What can you do to reduce your Ecological Footprint?

Food

- Buy organic if you can, or locally-grown produce.
- Plant a garden (by doing this you cut down on pollution from shipping, fertilizers, packaging, etc and your food is fresher!).
- Bring your own bags to the store (canvas or reuse plastic/paper).
- Buy and eat fewer processed foods *:
  - Instead of drinking a juice box, eat a piece of fruit
  - Make a salad
  - Pop your own popcorn instead of microwave popcorn
  - Eat a baked potato instead of potatoes in a box (au gratin, potato flakes, etc.)
  - Eat less meat and dairy – you can get protein from other sources, too
  - Eat at home instead of ordering out

* Processed foods have been frozen, canned, or packaged before coming to your table

Energy/Electricity

- Make sure all lights are off when not in use.
- Turn the air conditioner and heater off at night.
- Get outside! Outside activities are fun and take less energy.
- Keep doors and windows shut when heating or cooling the house/car.

Transportation

- Walk or ride your bike to school.
- Carpool when where you are going is too far to walk.
- Take public transportation.

Creating less waste

- Buy products with the least amount of packaging possible (buy in bulk or in big boxes rather than in individually wrapped containers).
- Ask for no bag when you buy something you can carry without one.
- Recycle as much as possible (and purchase recycled products when you can).
What can you do to reduce your Ecological Footprint?

• Mend things that are broken (don’t throw them away).
• Donate old items to someone who can use them.
• Buy items that can be used over and over (not disposable).
• Reuse lunch sacks and baggies (or use a lunch box and Tupperware).
• Reuse water bottles (and recycle them too!).

Water

• Turn off the faucet while brushing your teeth.
• Don’t pour toxics down storm drains.
• Put a brick in your toilet tank. It saves thousands of gallons of water a year.
• Run only full loads in your dishwasher or washing machine.

Community

• Help a group the works to make local rivers and streams healthier.
• Get involved with a recycling program.
• Educate people in the community about their Ecological Footprint and what they can do to make it smaller – a longer quiz is available at www.myfootprint.org.

School

• Do an energy audit of your school and see how it can save money and electricity.
• Have the other classes in your school take the quiz and share their results.
• Try calculating your school’s Ecological Footprint and get classes to work together to make it smaller.

Information provided by: www.kidsfootprint.org/whatcanyoudo.htm
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