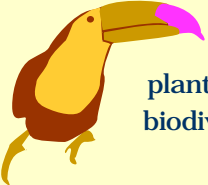




## TAKING ACTION FOR FORESTS

Forest issues affect us all in some way. Because of that, there are many ways that each of us can help in solving the problem. Actions we take can range from simple consumer choices to a more active role in community decision making to more responsible activities at the workplace. Read on for a list of 21 actions and choices that you can take personally to help.




1. Stop junk mail from arriving at your home. If 1 million people did this, they could save 1.5 million trees and a lot of energy. Write to Mail Preference Service, Direct Marketing Association, P.O. Box 9008, Farmingdale, NY 11735-9008. Or visit <[www.the-dma.org/consumers](http://www.the-dma.org/consumers)> or <[stopjunk.com](http://stopjunk.com)>.
2. Consider alternatives to using or buying items made from tropical hardwoods, such as teak, mahogany, ebony, or rosewood. If you do decide to buy them, look for woods that are marked with a Forest Stewardship Council (FSC) label, which means they were harvested sustainably.
3.  Help protect tropical forests and birds by buying shade-grown coffee. Coffee plantations that grow coffee under a canopy of trees provide better habitat for biodiversity than plantations that strip away all vegetation but the coffee plants.
4. When making home improvements, choose woods that are certified by the Forest Stewardship Council (FSC). Available at retail outlets including Lowe's and Home Depot, FSC-certified wood is harvested in ways that protect forests.
5. Instead of buying a new table or dresser, shop around at used furniture outlets, yard sales, and antique stores. Not only will you save money—and maybe even find a real steal—but you'll also save trees and wood.
6. Plant and nurture trees in your community and around your school. Trees not only produce oxygen but also guard against global warming by absorbing CO<sub>2</sub>. They even lower our air conditioning needs in summer by shading our homes and offices. The National Arbor Foundation <[www.arborday.org](http://www.arborday.org)>, the National Tree Trust <[www.nationaltreetrust.org](http://www.nationaltreetrust.org)>, and TreeLink <[www.treelink.org](http://www.treelink.org)> can provide information and resources and can help you find others in your community with similar interests.
7. Encourage businesses in your community to plant trees. Research suggests that shoppers are willing to pay more for products they buy in areas filled with trees than those that are devoid of trees. Trees might not only help biodiversity in your community, but also might help your community's economy.
8. At your dinner table, use cloth napkins rather than disposable paper ones. Paper accounts for the largest percentage of solid waste at landfills. By reusing cloth napkins, you can help cut down on solid waste and help protect forests.



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9. When shopping, choose products in limited packaging, such as buying pasta and cereal in bags rather than boxes. This will not only help cut down on the amount of waste in landfills, but will also help reduce our need to harvest trees for paper packaging.
10. If you bring your lunch to school or work, pack it in a lunch box or reusable cloth bag rather than in disposable paper bags. Using reusable bags not only will help cut down on the amount of waste in landfills, but also will help reduce our need to produce throwaway paper products. 
11. Look for ways to reduce your paper use. Try using both sides of every sheet of paper, cutting paper into smaller squares for memo paper, reusing envelopes, and other paper-saving techniques. On average, each American uses 730 pounds of paper per year. That's seven times as much as the world average.
12. Recycle your old newspapers. Americans throw away the equivalent of more than 30 million trees in newsprint each year. Take them to a commercial or community recycling center if your town doesn't have curbside recycling. Recycling 1 ton of newsprint saves 17 to 20 trees, uses 30 to 70% less energy than does making paper from trees, and reduces related air pollution by 95 percent.
13. Help start a paper recycling program at your office or school if there isn't one already. Every year, the average office worker throws away about 120 pounds of high-grade recyclable paper. You might collect information about recycling services in your community, organize students or co-workers to help in paper collection, and provide information about how many resources can be saved by recycling paper.
14. Buy recycled paper products for your home, including sheet paper, envelopes, paper towels, napkins, and toilet paper. Look for products that contain at least 50 percent post-consumer waste. This means that at least half of the material used in making the item comes from paper that people like you have recycled. If your store doesn't carry recycled paper products, tell the manager you would like it to do so. Encourage your employer or school to also buy recycled paper products.
15. When making copies, use both sides of the paper. If your office doesn't have a copy machine that can do that, encourage the purchaser of such equipment to buy a two-sided copier next time around. Not only will you save paper, but you'll also need less space for filing documents.
16. If your company or institution uses pallets to store goods, repair broken wooden ones instead of disposing of them, and consider using pallets made of alternative materials like recycled plastic. Although these alternative materials may cost more, they last much longer and are recyclable.
17. Donate used books and magazines to hospitals, retirement homes, women's shelters, or libraries. The donations not only will help these organizations, but also will reduce the resources used to produce paper. Paper accounts for the largest percentage of the volume at solid waste landfills.
18. If your business has access to the Internet, use e-mail for interoffice memos and external mail. This will reduce the use of paper in your workplace and will save money on paper and filing. Every year, Americans throw away enough office and writing paper to build a 12-foot-high wall stretching from Los Angeles to New York City.



19. Participate in National Trails Day and other events that highlight the need for parks, trails, and open spaces. The American Hiking Society <[www.americanhiking.org](http://www.americanhiking.org)> can help you find an event near you and can even help you plan an event.
20. Consider taking a family vacation that will help biodiversity. Earthwatch <[www.earthwatch.org](http://www.earthwatch.org)> is an organization that allows citizens to assist with scientific research, and the group's Web site details a range of research expeditions that explore the biodiversity of the planet. You could spend your next vacation working with scientists studying anything from ospreys to orangutans.
21. Visit forests responsibly, remembering to bring out everything you take in, clean up litter left by others, stay on marked trails, and respect wildlife. To learn more, contact the Leave No Trace program for publications and educational materials at 1-800-332-4100 or on the Web at <[www.lnt.org](http://www.lnt.org)>.



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