

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



Stay
HEALTHY
at Home

NEW JERSEY SELF-ADVOCACY PROJECT

STAY HEALTHY AT HOME
WEBINAR SERIES



Downsizing: How to Lower Your Carbon Footprint

SEPTEMBER 29, 2020 FROM 2 - 3 PM

INTRODUCTION

- ▶ Ashley Ritchey, MSW, LSW and Director of the [**New Jersey Self-Advocacy Project \(NJSAP\)**](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel



STAY HEALTHY AT HOME SERIES



Webinars



Register [here](#).

**FREE
TRAININGS
FOR ADULTS
WITH
DISABILITIES**

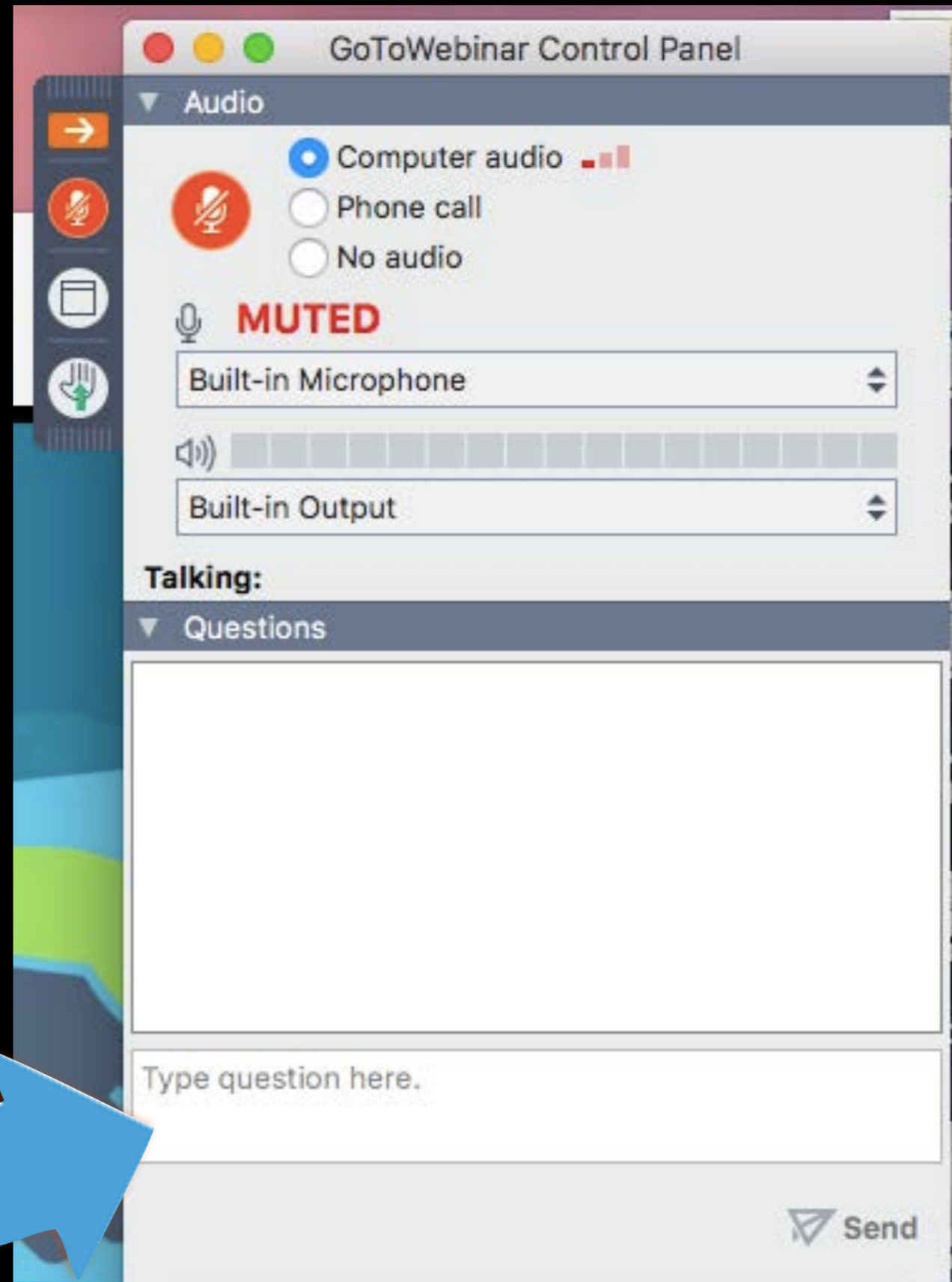


NEW Request a training on the

NJSAP homepage:

