

Module 11, Lesson 1 Handout:

Resources to Help Reduce Carbon Footprint

There are plenty of practical ways we adjust our daily habits to improve both our health and the health of the planet. When you live with purpose, you also treat yourself better - that's the basis of the Live Consciously pillar of a Nutritious Life - so this is an area that will come up with clients, but many clients might have no idea where to begin. Here are some great resources that can help them and you.

Carbon Footprint

- EPA offers an online calculator to give you a quick, rough estimate of your carbon footprint <https://www3.epa.gov/carbon-footprint-calculator>
- Calculate your carbon footprint and buy carbon offsets here <https://www.conservation.org/carbon-footprint-calculator>
- The Department of Energy has guides on how to find a professional to conduct a home energy audit, or how to do it yourself <https://www.energy.gov/energysaver/weatherize/home-energy-audits>

Sustainable Food

- Green Restaurant Association offers a certification, and you can search for certified restaurants in their database <https://www.dinegreen.com>
- USDA has a national farmers market directory <https://www.ams.usda.gov/local-food-directories/farmersmarkets>

Recycling Information

- <https://berecycled.org> lets you search by zipcode to learn more about the recycling program in your area. You can also search by material to find out more information about recycling something specific
- <https://wasteindustries.com> is another resource to help you find out exactly what you can and cannot recycle in your area

Composting 101

- Planet Natural Resource Center has great information on composting 101 <https://www.planetnatural.com/composting-101>

Sustainable Travel

- EPA provides a comprehensive resource of different green hotel programs and certifications <https://www.epa.gov/p2/green-hotels-resources-ecolabels-and-standards>
- Green Hotels Association provides members with comprehensive guidelines on how to create a more sustainable hotel. You can search members on their website. This is not a certification but rather a membership organization whose goal is to help hotels <http://greenhotels.com>
- Sustainable Travel International offers an online course teaching how to make more sustainable travel choices <https://sustainabletravel.org/get-involved/travelbetter>

Goods and Clothing

- Fair Trade Certified has guides on choosing Fair Trade clothing <https://www.fairtradecertified.org/>
- Global Organic Textile Standard (GOTS) ensures brands have met environmental and social standards. They have a database to search for brands <https://global-standard.org>
- OEKO-TEX® has different environmental certifications for products and has an online directory for certified products, manufacturers and brands <https://www.oeko-tex.com>
- Cradle to Cradle certify brands that meet their own environmental and sustainable standards <https://www.c2ccertified.org/>

Food Quality

This isn't necessarily related to carbon footprint, but make sure clients are also prepared for food recalls and food safety issues are bound to happen.

- There is a USDA food recall website that contains summary data on active food recall cases. You can find out what's been recalled and why. They'll even send you alerts if you sign up <https://www.fsis.usda.gov/wps/portal/fsis/topics/recalls-and-public-health-alerts/current-recalls-and-alerts>
- If you have something that is known to be contaminated, you can go to foodsafety.gov and it will tell you what to do with the food and with yourself if you have any symptoms of foodborne illness