



THE 50 SIMPLE THINGS

A Guide Reducing your Carbon Footprint



EARTH GUARDIANS

We've been recognized publicly for this comprehensive yet accessible little list. Pretty soon we'll be launching a campaign that incentivizes folks to collectively commit to taking on one of these items for a week straight. Our goal is to track the carbon our global tribe is cutting. Meanwhile, scope out the list and get ahead on your carbon cutting practice!

HOME

THE 50 SIMPLE THINGS

- In the winter, turn down the thermostat and wear warmer cloths instead.
- In the summer, avoid using the air conditioner. Consider getting an evaporative cooler instead.
- Avoid using the clothes dryer, hang your cloths out to dry whenever possible.
- Turn down the temperature on your water heater (130 degrees is hot enough).
- Put a brick or rocks in your toilet tank to conserve water each time you flush.
- Minimize toilet flushing- “if its yellow, its mellow, if it's brown, flush it down”.
- Remember to turn off your lights whenever not needed, especially during the day.
- Put stereos and electronics on power strips and turn off when not in use.
- Replace your light bulbs with LEDs, which use a lot less energy.
- Use rechargeable batteries instead of disposable batteries for portable devices.
- Minimize printing documents from the computer, go paperless!



EATING

THE 50 SIMPLE THINGS



- Eat Vegetarian - or better yet: VEGAN! Remember to buy organic.
- Buy locally sourced food when possible.
- Eat organic food (pesticide and GMO free). It's better for you and the planet.
- Shop at local farmer's markets.
- Start a garden: grow some of your own food!
- Compost leftover food, yard trimmings, and organic matter instead of throwing it in the trash.
- Use all reusable plates, silverware, napkins, tupperware, etc. (Including when you get food-to-go!).
- Decide what you want before you open the refrigerator, don't leave the door open.
- Use a pressure cooker, especially for beans and grains.



- Buy food in bulk! Plan ahead and bring reusable bags and containers to the market or store.
- Avoid supporting fastfood restaurants and chains, eat at local community oriented restaurants.



-Cut your shower time by 20% or take one fewer showers per week.

-Turn of the water while shampooing or washing your body.

-Turn off the water while you are brushing your teeth or shaving

-The cooler the water the better, turn it down a few degrees.

BATHING

THE 50 SIMPLE THINGS

CLEANING

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-Use rags and hand-towels instead of paper towels or napkins.

-Use non-toxic, environmentally-friendly products for cleaning.

-Minimize use of aerosols. Don't buy it if halons or CFC's are listed.





SHOPPING

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- Local, local, local! Consider paying a little extra to support a local store or restaurant.
- Shop at second-hand/thrift stores.
- Organize clothing swaps and trade days with your friends/community.
- Do some research - get good at distinguishing between greenwashing and legit sustainability standards.
- Keep an extra reusable bag in your purse/ backpack/ bike/ car.
- Buy carrots, onions, potatoes, and other produce loose – no need to use a plastic bag.
- Buy products made from or packaged in recycled materials.
- Make your own! DIY!

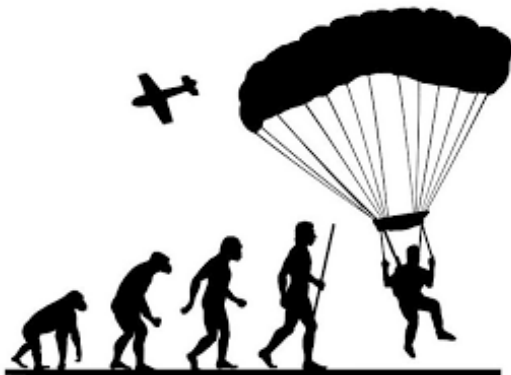


TRANSPORTATION

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- Walk, rollerblade, skateboard, unicycle or ride a bike.
- Carpool and ride-share whenever possible.
- Use public transportation (bus, subway, train) instead of a personal car.
- Drive a fuel efficient, hybrid, or electric car.
- If you own a car, avoid using the air conditioning.
- Be an eco-driver (slow acceleration, gradual deceleration, smart parking, etc..)
- Keep your trunk clean, extra weight decreases gas mileage.
- Make sure the tires on your car are properly inflated and balanced.
- Keep your car engine tuned up and clean.





ACTIVITY

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- Replace screen time with socializing, creating, learning, art and exercise.
- Pick up litter when you walk; participate in (or start) litter pick-up days in your neighborhood.
- Start or help with a community garden.
- Get outside every day. Get into the habit of regularly spending time in nature.
- Buy a living Christmas tree and plant it somewhere after the Christmas season.
- Plant trees in your community.
- Adopt a street or trail, and keep it clean.
- Organize a cleanup at a beach, lake, river or creek.





-“Reduce, Reuse, Recycle” – in that order!

-Start by **NOT** buying something you’ll wind up recycling. If you buy it, **REUSE** it before recycling it.

-Print off the “recyclables” list for the facility in your area. Post it on your fridge and refer to it when you’re not sure.

-Recycle old cell phones, mobile devices and batteries.

-Donate to thrift organizations and shop at thrift stores.

-Use and re-use cloth napkins instead of paper.

-Use containers to store food in your refrigerator. Minimize aluminum foil, plastic wrap and bags.

-Mend and repair rather than discard and replace.

-Before you throw away plastic six-pack holders, cut each circle with scissors.

-Visit/request a tour of your local recycling center.

-Buy yourself a cool reusable water bottle. Carry it with you at all times.

-Avoid using styrofoam and plastic as often as you can.

-Bring a thermos or coffee mug to the café instead of using disposal cups.

RECYCLE AND REUSE

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THANK YOU!

TALK TO US!

Please let us know when you do one of the 50 Simple things by sending us a photo, video or write up of what you did; along with the hashtag, #50simplethings #earthguardians.org, and we will put it on social media.

And thank you for **BEING THE CHANGE!**