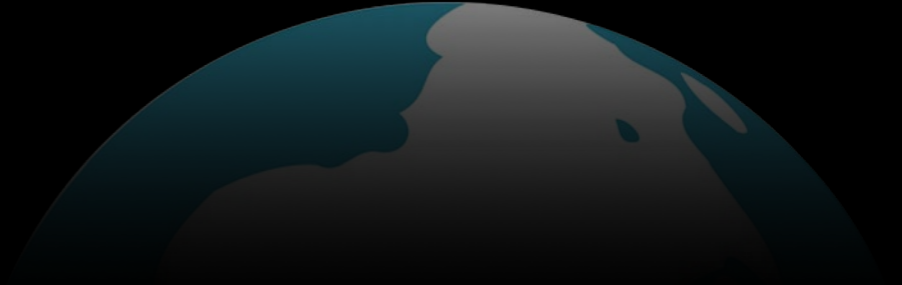
[https://www.arcnj.org/programs/njsap/
trainings.html](https://www.arcnj.org/programs/njsap/trainings.html)

TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE
**QUESTIONS
BOX**



TODAY, WE WILL DISCUSS:

- Your **carbon footprint** and its impact on the planet
- Practical ways of **reducing** waste and adopting **sustainable** habits





WHAT IS A CARBON FOOTPRINT?

A carbon footprint is the total amount of *greenhouse gases* (including carbon dioxide and methane) that are generated by human activity, including our use of *fossil fuels*.

The average carbon footprint for a person in the United States is *16 tons*, one of the highest rates in the world.



WHAT IS A CARBON FOOTPRINT?

Source: https://www.youtube.com/watch?v=8q7_aV8eLUE

CALCULATING YOUR CARBON FOOTPRINT

Your individual carbon footprint can be affected by many factors.

Fossil fuel use and electricity consumption play a major role in your carbon footprint.

Online calculators can provide rough estimates based on factors such as:

- how many people live in your home
 - efficiency of your appliances
 - how much you drive or fly
 - what you eat
 - how much you recycle

You can estimate your carbon footprint using these *tools*:

<https://www3.epa.gov/carbon-footprint-calculator/>

<https://www.carbonfootprint.com/calculator.aspx>

REDUCING YOUR FOOTPRINT

[-] Reduce Your Emissions ⓘ



Heating & Cooling

Estimated Annual Savings

Free

Turn up A/C thermostat in summer by

°F ⓘ

\$0 0 lbs of CO₂

Free

Turn down heating thermostat on winter nights by

°F ⓘ

\$0 0 lbs of CO₂



Lighting

Estimated Annual Savings

\$

Replace incandescent lightbulbs with ENERGY STAR® lights

\$0 0 lbs of CO₂



Power Source & Settings

Estimated Annual Savings

Free

Enable the power management features on your computer

\$0 0 lbs of CO₂

\$

Increase your household Green Power usage by

 ⓘ

\$0 0 lbs of CO₂



Washing & Drying

Estimated Annual Savings

Free

Wash your clothes in **cold** water

\$0 0 lbs of CO₂

Free

Use clothes line or drying rack instead of dryer

\$0 0 lbs of CO₂

Reduce your shower time!



- Did you know the average shower head uses more than **2 gallons** of water **per minute**?
- Energy used by your hot water tank like comes from burning fossil fuels
- If you have to wait for hot water to reach the shower, try collecting the normally discarded cold water in a bucket for watering plants.



REFUSE
REDUCE
REUSE
RECYCLE
ROT

BEFORE YOU BUY:



“Do I actually *need* this?”

- “Can this item and its packaging be reused and/or recycled when I’m done with it?”
- “Can I borrow this item from a friend or family member instead?”
- “Can I purchase a gently used or second-hand version of this item instead?”



Source: https://www.youtube.com/watch?time_continue=12&v=UnXVU-06cil&feature=emb_logo

What are you here for?



Plastic Free July is full of ideas – click here to reveal the options that suit you



Getting started

[Learn more >](#)



Next steps

[Learn more >](#)



At work

[Learn more >](#)



At school

[Learn more >](#)



Takeaway coffee cups

Bring a reusable coffee cup or dine-in at your local café.

[Learn more >](#)



Sanitary items

Alternatives to tampons and pads for a plastic-free period.

