

UF College of Dentistry Green Team

Green Tips of the Month



November 2008
Travel Green(er)!

The holiday season will soon be upon us. For many, that means more driving and flying - forms of travel that gobble up resources (see what I did there?) and produce carbon dioxide pollution (on average, a ton per person per flight).

So how can you be green and still be with your loved ones? Here are some tips:

- For car trips, make sure your vehicle is tuned up and the tires are properly inflated. This will improve your gas mileage.
- If you need to rent a car at your destination, choose the smallest vehicle that will comfortably fit your family. Opting for a sedan (or a hybrid!) instead of an SUV will not only save you money on the rental fee, it will get better gas mileage.
- Have vacation time saved up? Consider taking the train. Trains are slower, but much less polluting, than air or highway travel -and it'll give you more "quality time" to spend with your family (without having to fight holiday traffic) or finish that book you haven't had time for. Bonus: you get to bypass airport security.
- Purchase carbon offsets. Money from offsets is used to fund projects such as tree planting or sustainable energy, and they're cheap: according to Carbonfund.org, an offset for a 1600-mile flight would cost \$2.95 per person. There are questions about how efficiently the money is used and how effective these programs are at reducing environmental damage - so while carbon offsets are better than nothing, they probably won't truly make up for your holiday cruise.

Happy trails!

(Tips adapted from idealbite.com)