

BUY LOCAL

The transportation involved in getting food from where it is grown to your kitchen table releases a lot of carbon into the atmosphere. Therefore, reducing the distance that food has to travel is a big factor in reducing your carbon footprint. The best option is to buy local produce.

YOU CAN...

- Buy produce from your local farms
- Educate yourself on where your food comes from
- Purchase produce through Community Supported Agriculture (CSA) Programs

SOME LOCAL CSAs

- Farmer Dave's CSA
- Picadilly Farm
- Red Fire Farm
- Enterprise Farm
- Land's Sake

For more information, visit www.harvestlocal.org

MAKE A DIFFERENCE

What is your commitment to shrinking your carbon footprint?

Participation begins in your own home.

By taking these extra measures now, you can guarantee a better environment for future generations.



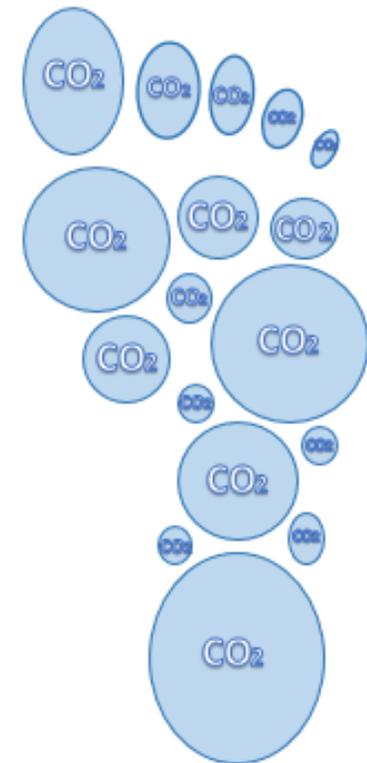
CONTACT US

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<http://www.city.waltham.ma.us/recycling-department>

A HOMEOWNER'S GUIDE TO A SMALLER CARBON FOOTPRINT

REDUCE, REUSE, AND RECYCLE YOUR
CARBON WASTE



Too much CO₂

Your carbon footprint is the amount of carbon you are responsible for releasing into the atmosphere through your everyday activities.

As you may know, there is too much carbon dioxide (CO₂) in the atmosphere largely from burning fossil fuels such as oil, gas, and coal.

This CO₂ traps heat and warms the Earth's oceans and atmosphere, while melting glaciers and causing sea levels to rise. This contributes to more intense weather patterns, such as drought and floods, across the globe.

What can we do with so much carbon?

Fortunately, there is a solution, and you can help!

Surprisingly, one solution is right under our feet

Soil has the capacity to store large amounts of carbon. One solution is to take some of this CO₂ out of the atmosphere and place it in the ground.

Healthy plants absorb CO₂ in the atmosphere through a process called photosynthesis. Some of this carbon is used to feed the plant so that it can grow and absorb more carbon, but about 20-40% of the carbon is stored directly in the soil (NOFA).

Therefore, the key to storing carbon in the ground is healthy plants growing in healthy soil.

HOW LONG WILL IT TAKE TO RESTORE ENOUGH CARBON IN THE SOIL?

To mitigate extreme weather, it is necessary to restore 106.25 gigatons of carbon from the atmosphere into the soil. Luckily, studies suggest that this is possible to accomplish in under 5 years! (Northeast Organic Farming Association)

COMPOST

Adding compost to your soil can increase the soil's ability to absorb rainwater and nourish plants, reducing the need for pesticides and fertilizer, and increasing the health of the soil in your garden. Plants grow best in healthy soils, and healthy plants capture more carbon from our atmosphere, which helps to reduce atmospheric carbon levels.

SOIL

The healthy soil in your garden or lawn has the ability to store carbon that would otherwise be floating in the atmosphere. Increasing the health of your soil will help maximize the amount of carbon it is able to store.



YOU CAN...

- Keep soil covered with plants to capture carbon
- Plant your lawn with diverse species
- Raise height of mower to cut grass higher
- Disturb your soil as little as possible
- Eliminate the use of pesticides and fertilizers

YOU CAN...

- Collect food scraps and leaves and store them in a compost bin
- Capture nutrients from food waste in compost
- Reduce food waste
- Use the compost to nourish soil in your garden

