

Step By Step: Carbon Footprint Challenge: Our Cape Cod Top Recommendations



Food & Shopping

(Average emissions: 20 tons annually)

REDUCE THIS WHEN YOU:

1. Eat a low carbon diet: increase plant-based foods; decrease animal products
2. Buy local and **go organic**
3. Reduce food waste & trash by 25% and eliminate products with palm oil
4. Reduce, Reuse, Recycle
5. Minimize use of plastics, packaging materials and please BYOBag



Transportation

(Average emissions: 14 tons annually)

REDUCE THIS WHEN YOU:

1. **Switch to a more efficient vehicle**
2. Reduce air travel
3. Don't idle; Turning engine off, then on again is better
4. Maintain vehicles (tire inflation, oil changes, etc.)
5. Take public transportation and/or Walk or Bike



Home Energy

(Average emissions: 13.5 tons annually)

REDUCE THIS WHEN YOU:

1. **Purchase green electricity**
2. **Go Solar** (Install PV panels, solar hot water heater) if you can
3. Get a free energy audit from Cape Light Compact or National Grid
4. Turn heat down in winter, up in summer; easy to do with a programmable thermostat
5. Manage the power settings on computer, monitor, tv, etc.



Water

(Impacts Water Quality and Marine Life)

REDUCE THIS WHEN YOU:

1. Conserve indoor water usage by turning off faucets, shorter showers, wash clothes in cold water
2. **Purchase efficient toilets, washer/dryer, dishwasher (Energy Star Rated)**
3. Reduce lawn, replace with natural features
4. Use organic lawn and plant care products
5. Take care for your septic system so it doesn't add toxins to the bay or ocean.

Get Details at: <http://www.barnstableuu.org/justice/green.html>

Do these in addition to VOTING at local, state and national elections and supporting Renewable Energy Legislation

Bold items are the only ones with a cost. Developed by the Green Sanctuary at the Unitarian Church of Barnstable. 7-21-17