into an outlet, despite being fully charged or even connected. By plugging into a surge protector strip that can be turned off when not in use, you will save thousands of pounds of carbon dioxide a year.

Did you know? Such phantom energy loss uses an estimated 65 billion kilowatt-hours annually in America, creating more than 87 billion pounds of carbon dioxide.

Change the world one light at a time.

Turn off lights when you leave a room, install dimmers, sensors and timers to reduce energy use, and best of all, take advantage of natural sunlight. Compact fluorescent lights (CFLs) use about a quarter of the energy used by incandescent, and last ten times longer.

Did you know? It would be like taking eight million cars off the road if each home in America replaced five bulbs in frequently used rooms. 150 pounds of carbon dioxide are saved by replacing just one regular light bulb with a CFL.



Be water wise.

While waiting for tap water to hear, collect it in a bucket to water your plants. Adjust automatic watering systems to prevent runoff and detect leaks and repair them within 48 hours. Dispose of hazardous waste and medicines properly, not down the drain. Water your outdoors in the early morning or evening, and sweep patios and driveways.

Did you know? Less than 1% of all water on earth can be used by people. It is important that we use our water wisely and not waste it.

Landscape smart.

Plant more trees and replace lawns and thirsty plants with low-water varieties. The garden section of bewaterwise.com has plant lists. Use pesticides and herbicides only with restraint and knowledge: ipm.ucdavis.edu. Design to attract birds, butterflies, bees, bats, lizards, frogs and beneficial insects. Call the free UCCE Master Gardener Hotline for help at 858.694.2860 or online at mastergardenerssandiego.org.

Did you know? Trees reduce CO2 in the atmosphere, reduce storm water runoff, provide shade, fruit and nuts for food, and habitat for wildlife.

Teach your children.

Model sustainable practices; tell your children what you are doing. Ask your children to share in making smart purchasing choices.

Sources: Cool Globes (www.CoolGlobes.com) and New American Dream (www.NewDream.org)