

## 10 SIMPLE THINGS YOU CAN DO FOR A HEALTHIER ENVIRONMENT

1. **Skip a car trip each week** : reduce your annual emissions of the greenhouse gas carbon dioxide by nearly a thousand pounds! (Your vehicle releases the most emissions when you start the engine)
2. **Replace one beef meal each week** : grain used to feed cattle could feed thousands of humans. Cattle destroy topsoil and use thousands of gallons of water per year! Add in the health benefits of reduced red meat consumption.
3. **Recycle** : reuse containers when you can, make compost, reduce waste, *and* create jobs. Then complete the cycle by buying recycled products!
4. **Declare your independence from junk mail! Here's a good place to start:** Send a postcard with your name and address to: Mail Preference Service, Direct Marketing Association, P.O. Box 643, Carmel, NY 10512. You can also stop unwanted credit card solicitations by calling Dial **1-888-5-OPT-OUT** (or 1-888-567-8688).
5. **Replace standard light bulbs with energy-efficient compact fluorescent lights (CFLs)** : reduce your electricity bills by more than \$100 over the lives of those bulbs! Replace them all, inside and out!
6. **Move the thermostat 3°F** : save money *and* prevent the emission of nearly 1,100 pounds of carbon dioxide annually.
7. **Eliminate chemical lawn and garden pesticides:** prevent water pollution and protect wildlife and songbirds
8. **Turn off the water when brushing your teeth or shaving:** Leave the water running and up to 7 gallons of water goes straight down the drain. Save money and conserve nearly thousands of gallons of water per year!
9. **Volunteer:** give a few hours of your time to help clean up a neighborhood park, plant or mulch trees, pick up litter along a roadway or streambank.
10. **Support** leading environmental groups working to improve your health and quality of life through Earth Share of Georgia.

You really can make a difference!