

Ideas for Living More Gently On the Earth (Reducing Your Carbon Footprint)

1. Turn off the lights when you leave a room and use LED light bulbs.
2. Unplug your phone charger from the wall when you aren't using it to charge your phone.
3. In the winter, set your home's thermostat to a lower temperature, especially at night. In the summer, set your air conditioner's thermostat to a higher temperature. Even a few degrees makes a difference. Consider installing a programmable thermostat to help with this.
4. Before you buy anything, ask yourself, "Do I really need this?"
5. Challenge yourself to not buy any new clothes for a year. Or six months. Or three months.
6. Buy clothing, furniture, and other home items at consignment shops as much as possible. Here are a few consignment shops in our area:

Once Upon A Child
10465 Hickman Rd.
Urbandale
www.onceuponachilddesmoines.com

Stuff Etc.
8700 Hickman Rd.
Clive
www.shopstuffetc.com/clive/

Restyle
7662 Hickman Rd.
Windsor Heights
www.dmrestyle.com

DoOverz
7611 Douglas Ave, Suite 22A
Urbandale
<https://dooverz.com>

Changing Places
3250 100th
Urbandale
www.changingplacesconsignment.com

Urbandale ReStore
4033 NW Urbandale Dr
Urbandale
www.gdmhabitat.org/restore/

7. Buy food from local farmers' markets in the summer. Dogpatch Urban Gardens, 5085 Meredith Drive, Des Moines, www.dogpatchurbangardens.com is one that is nearby. You can buy food from local farmers and producers all year long from the Iowa Food Cooperative, <https://iowafood.coop>.
8. Drive the most energy efficient vehicle that works for your family. Keep your tires inflated to the correct pressure.
9. To find out how your actions stack up against recommended guidelines and how to improve your personal carbon footprint, the Green Boat Crew can help you use a carbon calculator app--please let us know if you are interested.