



## PERSONAL PRACTICES TO SAVE ECOSYSTEMS

# Preserving Biodiversity and Controlling Invasive Species

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### HOME

**1. House size.** Live in a small home to preserve forest habitat. A 1700-square-foot, wood-framed home uses an amount of lumber equivalent to clear cutting one acre of forest.

### FOOD

**2. Meat.** Reduce consumption of meat since large tracts of tropical forests are cut for pastureland or to grow livestock feed. When you do purchase meat, look for pasture-raised, local farm animals. See [www.eatwild.com](http://www.eatwild.com).

**3. Seafood.** To protect the diversity of species in the ocean, avoid purchasing shrimp from the tropics (the large ones, sometimes called prawns) and fish listed as "worst choices" on the Monterey Bay Seafood Guide, [www.seafoodwatch.org](http://www.seafoodwatch.org).

**4. Food variety.** Eat a wide variety of plant species to encourage diverse varieties. Support small, local farms through CSAs (Community-Supported Agriculture) and farmers' markets, which are more likely to preserve a diversity of species rather than to create mono-crops.

**5. Organic food.** Prefer organic food. Organic farming better protects soil organisms, insects, birds, and wild plants than conventional farming does. It doesn't use genetically modified crops that threaten biodiversity. Corn, soybeans, and canola are commonly grown with genetically modified seeds.

### CONSUMER GOODS

**6. Paper.** Reduce paper consumption to prevent cutting of more trees. More than 40 percent of logged trees are used for paper. Purchase paper with at least 30 percent post-consumer recycled content.

### YARD

**7. Naturescaping.** Naturescape your yard with native species to encourage wildlife habitat. See [www.nwf.org/backyardwildlifehabitat](http://www.nwf.org/backyardwildlifehabitat).

**8. Invasive species.** Learn about invasive species in your region. Google "Invasive Plant Council" or "Exotic Pest Plant Council" to find a list. Pull, cut down, or dig out exotic species that already have invaded your property. Volunteer to do the same on public property.