



Your "Carbon Tracker" Checklist

I pledge to Care For the Earth by reducing waste, polluting less, and inspiring others by my example every day.

"Nature does not hurry, yet all is accomplished." — Lao-Tse

ENERGY

- Sign-up for renewable energy (home or office):
www.eversource.com (Choose a Supplier).....
- Turn down furnace & hot water heater by 2 degrees
- Turn off lights not in use.....
- Unplug appliances/devices not in use.....
- Look into future purchase of energy-star appliances.....

Already
Doing

Will
Consider

Will Do

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"The world has enough for everyone's need, but not enough for everyone's greed." — Mahatma Gandhi

REUSE

- Bring bags for shopping.....
- Use reusable cups/bottles for drinks.....
- Bring own mug to coffee hour.....
- Rinse/reuse Ziplock baggies and plastic bags.....
- Sort recyclables from garbage.....

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"Humankind has not woven this web of life. Whatever we do to the web, we do to ourselves." — Chief Seattle

POLLUTION

- Plan errands to drive less.....
- Carpool.....
- Drive slower.....
- Stop using lawn chemicals.....
- Let part of yard "go native" for pollinators.....
- Use environmentally-safe soaps & detergents.....
- Look into a future purchase of an electric car.....

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"Thousands have lived without love, not one without water." — W. H. Auden

WATER

- Turn off when brushing teeth & washing dishes.....
- Take shorter showers.....
- Use cold water for laundry.....

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"When we try to pick out anything by itself, we find it hitched to everything else in the Universe." — John Muir

LIFESTYLE

- Eat a vegetarian diet 1 day a week.....
- Take a break from TV and devices.....

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