

10 Things Moms Can Do

1.) *Advocate for Change*

Be a good citizen. Spread the word and make sure your voice is heard.

2.) *Drive Less*

It's healthy for the planet and your family. Walk or bike instead. Live close to work and school. Carpool or take mass transit.

3.) *Adjust Your Thermostat*

Move your thermostat up two degrees in summer and down two degrees in winter. You could save about 2,000 lbs of carbon dioxide with this easy adjustment.

4.) *Buy Locally*

Buying locally produced goods saves on transportation and oil, and leads to less sprawl and traffic congestion.

5.) *Eat Sensibly*

Count your food miles. Buy locally grown organic foods. Teach your kids where their food is from.

6.) *Reduce, Reuse, Recycle*

Do you really need it? How long will you use it? Where will it go after? Recycle and buy used or recyclable products. Recycling just half your garbage will save 2,400 lbs of carbon dioxide!

7.) *Buy Minimally Packaged Goods*

Less packaging can reduce your garbage by about 10%. Save 1,200 lbs of carbon dioxide per year.

8.) *Change A Light Bulb*

Compact florescent light bulbs use 60% less energy. If every US family switched bulbs, we'd reduce carbon dioxide by more than 90 billion pounds!

9.) *Use Less Hot Water*

Heating water uses a lot of energy. Take shorter showers under a low-flow showerhead and set your water heater no higher than 120 F.

10.) *Turn It Off*

Turning off electronics and lights you aren't using will save thousands of pounds of carbon dioxide yearly.