

# Reduce Your Carbon Footprint

by Developing an Eco-Friendly Lens

By shopping with a sustainable lens, you can reduce your carbon footprint, save money and even protect your health.



Reduce your carbon footprint by 51,000 pounds annually by eliminating food waste.



That's the equivalent of planting 26 acres of forests in a year.



Reduce your carbon footprint by 4,800 lbs and chances of obesity by 81% by taking public transit.



Cognitive scores are 61% higher in green buildings.

## Recycling Plastics: Which Can Be Recycled and Which To Avoid Entirely

If you must use plastic, identify which types are the most toxic and which ones can be recycled.

	Uses	Decomposition
<b>Yes, can be recycled</b>		
<b>Polyethylene Terephthalate (PET or PETE)</b>	<ul style="list-style-type: none"> <li>Water bottles</li> <li>Clothing</li> <li>Combs</li> </ul>	5-10 years
<b>High-Density Polyethylene (HDPE)</b>	<ul style="list-style-type: none"> <li>Shampoo bottles</li> <li>Toys</li> <li>Detergent</li> </ul>	100 years
<b>Can sometimes be recycled</b>		
<b>Low-Density Polyethylene (LDPE)</b>	<ul style="list-style-type: none"> <li>Sandwich bags</li> <li>Bubble wrap</li> <li>Wire covering</li> </ul>	500+ years
<b>Polypropylene (PP)</b>	<ul style="list-style-type: none"> <li>Bottle tops</li> <li>Syrup bottles</li> <li>Car parts</li> </ul>	20-30 years
<b>Polystyrene (PS)</b>	<ul style="list-style-type: none"> <li>Fast food trays</li> <li>Foam cups</li> <li>Plastic utensils</li> </ul>	50 years
<b>Can't typically be recycled</b>		
<b>Polyvinyl Chloride (PVC)</b>	<ul style="list-style-type: none"> <li>Credit cards</li> <li>Rain gutters</li> <li>Toys</li> </ul>	Most can't decompose
<b>All Other Plastics (Acrylics, nylons, etc.)</b>	<ul style="list-style-type: none"> <li>Sippy cups</li> <li>Eyeglasses</li> <li>Dental sealants</li> </ul>	Most can't decompose

\*Which plastics you should recycle depends on local governments and markets.

## Sustainable Shopping Checklist

Use the checklist below to ensure you're reducing your carbon footprint with the products you choose to purchase.

### Before the Store



Make a meal plan and incorporate leftovers so they don't get wasted.



Make a list of ingredients and other things you need.



Research how the products on your list are made.



Ask yourself if you can make any of the products at home.



Grab your reusable shopping and produce bags.

### At the Store or Online

#### Materials & Products to Avoid



Plastic



Single-Use Items



Anything With Formaldehyde (glue, paint, laundry detergent, etc.)



Paper Products That Can't Be Recycled (unless you have a compost bin)

#### What to Look For

##### Packaging

- Is the packaging plastic?
- Are there details explaining the packaging process on their website or social media?



##### Product Ingredients & Materials

- Is the product made out of natural materials?
- Are there harmful chemicals?



##### Brand Reputation

- Do experts and other consumers support the brand or product?
- Are they transparent with their sustainability efforts?



##### Shipping

- Is there a shipping minimum to help reduce carbon impact?
- What is the product shipped in?

