

become a **greenzone** partner

WHAT YOU AND YOUR FAMILY CAN DO...

No. of Small Car or Hybrid
3 tons of CO₂

No. of Medium Car
6 tons of CO₂

No. of SUV/Truck
8 tons of CO₂

Home: Heat & Electric
12 tons of CO₂ per home

Total

Take your total, select your source and enter it on the enclosed card. If the card is missing, or you wish to complete your purchase online, go to globalcarbontrax.com/calculator

Choose Your Source

Nature's Energy Wind
and other renewable energy sources

Preservation and Restoration
For the forests and grass land

50/50 blend
of renewable fuels and land conservation

___ x 3 Tons= ___

___ x 6 Tons= ___

___ x 8 Tons= ___

___ x 12 Tons= ___

Remember to enter your schools code so they receive credit on all purchases.

1234567MI

You can also Reduce and Recycle...

Reducing your garbage by 25 percent will reduce carbon dioxide emissions by 1,000 pounds per year. Recycle aluminum cans, glass bottles, plastic, cardboard and newspapers can reduce your home's carbon dioxide emissions by 850 pounds per year.

Don't Give Energy Away

If you caulk and weather-strip around doors and windows to plug up leaks you can reduce carbon dioxide emissions by 1,700 pounds per year.

Take the Green Way

Leave your car at home two days a week (walk, bike, take public transit or telecommute) and you can reduce your carbon dioxide emissions by 1,590 pounds per year.

ADVERTISING SPACE

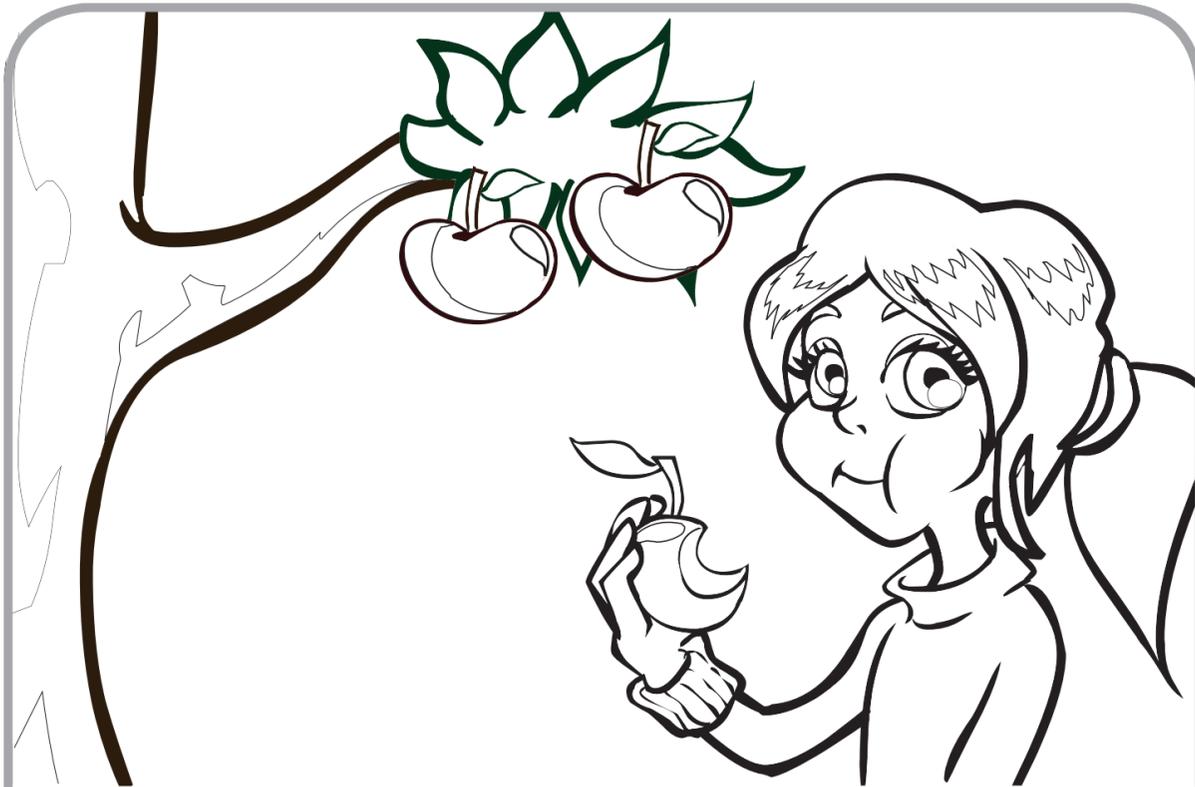
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**A Healthy ENVIRONMENT
AND A Healthy YOU**



