

Sustainable Living: What Can YOU Do?

Climate change, overpopulation, pollution - the challenges facing the Earth today can seem almost impossible to overcome. But the contributions of every **individual** can lead to a sustainable living culture. In almost every aspect of your life, you can make choices to reduce your **carbon footprint**.

So, what can you do? First, use **mass transit** or **carpool**. Carbon dioxide emissions from cars count for over 30% of all carbon emissions.

Next, if you can, plant a **garden**. If you don't have space for one, make sure you buy **local produce**. Either way, you'll reduce the amount of fuel it takes to transport produce from far away.

You can also **conserve** water whenever possible, and small changes can lead to big savings. Grass lawns waste thousands of gallons of water. **Xeriscape** your yard to cut back on water usage. By purchasing **rain barrels**, you can water that yard without wasting a drop of water.

In your home, make sure that you unplug all **vampire appliances**. Simply unplugging your cell phone **charger** can reduce the amount of wasted electricity.

Above all else, avoid **apathy**! Get involved with the **political** process. Support **legislation** that promotes alternative energy sources, and **boycott** companies that aren't environmentally friendly.

Ex 1. Read the pamphlet. Then, mark the following statements as *True* or *False*.

- | | |
|--|-------|
| 1. The author believes that each person's actions can affect sustainable living. | T / F |
| 2. Using public transportation will help reduce carbon emissions from vehicles. | T / F |
| 3. Planting a garden is the only way to support local produce. | T / F |
| 4. The author suggests that conserving water can lead to substantial savings. | T / F |
| 5. Grass lawns are considered a good way to save water according to the author. | T / F |
| 6. The pamphlet recommends replacing wasteful appliances. | T / F |
| 7. The author encourages people to engage in political activities related to green issues. | T / F |

Ex 2. Read the pamphlet again. Why is buying local produce important? Fill in the gaps.

Buying local produce is important because it the amount of used to the produce.

Ex 3. Match the words or phrases with the definitions (A-I). One word is extra.

*carbon footprint barrel sustainable boycott lawn carpool
vampire mass transit appliance unplug*

- A. a decision to stop buying or using products or services from a company or country as a form of protest _____
- B. something such as electric device that drains energy _____
- C. machine or device designed to perform a specific household task, such as cooking or cleaning _____
- D. a system of public transportation that moves large numbers of people efficiently, like buses or trains _____
- E. able to be maintained over time without harming the environment or depleting resources _____
- F. to disconnect a device from an electrical socket to stop the flow of electricity _____
- G. the total amount of greenhouse gases produced by an individual, organization, or activity, usually measured in units of carbon dioxide. _____
- H. a group of people sharing a vehicle to travel together, usually to save money or reduce traffic _____
- I. a large, round container with a flat top and bottom, traditionally made of wood or metal, used for storing liquids _____

Ex 4. Listen to a conversation between two co-workers. Choose the correct answers.

1. What is the conversation mainly about?
 - A the woman's efforts at sustainability
 - B how the man can reduce his carbon footprint
 - C why a company should be boycotted
 - D upcoming legislation about conserving water
2. What does the man agree to do?
 - A support the legislation
 - B purchase a rain barrel
 - C boycott the company
 - D join a carpool