[Learn more >](#)



Dental care

Plastic-free toothbrushes, toothpaste and more.

[Learn more >](#)



Balloons & decorations

Celebrate in style with plastic-free decorations.

[Learn more >](#)



Fruit & vegetables

Find plastic-free alternatives when buying fruit & veggies.

[Learn more >](#)



Plastic shopping bags

Bring your own reusable shopping bags and help reduce plastic waste.

[Learn more >](#)



Bathroom

Choose to refuse single-use plastic bathroom products.



Soap

Swap liquid soap for bar soaps and avoid single-use plastic.



Buy less

Avoiding disposable products and packaging has a huge impact.



Bulk food shopping

Avoiding pre-packaged foods by choosing bulk or loose food.



Plastic free picnic

Share the solutions to single-use plastics and inspire people with a fun picnic.



Bin liners

Get crafty with your bin liners and help make a huge impact.



Use alter
red



**"BUY LESS,
CHOOSE WELL,
MAKE IT LAST."**

- VIVIENNE WESTWOOD

FAST FASHION



- Cheap, trendy clothing
- Garments made at breakneck speed to meet consumer demand
- Consuming fast fashion has negative environmental impact and human costs

HOW MUCH CLOTHING DO WE WASTE?



1 GARBAGE TRUCK
of clothes are burned
or landfilled every **SECOND**



Enough to fill
1.5 EMPIRE STATE
BUILDINGS every **DAY**



Enough to fill
SYDNEY HARBOR
every **YEAR**



2,625 kilograms
of clothing



82,782,000,000 kilograms
of clothing



YOUR CLOTHES

Source: <https://www.loveyourclothes.org.uk>

— START LOVING YOUR CLOTHES —



BUYING NEW CLOTHES

Loving your clothes starts with smarter buying: choosing clothes that are better made, easy to care for, and made to last.

[READ MORE](#)



CARE & REPAIR

Our simple care tips can make all the difference when it comes to keeping your clothes looking great, and they'll save you cash too.

[READ MORE](#)



REFASHION & UPCYCLE

Clothes due for an upgrade? Find inspiring ways to create a fresh look from the things you already have.

[READ MORE](#)



UNWANTED CLOTHES

Fallen out of love with your clothes? How to find them a good home.

[READ MORE](#)

#SecondHandSeptember

JUST SAY NO TO SINGLE-USE

INSTEAD OF:

- Single use plastic water bottles
- Plastic straws
- Paper napkins
- Tissues
- Gift wrap
- Paper towels
- Single use menstrual pads and tampons
- Single use coffee cups
- Single use soap dispenser
- Plastic bags

TRY THIS:

- Reusable water bottle
- Stainless steel or bamboo straws
- Cotton napkins
- Cotton handkerchiefs
- Gift wrap
- Washable dish towels
- Washable cloth pads and menstrual cups
- BYO mug, tumbler, or reusable cups
- Reusable glass soap dispensers for kitchen and bathroom
- Reusable totes/green bags and produce bags



**REDUCE
WASTE AND
SAVE**

INSTEAD OF:

TRY THIS:



DIY REUSABLE
DISINFECTANT
CLEANING WIPES



EASY ORGANIZED HOME





REUSABLE MASKS VS. SINGLE USE



TIPS FOR REDUCING WASTE AT HOME

- Think twice before “upgrading” a perfectly functional electronic device
- Buy second hand: toys, & games kids clothing, books, furniture,
- Use LED bulbs
- Mind hot water consumption
- Create a meal plan and stick with it
 - Fresh foods = less packaging
 - Less takeout = less single-use waste
- Buy in bulk and store in reusable containers (glass jars!)
- Use old towels and clothes as cleaning cloths
- DIY cleaning products vs. store-bought chemical cleaners



