

# ACTIONS TO TAKE TO REDUCE IMPACT OF CLIMATE CHANGE

		from grayinggreen.org		
		<b>A</b>	<b>B</b>	<b>C</b>
1	Use public transportation			
2	Plant a tree			
3	Give up your car			
4	Insulate your water heater			
5	Move to smaller house, less bedrooms			
6	Get an energy audit			
7	Vote for candidates supporting sustainable policy actions			
8	Talk about Climate change with family friends			
9	Write or lobby elected officials			
10	Take part in climate demonstration			
11	Install/use a programmable thermostat			
12	Transition to solar energy			
13	Join a climate organization			
14	A meatless meal per week			
15	Wash clothes in cold water			
16	Dry clothes without dryer			
17	Use reusable metal water bottle			
18	Shorter showers			
19	Turn off water while tooth brushing			
20	Buy fresh food 1 time more per week			
21	Install LED lights			
22	Buy energy efficient appliances			
	Refrigerator, A/C, Dehumidifier			
	Washer, Dryer			
23	Compost			
24	Recycle			
25	Fly one less trip per year			
26	Install double glazed windows			
27	Buy fuel efficient car			
28	Drive one less trip/week			
29	Replace air filters			
	SUM			

# YOUR FOLLOWUP TO:

April 12, 2022 Climate Change

## Great Decisions Program from Marist

As promised here are materials to aid in your pursuit to reduce the impact of climate change.

1. **ATTACHED** is a list of a lengthy list of activities one can take to reduce the impact of climate change
2. **HOW TO** contact elected officials to encourage enacting legislation to reduce climate change impact:

Washington DC

Congressional switchboard 202-224-3121

For the New York State Assembly:

<https://nyassembly.gov/mem/search/>

For the New York Senate:

<https://www.nysenate.gov/find-my-senator>

### 3. HOW TO TRACK LEGISLATION AND ACTIVITIES

This is to start you on your own list of organizations tracking Climate Change:

1. <https://eany.org>
2. <https://climatecantwait.org/bills>
3. <https://www.nysenate.gov/committees/environmental-conservation>.
4. NY Renews
5. HV Climate Reality
6. Home - Inside Climate News.
7. Tracking environmental actions under Biden - Washington Post
8. State Climate Policy Map - Climate-XChange
9. Friends Committee on National Legislation | Action Center (quorum.us)
10. Inside the Greenhouse | Friends Committee On National Legislation (fcnl.org) .
11. Call to Conscience | FCNL.

### 4. CALCULATE YOUR "CARBON FOOTPRINT"

This is one of many to get you thinking about your impact on climate change

<https://www.nature.org/en-us/get-involved/how-to-help/carbon-footprint-calculator/>

# PERSONAL ACTIONS TO REDUCE IMPACT OF CLIMATE CHANGE

RPM20220214

## Consumable Products, Purchases

Doing	NEVER	Maybe
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1.    Think green before you shop
2.    Buy used items
3.    Buy products made with recycled content
4.    Buy less (or nothing at all)
5.    Be mindful of a purchase's carbon footprint
6.    Buy from local makers and manufacturers
7.    Shop online
8.    Reduce plastic
9.    Use reusable bottles
10.    Rent goods rather than buy
11.    Use bamboo brush
12.    Stop buying goods in disposable bottle and containers
13.    Share tools, clothes or books, borrowing with friends and neighbours
14.    Reduce plastic food wrapping
15.    Replace single-use items
16.    Bring your shopping bags
17.    Join a library to borrow books, DVDs and CDs
18.    Reduce or eliminate palm oil
19.    Seek eco-friendly cleaning chemicals and alternatives
20.    Ditch disposable cutlery
21.    Use degradable and useable straws
22.    Switch to biodegradable teabags, or loose tea
23.    Use Rechargeable batteries
24.    Go Paperless for statements
25.    Use shampoo and conditioner bars
26.    Buy plastic-free toilet rolls
27.    Be more mindful of what you are buying and throwing away
28.    Buy in bulk
29.    Be wary of potential wastes of bulk purchases
30.    Use a zero-waste supermarket
31.    Create less waste
32.    Take stock of your fridge regularly
33.    Create a grocery list beforehand and stick to it
34.    Dress sustainably
35.    Fair-trade,
36.    Shopping vintage/second-hand,
37.    Considering low impact environmental fabrics,
38.    Donate old clothes

