

PRACTICAL STEPS

A **carbon footprint** is **defined** as the total amount of greenhouse gases produced to directly and indirectly support human activities, usually expressed in equivalent tons of **carbon** dioxide (CO₂). ... (CO₂ is the chemical symbol for **carbon** dioxide)

A carbon footprint is historically defined as the total greenhouse gas emissions caused by an individual, event, organization, or product, expressed as carbon dioxide equivalent

For **example**, driving to the grocery store burns a certain amount of fuel, and fossil fuels are the primary sources of greenhouse gases. But that grocery store is powered by electricity, and its employees probably drove to work, so the store has its own **carbon footprint**.

Here are five ways to reduce your carbon footprint.

- learn the 5 R's: refuse, reduce, reuse, rot, recycle: Going zero waste is a great step towards combating climate change. ...
 - bike more and drive less: ...
 - conserve water and protect our waterways: ...
 - eat seasonally, locally, and more plants: ...
 - switch to sustainable, clean energy:
1. Ask for no straw in your drink order when out.
 2. Don't leave your house without a [full reusable water bottle](#).
 3. Ditch tissues for handkerchiefs.
 4. Always say no thank you to free promotional items. They tend to be cheap and break easily.
 5. Get a library card to support your local sharing economy.
 6. [Donate unused items](#) in good condition to support the second-hand market.
 7. Think second-hand first when purchasing something.
 8. Try [elderberry syrup](#) if you feel a cold coming on instead of immediately reaching for a plastic pill bottle.
 1. Swap your plastic toothbrush for a [bamboo toothbrush](#).
 2. Turn old sheets and towels into handkerchiefs, rags, napkins, and cloth produce bags.
 3. Build a zero waste kit and put in the trunk of your car or carry it with you when you'll be out so you'll always be prepared. It doesn't have to be large just a [few items!](#)
 4. Wash clothes when they are actually dirty, instead of after only one wear.
 5. Open a window to cool down your home or air it out.
 6. Try to [avoid palm oil](#).
 7. Buy food [without packaging](#) or [minimal packaging](#).
 8. Instead of buying something when you're having a bad day, do something. I.e. go on a walk, take a yoga class, meet up with a friend.
 9. [Repurpose stale bread](#).
 10. Make [dry shampoo](#) to stretch between washes.
 11. Surround yourself with items that [serve multiple purposes](#) to streamline and cut excess junk.
 12. Commit to bringing your [reusable bags](#) to the store. If you don't have them, turn around and go get them! After forgetting them once, you won't do it again.
 13. Try [canning to preserve food](#).

14. Use [bar soap](#) instead of liquid soap, it tends to come with less packaging.
15. Change light bulbs to LEDs.
16. Be [mindful when using technology](#).
17. Bring [reusable produce bags](#) for fruits and veggies.
18. Put on a sweater and socks before turning up the heat.
19. Turn the water off while brushing your teeth.
20. Don't buy anything impulsively!
21. Try making your own [lotion](#).
22. Check out your [farmers market](#).
23. Make your own [face mask](#) from stuff in your pantry.
24. Try [cloth diapering](#).
25. Get some houseplants at a local nursery to purify your air, don't forget to return the little plastic pots!
26. Get [rid of pests naturally](#).
27. [Meal plan](#) to avoid food waste.
28. Unplug electronics when not in use.
29. Try making [tooth powder](#) to avoid unrecyclable toothpaste tubes.
30. [Buy more locally](#) made goods.
31. [Repair](#) something when it breaks.
32. If you're looking for a specialty item, like [camping gear](#) or an extra table for a party, ask a friend if you can borrow one before making a purchase.
33. Plant a small garden.
34. Learn how to [freeze your food without plastic](#) so it doesn't go to waste.
35. Make your own [febreze spray](#) to freshen your room for pennies!
36. Start a [backyard compost](#).
37. Swap little plastic chapstick tubes for [DIY lip balm](#).
38. Surround yourself with tools and items that are meant to last a lifetime. Try to only buy objects once.
39. Try your hand at an easy [all-purpose cleaning spray](#).
40. Look into collecting rainwater or a greywater system.
41. [Store your food properly](#) to make it last longer.
42. Find your local cobbler to repair tired shoes.
43. Know where everything you buy comes from whether it be food, clothing, or other household goods
44. Ask for no plastic and reused packaging materials for [online orders](#).
45. [Pack your lunch](#) instead of eating out every day.
46. Reduce your meat consumption. If you're not ready to go vegetarian start small: try Meatless Monday, weekday vegetarian, or even weekday vegan.
47. Learn to [regrow kitchen scraps](#).
48. [Line dry](#) a load instead of using the dryer.
49. Try [homemade mouthwash](#).
50. Ditch plastic shower loofahs for a [real loofah](#) or a [bamboo bath brush](#).
51. Ask for a real mug at the coffee shop when staying in.

52. Always run a full dishwasher or load of clothes.
53. Most sunscreen causes coral bleaching, go [coral friendly!](#)
54. Bring your own container for [to-go food](#) and leftovers.
55. [Ditch paper towels](#) and use tea towels and rags.
56. Beware of greenwashing, always do your research.
57. Make your own [deodorant](#).
58. If it's a 30 minute or less walk, get outside instead of driving.
59. Vote with your dollars for a sustainable future.
60. Bring your own to-go cup when getting coffee on the run.
61. Look into [tree-free TP](#).
62. Learn how to repair a button or hem to extend the life of your clothing.
63. Look into [rechargeable batteries](#) instead of disposables.
64. Serve dinner with [cloth napkins](#).
65. Eat more vegetables and legumes.
66. Keep a bucket in the shower to water plants or flush the toilet.
67. Swap cotton rounds for [reusable rounds](#).
68. Focus on experiences rather than things.
69. Switch from a plastic disposable razor to a [metal safety razor](#).
70. Wash your clothes in cold water when you can.
71. Make [homemade gifts](#) to give to friends and family.
72. Try Wheatless Wednesdays to cut back on intensive grain farming.
73. Avoid junk mail by placing a sticker on your box or going to [dmachoice.org](#)
74. Keep a [stocked pantry](#) to avoid getting takeout on busy nights.
75. Learn where to properly dispose of items like gift cards, old cell phones, batteries and unusable cords can be turned in at best buy etc.
76. Find your local tailor to help with clothing repairs.
77. Ask yourself if you truly need it before making any purchases.
78. Go paperless for all your bills!
79. Swap don't shop! Host a clothing swap with friends.
80. Pick up litter when you're out and dispose of it properly.
81. Make your morning cup of coffee with a [french press](#) or pour over with a reusable filter to avoid extra waste.
82. Ditch plastic q-tips for [plastic-free](#) or [reusable](#).
83. Ditch sponges in lieu of [compostable scrubs](#) or [brushes](#).
84. Try to shrink the amount you recycle. Zero waste is about [recycling less](#) not more.
85. Use both sides of the paper!
86. Avoid receipts when out, ask if one has to be printed. Sometimes they do, but not always!
87. Take public transit if available or carpool.
88. Join a community garden.
89. Swap tea bags for loose leaf tea in a [reusable strainer](#).

90. Make my favorite zero waste switch: look at installing a [bidet attachment](#). Pick up a lonely banana.