

In Recognition of EARTH DAY: Please consider these Tips for a Healthy, Low-Carbon Lifestyle

- ✓ **Choose less-processed foods.** Heavily processed foods tend to be low in fiber and high in fat and sugar. They often contain lots of dyes, colorings, and preservatives that are not healthy. And all that processing uses a lot of energy.

Getting your food from field to table requires multiple steps, including processing the whole food into a refined product. Still more energy is needed to package and ship the final product to retailers which generally means more intensive energy use.

- ✓ **Combine errands when you have to drive.**
- ✓ **Skip the bottled water, carry tap.**

Drinking plenty of fluids is important during hot weather or when exercising. But is bottled water the way to go? You may not think so when you see the true costs. According to the Pacific Institute's fact sheet, manufacturing 30-plus billion plastic water bottles:

- Required the equivalent of more than 17 million barrels of oil - enough to fuel more than one million vehicles for a year.
- Produced more than 2.5 million tons of carbon dioxide.
- Used three times the amount of water in the bottle.

Adding in transportation, the energy used comes to over 50 million barrels of oil equivalent enough to run 3 million cars for a year. Bottled water is not necessarily cleaner than tap, and tap water is less expensive. Concerned about tap water, buy a filter. Bottled water, like tap water, has no standards for acceptable levels of pharmaceutical residue, and filtering may not remove them.

- ✓ **Invest in a Recycle Bin** (your city, most likely has a recycling program)

Recycling facts and benefits?

Recycling is the process of turning one products useful parts into a new product; this is done to conserve on the consumption of resources, energy and space used in landfills.

By recycling **1 plastic bottle** saves anywhere from 100 to 1000 years in the landfill and saves the environment from the emissions in producing new bottles as well as the oil used to produce that bottle.

For every **1 ton of plastic** that is recycled we save the equivalent of 2 people's energy use for 1 year, the amount of water used by 1 person in 2 month's time and almost 2000 pounds of oil.

- ✓ **If it's Rechargeable, it's Recyclable.**

Rechargeable batteries and cell phones are recyclable. Check with your city's recycling program for drop off centers near you. It's free. It's convenient. It's responsible!