

GreenCOMMUTE

Many of us have to deal with traffic, construction, and other road delays on our commute to work. Here are small changes that can reduce your carbon emissions:

- **Accelerate Gently.** Hard acceleration only takes you to the gas station faster
- **Reduce your speed.** Think about how much more energy it takes to run than walk. Now think about how much more gas your car uses at 70 mph than at 55 mph
- **Don't skip tune ups.** Good maintenance usually equals efficiency. Follow the scheduled service guidelines for your car and keep the tires properly inflated.
- We Americans have a love affair with our cars, and many of us need more flexibility than public transportation provides. However, if you can, try carpooling with a co-worker. It will be nice to have company on the way in to work!

Sustainability Tips

We are pleased to share what we have learned through our experiences on our journey to sustainability!

We will be providing information and simple actions that you can take without much effort or change to your normal routine.

Whether at home or at work, we can all work together to make smart, earth-friendly choices!



Did you Know???

According to a recent study from the Auto Insurance Center, the average commuter wastes 42 hours and \$960 per year snarled in traffic!

