



CONGRATULATIONS! You are **4 simple steps** away from taking part in saving our planet. You will save money NOW, develop an actionable awareness of your environment and preserve resources TODAY and for TOMORROW.

Cut Here & Post in Common Area

STEP #1 - CHECK YOUR CARBON FOOTPRINT

[Nature Conservancy Footprint Calculator](#)

[EPA Footprint Calculator](#)

STEP #2 - AIR CHALLENGE

- Climate Change** - NASA states that global temperatures have risen by 1.7 °, which is directly linked to Arctic ice reduction.
- Indoor Aire Quality (IAQ)** - Bad IAQ can cause fatigue, headaches, irritation of the eyes, nose, lungs, and diminished concentration. The long-term effects can include asthma and more serious conditions.
- Ozone Depletion** - Caused by the release of chemicals, primarily chlorine and bromide, into the atmosphere.

STEP #3 | Choose Your Actions

- Educate Yourself & Others
- Contact Local & State Organizations [ASA | CLIMATE KIDS](#)
- Learn About Air Cleaning Plants [TED TALK – AIR CLEANING PLANTS](#)
- Improve Your Indoor Air Quality (IAQ)
 - Use Beeswax Candles
 - Use Eco-Friendly Cleaning Products
 - Make Air Fresheners w/Essential Oils
 - Clean A/C Filters & Vents
 - Open Windows Often
 - Increase Ventilation
 - Do not use aerosol sprays.
- Transportation Footprint
 - Take Public Transit
 - Reduce Food Waste.
 - Eat Less Meat
 - Ride A Bike Or Advocate For Local Bike Lanes
 - Avoid Impulse Buys
- Remove Furniture That Releases Gases
 - Avoid Particleboard Furniture
 - Avoid Flame-Retardants

STEP #2 – BIODIVERSITY CHALLENGE

1. **Deforestation** - Our population has resulted in increasing levels of deforestation. Current estimates state that the planet is losing 80,000 acres of tropical forests per day. This results in loss of habitat for many species, placing many at risk and leading to large-scale extinction.
2. **Lowered Biodiversity/Endangered** - Continued human activities and expansion has led to lowered biodiversity. A lack of biodiversity means that future generations will have to deal with increasing vulnerability of plants to pests and fewer sources of fresh water.
3. **Marine Life** - Overfishing-It is estimated that 63% of global fish stocks are now considered overfished. This has led to many fishing fleets heading to new waters, which will only serve to deplete fish stocks further. Overfishing leads to a misbalance of ocean life. severely affecting natural ecosystems in the process.

STEP #3 | Choose Your Actions

- **COMMON EDIBLE WEEDS** - Don't think of weeds as a nuisance. Many weeds are edible, can provide nutrition for diverse animals and bugs, and planting trees, shrubs to provide shade and food for all life.
- **BIODIVERSITY** - Advocate for biodiversity. Be a role model for others by learning the importance of biodiversity and sharing what you have learned.
- **LEARN** - Find out why biodiversity is crucial.
- **THINGS YOU CAN DO:**
 - Reduce Reliance on GM Crops
 - Lobby local & State Governments
 - Stop Using Chemical Pesticides
 - Create Your Own Organization.
 - Support Existing Organizations.
 - Ask Local Schools About Their Biodiversity

STEP #2 – LAND PRESERVATION CHALLENGE

1. **AGRICULTURE** - The use of pesticides is a persistent threat to the environment. Weed killers with glyphosate are linked to a 90% reduction in the Monarch butterfly population.
2. **The Nitrogen Cycle** - Disruption to the nitrogen cycle is centered-around human use of nitrogen. Agriculture is responsible for half of the nitrogen on earth. Excess levels disrupt our ecosystem.
3. **Waste Production** - According to the EPA we produce over 139 million tons of landfill waste a year. An individual can produce 4.3lbs each day. Plastic at 19.2% & Paper 13.1% is comprised of landfill waste.

See for yourself. Watch [Plastic Patch Video](#)

STEP #3 | Choose Your Actions

1. **Plant** butterfly supporting plants such as *Buddleia davidii* (butterfly bush), *Stachytarpheta jamaicensis* (blue porterweed), Milkweed (*Asclepias*).
2. **STOP** using plastic bottles! Instead, **REFILL** your glass bottle. Decorate a glass bottle w/ your name or designs. Create several different sizes.
Grow your own vegetables or buy vegetables from local organic farmers. Search the [eatwild Database](#)
Learn the Nitrogen Cycle and the role land plays in the cycle. [Watch Now](#)

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6. **Genetically Modified Foods (GMO)**. [Watch Now](#)
7. **When travelling** continue to eat locally. The [Travelling Spoon](#) is a great website to help. It connects travelers , vetted hosts to share a homemade meal and learn with local chefs.
8. **Eat Seasonal Food** - View [Seasonal Food Guide](#)

STEP #2 – WATER CHALLENGE

1. **Water Conservation** - When it comes to conserving water, the simple things make all the difference. A dripping faucet can lose as much as 90 gallons (340 liters) of water [source: EPA].
2. **Local Water Source Protection** - Protecting your local water source can reduce contamination, treatment costs, and save money.
3. **Water Pollution** - Water pollution has harmful effects on us but also disrupts marine life and land animals. Polluted water can alter reproduction cycles and increase death rates. 2 million tons of sewage, agriculture & industrial waste enter the world's water supply daily [source: renewableresources].

STEP #2 | Choose Your Actions

1. **Build an appreciation for water.** Watch how others access water around the world. [Watch Now](#)
2. **Dispose** of your chemicals environmentally such as motor oil, pesticides, leftover paints or paint cans, flea collars, household cleaners, and medications.
3. **Visit water.org** – Founders Matt Damon & Gary White
4. **Hydrogen Cycle** - Learn how our planet's hydrogen cycle works. [Watch Now](#)
5. **Turn Off Water** - Do not let the water run in between actions.
6. **Check** for dripping faucets or pipes and shorter showers.
7. **Change** to low-flow products.
8. **Play** EPA's Games (for kids). [Play Games Now](#)