

Getting to Your 10% Footprint Reduction

I commit to reducing my ecological footprint by 10 points or more!

Groceries (Don't forget to bring reusable shopping bags!)

o **Shop for food grown locally for most of your groceries**

- Farmer's market (Fri. 10am-2pm, San Pedro Square)
- Spartan Smart Cart (Tues. 10:15am-1:30pm, Student Union)

 11 points

o **Buy organic for most of your food purchases**

- Order a CSA Produce Box! (Community Supported Agriculture)
See: www.JPOrganics.com
- Trader Joe's, and Safeway, have organic options now, at good prices!

 8 points

o **Eliminate meat from your diet**

- Even in restaurants, it's easy. Ask for the same pasta, burrito, etc, but no meat!

 14 points

At Home

o **Use biodegradable or non-toxic cleaning products**

- Check out 7th Generation or use vinegar and baking soda.

 3 points

o **Put in power strips & insulating blinds; don't use the hose for cleaning**

 1.5 points

School

o **Drive 10% fewer miles by car.**

- Check out public transit schedules and routes at 511.org

 1.5 points

o **Drive to campus with 2 or more people in your car.**

 3 points

o **Purchase carbon offsets for home energy use & transportation.**

 8 points

Weekend

o **Check out Craigslist.org, Freecycle.org, and the thrift shops!**

- Buy, sell, and donate used clothes, household items, and electronics instead of buying new.

 3 points

Total Points*

*10 points represents 10% of the average SJSU ecological footprint