EAT WELL. FEEL GOOD.

1. EAT YOUR VEGGIES.

RAISING COWS TAKES LOTS OF GRAIN. IT TAKES 6-7 POUNDS OF GRAIN TO PRODUCE ONE POUND OF FEEDLOT BEEF. IF YOU REPLACE ONE MEAT-BASED MEAL EACH WEEK WITH A VEGETABLE-BASED MEAL, YOU HAVE CONSERVED ENOUGH PLANT-BASED FOOD TO FEED A PERSON AND A HALF.

2. BUY ORGANIC.

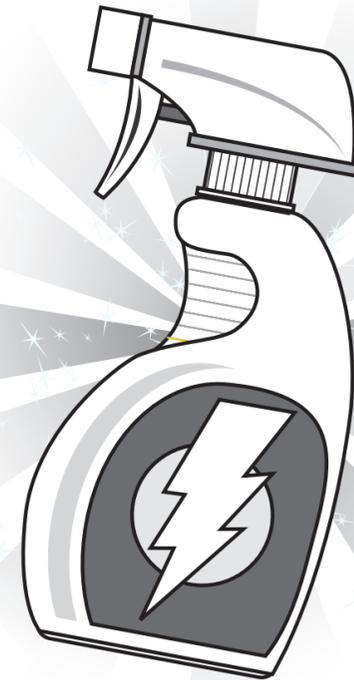
IF YOUR LOCAL GROCER DOESN'T CARRY ORGANIC, EITHER REQUEST IT OR GO STRAIGHT TO THE GROWERS AT THE FARMERS' MARKET.

3. GET FRESH.

FRESH FRUITS AND VEGETABLES ARE BETTER FOR YOU, BECAUSE MANY IMPORTANT NUTRIENTS BREAK DOWN OVER TIME. THEY'RE ALSO BETTER FOR THE ENVIRONMENT: FROZEN VEGETABLES USE TEN TIMES MORE ENERGY TO GET TO YOUR TABLE. TAKE THE TIME FOR FRESH AND YOUR TASTE BUDS, YOUR BODY, AND YOUR PLANET WILL THANK YOU.



CLEAN HOUSE. GREEN HOUSE.



1. USE BIODEGRADABLE CLEANING PRODUCTS.

COMMON CLEANERS CONTAIN TOXIC, OIL-BASED POLLUTANTS THAT CAN ENDANGER YOUR HEALTH AND ENVIRONMENT.

