

How can you be more sustainable and help reduce your carbon footprint? 11 easy to follow steps that we can all do to help make a bit of a difference.

1. Shop at your farmers markets for fresh seasonal food that did not travel thousands of miles. Also, this makes it fun to try new recipes.  
<http://sdfarmbureau.org/BuyLocal/Farmers-Markets.php>
2. Purchase your fresh food in consumable, reasonable quantities and commit to eating or sharing all of it. Buy in bulk and put it in mason jars. Brown rice, quinoa, granola are great examples.
3. Write down what you plan to make after you purchase your food or before purchasing. This is a great way to get the whole family involved in preparing food together. Make sure you have a plan for each ingredient you purchased. Also, write a list to go grocery shopping. Buy only what you need for about 2-3 days at most. Produce stays fresher, also allows you to eat foods that are more nutrient
4. Pick a prep day to get ahead for the week, so you have food already started to make weeknight meals happen quickly. Again, a great way to get the kids involved in the process. I always say if kids help grow it, or make it, they will most likely eat it.
5. Make your own compost or locate a compost hauler near you, to avoid sending food to landfills. It is as simple as a bucket with a lid from Home Depot. Look online at places like Peaceful Valley at [www.groworgainc.com](http://www.groworgainc.com) or your local nursery.
6. Purchase a reusable water bottle to help eliminate those 1 time use water bottles. It takes 3 liters of fuel to produce 1 liter of a plastic water bottle. Also, get reusable bags and rotate them in your car by always keeping maybe 2 available. I keep a bag near the door to remind me to take it daily.
7. Recycle. Typically plastics that are labeled #1 or 2 can go into your curbside recycle. Also, look at Edco Disposal for more information.  
<https://www.edcodisposal.com/corporate/recycling-information/recycling-dos-and-donts.htm>
8. Plant flowers that are native to your area. San Diego is great for Coastal Sage, Manzanita, Coyote Brush, California Sagebrush, Milkweeds. Help our pollinators. Visit Green Thumb Nurseries at [www.greenthumb.com](http://www.greenthumb.com)
9. Use soap and water as a natural pesticide. I use Dr. Bronner's Peppermint.
10. Round Up! NO WAY!! Use vinegar solution to get rid of weeds or make it a fun exercise at home with the kids and see who could pull the largest weeds.  
<http://homeguides.sfgate.com/use-vinegar-salt-weed-killer-49329.html>
11. Try to carpool if you can to school, work or child activities with other families and friends.

These are just a few simple steps that we can all do to help make a positive impact at home, work and right here at Bella Mente Montessori Academy.