



How to Reduce Your EcoFootprint Quiz Score

You've taken the EcoFootprint Challenge quiz, and you know how many planet Earth's it takes to support your lifestyle. Now brainstorm some ideas for how to reduce your score. This list of tips (based on the 4 main sections of the quiz) will help get you started.

Eat Local

Buy locally grown fruit at your nearest Farmer's Market. Buying 20 locally grown apples rather than 20 imported apples keeps 1kg of carbon dioxide emissions (from delivery trucks) from entering the air. Plus the apples you eat will be fresh and taste great and you will be supporting your local farms.

Visit <http://www.buylocalpa.org> to find a local food supplier in Pennsylvania.

Can you convince the cafeteria at your school to buy local produce too?

Recycle More

Are you making the most of your recycling experience? Contact the waste management office in your town or borough and learn what they accept. Then collect as much as you can and recycle it.

Become familiar with organizations like Terracycle. Collect and send items to them!

You can also find out what is recyclable and where to take it using various Smartphone apps like iRecycle.

Use Less Energy

Visit www.energystar.gov for a variety of energy-saving tips to use in your home.

- Use energy-saving light bulbs (CFLs) which last 10 times longer than traditional bulbs.
- Save \$30.00 by using just one CFL light bulb (this is \$30 in energy costs over the lifespan of the bulb).

Reduce Carbon Dioxide Emissions (CO₂e)

Americans release 10 tonnes of carbon dioxide emissions into the air. These ideas will help you shrink your carbon footprint 1 kg (.45 lb) at a time.

- Recycle 50 soda cans and save 1 kg of CO₂e
(save 0.02 kg CO₂ emissions for every can you recycle)
- Refill your own 12-16 oz water bottle twice per day and save 1 kg (.45lb) of CO₂e
- Re-use cloth or plastic bags 50 times and save 1 kg (.45lb) of CO₂e
- Take the bus to school with 2 friends and save 1 kg (.45lb) of CO₂e
(assuming you're traveling about 3 miles round trip in a bus)
- Carpool to school with 2 or more friends and save 1 kg (.45lb) of CO₂e
(assuming you're driving an average car about 1 mile)
- Walk or ride your bike (rather than drive a car) 2 miles and save 1 kg (.45lb) of CO₂e