2. REMOVE TOXIC CHEMICALS.

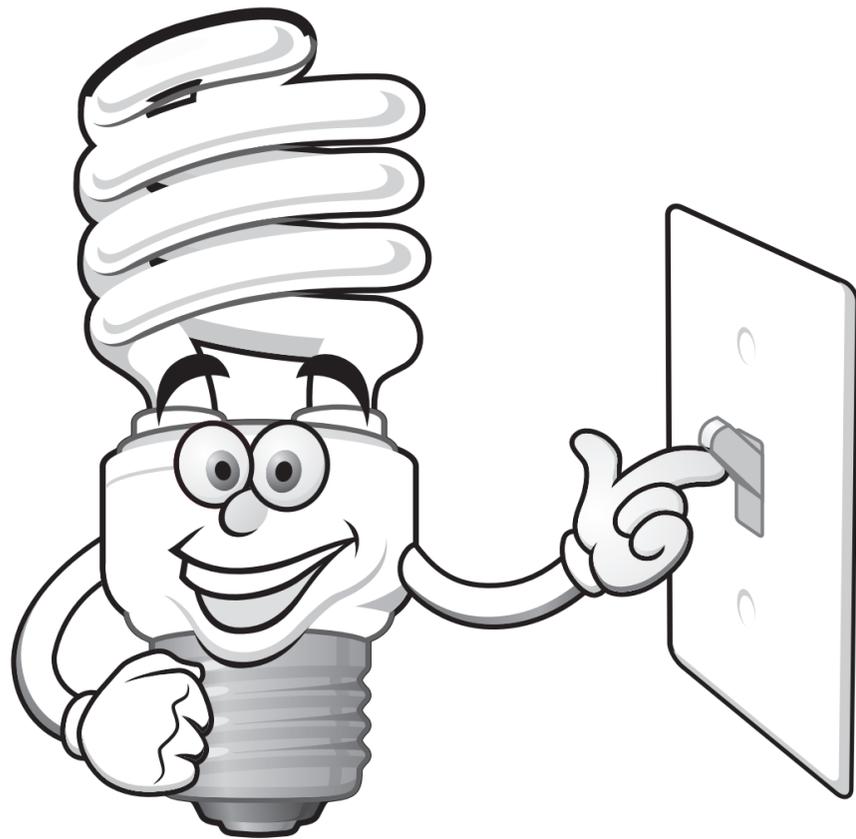
DISPOSE OF OLD PAINT AND HOUSEHOLD CHEMICALS RESPONSIBLY - YOUR COMMUNITY SHOULD HAVE A PAINT DONATION/COLLECTION PROGRAM TO SAFELY DEAL WITH LEFTOVER PRODUCTS.

3. CHOOSE ITEMS WITH RECYCLED-CONTENT LABEL.

THERE ARE MANY COOL ITEMS OUT THERE TODAY. READ THE LABEL AND TRY TO MAKE MORE ENVIRONMENTALLY RESPONSIBLE DECISIONS.