## READ THIS FIRST

Look through this list, marking the appropriate box for things you:

1. Are doing now,
2. Can not imagine ever doing,
3. Might consider doing.

You might be greener than you thought.

Are there items that never occurred to you?

Are there things missing from this list?

Sources: Graying Green, USEPA, BBC, GAO, Green Hub, Devon, CLEAN WATER Action, Curbed

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- 39.    Swap out paper towels for washable cloths
- 40.    Ditch the plastic trash bag

## Education/Outreach

- 1.    Participating in citizen science projects
- 2.    Get educated on climate change and its impacts
- 3.    Educate children and young adults
- 4.    Promote environmental stewardship
- 5.    Share your knowledge
- 6.    Discuss the changes you're making with friends and family
- 7.    Donate to non-profits promoting green actions
- 8.    Watch an environmental documentary
- 9.    Educate girls to curb population growth
- 10.    Educate and support children with the solutions they need for a cleaner, better future

## Energy Source

- 1.    Switch to green power
- 2.    Install solar power
- 3.    Ask your utility company about buying clean electricity
- 4.    Participate in community solar

## Energy Usage

- 1.    Reduce your energy use and bills
- 2.    Reduce excessive email: thank you's, unnecessary copies
- 3.    Audit your home's energy
- 4.    Turn off lights when space is unoccupied
- 5.    Turn off appliances when you are not using them
- 6.    Switch off or unplug unused appliances
- 7.    Fill up the dishwasher
- 8.    Obsess over your water usage
- 9.    Turn off shower when soaping
- 10.    Have shorter showers
- 11.    Turn off the tap when brushing teeth or shaving
- 12.    Lower the central heating 3 degrees in winter
- 13.    Raise AC temperature 3 degrees in summer
- 14.    Wash clothes at a lower temperature
- 15.    Turn down your water heater to 120 degrees
- 16.    Line-dry when possible
- 17.    Boil what you need
- 18.    Set fridge temperatures 35 – 38 degrees for the fridge and 0 degrees for freezers.
- 19.    Clean refrigerator cooling coils of lint
- 20.    Calculate your household's carbon footprint

## Equipment

- 1.    Check your appliances' energy-efficiency

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Doing	NEVER	Maybe
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2.    Switch to energy-efficient LED light bulbs
3.    Use a programmable thermostat
4.    Stream movies through a smart TV
5.    Use a laptop
6.    Install water-saving shower head
7.    Downsize your fridge
8.    Replace old fridges
9.    Install geothermal system
10.    Purchase dishwashers and clothes washers etc products with ENERGY STAR energy-efficient certification label

## Food

1.    Reduce your food waste
2.    Don't cook more than you can eat and adapt recipes to your needs
3.    Take home oversized restaurant servings in environmentally friendly containers
4.    Freeze your food if you are not using it soon
5.    Get creative and reuse leftovers
6.    More bean burritos, fewer beef burgers
7.    Swap out a few meat-heavy meals for vegetarian or vegan recipes
8.    Eat vegan
9.    Eat less meat, dairy and focus on sustainably grown meat and milk
10.    Go dairy-free one day a week
11.    Go meat-free one day a week
12.    Consume 100% grass-fed beef when possible
13.    Try to purchase locally sourced
14.    Fresh from the farm
15.    Growing your own vegetables
16.    Cut consumption
17.    Share meals with neighbors

