

## 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?**

- Recycle Paper: recycle used paper to reduce the demand for new paper.
- Two-sided printing; reduce margin size, and where possible use smaller print. All these save paper
- Delist from mailings and catalogues...unsubscribe
- Support tree planting programs such as It.org

### **I didn't know that!**

- Paper waste contributes to landfills and can release greenhouse gases (methane) as it decomposes.
- Across the entire planet, more than 300 million acres of forest are destroyed in the process of producing paper each year, not to mention the copious amounts of pesticides, chemicals, water, and energy consumed during the process.

### **Resources**

#### **YouTube:**

- [Integral Ecology: What Pope Frances Means | CAPP-USA](#)
- [Waste Paper, and Environmental Problem](#)
- [Switch from Traditional Papers to Digital Formats](#)

#### **Websites:**

- [Environment Paper Network](#)  
[Rethinking Paper-Based Packaging: A Global Issue](#)
- [Paper Waste: Why It Matters & How to Reduce It](#)

#### **Books:**

- [Environmental Impacts of Waste Paper Recycling](#): by Yrjo Virtanen and Sten Nilsson:

More from our Integral Ecology Committee very soon!