REDUCE WHAT YOU USE

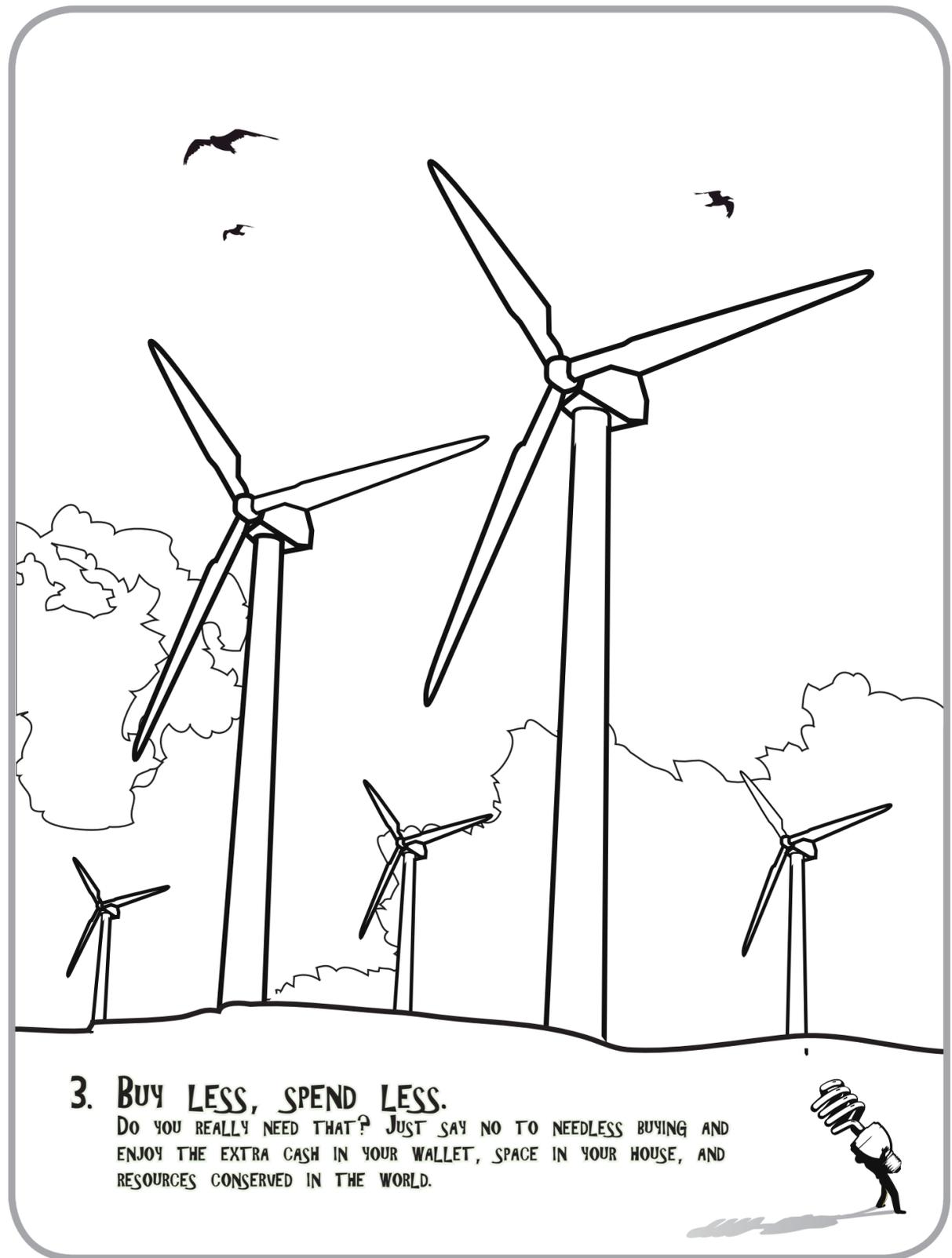


1. HIT THE SWITCH.

EVEN TURNED OFF, ELECTRONICS SUCH AS TVs AND STEREOS STILL DRAW ELECTRICITY - OVER 60% OF THE TOTAL THEY CONSUME! USE A POWER STRIP TO TURN OFF YOUR TOYS WHEN YOU'RE DONE AND SEE THE RESULTS IN YOUR ELECTRIC BILL.

2. USE MORE ENERGY EFFICIENT LIGHTING.

REPLACE STANDARD LIGHT BULBS WITH ENERGY-EFFICIENT COMPACT FLORESCENT LIGHTS (CFLs). THESE BULBS USE 75% LESS ENERGY, LAST 10-13 TIMES LONGER, AND IF EVERY AMERICAN HOUSEHOLD REPLACED JUST ONE OF THEIR INCANDESCENT BULBS WITH A CFL IT WOULD PREVENT THE CO² EMISSION EQUIVALENT OF 800,000 AUTOMOBILES.



3. BUY LESS, SPEND LESS.

DO YOU REALLY NEED THAT? JUST SAY NO TO NEEDLESS BUYING AND ENJOY THE EXTRA CASH IN YOUR WALLET, SPACE IN YOUR HOUSE, AND RESOURCES CONSERVED IN THE WORLD.

GETTING MORE FROM YOUR CAR.

