

# WHAT **YOU** CAN DO TO HELP FIGHT ClimateChange

**8 Ways to Go Beyond Changing Lightbulbs** There are lots of positive ways to contribute to a cleaner, greener world. Every step, no matter what size, makes a difference. It all adds up, and the more who participate the closer we get to a critical mass. It's empowering. Here are some suggestions, but we bet you can think of even more.

1

## Spread the Word

*Don't be shy*

- Write and produce scripts and media that tell the biggest story of our time!
- Focus on solutions—let urgency and negative news motivate you!
- Tell politicians and local leaders to vote for EPA regulations to support the UN climate change agreement

2

## Practice the 3 Rs

*Start with one thing and add another*

- Recycle: keep stuff out of landfills beyond paper and plastic (batteries, electronics, single coffee pods, etc.)
- Reuse: bring your mug/ water bottle/bags; repair things
- Reduce: stop junk mail; avoid disposable goods; calculate your carbon

3

## Food

*18% of greenhouse gases come from meat and dairy production*

- Choose fresh local and organic produce and foods; less packaged and processed food
- Reduce meat and fish and choose sustainable sources; compost food waste
- Go vegetarian or vegan—start with Meatless Mondays!

4

## Transportation

*25% of greenhouse gases come from transportation*

- Drive a fuel-efficient car—a plug-in hybrid or electric vehicle (get rebates!)
- Use public transportation, carpool and car share; telecommute
- Bike, walk and skateboard
- Fly less and purchase offsets/credits

5

## Home and Business

*Save money and the planet*

- Paint your roof white; audit your home energy; retrofit for efficiency and renewables
- Lease or purchase solar panels (check with your utility company)
- Unplug; upgrade with Energy Star appliances; use a programmable thermostat

6

## Water

- Replace lawns with drought-tolerant landscapes; grow food
- Cut water usage; collect/store water (i.e.: rain barrels); install greywater systems
- Don't let faucets run; wash clothes in cold water
- Don't use plastic bottled water—use filters (PUR, Brita etc.) or filtration system (i.e.: LifeSource)

7

## Finances

- Save money with renewable energy (gasoline, lower utility bills etc.); apply for rebates (from cars to appliances)
- Divest from fossil fuel investments; support reforms against fossil fuel subsidies
- Donate to environmental organizations and support candidates who support environmental policies

8

## Shift Consumption Lifestyle

- Consume less; avoid plastic packaging
- Choose toxic-free products; use companies with sustainable policies
- Join the movement: sign petitions, get involved in a campaign, volunteer and stay informed

*See opposite side for list of resources*



## Organizations to Contact

- RacingExtinction.com
- Environmental Protection Agency (EPA)
- Earth Day Network
- Avaaz
- 350.org
- The Climate Reality Project
- Take Part
- Earthjustice.com
- Union of Concerned Scientists
- DoSomething.org
- The Solutions Project
- 100.org
- water.org
- Earth911
- Environmental Working Group
- Conservation International
- Earthwatch Institute
- Heal the Bay
- Sierra Club
- World Wildlife Fund (WWF)
- Natural Resources Defense Council (NRDC)
- Greenpeace
- The Nature Conservancy
- Waterkeeper Alliance
- Environmental Defense Fund
- Rocky Mountain Institute
- The Humane Society
- Rainforest Alliance
- TreePeople
- 5 Gyres
- And many more