



# LIVE MORE IMPACTFULLY

EXPLORE THESE TIPS AND ACTIONS TO REDUCE YOUR OVERALL FUEL IMPACT.

## 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

## PLEDGE TO STOP IDLING

Learn how to be to be idle free at [iturnitoff.com](http://iturnitoff.com)

PLEDGE TODAY

## 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!)

## BUILD A BETTER LOCAL FOOD SYSTEM

A Toolkit for Strengthening your Local Food System. Learn more at [bit.ly/3jct1jd](http://bit.ly/3jct1jd)

VIEW TOOLKIT

## 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 and 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)