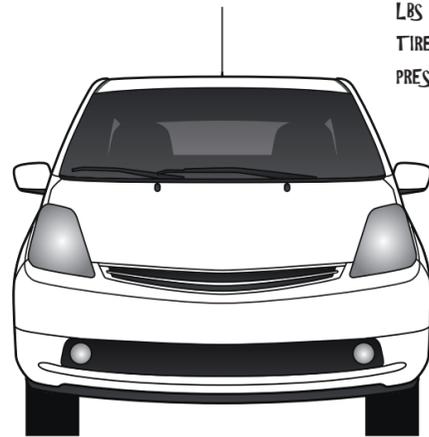


1. AVOID IDLING.

IDLING GETS 0 MILES PER GALLON. AND BELIEVE IT OR NOT, IDLING FOR MORE THAN TEN SECONDS USES MORE FUEL THAN RESTARTING THE ENGINE. DON'T SIT WITH YOUR CAR ON AND GOING NOWHERE, AND TURN YOUR ENGINE OFF WHEN YOU'LL BE SITTING STILL FOR MORE THAN 10 SECONDS.

2. CHECK YOUR TIRE PRESSURE.

PROPERLY INFLATED TIRES CAN INCREASE YOUR MILEAGE BY AS MUCH AS 3%. THAT LITTLE 3% REDUCES YOUR CARBON OUTPUT BY 20 LBS FOR EACH GALLON YOU DON'T USE. BE SURE TO CHECK YOUR TIRE PRESSURE WHEN THE WEATHER GETS COOLER, TOO - TIRE PRESSURE WILL DROP WHEN THE AIR TEMPERATURE DROPS.



10 Steps You Can Do To Reduce Your Carbon Footprint.

1. **CHANGE A LIGHT.** REPLACING ONE STANDARD LIGHT BULB WITH A COMPACT FLUORESCENT BULB WILL REDUCE YOUR FOOTPRINT BY 150 LBS A YEAR.
2. **REDUCE YOUR DRIVING.** YOU WILL SAVE 1 LB OF CARBON FOR EVERY MILE YOU DON'T DRIVE.
3. **RECYCLE MORE.** RECYCLING HALF OF YOUR HOUSEHOLD WASTE A YEAR CAN REDUCE YOUR CARBON FOOTPRINT BY 2,400 LBS.
4. **CHECK YOUR CAR'S TIRES.** HAVING PROPERLY INFLATED TIRES CAN INCREASE YOUR MILEAGE BY AS MUCH AS 3%. THAT REDUCES YOUR CARBON FOOTPRINT BY 20 LBS FOR EVERY GALLON YOU DON'T USE.
5. **USE LESS HOT WATER.** WASHING YOUR CLOTHES IN COLD WATER CAN REDUCE YOUR FOOTPRINT BY AS MUCH AS 500 LBS A YEAR. REDUCING THE AMOUNT OF HOT WATER YOU USE, EITHER BY TURNING THE TEMPERATURE DOWN OR INSTALLING A REDUCED FLOW SHOWER HEAD WILL REMOVE 250 LBS OF CARBON PER YEAR.
6. **AVOID PURCHASING PRODUCTS WITH A LOT OF PACKAGING.** YOU CAN SAVE 1,200 LBS OF CARBON ANNUALLY IF YOU REDUCE YOUR GARBAGE BY 10%.
7. **ADJUST YOUR THERMOSTAT.** MOVING YOUR THERMOSTAT DOWN 2 DEGREES IN THE WINTER OR UP 2 DEGREES IN THE SUMMER CAN SAVE APPROXIMATELY 2,000 LBS OF CARBON A YEAR.
8. **PLANT A TREE.** ONE TREE CAN ABSORB 2,000 LBS OF CARBON IN ITS LIFETIME.
9. **TURN OFF ELECTRIC DEVICES.** TURNING OFF YOUR TELEVISION, DVD PLAYER, STEREO OR YOUR COMPUTER WHEN YOU ARE NOT USING THEM CAN SAVE THOUSANDS OF POUNDS OF CARBON A YEAR.
10. **TELL YOUR MOM AND DAD THAT YOU WANT TO REDUCE, RECYCLE AND THEN OFFSET WHAT'S LEFT OF YOUR CARBON FOOTPRINT.**