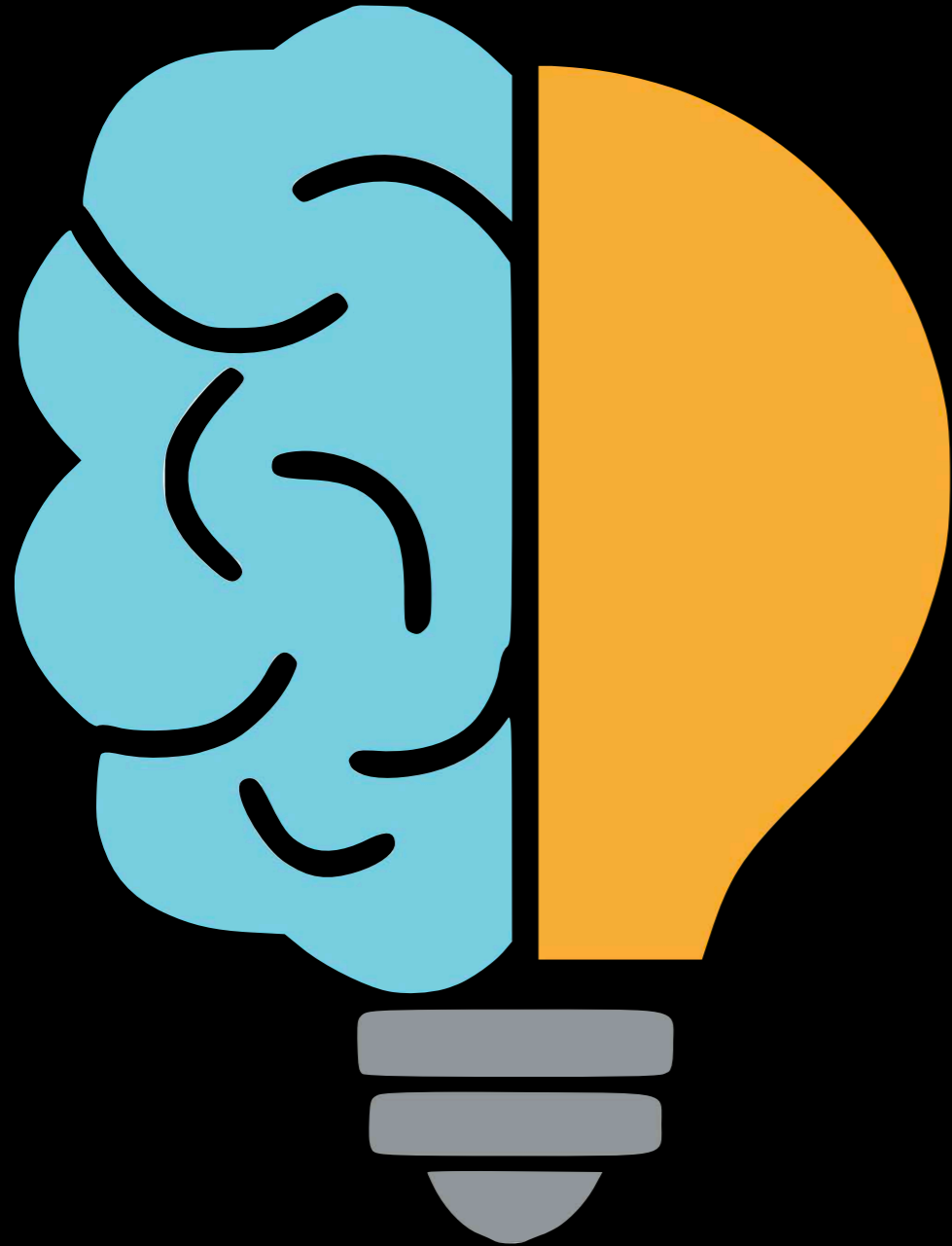
DON'T THROW IT OUT
THROW IT IN



CREATE A COMPOST AT HOME

- **Environmental Protection Agency (EPA):** "How to Create and Maintain an Indoor Worm Composting Bin"
 - "Types of Composting and Understanding the Process"
 - "Composting at Home"
- **Sustainable America:** "How to Compost in Your Apartment"
- **Gardens Illustrated:** "How to Compost in a Tiny Garden: Bokashi and Worm Method"

TIPS FOR REDUCING WASTE AT WORK



- Don't print what you can save or distribute digitally
 - If you need to print, use both sides of the paper
- Use digital calendars and note pads
 - If you need to use a notebook, purchase one that is made of post-consumer recycled paper
- Pack your own lunch
- Turn off your computer at night
- Reusable water bottle instead of one-use plastic bottles
- Stopping for coffee? Bring your own mug!

Questions?

Comments?





Click [here](#) to
join the NJ
Self-Advocacy
Project's
email list.

Healthy
Lifestyles
Project
LIVE 

Live Healthy,
Together



Register [here](#).