## Garden outdoors

1.    Respect and protect green spaces
2.    Create a garden using drought-resistant plants
3.    Have a water-smart landscape
4.    Plant a tree/bush/ground cover
5.    Shrink your lawn
6.    Eliminate lawn
7.    Plant pollinator gardens
8.    Keep a bucket in your shower to collect runoff water to use on your indoor plants
9.    Plant bushes and trees along waterways

## Investment

1.    Invest wisely seeking funds that does not in any way support the fossil fuel industry
2.    Invest in climate change solution innovations

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Doing	NEVER	Maybe
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

3. Move to a green bank

## Living space

1.    Downsize your home living space; close off unused space safely
2.    Move to a smaller dwelling
3.    Move to a centralized dwelling walkable distance to daily needs
4.    Consider an ENERGY STAR certified house or apartment
5.    Adjust window shades
6.    Install double windows
7.    Check for water leaks
8.    Insulate water heater and pipes
9.    Install just in time water heaters
10.    Install a cool roof, made of reflective material
11.    Clean or replace HVAC filters
12.    Blocking and seal windows
13.    Close blinds, curtains/shades
14.    Cool house naturally: night air circulation, ceiling fan, shade
15.    Invest in home energy efficiency
16.    Seal air leaks
17.    Re-insulate older home with non-degradable insulation
18.    Design your workspace around natural light

## Political

1.    Vote for candidates supporting sustainability
2.    Speak to your elected official
3.    Write letters
4.    Start a movement
5.    Join a climate organization
6.    Promote campaigns
7.    Event management
8.    Attend, Promote lectures
9.    Fundraising
10.    Lobbying
11.    Coalition work
12.    Handling the local media
13.    Show your support at events
14.    Take part in a rally or protest
15.    Sign petitions
16.    Verify recycling and other laws are in place and followed
17.    Verify public entity is acting climate smart

## Recycling

1.    Know your local recycling program
2.    Recycle glass, paper, steel, plastic and tin cans

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- |    | Doing                    | NEVER                               | Maybe                    |  |
|----|--------------------------|-------------------------------------|--------------------------|--|
| 3. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Repair, reuse, upcycle and repurpose before throwing them away   |
| 4. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Repurpose old furniture  |
| 5. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Donate your old items  |
| 6. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Donate working electronics                                       |
| 7. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Compost unused food  |
| 8. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Look for your plastic numbers to figure out what can be recycled |
| 9. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Empty and rinse food containers before recycling                 |

## Transport

- |     |                          |                                     |                          |  |
|-----|--------------------------|-------------------------------------|--------------------------|--|
| 1.  | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Consolidate/combine trips                        |
| 2.  | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Make fewer trips                                 |
| 3.  | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Drive an electric car                            |
| 4.  | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Choose a fuel-efficient vehicle                  |
| 5.  | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Make your ride more fuel-efficient               |
| 6.  | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Leave car at home                                |
| 7.  | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Carpool when possible                            |
| 8.  | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Rent a vehicle when needed                       |
| 9.  | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Share your car or borrow                         |
| 10. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Choose an energy-saving electric vehicle charger |
| 11. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Drop the commute                                 |
| 12. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Walk   |
| 13. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Cycle  |
| 14. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Use public transport                             |
| 15. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Reduce vacation travel                           |
| 16. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Commute less                                     |
| 17. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Go easy on the gas and brakes                    |
| 18. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Use cruise control                               |
| 19. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Regularly service so perform efficiently         |
| 20. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Properly inflate tires                           |
| 21. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Limit your use of air conditioning               |
| 22. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Avoid congested conditions                       |
| 23. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Limit extra things when packing your car         |
| 24. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Cut back on flying                               |
| 25. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Economy rather than business class               |
| 26. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Purchase carbon offsets for travel               |

## Workplace

- |    |                          |                                     |                          |   |
|----|--------------------------|-------------------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Increase the energy performance of your workplace                       |
| 2. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Procure ENERGY STAR certified products and equipment for your workplace |
| 3. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Apply pertinent parts of this list to your workplace                    |
| 4. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Recycle   |