



# Reduce Our Food Waste

## At Home

Thirty to fifty percent of the food we produce globally—and all of the resources it took to grow it—is wasted. Let's start there. Make and serve smaller portions. Reuse those leftovers. Give your extra food to other folks. Be especially mindful not to waste meat and dairy.

### » Waste less water- and energy-intensive foods

When we waste meat and dairy, we are also wasting all of the corn, soy, and hay the animals ate during their lifetime. Use what you buy.

### » Save leftovers and use your freezer

Freeze or can extra food. Almost anything can be frozen, including milk, cheese, and eggs. Freezing fresh produce and leftovers can save food that might not otherwise make it onto the dinner table.

### » Be mindful of date labels

Don't always throw away food because of the sell-by date. Inspect food carefully for safety, but remember that these dates are often used to tell grocers how long to keep items on shelves.

## At the Store

American households spend about \$2,000 a year for food they throw away.

### » Plan your menu before shopping

Buy only the things on your menu. Sticking to your shopping list is one of the most important things you can do. This may mean going to the grocery store more often and buying less food each time.

### » Shop at farmers markets

Farmers markets allow growers to sell high-quality products that might not meet size or shelf life standards imposed by bigger retailers.



ACTION GUIDE



FIXING OUR FOOD SYSTEM

# Shift Our Diets

## » Eat Less Meat and Dairy

The amount of meat and dairy we choose to eat greatly impacts the environmental footprint of our diet. By eating less, the average American could cut their food-related environmental impacts—to land, water, and greenhouse gas emissions—in half. Shifting your diet can have an added health bonus: consuming less red and processed meats has been found to decrease the risk of heart disease and certain cancers.

## » Shift from Eating Red to White Meat

You don't have to give up meat altogether to have an impact. Simply shifting from red meat to white meat can be extremely helpful.

### **The water footprint of beef is four times greater than chicken**

Eat chicken instead of beef once a week and save nearly 13,000 gallons of water (about 800 showers-worth) a year.

### **Beef has a carbon footprint five times greater than chicken**

(and 20 times greater than beans), so this shift can significantly reduce greenhouse gas emissions.

## » Choose Organic and Grass-Fed Meat

There's no way around it: eating less beef is the best way to reduce your environmental footprint. If you still choose to enjoy beef, consider buying organic or grass-fed beef. Beef cattle raised on well-managed pastures are often better for wildlife and local watersheds than confined livestock feeding operations. Grass-fed beef tends to use arid land that couldn't easily be used to grow other types of food.





# Get Smart About Electricity

Electricity accounts for roughly 15 percent of global greenhouse gas emissions, but that amount varies widely depending on where we live. Some factors that contribute to our annual carbon dioxide outputs include our seasonal heating and cooling demands, the size and efficiency of our living spaces, and the ways our electricity is produced.

## Lighting Efficiency

- » Turn off unnecessary lights
- » Switch to LED or CFL light bulbs

## Appliance Efficiency

### » Buy an energy-efficient refrigerator

A new ENERGY STAR®-certified refrigerator uses about 20 percent less energy than a standard new refrigerator—a wise investment that pays off over time.

### » Machine-wash dishes

Hand-washing dishes uses more hot water and energy than machine-washing. Be sure to run only full loads.

### » Use your dryer's moisture sensor

If you can't line-dry your clothes (a highly efficient option), many dryers have a moisture sensor that can automatically shut off the machine once clothes are dry.





# Use Smarter Transportation

## Drive Less

No matter what kind of car you drive, one of the best ways to reduce your greenhouse gas emissions is to drive less.

### » Use public transit or carpool

When carpooling or taking a train or bus, you're occupying a seat on a vehicle that would have made the same trip without you. This means you're contributing very few—if any—additional emissions to the environment. Plus, you're saving money on fuel, vehicle maintenance, parking, and tolls.

### » Bike or walk

Using your body to get around reduces your greenhouse gas emissions, burns calories, and saves money on fuel and parking.

## Fly Less

Flying uses a lot of fuel. A single round-trip flight from Los Angeles to New York emits around a ton of carbon dioxide per passenger—equal to the amount an average American SUV driver emits in one month.

### » Fly non-stop

Choosing direct flights results in less fuel used, fewer miles flown, and consequently lower emissions per person.

## Drive a Fuel-Efficient or Electric Car

It doesn't happen often, but every several years you make a decision that has an enormous impact on your energy use and carbon emissions: you buy or lease a car. The choice you make will determine your impact for as long as you drive that vehicle.

