



Buy concentrates or refillables when you can. There's less packaging waste and the unit price is lower.

Bring your backpack to the supermarket.

Buy your drinks and ask for your take out in the   plastic containers. Try to use the plastics once or twice before recycling them. Recycle everything you can. You benefit either directly or when local taxes are kept lower by reduced disposal costs.

Be aware of where your food comes from. Imported from Ecuador means a lot of resources were expended in order to get the product to you. Think about buying local to support your community.

On that same note, not all of us live on the coast, but you can still choose better-for-the-environment seafood. You can use the environmental Defense's sustainable seafood selector search tool at

<http://www.getgreen.org/athome.html>

USDA Organic seals certify food that is good for the environment and doesn't use pesticides, genetic engineering, growth hormones, irradiation, or antibiotics. Support the growers that are making the effort to protect the environment!

Become a socially responsible investor. Make sure the companies that your 401K, IRA, or retirement dollars depend on are corporations that feel they have an environmental responsibility. Find out more from the Coalition for Environmentally Responsible Economies at <http://www.ceres.org>

The Environmental improvements we've witnessed over the decades are because of regulations. Legislation like the Clean Air Act, Clean Water Act, and Superfund Act have improved the environment:

- our air is 25% cleaner than 30 years before
- 94% of Americans have water clean enough to drink
- toxic chemical dumping has declined 48% since the 70s.

So, yes, we've done a good deal to improve the state of our environment and I applaud the organizations, politicians, and interest groups who have made it happen.

However, does that mean that now that we have made these improvements, we should throw out the rules that helped improve it? Of course not!

Regulations still need to remain in place, corporations still need to continue to take environmental responsibility and expand their efforts to reduce their footprint, and polluters still need to pay.

We've done some, but we can do more. Politicians answer to their voters; corporations answer to their shareholders. Those voters and shareholders are YOU. Make sure they know what you want.

Tell them verbally, but more importantly, tell them with your **everyday actions**. Mahogany forests in Honduras would not be harvested if there were no demand for that wood.

To contact your state or county representative to make your voice heard, go to <http://www.house.gov/writerep> to find out how.

Thank you to C. Krasner, C. Sarfino, and N. D'Aquino for their graphical talents in helping produce this pamphlet

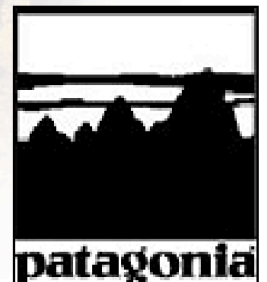
THE EARTHCYCLE CAMPAIGN

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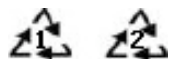
www.earthcycle.org

Printed on 100% recycled paper

Did You Know...

Although Americans account for only 5% of the world's population, we consume 26% of the world's energy.

Containers with these two numbers



are the easiest and most commonly recycled plastics.

Toyota and Honda hybrids get 56 miles to the gallon as opposed to a Hummer at 16 miles to the gallon. This can save you about \$1,500 in gas costs alone. Considering the cost of gas, that's important. Don't forget you would also qualify for a \$2,000 Clean Fuel Vehicle Federal Tax Deduction as well.

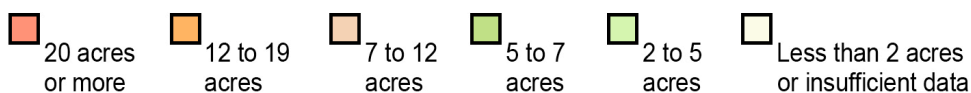
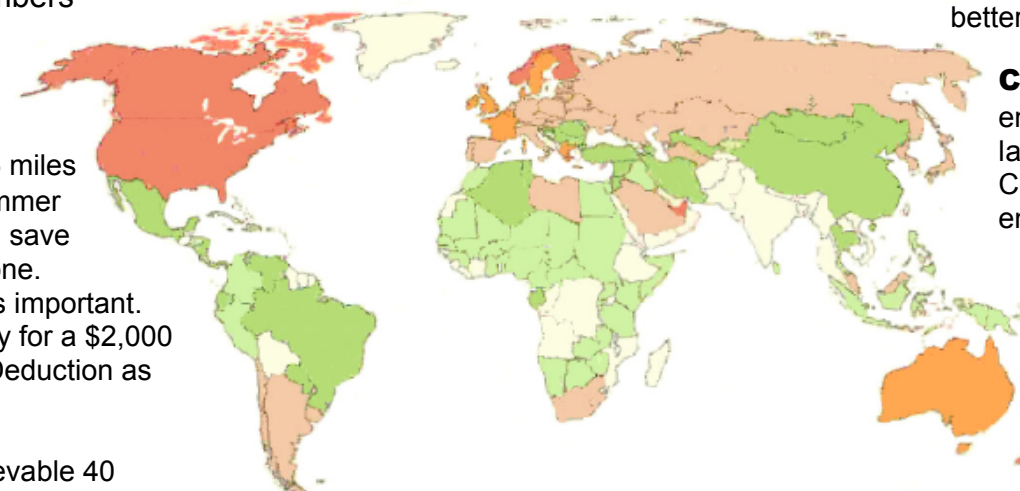
If U.S. cars averaged a very achievable 40 miles/gal, we could cut oil consumption by 4 million barrels per day right now which is about the amount the U.S. imports from OPEC.

According to recent estimates, each year humans use 20% more natural resources than can be sustainably supplied by the world's 27.1 billion acres of productive land.

A study in the journal *Science* reports that, in terms of dollar value, conserving natural areas is 100 times more profitable than exploiting them. If you don't believe it, check out David Suzuki's weekly publication *Science Matters* to find out more about this: www.davidsuzuki.org

The Map

An ecological footprint is the total area required to produce the food, goods and other resources we consume each year.



Take a look at the map. We're one of a few countries that use over 20 acres of resources per person per year. The average American uses the resources of 24 acres of land, more than 4 times the world average. That's like each of us filling up 13 White Houses with our expended stuff EACH YEAR!

I'm challenging you to lower that!

With 6.3 billion of us living under one roof, we are gradually eroding the services nature provides to maintain our quality of life and our future. We are jeopardizing our own well being.

What Can YOU Do?

A lot! Each of us can impact our families and communities in a positive (recycling) or negative (not recycling) way. We can do it alone or invite others to join in. By combining our efforts, we can make our community a better place!

Compact fluorescent bulbs use 75% less energy than a standard incandescent and last 10 times as long. That means less CO₂ is emitted and you are saving \$70 on energy cost over the life of the bulb.

Set your water heater to 115 degrees. Any temperature higher than that is unnecessary. An insulating blanket on an older water heater keeps heat from escaping.

Save 1 to 2 gallons per flush. If you have an OLDER toilet, insert a soda can or glass bottle filled with pebbles inside your toilet's tank. This displaces water that is unnecessary for a flush. Newer bowls are pretty efficient and don't need this so know your bowl!

Install a white reflective coating on your roof. It can cool your attic or second floor by 8°F in the summer to help AC efficiency.

Eat meat-free meals once or twice a week. Not only is it better for your own body, but growing and harvesting legumes or vegetables uses a small fraction of natural resources compared to what is used to raise and harvest cattle.