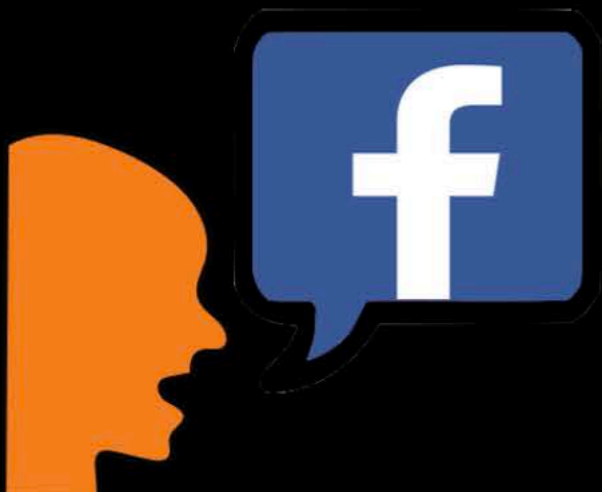
EVERYTHING IS AVAILABLE ON:



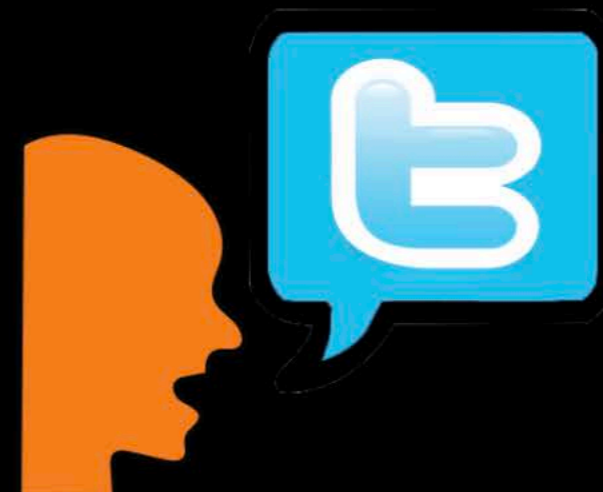
www.arcnj.org/programs/njsap/videos.html



<https://www.instagram.com/newjerseysap/>



<https://www.facebook.com/NewJerseySAP/>



<http://www.twitter.com/njsap>

DAILY VIRTUAL ACTIVITIES

Meditation Monday: Enjoy a guided meditation to start your week off right! Available on NJSAP's Instagram and Facebook.

Training Tuesdays from 2 - 3 PM: Stay Healthy at Home webinar series. **Click here** for a full list of webinar dates, to register for an upcoming session, and to review archived webinars.

Wednesdays

- Adaptive yoga & fitness videos are posted every Wednesday on NJSAP's Instagram and Facebook
- *Healthy Lifestyles Project LIVE!* Wednesdays at 11 AM

Brain Games on Thursdays at 1 PM: Join the NJSAP team for a free, fun, and brain teasing activity every Thursday at 1 PM. The game changes each week so check the NJSAP Facebook page for this week's game and how to join in.

Healthy Snacking Friday: You can view recent healthy snacking tutorial videos on Instagram, Facebook, and Twitter.

NJSAP IS STILL HERE FOR YOU!



RESOURCES FROM WEBINAR RECORDED ON SEPTEMBER 29, 2020

The Arc of New Jersey: <https://www.arcnj.org/>

New Jersey Self-Advocacy Project: <http://njselfadvocacyproject.org>

Join the NJSAP email list: https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5_IYANtZZVdceO7DjpChIHrmndLyH8%3D

NJSAP Facebook: <https://www.facebook.com/NewJerseySAP>

NJSAP Twitter: <https://twitter.com/njsap>

NJSAP Instagram: <https://www.instagram.com/newjerseysap/>

NJSAP LinkTree: <https://linktr.ee/njsap>

NJSAP videos: www.arcnj.org/programs/njsap/videos.html

New Jersey Statewide Self-Advocacy Network: <https://www.arcnj.org/programs/njsap/njssan-advisory-board.html>

United States Environmental Protection Agency: <https://www.epa.gov>

Carbon Footprint Calculator and Ways to Reduce Emissions Tool: <https://www3.epa.gov/carbon-footprint-calculator/>

[How to Create and Maintain an Indoor Worm Composting Bin](#)

Plastic Free July: <https://www.plasticfreejuly.org/about-us/>

Good On You, “What is Fast Fashion?”: <https://goodonyou.eco/what-is-fast-fashion/>

Love Your Clothes: <https://www.loveyourclothes.org.uk/>

Home Water Works: <https://www.home-water-works.org/indoor-use/showers>

Sustainable America: [“How to Compost in Your Apartment”](#)

Gardens Illustrated: [“How to Compost in a Tiny Garden: Bokashi and Worm Method”](#)

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