### » Drive a 40 mpg (or better) vehicle

When purchasing or leasing, choose the most fuel-efficient option within a given class of vehicles. Buying a more fuel-efficient vehicle that travels ten additional miles-per-gallon can save you more than \$400 on fuel and up to 4,000 pounds of greenhouse gas emissions per year. (If you need a bigger vehicle, you can still find an efficient choice—or simply rent a truck or SUV when needed.)

### » Consider a hybrid or electric vehicle

Because 93 percent of today's transportation energy comes from petroleum, electrifying the transportation sector is a proactive strategy with economic and environmental benefits. Explore rebates and incentives to make these cars more affordable.

### » Maintain your vehicle

Keep your vehicle's tires properly inflated to save fuel and lower your emissions. Simple maintenance including regular oil changes, air filter changes, and spark plug replacements will lengthen the life of your vehicle, improve fuel economy, and minimize emissions.





ACTION GUIDE



PROTECTING OUR WATER RESOURCES

# Shift to Water-Smart Landscaping

## » Choose Drought-Friendly Plants

### » Visit a Garden or Garden Center

There are countless plants and shrubs that thrive with limited watering. Unsure about where to start? Consult a local lawn and garden center near your home.

### » Sign up for a Class

Many communities sponsor free gardening workshops to help residents create and maintain beautiful and water-efficient gardens.

### » Train Your Garden

Plants can learn to use less water. Water only as needed to keep new plants' root systems moist—but not saturated—until they're established.

## » Use Garden Mulches

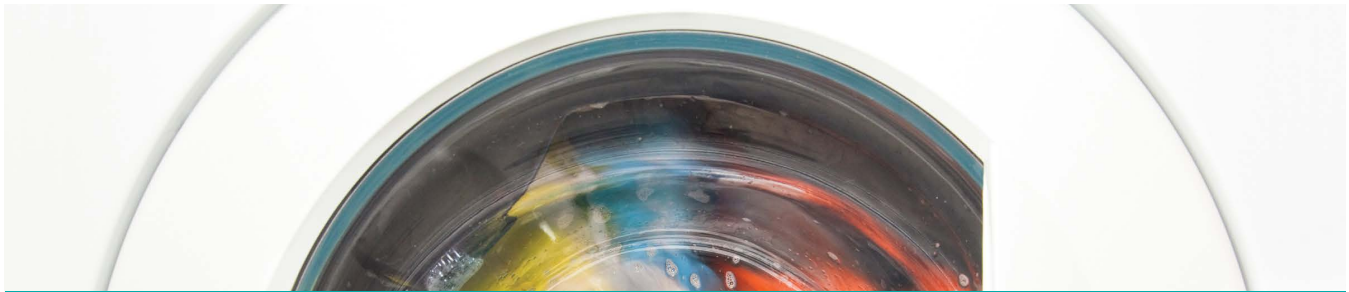
### » Add Mulch

Adding mulch can be a quick, cost-effective way to save water. It can reduce erosion by allowing water to penetrate the soil, add nutrients to the garden as it decomposes, and suppress weeds.

### » Improve Your Soil

Boost your soil by using organic matter like manure, peat moss, or readily available compost. Rich topsoil will improve water drainage and reduce the need to heavily irrigate.





# Update Water Appliances

## Choose Water-Saving Appliances

### Washing machine

#### » Choose a high-efficiency washer

Conventional washers built before 2011 use about 40 gallons-per-load; resource-efficient washers use as little as 15 gallons for the same job. When you replace your washing machine, look for ENERGY STAR®-certified energy-efficient models that can use about 20 percent less energy and 35 percent less water.

- » **Wash full loads of clothes in cold water to further reduce both your water and energy use**  
If possible, adjust the water level needed for each load.

### Dishwasher

#### » Use a dishwasher rather than hand washing

A dishwasher uses half the energy, one-sixth of the water, and less soap than washing by hand, especially if you use a shorter cycle.

#### » Install an efficient dishwasher

Skip the pre-rinse! Most new dishwashers clean so well that a quick dish-scrape will do. Be sure to wash only full loads.

## » Identify and Fix Leaks

It's always worth our time to stop plumbing leaks. These common headaches can result in thousands of gallons of wasted water, bill increases, and potential property damage if not addressed promptly. Protect your wallet and our precious water supplies with routine maintenance.

## Install Water-Saving Fixtures

### Showerheads

#### » Install water-efficient showerheads that use less than 2.5 gallons-per-minute

Showerheads that were manufactured before 1994 should be replaced. Older models can use more than three times the amount of water, simultaneously wasting energy to keep the extra water hot.

### Faucet aerators

#### » Install water-efficient aerators that use a maximum of 1.5 gallons-per-minute

Up-to-date bathroom sink faucets and accessories can save energy and reduce a sink's water flow by 30 percent or more without sacrificing performance.

