

THINGS YOU CAN DO ABOUT CLIMATE CHANGE

In your home

- Insulate (huge benefit).
- Draft-proof doors and windows; install double-paned, Energy Star-rated windows.
- Check the air filter on your furnace every month.
- Turn down the temperature on your furnace and water heater.
- Use a programmable thermostat.
- Use energy-efficient light bulbs (LEDs).
- Turn off lights and appliances when not in use.
- Unplug computers, televisions, and other electronics when you're not using them.
- Invest in energy-efficient appliances.
- Wash clothes in cold or warm (not hot) water.
- Air-dry laundered clothes when possible; clean the dryer lint filter after each use.
- Get a home energy audit to identify opportunities to save energy.
- Reduce food waste and compost where possible.
- Recycle as much as possible.
- Use less water.
- Reduce use of plastic products.
- Buy green power (and consider solar panels).
- Plant some trees.

Transportation

- Drive less.
- Take public transit or use car-share.
- Ride a bicycle.
- Drive a fuel-efficient car—or better yet, an electric or hybrid vehicle.
- Reduce the amount of time your car is idling.
- Service your vehicles regularly to ensure they run efficiently.
- Keep your tires properly inflated.
- Reduce air travel.

Reduce your carbon footprint where you work and shop

- Buy local and seasonal food to reduce energy use in transport and storage.
- Buy items with minimal packaging when possible.
- If you buy new items, make sure they are made from sustainable, low-impact materials.
- Buy secondhand rather than new when possible.
- Promote waste-cutting office practices.
- Bring your own coffee mug.

Things to remember

A healthy planet and stable climate are not political issues. Everyone can make a difference by reducing the rate of climate change and adapting to it.

- Start simply with things you can change in your everyday environment.
- Get children involved and provide ways for them to take positive action.
- Take action as a family or as a community.
- People are more often influenced by friends than by experts, so have conversations about climate change with friends and family.
- Tell your story—about climate effects you've seen or that may occur in the future, and the changes you're making to lessen your impact.