







# PERSONAL ACTIONS TO REDUCE IMPACT OF CLIMATE CHANGE





RPM20220825






## Consumable Products, Purchases

1.  Be mindful of a purchase's carbon footprint
2.  Buy goods in reusable bottle and containers
3.  Buy in bulk
4.  Shop vintage/second-hand
5.  Buy low impact environmental fabrics
6.  Swap out paper towels for washable cloths








## Education/Outreach

1.  Participate in citizen science projects
2.  Get educated on climate change and its impacts
3.  Discuss the changes you're making with friends and family
4.  Educate and support children with the solutions they need for a cleaner, better future





## Electricity Source

1.  Install solar power
2.  Ask your utility company about buying clean electricity
3.  Participate in community solar, source aggregation/"buying club"





## Energy Usage

1.  Audit your home's energy
2.  Turn off lights when space is unoccupied
3.  Lower the central heating 3 degrees in winter; raise AC temperature 3 degrees in summer
4.  Wash clothes at a lower temperature
5.  Turn down your water heater to 120 degrees
6.  Set fridge temperatures 35 – 38 degrees for the fridge and 0 degrees for freezers
7.  Calculate your household's carbon footprint

## Equipment

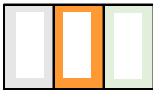
1.  Check your appliances' energy-efficiency
2.  Use a programmable thermostat
3.  Install geothermal or heat pump system
4.  Purchase dishwashers and clothes washers etc products with ENERGY STAR energy-efficient certification label

## Food

1.  Don't cook more than you can eat and adapt recipes to your needs
2.  Freeze your food if you are not using it soon
3.  Swap out a few meat-heavy meals for vegetarian or vegan recipes
4.  Purchase locally sourced

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## Garden outdoors

1. Have a water-smart landscape
2. Shrink your lawn
3. Plant bushes and trees along waterways

## Investment

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

## 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. Insulate water heater and pipes
5. Install just in time water heaters
6. Cool house naturally: night air circulation, ceiling fan, shade
7. Seal air leaks
8. Re-insulate older home with non-degradable insulation

## Political

1. Vote for candidates supporting sustainability
2. Speak to your elected official
3. Write letters, sign petitions
4. Attend, Promote lectures
5. Verify recycling and other laws are in place and followed
6. Verify public entity is acting climate smart

## Recycling

1. Repair, reuse, upcycle and repurpose before throwing something away

## Transport

1. Consolidate/combine trips
2. Drive an electric car
3. Choose a fuel-efficient vehicle
4. Rent a vehicle when needed
5. Walk
6. Cycle
7. Use public transport
8. Go easy on the gas and brakes
9. Use cruise control
10. Regularly service so perform efficiently

## Workplace

1. Procure ENERGY STAR certified products and equipment for your workplace
2. Apply pertinent parts of this list to your workplace

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