Eco Passport

#OneWorldOneEarth

Completed By

START DATE

Name _____

_____

END DATE

School _____

Grade / age: _____

_____

Directions for Eco Passport: Observe your patterns for one week and try to perform at least 10 eco acts. Mark the appropriate box with a check mark for every eco action you make. After the week is over, count the total amount of eco-acts accomplished and return you Eco Passport to your advisor, signed by your parent/guardian.

Optional Instagram Activity: If you or your family members use Instagram, use the hashtag **#OneWorldOneEarth** to post evidence of your eco passport participation or earth day related pictures. Our goal is to see how many images get posted from OneWorlders, from clubs all around the world! All students, parents, teachers and friends are encouraged to participate so be sure to share the hashtag! If you or your guardian do not have an Instagram account, but you do have a camera, you can send your photos to your advisor to post.

Parent/Guardian Signature: _____

TOTAL NUMBER OF ECO-ACTS: _____

Eco-Passport

Eco Act	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Take electronic notes							
Adopt reusable bags							
Use refillable water bottle							
Recycle paper, plastic, or glass							
Power down electronics when not in use							
Buy less or borrow items							
Walk or bike to a friend's house							
Swap out for energy efficient light bulbs							
Change your thermostat settings							
Bring a trash free lunch to school							
Have a meat-free diet for a day							
Purchase locally grown produce only							
Swap out aerosol products for pump sprays							
Decrease your water usage							
Opt out of junk mail or switch to online viewing							

TOTAL ECO-ACTS: _____

15 REASONS WHY YOUR ECO PASSPORTS ACTUALLY MAKE A DIFFERENCE

After calculating your carbon footprint, you may realize that you would like to make some changes. You may not be able to change the car you drive or the way you heat your home. Even so, there are small changes you can implement into your daily life that take little to no time or effort and can actually save you a lot of money in the process. Here are 15 easy ways you can live greener while you're a student:

1. Take Notes Electronically

Thankfully, the world is now digitally focused and your studies can be, too. You'll save money (and stop wasting paper) on purchasing notebooks and flashcards if you begin to electronically take down what you need to remember in class.

2. Adopt Reusable Bag Practices

Take reusable bags to the store with you to grocery shop instead of opting for paper or plastic. It's wasteful and unnecessary – and several bags with every grocery trip can add up to a whole lot of garbage over a lifetime

3. Stop Purchasing Bottled Water

Reuse old water bottles or purchase water bottles that you can refill instead of tossing out a new bottle every time you need to quench your thirst. It's estimated that up to 80 percent of water bottles in the United States never get recycled. U.S. landfills are overflowing with 2 million tons of discarded water bottles alone. In addition, it takes three times the amount of water that's in a water bottle to create the bottle in the first place!

4. Recycle

By now, this should be a no-brainer. When you're able, recycle. Whether it's paper products, plastics or upcycling old items, it's important to think about which trash can be saved from a landfill.

5. Power Down

When you're not using appliances or you're not in a room, turn off lights and other electronics. An easy way to implement this is by connecting your electronics to a surge protector and flipping the switch when you leave the room. Bonus: your electric bill will thank you!

6. Buy Less or Borrow

Only buy what you actually need. In a consumer culture, it's easy to fall into overbuying habits. If you only purchase what's necessary, you'll not only be going green but saving green as well. If you have the option, borrow items instead of buying them. In addition, you can download music and movies electronically instead of purchasing hard copies.

7. Walk or Bike More

In addition to helping you live a healthier lifestyle, trying to cut down on driving can help the environment and save you a lot of gas money as well.

8. Use Energy Efficient Light Bulbs

Try to switch your bulbs to energy-efficient compact fluorescent (CFLs) or LED bulbs. Though they may be a little more expensive, it's worth it because they can last up to five times longer than regular light bulbs and are very bright so you won't need to turn on as many lights.

9. Save Energy

Set your thermostats a few degrees lower or your air conditioner a few degrees higher. You probably won't notice much of a difference, but the environment will!

10. Bring a Trash Free Lunch to School

Ditch the plastic or paper bags for a reusable one. Instead of aluminum foil, plastic wrap, or sandwich bags, use tupperware. Use your refillable water bottle to carry your drink for the day.

11. Decrease Meat Consumption

Raising livestock produces large amounts of greenhouse gases into the environment. Eating less meat – even omitting it from a meal one day a week – can positively influence change. When you do eat meat, look for labels that specify free range, organic and hormone and antibiotic free.

12. Purchase Locally Grown Produce

This may mean having to sacrifice certain fruits and vegetables that aren't currently in season where you live. If it doesn't grow near you that means a large amount of emissions must go into raising it, collecting it, packaging it, and shipping it.

13. Don't Purchase Aerosol Sprays

With millions of beauty products out there, it's easy to find products in pump sprays as an alternative. Try to look for items with environmentally responsible brand seals.

14. Think About Your Water Usage

Turn off water while brushing your teeth or washing your face. In addition, cutting down your shower time can save more water and make a bigger impact than you'd think. It's estimated that, using an average number of 2.5 gallons per minute from the typical shower head, reducing your shower length by 4 minutes per day would save (assuming you shower every day, ahem) 3,650 gallons per year.

15. Opt Out of Junk Mail or Receive e-Statements

You can get off most unsolicited mail lists simply by calling 1-888-5-OPTOUT (1-888-567-8688). Also, elect to browse products or make payments online instead of getting catalogs and bills mailed to your home. In this digital age, you can see everything you need to without the massive waste of paper!