**PERSONAL TRANSPORTATION TIPS**

- Coast when driving downhill to conserve your gasoline.
- Remove the excess weight from your trunk to improve your fuel efficiency.
- Take public transportation to run errands or to visit a friend.
- If you’re able, try riding your bike to work or run errands instead of driving.
- Organize a weekly or semi-monthly carpool with coworkers.
- Turn off your car whenever you’re waiting for more than 10 seconds to conserve gas and reduce emissions.
- Place a reminder in your car (a sticky note or sign) to remind yourself not to idle.
- Collect your errands in a list and run them all at once (rather than going all the time).
- Offer to carpool with other coworkers.

**FOOD TIPS**

- Visit your local farmer’s market or join a nearby CSA to support producers and smaller food systems that don’t rely heavily on cross-country transportation.
- Shop at a co-op or locally-owned grocery store stocked with locally-made foods to reduce your “food miles”.
- Buy organic or local foods (organic farming practices use less energy than conventional and industrial farms).
- Try going meatless for more meals, as livestock management and meat production is fuel and energy intensive.
- Try meal planning on a weekly basis to avoid extra trips to the grocery store.
- Try growing more food at home to reduce your food miles (even an herb garden is a start!).

**SHOPPING TIPS**

- Select the slowest shipping method when ordering things online to avoid higher emissions from delivery drivers.
- Bundle online orders or packages together whenever possible to reduce the number of delivery trips.
- Opt for in-store pick-up instead of shipping and fit a pickup trip into your errands or daily commute.
- Shop at locally-owned stores instead of department stores where products are less likely to be produced using fuel intensive production methods.
- Look out for where products were made on tags and packaging (imported goods use more fuel to arrive in stores).
- Opt for items made of natural fibers like cotton, wool and linen rather than polyester, spandex or others that are made from fossil fuels.
- Use your tech devices for longer instead of upgrading to help lower demand for fossil fuels used during their manufacturing.

**TRAVEL TIPS**

- Plan a staycation or visit unexplored attractions, towns and natural wonders nearest to you.
- Fly further distances or fly direct, as significant amounts of fuel are used just on takeoff and landing.
- If you want to vacation in a tropical destination, fly instead of taking a cruise as cruises emit more CO2 per passenger per kilometer than commercial flights.
- When traveling somewhere without your car, rent a fuel-efficient hybrid or electric vehicle.
- Go the scenic route and try traveling by train (it’s more eco-friendly!)
- Take an eco-shuttle or bus to the airport.
- Take a bike or walking tour instead of bus at your destination.
- Use public transit at your destination meet locals in the process!
- Consider budgeting carbon offsets into your travel expenses (you can buy them online).

**BUILD A BETTER LOCAL FOOD SYSTEM**

A Toolkit for Strengthening your Local Food System. Learn more at bit.ly/3jctIjd

**PLEDGE TO STOP IDLING**

Learn how to be to be idle free at iturnitoff.com

**VIEW TOOLKIT**

sustainableamerica.org howdoyoufuel.com