

Footprints...

The Integral Ecology Committee is tasked to focus on threats to Our Common Home and provide suggestions (tips) and a variety of resources to you over the upcoming months. Topics will include: Water, Plastics, Clothing, Chemicals, Paper, Food, and Transportation

In this issue:

- **What Can I Do?**
- **I didn't know that!**
- **Resources**

Our **PAPER** Footprint

The impact of paper production & consumption - everything from deforestation & manufacturing processes to waste disposal & use of resources like water and energy.

What Can I Do?

- Minimize printing and consider digital alternatives.
- Choose Recycled Paper: paper made from recycled content, requiring less energy & water to produce, such as recycled copy paper and paper for printers
- Use cloth napkins – organic cotton, linen or bamboo

I didn't know that!

- 15 billion trees are cut down with only 4 billion planted
- In the United States, paper accounts for 25% of total waste; approximately 85 million tons of it are wasted each year, which translates to about 680 pounds per person.
- Pizza boxes absorb grease and cheese, making them unrecyclable

Resources

YouTube:

- [WHAT IS INTEGRAL ECOLOGY?](#)
- [Paper Usage Video](#)
- [The environmental benefits of paper recycling](#)

Websites:

- [Environmental Paper Network](#)
- [Forests for All Forever](#)

Books:

- "Imagine It: a handbook for a happier planet" by Laurie David and Heather Reisman
- The Slain Wood: Papermaking and Its Environmental Consequences: by Robert F. Utte

More from our Integral Ecology Committee very soon!