

Play the ‘Carbon Footprint’ Game! April 28 focuses on Reduce, Reuse, Recycle.

Did you know? Almost 20 % of each person’s carbon foot print comes from buying stuff. This equals 8 TONS of carbon emissions per person each year! Activities to reduce carbon emissions from **STUFF WE BUY** are a great way to reduce Our Big Carbon Footprint. Every person, every age, and every home can lower carbon pollution. Some of these activities save money, some cost money but each reduces carbon footprint.

Playing the ‘Our Big Carbon Footprint’ Game with us!

We have a large black Carbon Footprint cutout. We have a list of carbon saving activities. When you commit to a carbon saving activity you get 2 white stickers. One sticker goes on the Big Carbon Footprint cutout. The other you on you! The list of carbon saving activities and the stickers are at the Environmental Action Group information table and in the RE classrooms during the Middle Hour. Each week during Earth Month we focus on different carbon saving activities (Energy, Food and Water, Transportation and the 3 Rs).

When we cut down on the **Stuff We Buy** we conserve natural resources, landfill space, energy, and protect the environment. Everyone can follow **the three R's**.



REDUCE – SIMPLIFY

The best way to manage waste is to not produce it. Shop carefully and consider these guidelines:

1. Buy in bulk. Larger, economy-size products and concentrated forms use less packaging and often cost less. Bring your containers.
2. Avoid over-packaged goods; they are difficult to recycle and are more costly.
3. Avoid disposable goods, such as paper plates, cups, napkins, razors, and lighters. Throwaways contribute to the problem, and cost more because they must be replaced again and again. Use cloth napkins; dish towels, not paper.

4. Buy durable goods - ones that are well-built or that carry good warranties. They will last longer, save money in the long run and save landfill space.
5. At work and home, make two-sided copies whenever possible.
6. Maintain central files rather than using several files for individuals.
7. Use electronic mail or main bulletin board.
8. Remove your name from the mailing lists that you no longer want to receive, cut out your address label and write to: Mail Preference Service, c/o Direct Marketing Assoc., P.O. Box 90008, Farmingdale, NY 11735.



REUSE

It makes economic and environmental sense to reuse products. Sometimes it takes creativity:

1. Reuse products for the same purpose. Save paper and plastic bags, and repair broken appliances, furniture and toys. Avoid buying a new car frequently, unless you buy a hybrid or electrical car!
2. Reuse products in different ways. Use a coffee can to pack a lunch; use plastic microwave dinner trays as picnic dishes.
3. Sell old clothes, appliances, toys, and furniture in garage sales or ads, or donate them to charities.
4. Use re-sealable containers rather than plastic wrap, preferably glass/ceramic for food items.
5. Use a ceramic coffee mug instead of paper cups.
6. Reuse grocery bags or bring your own.



RECYCLE

Buy products made from recycled material. Look for the recycling symbol or ask store managers or

sales reps. Check collection centers and curbside pickup services to see what they accept, and begin collecting those materials.

Use curbside recycling: metal cans, newspapers & paper products, glass, plastics. Everything else that can possibly be recycled should be taken to the Shady Grove Transfer Station.

<https://www.montgomerycountymd.gov/sws/dropoff/>

1. Consider purchasing recycled materials at work when purchasing material for office supply, office equipment or manufacturing, greeting cards.
2. Speak to store managers and ask for products and packaging that help cut down on waste, such as recycled products and products that are not over packaged.
3. Buy products made from material that is collected for recycling in your community.
4. Use recycled paper for letterhead, copier paper and newsletters.
5. Shop in thrift stores

What does carbon reduction in STUFF WE BUY look like?

1. Give fewer gifts; craft/make your gifts
2. Make organic food gifts
3. Avoid fancy gift wrap
4. Reuse bags and/or recycle
5. Reuse bottles
6. Use simple cleaning products
7. Buy second hand instead of new
8. Practice Simplicity; Simplify
9. Try out vintage clothing, toys, furniture at local thrift stores or donate your used items to them
10. Frequent Consignment shops; buy used
11. Donate rather than gifts
12. Buy energy star appliances
13. Take your own bags for shopping
14. Less grass, more natives
15. Grow food
16. Reusable, non PBA water bottles
17. Recycle more
18. Buy less stuff
19. Learn to free cycle (see below)
20. Repurpose – Reuse
21. Donate “stuff” you aren’t using
22. Declutter & Share
23. Neighborhood Garage Sales
24. Plant native plants
25. Plant pollinator friendly

26. Take walks/hikes
27. Advocate for laws reducing CO2
28. Pick up trash
29. Buy energy efficient appliances
30. Your ideas ?

RESOURCES

Carbon Foot Print calculator:

<http://www.nature.org/greenliving/carboncalculator/>

Join one or more of these groups to promote reuse and keep good stuff out of landfills! Each has a local, moderated group:

- Buy Nothing Project: <https://buynothingproject.org/find-a-group/>
- The Freecycle Network <https://www.freecycle.org/>

Donate and reuse building materials

Habitat for Humanity ReStore: <https://www.habitatmm.org/habitat-for-humanity-restore-store>

Community Forklift, Bladensburg, communityforklift.org/

BOOKS

The Upcycle: Beyond Sustainability--Designing for Abundance, William McDonough, Michael Braungart
Confessions of an Eco Sinner: Travels to Find Where My Stuff Comes From, Fred Pearce.
Cradle to Cradle: Remaking the Way We Make Things, Michael Braungart, William McDonough

