

AUGUST

CARBON FOOTPRINT



EPIC WAY TO WELLNESS



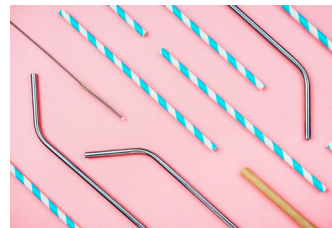
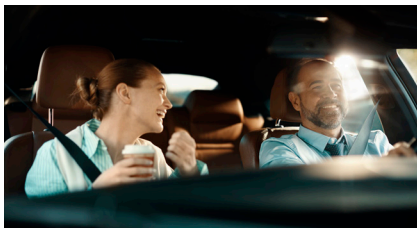
STEPS TOWARDS MINIMIZING YOUR CARBON FOOTPRINT



Eat local, vegetarian or organic foods. Periodically, choose chicken over beef.

Local foods reach your table much sooner, require less travel and smaller, local farms tend to use more eco-friendly methods than larger farms.

Reduce the number of miles you drive by carpooling and combining errands.



To reduce waste, use a reusable water bottle, straws, and shopping bags.

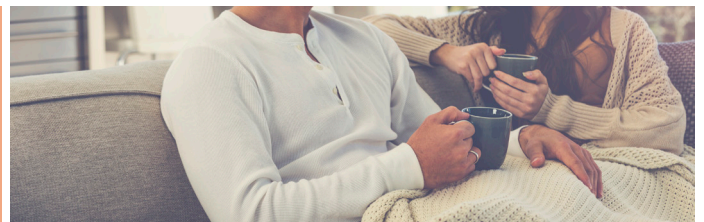


Choose natural light when possible. When natural light is not an option, use LED bulbs.

LED bulbs last longer, are more energy efficient, and do not contain toxic mercury.

Lower your thermostat in the winter and raise it in the summer.

Use blankets in the winter for warmth and fans in the summer to remain cool.



Source: Center for Sustainable Systems, University of Michigan. 2018. "Carbon Footprint Factsheet." Pub. No. CSS09-05. <https://timeforchange.org/what-is-a-carbon-footprint-definition/>