**Play the ‘Our Big Carbon Footprint’ Game!** April 12- 19 focuses on **STUFF WE BUY**. Almost 20 percent of each person’s carbon foot print comes from buying and disposing of food and other items. This equals **8 TONS** of carbon emissions per person each year! So doing activities to reduce carbon emissions from **STUFF WE BUY** is a great way to reduce **Our Big Carbon Footprint**. There are things that everyone can do, at every age, and in every type of home. Some of these save money and some cost money but they all save carbon. See the link for a list of suggestions and resources.

For information and resources to save carbon see [www.rruuc.org/climate-justice](http://www.rruuc.org/climate-justice)

**Here are some ideas to reduce the carbon footprint from STUFF WE BUY**

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| --- |
| **FOOD** |
| **learn the carbon emission from foods: beef, dairy, other meats, fish vegetables, grains** |
| **Eat less beef** |
| **Buy locally produced food and goods     http://www.buy-local-challenge.com/** |
| [**Grow some of your own food                  http://extension.umd.edu/growit**](http://extension.umd.edu/growit) |
|  |
| **REUSE AND RECYCLE MORE** |
| **Reuse disposable bags and bottles** |
| [**Learn how to recycle more                        http://www.earth911.com/**](http://www.earth911.com/) |
|  |
| **BUY LESS NEW STUFF** |
| [**Rethink your purchases and buy less      http://storyofstuff.org/**](http://storyofstuff.org/) |
| [**Join Freecycle                                               https://www.freecycle.org/**](https://www.freecycle.org/) |
| [**Simplify the Holidays                                  http://www.newdream.org/about**](http://www.newdream.org/about) |
| [**Buy second hand rather than new          http://www.thethriftshopper.com/**](http://www.thethriftshopper.com/) |

**A good way to start saving carbon is to calculate your own carbon footprint**. To do this see one of the following web sites:

www.nature.org/greenliving/carboncalculator

www.epa.gov/climatechange/ghgemissions/ind-calculator.html

www.carbonfund.org/individuals