



What You Can Do to Fight Climate Change

CUCC Climate Justice Team suggestions: celebrate the things you are already doing; pledge to do three new things each month; share your ideas.

Reduce packaging waste

- Buy in bulk
- Make food from scratch
- Buy from local farmers
- Plant a garden; plant a community garden
- Avoid single use plastics; buy and use [eco-friendly alternatives to plastics](#)
- Use cloth bags for shopping, mesh bags for produce (no more plastic bags!)
- Use only reusable water bottles
- Use non-liquid soaps and detergents (liquids come in plastic bottles)

Create less disposal for the landfill

- Use rechargeable batteries
- Go to restaurants that use only disposable carryout containers
- Use cloth diapers instead of disposable diapers
- Assemble a personal picnic bag with a washable plate, bowl, cup, cloth napkin, and utensils, to avoid use of paper or Styrofoam products
- Reuse, recycle, repurpose
 - Make patched clothes trendy
 - Fix up, repurpose old furniture
 - Donate all gently used items

- Learn how to fix things (You-Tube is the universal DIY classroom!)

- Take all hazardous waste, including technology devices, to the appropriate facility

Save electricity

- Unplug devices when not in use
- Turn lights off when leaving a room
- Wash clothes in cold water
- Install a clothesline to use your clothes dryer less

Use fossil fuels less/reduce your carbon footprint

- Buy from local farmers and businesses to reduce transport costs
- Join a Community Supported Agriculture (CSA) group
- Eat less meat
- Be a mindful consumer – purchase only what you really need
- Reduce trips: Plan trips to the grocery and other stores to buy in bulk
- Accomplish multiple errands in one trip
- Ask neighbors and friends if you can pick up things for them when you're going shopping

- Use an alternate energy saving form of transportation once or twice a week: public transportation, bicycle, walking
- Designate one day a week where you don't use a car
- Decrease your thermostat by one degree in winter, by one degree in summer
- Assess your carbon footprint using the [Carbon Footprint Calculator](#)

Waste less food

- Plan purchases of produce so nothing goes to waste
- Fix only what you or your family will reasonably eat
- Store food appropriately

Become an energy efficient home

- Clean or replace HVAC filters every three months
- Install a programmable thermostat
- Install energy efficient light bulbs
- Install energy efficient windows
- Save water
 - Check for leaking faucets
 - Capture water that runs while heating up
 - Install a rain barrel for watering outside
 - Plant a rain garden to control run-off
- Install water efficient toilets, washers, dryers, hot water heaters, furnaces, refrigerators; look for the Energy Star label
- Insulate your home, including crawl spaces and attics
- Use weatherstripping and caulking for doors and windows
- Use fans in summer and winter to make cooling and heating more efficient
- Conduct a [self-assessment home energy audit](#)
- Install solar panels

Car Care

- Check tire pressure regularly to ensure tires are not underinflated

- Get regular services for your car for maximum efficiency
- Wash your car at home
- Consider a fuel-efficient model or size for your next purchase

Become aware; create awareness

- Read, watch, learn about climate issues
- Research candidates and policies that protect the earth; plan your voting accordingly
- Contact legislators to support climate issues
- Take children on walks and help them learn about and appreciate nature
- Join nature clubs (birds, butterflies, native plants)
- Keep a "serendipity journal" where you record one observation of nature every day

Help the environment, plants, birds, and animals

- Plant native plants in your yard, especially ones that feed birds and butterflies and help pollinators
- Install bird feeders
- Install bird nesting boxes
- Keep cats indoors
- Compost your plant-based/vegetable food waste
- Avoid using insecticides; use non-toxic alternatives
- Use green cleaning products
- Dispose of medicine appropriately
- Don't remove trees unnecessarily
- Allow stumps from removed trees to decompose naturally
- Celebrate the weeds in your lawn; they provide texture and variety; let part of your yard "go native"
- Get involved in local conservation/clean-up activities and national citizen science activities
- Preserve the night sky; illuminate outdoor spaces only where needed

For more ideas: [101 Ways to Fight Climate Change 8.31.20](#)

Next month, I (we) pledge to do the following three things:

- 1.
- 2.
- 3.