

In our Seeds of Peace Chapter Act, we commit ourselves personally and communally to:

- ☞ identify and reduce our carbon footprint in our communities, ministries and institutions and
- ☞ pray, study and act to promote a sustainable lifestyle.

Our Care of Creation & Climate Change Core Group has identified a website based carbon footprint calculator created that is appropriate for Sisters & Associates living in the United States. We invite each Sister and Associate to identify their carbon footprint using the EPA's Online Emissions Calculator.

The calculator allows you to calculate both individual and household carbon footprints. If you live in a community or family setting, we suggest that you gather with your local community and identify the carbon footprint of your household.

Steps to Identifying Your Carbon Footprint:



Gather Information: The online calculator will ask seventeen questions to identify your CO2 emissions. You will need to gather the following information before you can use the online calculator:

1. How many miles do you drive and what is your car's average gas mileage?
2. How much do you spend monthly on electricity, gas or fuel oil for the home?
3. How much green power do you purchase, if any?
4. What items do you recycle regularly?



Input Data: Visit <http://tiny.cc/csjpgcarbonus> - this will forward you to the EPA Calculator. Answer the questions using the information you gathered.



Record Your Footprint: The results of your carbon calculator are for your eyes only, to help you (or your local community) to see where you might make changes in your lifestyle in the spirit of the Chapter Act. We suggest that you record both your input and results for self reflection. We will invite the community to take the quiz again next year.



Reduce Your Footprint. Now that you have identified your carbon footprint, consider ways you might reduce your impact. See the next page for suggestions.

Here are a few actions we can take to reduce our carbon footprint.

Food:

- ☞ Eat less red meat
- ☞ Choose food that is grown nearby
- ☞ Buy organic when possible

Transportation:

- ☞ Make fewer trips by car
- ☞ Drive the speed limit - at 70 mph you use up to 30% more fuel than at 50 mph
- ☞ Keep tires adequately inflated
- ☞ Change air filters monthly
- ☞ Offset carbon emissions by buying green energy offsets
- ☞ Take public transportation
- ☞ Book nonstop flights - as much as 50% of carbon emissions come from takeoff and landing.

Shopping:

- ☞ Buy less
- ☞ Go beyond recycling: buy products made of recycled material (the higher the post-consumer waste percentage, the better)
- ☞ Choose reusable instead of single use products
- ☞ Avoid plastic when a substitute is available
- ☞ Bring your own shopping bag
- ☞ Choose products with minimal packaging

Home

- ☞ Turn off the lights
- ☞ Unplug electronics and appliances when not in use
- ☞ Air-dry wet clothes
- ☞ Take shorter showers
- ☞ Plant trees and other green growing things

Office

- ☞ Unplug what's not being used
- ☞ Use 100% post-consumer recycled paper
- ☞ Instead of a screensaver, use the computer's sleep mode
- ☞ Change the air conditioning filter (or use air conditioning sparingly)

Do you have a creative idea or suggestion? Email susanfrancois@gmail.com. We will be collecting our ideas and posting them on Care of Creation section of our new website.

(adapted from www.stopglobalwarming.org ; www.ipic.org; www.tearfund.org)