



7 Easy Ways to Reduce Your Carbon Footprint

by the St. Monica Green Team



Food choice

Food is a big part of all of our daily lives but also a big carbon emitter. Being intentional about our choices, whether feeding a family of four or buying a snack at the office, makes a huge impact.

Try a meatless meal once a week. While meat and dairy provide just 18% of daily calories and 37% of daily protein, they use the vast majority—83%—of farmland and produce 60% of agriculture's greenhouse gas emissions. For more planet friendly food tips, check out [Meals4thePlanet](#).



Make your snacks and lunch at home. Avoid questionable sourcing practices—this can save the environment and your wallet!

Drop off extra food at a community fridge. The food waste epidemic harms the environment and your wallet. Reducing your food waste while also providing a meal for someone in need is as easy as driving and dropping off! Find your closest community fridge [here](#).

Trash sorting

Not all trash is for tossing. Even when it's easier to dump and run, take some time to dispose correctly.

Compost as much as you can. Food scraps—think orange and banana peels, apple cores, watermelon rinds, avocado skins, egg shells— and yard debris make up more than 25% of what we send to landfills each year. These materials produce the harmful greenhouse gas, methane, which is approximately 28 times more effective than carbon dioxide at trapping heat in the atmosphere. For more information on green bins in Santa Monica for your food scraps and yard debris, check out the Santa Monica Public Works Department's resources:

- [Composting in 3 Easy Steps!](#)
- [What goes in the compost?](#) and [¿Qué va en el compost?](#)
- [How to compost at home](#)



Learn how to recycle properly! Many batches of recycling in Los Angeles and in the country are unusable because they contain traces, or even heaps, of non-recyclable material. All of this, including the viable recycling, ends up in the landfill. Read up on Santa Monica's recycling policies [here](#).

Simple living

The majority of our purchases are tossed in six months. Want to break the habit of accumulating? Explore the [Story of Stuff](#).

Reduce waste by purchasing quality items that are designed and built to last, can be rebuilt, or are made of recycled content. Reuse, donate, or auction unwanted items as much as possible. Separate what can be recycled, composted, or reused, and avoid items made for trash only.

Carry reusable supplies such as grocery bags for shopping and cups and utensils for refreshments. Avoid plastic cling wrap and single-use storage options as much as possible.



Check out stmonica.net/greenteam for more resources!