

Low Carbon Diet Ideas:

Easy steps to reduce your household's CO2 emissions by 15%

Remember: To lower personal carbon emissions to the *world level*, the average American has to lower their energy usage *by 80%*.

1. Change your phosphorescent light bulbs to CFL light bulbs. Be sure to recycle used CFL bulbs safely.
2. Use the carbon footprint calculator at www.climatecrisis.net to determine your personal carbon footprint.
3. Use cold water in the washing machine.
4. Hang your clothes on a good, old-fashioned clothes line instead of using your dryer.
5. Make 55 mph your max speed when you're driving.
6. Ride your bike to work today.
7. Make a goal to lose some weight. Studies have proven that the people who are overweight burn more gas when driving.
8. Write a letter to your local congressman demanding action from our government about an environmental issue.
9. Turn your thermostat down a degree or two and wear a sweater.
10. Challenge yourself to take a 10 minute shower instead of a 15 minute shower. Use a kitchen timer so that you know when your time is up. Or, try turning the water off while lathering up or shampooing. Turn it back on when you're ready to rinse.
11. Only use your dishwasher when it is completely full. Or, try to wash more dishes in the sink and rinse them in cold water.
12. Be aware of lights that are turned on but not being used. Take a moment to turn unnecessary lights off.
13. Check out the weekly farmers market at Sunspot on US 31.
14. Plant a tree!
15. Buy local food.
16. Eat vegetarian for one entire day.
17. Purchase all of your meat from North America.
18. Determine your Carbon *foodprint* at <http://www.eatlowcarbon.org/>. Then, challenge yourself to make three changes in one day's meals to lower your carbon dioxide equivalent emissions.
19. Get an energy audit for your home.
20. Bring your own mug the next time you visit your favorite coffee joint.
21. Take your family on a supermarket seek & search. See how many green alternatives you can find to replace a normal household purchase. A great place to start is in the cleaning aisle!
22. Cut up an old t-shirt into rags to keep under the sink, and use these as often as possible instead of paper towels.
23. Have a "green" conversation with someone. Share ideas that you have not only learned but that also work for you.
24. Invest in a couple of reusable bags if you haven't already. Keep these stashed in your car so that they are always available when you run to the store. But, don't forget to take them in with you!
25. Wrap your water heater with an insulating blanket.

26. Make a promise to yourself and your family that the next time you purchase an appliance, choose an energy efficient model.
27. Choose soy or beeswax candles.
28. Read *Low Carbon Diet: A 30 day program to lose 5000 pounds* by David Gershon.
29. Unplug what isn't being used...cell phone chargers, computers, etc.
30. Turn off the water when washing dishes or brushing your teeth.
31. Begin a compost pile from table scraps (fruit and vegetable scraps).
32. Pack your lunch on a day that you would normally eat out. And, opt for reusable containers rather than plastic bags.
33. Invest in a reusable water bottle rather than relying on cases of individual bottled water.
34. Check out <http://www.blisstree.com/treehuggingfamily/25-safe-non-toxic-homemade-cleaning-supplies/> to find cheap, creative ways to make your own household cleaning supplies.
35. Pull out your cloth napkins for dinner.
36. Choose fruits and vegetables that are in season the next time you head to the grocery store. And, only choose fruits and veggies that were grown in the U.S.
37. Join a community supported agriculture program at <http://www.localharvest.org/csa/>.
38. Recycle your daily newspaper today!
39. In fact, today is a great day to understand the recycling capabilities in our community. Check out <http://www.countyrecycling.org/>.
40. Treat yourself to an organic meal to celebrate your successful journey through a low carbon diet.