


To use the Sustainable Choices Card: 1. Cut along the outer black line
2. Fold on blue dashed lines

In the Home	Get Started	Step It Up	Go for Green	Dig Deeper
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Your home may be the best place to begin to educate your family about making sustainable choices. At home, the biggest impact we have on the environment is through our use of energy and water.

- Electricity**
- Set your computer for five-minute sleep mode
 - Unplug appliances when not in use or control power with smart power stripⁱ
 - Change from old-fashioned light bulbs to compact fluorescents
- Heating and Cooling**
- Only heat or cool the rooms you need
 - Turn down water heater to 120°F
 - Set your thermostat as high in summer and low in winter as comfort allows
- Water**
- Only run washing machine/dishwasher on full loads
 - Turn off water while brushing teeth, soaping hands, and shaving
 - Avoid midday watering and mowing
 - Take shorter showers
 - Air dry clothes

- Electricity**
- Buy green powerⁱⁱ
 - Investigate carbon offsets
- Heating and Cooling**
- Caulk and weather strip leaky windows, baseboards, and doors
 - Insulate attic and basement
 - Clean refrigerator condenser coils twice a year
 - Change furnace and heat pump filters monthly
 - Use a programmable thermostat to lower energy use when you're not at home
- Water**
- Install low-flow fixtures and sink aerators
 - Install low-flow or dual-flush toiletsⁱⁱⁱ
 - Adjust outside garden sprinklers to minimize runoff and waste

- Electricity**
- Install solar water heaters, photo voltaic panels, and geothermal heat pumps
 - Replace old appliances with energy-efficient appliances—look for the Energy Star label
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- Heating and Cooling**
- When buying a home or remodeling, consider green architecture
 - Install energy-efficient windows and doors
 - Landscape for summer shading and natural winter heating^{iv}
- Water**
- Explore possibilities for gray water^v use and rainwater capture
 - Landscape for water efficiency

- Think Green**
- Adopt an energy-efficient mindset; the cleanest energy is the energy you don't use
 - For economic incentives for many energy-efficient devices, see www.energystar.gov/index.cfm?c=products.pr_tax_credits#1
 - Recycle everything you can, including old electronics
 - Use as many recycled products as possible
 - For recycling in your area, see www.earth911.org
- CHALLENGE**
- Get an energy audit, set water and energy reduction goals, and work to meet them.
- Visit sustainablechoices.stanford.edu to learn how many of these choices can also save you money.

At the Store	Get Started	Step It Up	Go for Green	Dig Deeper
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When you're shopping, your impact on the environment may not be as easy to assess. Use the card for guidance before a trip to the store and while you're shopping—whether it's the grocery store or the farmers' market.

- Produce**
- Buy organic^{vi}—look for the USDA Organic label
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- Meat and Dairy**
- Choose
 - 1) Grass-fed
 - 2) Free-range/cage-free
 - 3) No antibiotics/hormones
- Seafood**
- Refer to the Seafood Watch Card when buying seafood
- Minimize Waste**
- Buy products with recyclable packaging

- Produce**
- Shop at stores/restaurants that buy local and organic
- Meat and Dairy**
- Buy meat/dairy directly from producers, and ask how it was grown
- Minimize Waste**
- Carry a reusable coffee mug or water bottle
 - Buy foods that minimize processing and packaging

- Produce**
- Eat seasonal produce
 - Buy local/direct at farmers' markets
 - Grow your own food
- Meat and Dairy**
- To reduce meat consumption, set a goal (e.g. eat 50 percent less meat)
- Minimize Waste**
- Compost your waste
 - Take reusable bags for all of your shopping—start by using them for groceries

- Find A Local Source Of**
- **food** www.foodroutes.org/localfood/
 - **meat** www.eatwellguide.org
 - **seafood** www.seafoodwatch.org
- When Buying Food, Ask**
- **Where was it produced?**
think: local economy, carbon emissions from transport, freshness and quality
 - **How was it produced?**
think: pesticides, antibiotics, wild caught fish, Fair Trade, and monoculture
- CHALLENGE**
- Eat seasonally within your foodshed.^{vii} Look here for help: www.sustainabletable.org/shop/eatseasonal/
- Visit sustainablechoices.stanford.edu to learn how many of these choices can also save you money.

On the Road	Get Started	Step It Up	Go for Green	Dig Deeper
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We all have busy schedules and we all need to get around. But the way we travel really matters, because our greatest impact on the environment may be when we're on the road.

- Drive Smart**
- Maintain proper tire pressure
 - Change oil and air filter regularly
 - Don't speed on the freeway; it wastes gas
 - Accelerate and brake smoothly
 - Track your gas mileage
 - Turn off engine when idling for long periods
 - At low speeds, open windows; at higher speeds, use air conditioning

- Drive Less**
- Carpool
 - Try a local car share program^{viii}
 - Drive a fuel-efficient car, such as a hybrid or small car
 - Consolidate errands and shop close to home
 - Travel during off-peak hours; being stuck in traffic wastes gas
 - Get travel directions ahead of time to save gas
 - Vacation locally or regionally

- Leave the Car at Home**
- Bike, walk, or take public transit
 - Telecommute to work^{ix}
 - Offset emissions you can't avoid through a certified carbon offset program^x
 - Consider transit options when buying a home or choosing a job

- Take Further Action**
- Talk with your public officials about transit technologies (light rail, bus, rapid transit)
 - Talk with your public officials about installing stop lights rather than stop signs at busy intersections
 - Talk to your employer about commuting incentives
 - Learn about alternative fuel sources
 - Choose low-carbon emission recreation options
- CHALLENGE**
- walk** 0–2 miles
bike 2–10 miles
public transit or carpool >10 miles
- Choose a carbon offset program that is right for you. Look here for help: www.cleanair-coolplanet.org/ConsumersGuidetoCarbonOffsets.pdf
- Visit sustainablechoices.stanford.edu to learn how many of these choices can also save you money.